

August 2016



Noosa Men's Shed

Noosa shed News Letter

MONTHLY BBQ AT BUNNINGS



On the first Monday of each month, we run the sausage sizzle at Bunnings Noosa. Each month the crew quietly slips into action and purchase the sausages and bread and set up at Bunnings. There are three shifts organized for the day which starts at 7am and ends at 4pm. By the end of the day, this group has raised most of our funds needed to run the shed for the month. These fellows, Neil Watt, Nev Glover, John Reynolds, Frank Olmos, Tom Gittings, and Stewart Neuss and are regulars with Tom being the coordinator. **If you would like to be part of this happy band of shed members even as a relief person, see Tom or Laurie Kelly at the shed. New members in particular are encouraged to participate**

Twice a year we are given the opportunity to act as marshals at the Noosa Hill Climb. While it is a fun boys day out watching the cars roar up the hill, it is also a fund raiser for us as the car club pays us for helping run their event. Again, if you would like to be part of the next one, keep an eye on the calendar and get your name down as a helper. Again, we run shifts over the two day event, so it's not too tiring for us old blokes.

These two enthusiasts, Paul Asbury and John Hackworthy were part of the team on August 6 and 7th. Thanks to all the others who were also there over the two days.



Inventors group meets in the Studio on Tuesday 9am—noon

Our Creed - "Innovate today" If we don't have it we invent it. You need it—we invent it
You find it too difficult—easy, we invent it

We invite shed members, families and friends to contact us at the shed or via email noosamensshed@gmail.com with their wish list and we will find a solution

Progress on the Long Hut



Interior of the Long Hut is getting some feature panels installed, made from the six wooden crates which once contained the shed flat pack. When the paint of the crates was removed it exposed a rich brown colour which looks like Brush Box. Here, Tim Dun and Ian Dell are supervised by Tom Gittings, making sure of a top job.

In the Studio

Bob Silver has been teaching water colour painting for the past six weeks. The participants have been discovering their inner talents and creating some impressive works of art.

Bob is now taking a well earned break and will be travelling until the new year.

He will be back though in 2017



The Garden



The vegie gardens are looking very healthy and cared for.

We now have a series of raised gardens with good composted soil.

With the plumbing expertise of John Pritchard we are about to install a watering system for each of them with a timing system. This will insure regular watering without someone having to come to the shed outside of shed hours to look after them.

Calendar for September 2016

Sunday	Monday	Tuesday	Wed	Thurs	Fri	Saturday
				1 Bunnings extra day	2	3
4 Botanic Gdns Day	5 Bunnings	6 Shed am	7 Shed am	8 Shed am	9	10
11	12 CommMtg	13 Shed am	14 Shed am Health Talk 12:30 pm	15 Shed am	16	17
18	19	20 Shed am	21 Shed am	22 Shed am	23	24
25	26	27 Shed am	28 Shed am	29 Shed am	30	

Please Note: Our Noosa Men's Shed Golf Day to be held at Noosa Springs on September 16, has been cancelled for this year. We have learned a lot about organizing a golf day and we will plan toward it next year.



Wednesday October 19 at 1pm is our Shed Annual General Meeting. This is an opportunity to review what we have done over the past year and look at where we want to go in the coming year. Please consider if you would be willing to take up a leadership position for 2016/17. Nominations for all positions will be call for early in October.

COUNTDOWN TO THE FATHER'S DAY PLANT FAIR

Noosa Botanic Gardens Sunday 4 September

We will be there selling our plants and other garden related items all made at our shed

Next Men's Health talk Wednesday September 14

The next talk on the 2nd Wednesday - 14th September, is by the team from OzCare and follows on the introduction they gave during our Pit Stop men's health day.

They will present from 1:00pm pm on the Wednesday (lunch will be provided for \$5.00 at 12:30pm).

Their presentation will be around Mental Health -
 what is it and how do I know if I have a problem with anxiety, depression, etc
 How can I tell if a mate has a problem with mental ill health - what are the signs?
 What can I do to support him/her?

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Left Brain or Right Brain

Have a close look at the photo

If you see the girl sitting and boy with his arms around her neck, then you are left brain. Look again. For in reality, it's just the opposite. Then make the right brain work and you will see that it's the boy who is sitting and wearing a black polo.