



Noosa Shed News Letter

June 2016

Noosa Queensland Day Awards

Queensland Day June 6

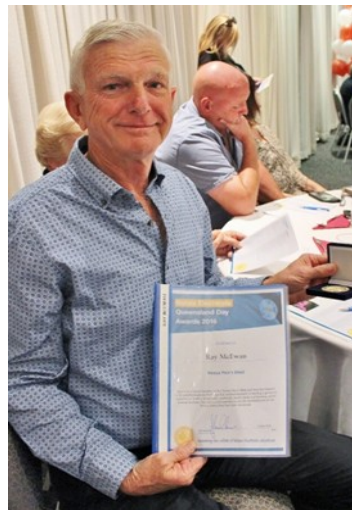
On that day we recognized some of the volunteers in our community. The event was organized by our State Government member Glen Elmes and was held at the Noosa Convention Centre.

Our nominee was Ray McEwan. Ray is a foundation member of our shed and was our Treasurer in the first year. Since then he remains on the management committee and has spent many hours leading our building team. This has been not only on the job, but after hours chasing materials, and working out budgets.

Ray prefers to do things quietly and without fanfare. However, this was an opportunity to recognize his commitment to our shed.



Ray being presented with his certificate and commemorative medal



A Thank you from Ray

It was a huge shock to receive the nomination for the Noosa Men's Shed volunteer of the year for the Noosa Electorate Queensland Day Awards. I thank the committee for the nomination and have

been proud to represent the Noosa Men's Shed at the function hosted by local Member for Noosa Glen Elmes on the 6th of June. My wife Margaret, Shed president John Williams

and secretary Neil Watt accompanied me to the awards. Special thanks to the Shed members for their support and good wishes and also to Glen Elmes MP, Noosa News, Bendigo Bank and Noosa One Stop Print and Sign Centre for sponsoring this years event. Kind regards
Ray McEwan

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Raffle Results



As all tickets in our raffle were sold and the draw was performed by Tess from the Rotary Club of Noosa. The dolls house was won by a staff member of the Tewantin C and K Kindergarten who immediately donated it to the kindy.

The table and chairs were won by Mrs Joan Richardson of Doonan. All in all, a very good outcome.

Sincere thanks to all members who sold the books of tickets, Ian

Broadfoot, who made the table and chairs and our late member Alan Pingle who cut out the doll's house before he became ill and Dave Wilson who finished it off.

The funds raised have gone into general funds and will no doubt, prove useful.

A few projects made this month



Stephen Carruth has taken great care in creating this very attractive chopping board unit



Phil Gibson has been patiently carving a frame for a cheval mirror

Passion is one great force that unleashes creativity, because if you're passionate about something, then you're more willing to take risks, and creativity is about taking risks.
Yo-Yo Ma



Ben Hatter been working hard to create this guitar made from laminating some old skateboards

Safety

Parking at the Shed

If you choose to park in the driveway, please enter the usual small gate, park on the left of the driveway, and exit through the large gate at the Unity Water end of the driveway. If parking elsewhere on the property, please also exit via the large gate at the Unity Water end of the driveway, adjacent to our gardening area.

General Safety.

We old guys often think we are bullet proof and can get away with not wearing protective clothing or observing safety precautions because we are experienced and know what we're doing. **Please be assured that safety awareness is for everyone—that means you as well as your mate.** So, please think "Safety" and don't hesitate to remind others to do the same. We want you back at the shed each day enjoying all it has to offer.

We all might benefit from the wise man who said that "You don't really need a parachute for skydiving. You only need it if you want to skydive twice."

Monthly Safety Award

At the end of each month, we will be recognizing the shed member who has been noticed being aware of all areas of safety. Over the next four months, a member will receive a brand new Angle Grinder.

**This month's winner is:
Stephen Carruth**

International Men's Health Week @ Noosa Men's Shed

Noosa Men's Shed conducted a "Pit Stop" for members during International Men's Health week. We combined with the Primary Health Network and the University of Sunshine Coast to provide a novel way for men to check out their health and wellbeing. This was an opportunity for men to increase their awareness of how their body is coping with the stresses of life, rather like as if their body is a car. After passing through a number of tests, the men received a Roadworthy Certificate or a 'Needs Attention' sticker which encouraged them to return having sought medical advice.

Our shed grounds was an ideal venue, the Health Check also

encouraged the men to seek information about Mental Health issues (Oz Care), diabetes (Diabetes Queensland), 'Satisfaction with life' assessed by the Occupational Therapy students, and food portion size and healthy preparation of meals from the Dietetic Students and Staff from Sunshine Coast Uni. Our members are now much more aware of ways in which they can look after their body, and of the range of allied health and medical professionals offering them support on the Sunshine Coast.

A number of Federal Politicians happened to be visiting the Shed during the event, which gave them the opportunity to see another dimension of what we do at NMS.



David Sweet having his BP checked



David Price being assessed



Geoff McDonough getting an important measurement



Les Arthur being assessed



Dietetic Students and Staff from Sunshine Coast Uni. Giving us some tips on healthy eating



Connecting over a healthy morning tea



Paul Asbury filling out an information sheet



Discussion about Mental Health issues

New Activities

Landscape painting in acrylics with Sharon Jack has now finished for the moment but will return later.

Painting with Water Colours

with Bob Silver will start soon.

Again held in the Studio on Thursday mornings 9—Noon. Everything supplied (paper, paint, paint brushes) @ \$10 per session for 6 sessions. For beginners or established artists. Sign up on the office notice board

Sailing

We need to clean up the boat (donated last month) first and then get out on the river. For beginners or experienced sailors in crews of up to four. Cost is Nil. Time to be decided by those interested—shed day or any other day of the week

Sign up with name and phone contact for either of these activities on the sheet on the notice board at the shed.

Inventors and Innovations

This group now has a permanent time and place to meet. They will now meet each Wednesday morning 9—Noon in the Studio. Bring along your ideas for practical problems which need solving and exchange ideas with the others in the group. The Woodwork Shop is available at that time to create prototypes.

Meet David Bruce

I was born in Brisbane in 1939 and obtained a motor mechanics apprenticeship with Howards Limited who were agents for Morris, Wolseley, MG and Riley motor vehicles. In the early 1960's I built my first racing car I also met Joan who was studying Pharmacy at Qld. Uni and we married in 1965. We have three children and eight grandchildren who give us great pleasure when we see them.

In 1968 I joined the Ford Motor Company as a Regional Service Manager. Three years later we saw a garage and service station for sale in Tewantin so by the end of the year had moved to Tewantin and began working seven days a week at 19 Hilton Terrace on the corner of Ernest Street. During 1972 we applied for the Ford Franchise for Noosa and this was granted. We traded as David Bruce Ford. Joan did casual work as a Pharmacist while the children were young then worked full time.

We sold the Dealership in 1989 and purchased an Autobarn Franchise in Nambour. We sold this in 2003 and both Joan and I retired.

We have been very fortunate to be able to travel extensively overseas.

When I turned 75 we decided to sell our small acreage at Weyba Downs and moved to the Noosa Domain Retirement Village at Noosaville. I also sold my fourth and last racing car.

As I would no longer have a home workshop the advent of the Noosa Men's Shed was timely especially the well-equipped metal shop and I look forward to many years of membership & fellowship.

Meet Stefan Prystupa

I was born in Brisbane in 1951. My mother was born in Austria and my father in the Ukraine and they emigrated to Australia after WWII.

I grew up in St Lucia next to Queensland University which was very much an outer suburb in the 1950's with dirt roads and no sewerage. I rode a push bike everywhere and when I left home in the morning to play with a mate I was told to be home by dark.

I attended Brisbane State High School and studied Civil Engineering at the then QIT in the city before heading off to England after completing my degree for the obligatory Kombie tour of Europe in 1974.

After working in Brisbane for Antony Tod & Partners a position became available to open an office in Noosa so in 1980 I travelled north. I have had a few breaks from the business in that time with stints working for UNHCR in Tanzania and Indonesia, a 6 month contract for UN World Food Program in Ethiopia, Red Cross in Manila and a 12 month contract with SMEC in Hong Kong. After being a partner in the engineering business for twenty five years I have now passed the baton to the next generation and now work part time which allows me to enjoy and pursue my other interests.

The major sponsors of our shed are:



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