



# Noosa Shed News Letter

March 2016



Noosa Men's Shed - 26 Feb 2016

Photo Thanks to Paul Asbury

## **METALWORK SHED NOW OPEN FOR GENERAL USE**

On Thursday March 21, we took some time out to mark the opening of our Metal Work Shed. It was another milestone in the development of our shed. This has been under development for some time with our grant application for this building being written in late 2014. After the money was granted, we had it erected by Fairdinkum sheds about mid 2015. It was in this shed that we held last years AGM

From that time onward the committed metal shed team has been dreaming and planning the layout and what metal activities we could offer. Because of their efforts over many months, we now have a facility which is safe and second to none. With the expertise of the metalwork leaders, there is little we can't do in our new shed.



Of course, we were fortunate to have the opportunity to acquire much of the machinery with a great range of accessories from the estate of Mr. Atkinson of Doonan who was obviously an en-

thusiastic metalworker. We will continue to honour him by looking after his treasured equipment and giving our members the opportunity to learn some of the skills he had.

I would encourage all of our shed members to take advantage of what is offered here to come and try some welding or some metal machining. The shed leaders will be there to help you.

Open Tuesday and Thursday morning, 8am—Noon.

## **Safety Awareness**

It's great to see so many members being much more safety aware lately. The precautions and care taken when working at heights and remembering to put on a pair of gloves when handling roofing iron and the like has been noticeable. Keep up the good work.

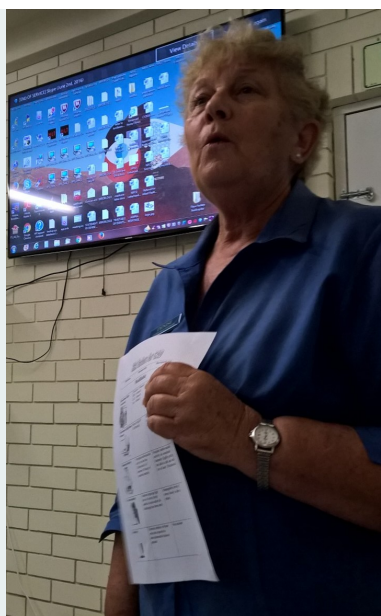
Inside the wood and new metal shops though, please take the time to put on some eye protection. A sharp piece of metal in the eye can do a lot of damage.

One more point. Please don't work alone anywhere on the shed site. If you had an accident, getting help could take precious time



## INTERESTING SPEAKERS AT OUR SHED

This month we have had two very interesting speakers come to our shed. The first one was organized by Col Staun the facilitator of the Inventors and Innovators group which has yet to meet. This speaker came from Brisbane who demonstrated and spoke about the wonders of the 3D printer. This machine can make a 3D model of pretty well any object. Certainly something to keep in mind as we get this inventors group up and running



Our second speaker was organized by Owen Curtis as part of our monthly Men's Health talks. This month 27 members attended a presentation delivered by a nurse trainer from Nambour who had a great deal of information about heart attacks. She covered topics like what is really happening when you are having a heart attack, how to recognize that it really is a heart attack, and procedures for getting help and dealing with the problem. Several of our members have had first hand experience with heart problems but we all went away better informed.

Enjoying a healthy lunch together prepared by Conrad and his wife added to the enjoyment of the meeting.

## VISITORS FROM UNITY WATER AND NOOSA COUNCIL

George Theo, the CEO of Unity Water and his personal assistant Kate Cash took the time to visit our shed to see first-hand what we have achieved on the land we lease from his company. We not only appreciate having a lease on the land where our shed is located, but they have now waived the infrastructure charge which is usually imposed on project developments such as our Studio and ex-Army shed. We are grateful to have such community minded companies working with us for the betterment of our community

Kylie Finigan, the Community Development Officer from Noosa Council and her Director of Community Services Fox Rogers also visited our shed this month. We enjoyed showing them how our shed was developing and I think went away quite impressed. Again, it's great to have good people to work with.

*For those who have joined the shed in recent months, if you are able, you are encouraged to go along to one of the building sites and participate in some way in the construction of the Studio, or the Long Hut which will be started very soon. Wouldn't it be great in the future to say that you helped put up that building. Check the notice board outside the main building to see where help is needed and the name of the supervisor on the day.*

### Phone Contact for Committee Members

John Williams	0417716840
Neil Watt	0459349423
Laurie Kelly	0409999195
Ian Broadfoot	0428716049
John Burghauser	0409279609
Owen Curtis	0447654663
Kevin Goodwin	0414863793
Ray McEwan	0400544262
Peter Magarry	0418276140
David Nivala	0401146411
Frank Olmos	0429891605
Rod Pettigrew	0498084230
Stefan Prystupa	0407731746
Jerome Stuart	0419881602
Des Valentine	0408196349



## Rotary Club of Noosa Donation



The Rotary Club of Noosa has always been one of our partners in the Community. Recently, Tess Alexandroff and John Butterworth represent Rotary as they present Ken Drodts and Ian Broadfoot with a new spindle sander for use in our wood work shop.

Thank you to Rotary Club of Noosa

## OUR BEES NEED YOUR HELP



If you haven't tasted our Noosa Men's Shed Honey you are really missing out on something special. It's for sale at the shed— \$5 a jar. It makes a very special gift.

These hard working creatures now need your help. We need to regularly extract some of some of the honey they produce from their hive but they need human intervention to make that happen. This is where you can help. Gordon Craig and Frank Olmos have been doing all the work lately and they could do with a few more on their team. The shed will provide the veil, gloves and overalls if you would like to participate in the harvest. If you would like to buy your own the total cost is about \$100.

Please let either Gordon or Frank know if you would like to be part of this interesting activity. Gordon on 5447 5177 Frank on 04298 91605 or see them at the shed.

**A Reminder. The Woodwork Shop is now open for general use on Tuesday, Wednesday and Thursday 8am to 12pm. If you have experienced crowded conditions on Tuesday or Thursday, there is now plenty of room with leaders available for assistance on Wednesday as well**



## *Noosa Men's Shed 2016 Golf Classic*

***Noosa Springs Golf and Spa Resort  
Friday September 16 2016***

I wonder if Morris was at our health talk this month to get some tips on recognizing the symptoms of heart attacks?

**Morris, an 82 year-old man, went to the doctor to get a check up**

**A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.**

**A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?'**

**Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'**

**The doctor said, 'I didn't say that.. I said, 'You've got a heart murmur; be careful.'**

### Members Welfare

If you know of any of our members who are hospitalized for what ever reason, please let Ron Blackman know on 0407 187 387

### Insurance Cover

If you are walking with the walking group, your membership fee covers you even while away from the shed. Similarly, any guest who joins in for the day is also covered. That insurance protection also applies when you are helping at the Bunnings BBQ and any other activity away from the shed.

### Major Sponsors of our shed



We bank with Bendigo Tewantin

# New Shed Activity

## INVENTIONS AND INNOVATIONS GROUP



There has never been a better time to be a member of Noosa Men's Shed. We are into the age of innovation in Australia, and we at the shed can be a part of it.

On the noticeboard in the main building there is a sheet where you can sign up for this interesting and different activity. We already have about 10 interested people. The more thinking people who are divergent thinkers and risk takers the better.

Col Staun is a successful inventor and is convinced that within the NMS we have a wide range of talents and life experiences and that this group could solve many technical problems in our society and perhaps even the world. Together we will design possible solutions to a particular problem, use the workshops to take the item or perhaps a model or a prototype, assess the solution and perhaps trial it in the marketplace.

You never know we might come up with something unique. Procedures for taking out a patent will also be made available to you,

So, add your name to the sheet at the shed. We plan to meet on Wednesday afternoon 2pm—4pm and will gather in the Studio once it is open but in the kitchen until then.

Look out for an email soon which will give you our starting date

## MEET TWO MEMBERS OF OUR SHED

### OWEN CURTIS

I was born in Melbourne in 1945 and, as a Physical Education Teacher, was called up for National Service in 1969/79 where I was a Physical Training Instructor at Recruit Training Battalion Puckapunyal and then in the Army Apprentice School on the Mornington Peninsula. I married my wife, Sue while I was serving in the Army, and we relocated to Perth to undertake further study when my time in the Army was over.

Sue and I moved to Wollongong in 1975 where I taught at the Wollongong Institute of Education and then ran the Institute of Applied Physiology at Cumberland College - a centre for conducting testing of a wide range of people including those with people with complex and chronic conditions as well as elite athletes.

In 1978 I started the first Community Based Sports Medicine Clinic in Australia. That clinic in Wollongong, the Illawarra Sports Medicine Clinic is still going strong. After 8 years of designing and developing exercise programs for local, regional, state and national athletes I moved to the University of Wollongong lecturing in the areas of Motor Control and Learning, Aerobic Conditioning and Exercise for Special Populations. I was heavily involved in developing a 4 year degree in Human Movement Science and in 1992 helped form the Australian Association of Exercise and Sports Science (now known as ESSA).

My focus for much of the remainder of my academic life was to create graduates who were employable in the Health/Fitness Industry and to support them through encouraging their employment, to ensure that there were opportunities for them to have rewarding promotional opportunities and careers. I was on the National Certification Program that vetted the various courses within Universities around Australia to ensure their quality and standardise their delivery.

I was fortunate to receive a couple of large Federal Government grants which allowed me to focus on Falls in the Elderly, where my team and I worked with people over 65 yrs who had fallen or who had a fear of falling, providing them with a 24 week exercise program delivered by 18 Accredited Exercise Physiologists.

I left the University in 2011 because I was getting too grumpy with the final year students, and a short time later moved to Noosa where both of the girls were living. I am a member of both the Noosa Masters Swimming Club and the NMS and enjoy the company and activities provided through our Shed.

Sue and I have two children, Lisa who works in the Corporate world, and Tara, who is a successful Artist with artworks displayed on TaraSpicerArt.com. and is the mother of our two grandchildren

### Ron Blackman

Started working life as a laboratory assistant but for more excitement joined the N.S.W Police Force and retired as an Inspector after 30 years service in 1990 due to a medical discharge.

Some of the highlights of my career were as follows: Police escort for the Beatles in 1964, escorting N.S.W. Governor and Governor General, jockey Neville Selwood's funeral at Orange and many Anzac Day and other processions. My other Police duties were General Duties in Sydney and Blue Mountains. Highway Patrol high Speed motor cyclist and car in Sydney and Orange, Vice Squad, Police Academy Lecturer, State Co-ordinator of Community Relations Officers, Bicycle Safety Officers, Victim of Crime Officers. Acting O.I.C. Neighbourhood Watch, Safety House, Crime Prevention, Aboriginal Liaison, Ethnic Liaison, Gay Liaison, Police Choir, Pipe and Brass Bands, Mounted Police, Media Section and School Safety Advisory. Upon promotion to Inspector served as O.I.C Finance, Projects and Committees at the Police Traffic Branch and finished up as Blacktown District Traffic Commander in charge of over 50 H.W.P and Traffic Police.

In retirement my wife and I towed a caravan around Australia over 2 years and then moved to Beerwah, Queensland where I became Area Co-ordinator of Beerwah Neighbourhood Watch. I also trained with the Queensland Cancer Society to become a Community Speaker in Skin, Prostate and Testicular Cancer, and spoke to many community groups and schools on the Sunshine Coast and Hinterland. Now enjoying being an active member of Noosa Men's Shed