

Noosa Men's Shed Newsletter

June 2018



Web: noosa-mens-shed.org.au

Facebook: [NoosaMensShed](https://www.facebook.com/NoosaMensShed)

Member of: [Australian Men's Shed Association](http://www.australianmensshed.org.au) and Queensland Men's Shed Association

Half-way to 2019 Already

Many of us are still thinking about last Christmas, let alone realising we are now closer to the next one. A busy June has just gone too quickly as well.

Hillclimb volunteering.	Cooking course finished.
Card Group - Mondays.	Test & Tag program.
Spanner in the Works.	Woodshed outdoor area.
Native bee box sales.	Bunnings assembly job.
Aquaponics set-up.	Noosa Community Garden visit.
A very successful EOFY Lunch for fifty people.	

Our calendar of events for July looks tame when compared with the last few busy months. That is not a bad thing as the organisers and workers need a break from a sometimes hectic program.

The biggest event at the Shed this month was the very successful "**Spanner in the Works**" health event. The amount of planning, organising and work put in primarily by Owen Curtis is not well understood by us but it is certainly appreciated.

The **Building Team** have completed most of the outdoor work area for the Woodwork Shed. The Team then immediately proceeded to begin building a small paint storage shed on the western boundary fence-line. Work on a large concrete pad has also just begun behind the Metalwork Shed. This will provide a more practical area to work underneath a vehicle using a creeper.

Philip Morgan took a very professional photo which has been entered into the AMSA 2019 calendar competition. It has already been used by AMSA as an example to other sheds. See the [AMSA Facebook](https://www.facebook.com/AMSA) page and make a comment!

It has been encouraging to see some new names being added to our list of **volunteers** for different fund-raising activities. A number of new shedders have joined us in the past few months. If you see a new face, please do say hello and make him welcome.

President:	Paul Asbury
VP	Ian Broadfoot
Secretary:	Stewart Neuss
Treasurer:	Steve Phillips
<u>Committee</u>	
Membership:	Peter Magarry
Long Shed:	Des Valentine
Woodwork:	Tony Sievers/David Heckendorf
Metalwork:	John Berghauser
Arts & Music:	Philip Morgan
Hobbies & Asst Treasurer	Laurie Kelly

Vaccinated against:

- **Pneumonia?**
- **Shingles?**
- **Flu?**

If not, see your doctor.

Wood Workshop News June - 2018

All wood workers should read the latest news from Ian on the Shed web site at <https://noosa-mens-shed.org.au/>

Lead-lighting—Leader?

We have a lead-lighting kit and three members interested in learning more. Does anyone in the Shed know enough about it to teach the others?

Important Dates & Events

Justice of the Peace

Shed members should be aware that our web master John O'Halloran is also a JP (Qld) who is happy to provide that service to members when he is at the Shed.

If there are other JPs in the Shed willing to help, please see John O'H who will coordinate it.

Mon, 2 July	Sausage Sizzle at Bunnings Noosa	Co-ord by Tom Gittings
Mon, 9 July	"Mates in the Kitchen" course begins for 4 weeks.	Co-ord by David Rodgers
Tues, 10 July	Committee Meeting	Co-ord by Stewart Neuss
Thurs, 19 July 11:00 am	General Shed Talk on tyre technology by Graeme, Manager of Bob Jane T-Marts	Co-ord by John Williams



Old Wheelie Bin? If you have an old broken wheelie bin at home, we can use it as a nesting box. See <http://www.abc.net.au/news/2018-06-04/wheelie-bins-used-as-habitat-boxes-threatened-bird-species/9819054>



First test pizza in the oven.



Healthy Eating

Those who have visited the Shed over the past six weeks would have met or seen Ged & Heidi, our two dietetic students on placement from the University of the Sunshine Coast. Sadly that placement has now finished, but they left us with a host of good memories and advice on healthy eating.

Some of that advice included some web sites to source healthy & simple recipes from:

- ♦ **Healthy Food Guide:** <http://www.healthyfoodguide.com.au/>
- ♦ **BBQ Recipes:** <http://www.healthyfoodguide.com.au/meals-and-occasions/barbecue>
- ♦ **Back to Basics—Microwaving:** <http://www.healthyfoodguide.com.au/articles/2008/october/back-basics-microwaving>
- ♦ **Heart Foundation Dinner Recipes:** <https://www.heartfoundation.org.au/recipes/category/dinner/P5>
- ♦ **Dietitian's Assoc of Australia:** https://daa.asn.au/smart-eating-for-you/smart-eating-recipes/?recipe_course=main-course

(Just click on the trusted links to get to the page).

- ♦ Dietitian's Association of Australia: https://daa.asn.au/smart-eating-for-you/smart-eating-recipes/?recipe_course=main-course

Shed Opening Hours

Monday	12:30 - 3:30	Woodwork *
	2:00—4:00	Cards/Games
Tuesday	08:00 - 12:00	All Activities
Wednesday	08:00 - 12:00	Woodwork *
Thursday	08:00 - 12:00	All Activities
	1:30 - 3:30	Shed Band
Saturday	08:00—10:00	Gardening & Coffee

* Lots of elbow room on these two days.

Card sharks at play.

*John Ward
with his
Florentine
cabinet.*



Shed Shirts

Noosa Men's Shed shirts can be ordered by visiting **The Branding Office**, 1/41 Rene Street, Noosaville. (Next to the Veterinary).



Monday Afternoon GAMES

- Mondays 2pm to 4pm
- Cards
- Pool or 8 ball
- Darts
- Bocce
- Anything else you can think of.



Come and enjoy the fun!!!!

“Attitudes are contagious. Is yours worth catching?” Steve Waugh

When I think about it, our thoughts and our attitudes are all kind of “secret”. They don’t show on the outside, so what goes on inside isn’t always seen by others. However these “secrets” often have a real impact on others around us.

Is your attitude toward the following worth others catching?

Your attitude toward:

Looking after yourself – your health, personal safety, your personal appearance. Letting these things slip can affect others, even if we don’t realize it.

Looking after your family – your partner, your kids and grand kids even if their values are different from yours

Looking after your friends and neighbours

– making the effort to call them occasionally, just to connect.

Looking after the Shed

– Cleanliness, fixing hazards that you have noticed.

- Doing your bit to make the Shed even better than what it is now even without having to be asked. Giving as well as taking

Looking after the environment – even when you think no one is watching.

John Williams



Some of the fifty guests at the EOFY lunch in the Long Shed.

**Safety Is a Choice
You Make.**

Useful Information:



Below is a link to a page which is part of a **Qld Govt website** that helps seniors **find discounts**. The Shed is publishing the link simply as possible useful information for members.

<https://secure.communities.qld.gov.au/chiip/businessSearch/SearchDetails.aspx?OutletID=29102>

If you think there is some really useful information out there that may be of interest to our members through the newsletter, could you please send the URL link details to **Peter Magarry** at pmaga@ozemail.com.au who will coordinate the column content for the newsletter.

The Bowyang Men's Shed (Part 4) - How it all came unwound.

It was the death of old Mrs McGinnes and her funeral arrangements that proved the undoing of the Bowyang Men's shed. After a stellar official opening and six months of happy shedding, the future looked bright. President Bushy's chest swelled with pride every occasion he drove past the new building. However, his balloon was pricked when the fraud squad turned up at his modest Bowyang funeral home.

It transpired Mrs McGinnes's son, Barry, had made an unexpected, after church service, trip to Black Stump's crematorium to see his dear old mum reduced to ashes. Imagine his horror when instead of finding her reposing in the \$5,000 polished mahogany casket he'd purchased, her remains had, somehow, been transferred to a rope handled, ammo box style, coffin made of ply-wood and clearly bearing the brand '*made by Bowyang Men's Shed*'. He made phone calls. Coffin substitution and resale constitutes fraud, the detective advised. Barney was in the cross hairs, a rabbit in the headlights and matters would soon get much worse.



Hospitality being part of the code of the country police force, the local Sarge had invited the fraud squad dick to stay at the station house he shared with Sheila. Of course, he hadn't mentioned this to Shelia and she was hopping mad. Things had been crook between Sheila and the Sarge for a few days since she'd discovered he was regular visitor to the second Swedish backpacker jilleroo, Jess, who lived out on the Norman spread. He claimed his visits were 'just routine visa checks' but one involved an overnighter and Norman's place was only 10k out of town.

The station house walls were pretty thin and the city dick couldn't help overhear the arguments. As well as announcing her intention to divorce, Sheila sneered that the Sarge was 'as dumb as a post'. The 'last will and testament he'd found after Jackie's demise was a put-up job and he'd been too stupid to connect the dots. Thus, the big city dick found he had two substantial matters to investigate in Bowyang.

By the next morning Shelia's temper had cooled. Confessions about the spilt secret were shared with the shed's remaining executive members, Bushy and Sheila offered to cop the blame for Bushy's greed in business and the shed's conspiracy in the '*Jackie's last will, testament and insurance matter*'. No one else would be implicated. Scout's honour!

After a shed whip around, Smoothie Burke, the sole lawyer practicing in Black Stump, was engaged to help the miscreants. Plea bargains were offered, the prosecutor accepted and the magistrate hearing both matters made his decisions. Bushy would serve 6 months for the coffin substitution and 6 months for the fraud of the insurance company while Shelia would cop a 6-month suspended sentence and do 200 hours community service. Most reckoned it was a fair deal. Bushy would be out in 5 months with good behavior.

Course the shed was completely stuffed. The women members had been thinking about quitting ever since the unruly behavior of the boys on opening day. Now their departure was a given.

The insurer's reps turned up, hauled away and sold everything portable. They even had a beady eye on the magnificent Titan shed. Fortunately, the electricity authority intervened at the critical juncture, saying the shed is on our land, we are the legitimate owners - see you in court if you think otherwise. The insurance company beat a hasty retreat.

No one ever said the women were stupid, far from it. They seized up the opportunity, quickly formed a new organization, joined forces with the CWA and all the other women's groups in town and took a written proposal to the Electricity mob. The 'shared permit to occupy' changed hands. A week later what had been the *Bowyang Men's Shed* re-opened as the '*Bowyang She Shed*'. The boys were left, sitting in the dust of the stock watering reserve on the banks of Bowyang Creek, wondering how the hell such a disaster could have befallen them.

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Bluey poked a stick in the dirt and waxed philosophical 'what goes around comes around'. Con argued "a soufflé can't rise twice". Opinions varied.

Merv looked around at the water gurgling through the cod hole with its overhanging river gums and declared, "*This would be a cracker spot for a shed.*"

"Yeah, wonder if we can recover that old iron that blew away last storm. All we'd need to start would be a roof – and by crikey- **no girls allowed**!"

Ian

Episode 4 Series 1



Sadly, this is the final episode in this series written by Ian Broadfoot. (It is a fictional story, despite some enquiries to the contrary). ☺

*If there is sufficient interest, Ian may write a second Bowyang Shed series at some point. In the meantime, he is offering a **bottle of Moët to the member who can produce a humorous short story for the August newsletter. (ie. By 23 August).***

The rules are :-

The story has to be only mildly politically correct, it must be not more than 900 words in length, be humorous and good natured and mention the Noosa shed at least once. Characters must be fictitious, for example 'Des the kitchen pig' is not permitted but 'Darcy the kitchen hog' will not be considered to be too close to the bone.

Subject matter that is topical will be favored by the editor. For example, an account of a visit to the shed by Prince Harry and Megan would be red hot. Use your imagination and have a go! The editorial panel will be sole judge.

Cheers,

Editor



Recently acquired "aquaponics" set-up, powered by fish.

Positions Vacant:

We are looking for three members to be back-ups for:

- ♦ **Assistant Secretary,**
- ♦ **Assistant Membership Officer, and**
- ♦ **Assistant Chef.**

None of the positions are committee positions, but all are very important roles in helping to run the Shed.

Interested - talk to:



Secretary
Stewart Neuss



Membership officer
Peter Magarry



Kitchen master
David Rodgers

Coolum Men's Shed

One of our neighbor sheds has put together a youtube clip at <https://www.youtube.com/watch?v=fFZn3zoMW54&feature=youtu.be> It is worth watching. Well done Coolum MS.



Recent visitor to the Shed



The Cooking Class at work.



A different home for native bees.

Shed Trailer

Just a reminder that the trailer is available for use by all members. The conditions for use are on the fence alongside the trailer. We do ask for a small donation to assist with the maintenance & registration costs. A donation tin is inside the white box on the fence.

The choices are yours to make at the Noosa Men's Shed:

Woodwork, Metalwork, Building, Art, Electronics & Computers, Leatherwork, Gardening, Bee-keeping, Inventors & Innovators, Fishing, Band, Walking, Sailing, Aquaponics + Kitchen Humour.

An interesting and well written letter in Noosa Today, page 22, (21 June).

I cannot imagine myself writing that at age sixteen.

A potential Shedder in the future, I hope.

WHITE MALE PRIVILEGE, OR IS IT?

Odds are that as a young white male living in Australia I'm going to do pretty well in life.

Odds are that I will find a white-collar job and in that job be paid 20 per cent more than any woman doing the same work. It won't matter if she has more experience or even if she is more skilled than I am. I am male, and that gives me a certain fortune in our social structure.

Odds are that as a male I will be less likely to experience discrimination in the workplace. I won't be ignored or dismissed when I'm shopping for a car, and it's unlikely I'll be harassed or catcalled when I'm walking down the street.

Odds are that I will have more freedom of speech, and be more likely to rise to a position of governmental power. I mean, look at our current parliament - 153 men occupy seats versus 73 women. Quite clearly the odds are in men's favour.

Odds are that as a male I will have more freedom to travel the world without risk of being imprisoned.

In every substantial religion on the planet today, as a male I occupy a position of power. I could be a priest, a rabbi, a monk, a pope. Women do not get these choices.

In some places in the world, women are not even entitled to an education, or allowed to drive. In some places, women aren't even allowed to walk the streets. Yet in all these places men have political power, they make the laws and they implement them.

Truly, it's a man's world and the odds are very much in our favour.

And yet ...

Against these odds ...

There are eight suicides in Australia every day. Yes, I know that's a significant number. And you'd think, given all these great odds in our favour, the percentage of those that are men would be pretty small.

And yet ... against the odds, six of those eight people who commit suicide every day across Australia are men. Yes, you heard that correctly. 75 per cent of all suicides in Australia annually are men.

Against the odds, men also represent 93 per cent of the prison population across Australia. Roughly 31,000 people are in prisons across Australia, and of those about 29,000 are men.

And against the odds, men are one and a half times more likely to be murdered than women.

Suddenly it doesn't feel very much like the odds are in our favour. Sure, there are some undeniable benefits to being a guy. But as you're hearing, there are some awful downsides too.

So what's behind all this? Could it be that this masculine culture we have - the one that insists we need to be so dominant in our culture - could also be part of the problem?

Could it be some kind of prehistoric instinctive male drive that pushes us to either rise to the top of society or brawl it out down in the bottom?

There are certainly a number of cultural expectations. The expectation that men have to be tough, strong, the "rock" of the family.

That men are not supposed to cry, that we're supposed to be strong, tough, brave ... warriors.

That we shouldn't feel complex emotions ... or that if we do, we should be quite capable of putting a lid on them and boxing them away.

Boys who don't play sport can be called weakling, wuss, princess.

If we get hurt or humiliated, we have to "suck it up" and keep playing.

A few years ago, I was at a party with my family. My uncle was coaching a family game of football. I remember he was giving my 11-year-old cousin instructions. (I was younger, but I remember it really clearly). He would yell stuff like, "SWITCH ON BEFORE

I REACH INSIDE YOU AND SWITCH YOU ON MYSELF!" and other stuff like "TAKE A TEASPOON OF CEMENT AND HARDEN UP!"

My cousin started crying, and ran away. And you know what ... the men, the grown-up men, who should have known better, made faces at each other. Disappointed faces. And they said things then like, 'Well...he's got to learn sometime. We don't want him turning into a girl.'

So tell me because I'm confused, what's so wrong about being a girl? Why are we boys constantly being told that we can't run like a girl, we shouldn't throw like a girl ... and why does feeling emotion make us, 'like a girl'?

Is it possible that being allowed to express emotions, to sometimes not be strong, not be the warrior, could actually be good for the human soul?

Do you ever think that the odds are, our masculine nature - the very thing that makes us so powerful - might just be the exact thing across the world that is causing male lives to be squandered in prison, in suicide and in murder?

Somehow, against all the odds, we need to make fundamental changes to our cultural expectations of men.

We need to change the way that men are perceived, we need to change from always being the strong brick with no emotions. And more importantly we need to change our culture of men, we need to change how we treat each other.

This week we have talked about mental health, physical health, we have played dodgeball, eaten bacon and egg burgers, these things are real, as is our mental health, we can't keep neglecting it.

It's important to talk about these things, to bring them out in the open, that we are stronger when we speak out and show our emotions.

And then, maybe then, the odds will change.

**Rohan Kerrigan,
Year 10 student**

**St Teresa's Catholic College
(read last week during the college's
Men's Mental Health Week breakfast)**



Leather workers.



Volunteers at the Hill Climb.

Proposed Lapidary & Fossicking group

It is proposed that a Shed group be created to fossick for gemstones and cut and polish them.

There are a number of defined fossicking areas within reach of Noosa. A licence is required to fossick and in some places, camping is permitted for a licence fee.

Polishing stones does not require a huge outlay. The equipment to do so can be made from materials presently available in the Shed and the purchase of the appropriate grit and oxide.

Cutting and faceting requires more complicated equipment such as saws etc.

It is suggested that interested members put their names on the activity list on the notice board. We can then get together to discuss all the issues to see if the proposal is feasible before putting the matter to the Committee for approval.

Jim Barrass jimbo2907@gmail.com

*Plaque on the wall
near the pizza
oven.*



Membership Renewal for 2018/2019.

Your annual fee to be a member of the Noosa Men's Shed inc. is now due for the 2018/19 Year.

Due to the generous support of our local community and the tireless efforts of our Grants team and members we are able to maintain our annual membership fee at **\$50** and daily attendance fee at **\$2**. This is the same as when we kicked off in late 2014.

Payment may be made by cash, cheque or electronic funds transfer as per the instructions below. This payment is due by the 31st July 2017 and will cover your membership until the 30th June 2019.

Your membership will lapse if payment is not made by the 30th September 2018.

As previously advised the daily attendance fee per visit to the shed is \$2, to be paid on the day. As an alternative to making daily payments you may wish to pay an annual fee of \$100. If you choose this option it will amount to a total payment of \$150.

If you no longer wish to be a member please notify us by email at noosamensshed@gmail.com

Payment Options:

- Pay in person at the Men's Shed by Cash or Cheque made payable to **Noosa Men's Shed Inc.**
- Cheque mailed to Noosa Men's Shed, PO Box 964, Tewantin, Qld, 4565.
- EFT to Account Name: **Noosa Men's Shed Inc.**

BSB: 633000

Account No: 152427001

Remitter or Reference: Your Surname

- You can also **pay cash** at any branch of the Bendigo Bank. Quote the Account details above, including your surname as the remitter or reference. This ensures your payment will be detailed on our statement as confirmation of your payment.

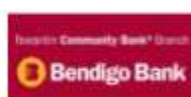


"Pierre", master chef at the EOFY lunch.



Owen Curtis, responsible for the Spanner in the Works health program.

Please support these Major Sponsors & Supporters who have helped us generously over the past three years:



BENDIGO BANK	Tewantin Community Bank branch of Bendigo Bank	5440 5289	John Hague 0439 796 053
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DRM CONSTRUCTION	BUILDING CONSTRUCTION	0407 227 618	
PAGE FURNISHERS	CABINET MAKING & TOPS	5485 1888	Factory St, Pomona
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