

June 2017

Men's Health Day at NMS

National Men's Health week was June 12—16.

Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind. Becoming a member of Noosa Men's Shed provides a safe and busy environment where men can find all of these things in an atmosphere of mateship.

On Wednesday June 14, our members were given the opportunity to have a personal health check

The fitness test is the Australian Senior's Fitness Test - physical tests to identify strength, endurance and power conducted by 3rd year students from University of Sunshine Coast.

A 25 minute chat followed with a Health Professional about Fitness Test Results responses to the questionnaire. We were fortunate to have 7 Allied Health Professionals who are supporting this health check and providing their time and expertise for our benefit.



Many organisations also came along to provide an opportunity for us to chat with people with knowledge and expertise in Diabetes Management, Oral Health, Immunisation issues, Prostate Cancer Support, Oz Care Mental Health, Stroke and its impact. There was also a short talk about Cancer and Exercise held during lunch.

Morning tea and lunch was sponsored by AMSA and Eden Health in Cooroy

Dr Crosby Rechtin demonstrated the use of our Defibrillator donated by SafetyQuip. Despite many attempts, this patient unfortunately was not able to be resuscitated



NOOSA SHED NEWS LETTER

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Opening of the Long Shed

Our Long Shed is now officially open for our use

The journey to opening this magnificent building began in August 2015. I visited the fellows at Burrum and District Men's Shed at Howard, and they tipped me off that these sheds were being disposed of by the Australian Army and they were getting one for their shed in Howard. I was given a photo of one and took it to our shed committee at Noosa. From that point the chase for one for Noosa had begun.

I wrote to our local member (Warren Truss) which was the recommended approach by the Howard boys. I had no response after a month so I thought it was time to pull out other "guns" which I thought might progress things. I emailed Peter Dutton who was a student of mine when he was at high school. In previous contact with him he had offered to help where ever he could so I thought this might be a good time. So, he put in a word to the Minister of Defence as did a friend who is a high ranking officer in the Air Force. Finally, we were told we had one but we would need to pick it up from Wallangarra, down near Stanthorpe. It arrived on our site in late 2015.

Noosa Council funded Stage 1 which was the slab and the under slab plumbing, Queensland Master Builders donated \$5000 and the Federal Dept. of Infrastructure, through Llew O'Brien, granted us \$22,000 to fit it out. Most of the labour for construction and fit out came from our shed members,

This brilliant addition to our shed campus has already become the focal point of our shed and is enjoyed in many ways already. There will undoubtedly be many good times and many connections and friendships made in the future inside this magnificent venue.



Listening to Llew O'Brien's address



The Plaque unveiled



Cutting the chain (wire) to unveil the plaque



A very happy band of shed members at the opening

Our Secretary, Neil Watt, honoured at Noosa's Queensland Day Awards



June 6 is Queensland Day. On that day this year, volunteers in our community were recognised for the time and commitment each of them gives to their chosen community organisation and for making our community a better place for all of us

On the night, our Secretary, Neil Watt was presented with a certificate and a Commemorative Medal by our State MP, Glen Elmes as Noosa Men's Shed's outstanding volunteer.

Almost every one of our 170 members will have made contact with Neil at some time. He works tirelessly to answer phone calls and emails from members and the public, writes letters of thanks to all who help us, and keeps us organised with rosters for events. Agendas and minutes of meetings are also part of what he does. He then finds time to get involved in some of our activities himself. He can sometimes even be found around the shed with a paint brush in his hand.

A well deserved award, Neil

Leatherwork about to get going



The leaking roof on the Hobby Shed has been repaired so we can now rely on a dry working area for Leatherwork and Electronics

Lead by David Nivala the Leatherwork group meets to discuss the organization of the activity, the equipment needed, and some of the possibilities in this exciting new activity.



Membership renewal is now due for everyone

Your \$50.00 membership fee is to cover costs in two separate areas

1. Insurance

is paid to the AMSA group insurance broker. It covers you and the shed in three areas

A. \$20 million Public Liability Insurance

this includes visitors who are injured while at the shed.

It also covers you if you injure a fellow shed member during a shed activity

B. Up to \$4 m personal injury both in the shed as well as away from the shed for shed activities such as Bunnings sausage sizzles, hill climb, as well as during travel to and from home to the shed.

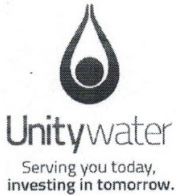
C. Product Liability – injury caused by failure of an article made in the shed

2. Shed Running Costs

Things like mobile phone, internet, office supplies and cleaning and sanitary materials

Due by July 31, Please talk confidentially to our Membership Registrar, Peter Magarry if you are having difficulty meeting this deadline.

Our Major Sponsors



Please support these companies who have supported our shed

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