



Studio Opening

Our Studio is now complete and ready for use. We celebrated its completion with a morning tea which gave us the opportunity to say thanks to all those who have had a part in its construction. Big thankyou's were conveyed to Father Mark Franklin from Catholic Church Tewantin for donating the carport structure which formed the basis for the 'Studio, Dean McEwan from DRM Design and Construction who donated the slab and organized the donation of other materials from Holcim Concrete, Phoenix Reinforcing and Sunshine Hardware

Kate Cash from UnityWater who have always supported us, was thanked, this time for waiving the infrastructure fees which would normally apply to a building like ours, The project was driven by Ray and Stefan with the help of many of our shed members and they were recognized for their effort and expertise.

We now look forward to using this building for Painting and Drawing, Upholstery, Innovation and Inventors and lots of other "clean" crafts

Photos from our opening



In the Studio

Starting Thursday June 2 9am–noon — for 6 weeks

Creating Landscapes with Sharon Jack

This is for beginners or near beginners who want to get going with their painting experience. You will learn how to create a beautiful landscape using acrylic paints

You will learn about: Colour, The difference between foreground, mid-ground and background,

You will learn how to: Have fun with paint, How to transpose your scene from a photo onto a canvas, Mix colour, Apply paint Achieve depth and much more

What to bring

A canvas 18" x 18" (45.7cm x 45.7cm)

Tubes of Acrylic Paint (student quality) one of each of Ultramarine Blue, Cadmium Red, Cadmium Yellow and Titanium White.

Acrylic paint brushes sizes 0, 6, 10, 24

(All available at Tewantin News Agent)

**Don't miss this opportunity. Please sign up
NOW on the sheet in the Shed Office**



The Long Hut takes shape

Opening the crates which have been closed since 1975

Team work is needed to get those large frames into the vertical position



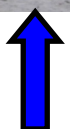
Bob Jack is the leader on this project



Remember—Tom and Paul were class mates in school



Our Long Hut closed in but roof still to do at the end of day 7 of assembly.
Very well done fellows



Wolfgang Klein designed the facilities layout of the Long Hut. (the kitchen, office and toilets) He has also played a big part in it's assembly

“ Whether you think you can, or think you can't – you're right

Henry Ford

Are you to old to be a Gym Junkie?

I was enjoying my work out at the gym the other day when I spotted a sweet young thing walking in....
I asked the trainer standing next to me, "What machine should I use to impress that young lady over there?"
The trainer looked me over and said:
"I would recommend the ATM in the lobby."

Remember: Those who get too big for their pants will be totally exposed in the end.



Men's Health News

Move Better, Feel Better, Live Better

Pit Stop

Do you know how healthy you really are? Do you know what health services are available to you?

Your next service is now due at:

Noosa Men's Shed

Wed 15 June

9am - 3pm

CHECKS AVAILABLE

Chassis
A healthy diet will iron out those bulging panels

Oil Pressure
Get your blood pressure checked regularly to ensure you don't blow a gasket

Torsion
Not what it used to be? Maintaining your flexibility is the first step to keeping your body on the road by avoiding unnecessary injuries

Lube Service
Are you running too rich? It's time to check if you're at risk of Type 2 Diabetes

Grip test
Are you a bullet proof hummer or a matchstick car. Grip strength can be an indicator of chronic disease

Information tents and sessions on mental health, nutrition and occupational therapy will be available

BOOKINGS ARE ESSENTIAL! REGISTER YOUR NAME WITH YOUR TIME SLOT ON THE PIT STOP BOOKING SHEET ON THE SHED'S NOTICE BOARD

For more information contact Owen Curtis 0447 654 663

Other Men's Health News

1. Occupational Therapy students interview NMS members

NMS members are chatting, one on one, with second year Occupational Therapy Students and finding the experience VERY rewarding. At the end of his chat, John Hordyk stood and extended his hand for a good-bye handshake, only to have that swept aside and a very grateful student gave him a hug!

2. Masters of Public Health student, Dean Selby visited the NMS to view the site and meet members recently. Dean will be conducting a project into what the NMS members consider to be the benefits they receive from their involvement with NMS.

3. Health and Wellbeing presentations.

Most recent presentation by a member from Assist First Aid provided some teasers around 1st Aid and CPR. Future presentations will be more tightly controlled to ensure content delivered is in line with NMS members interests.

Pit Stop Health Check will provide NMS with two short presentations on Mental Health and Dietetics during the day.

If you are not a regular at the shed, this would be a good date to keep free to come and be part of this very beneficial day

General Interest Talks

Ron Blackman has organized a series of general interest talks to be held at the shed on the 4th Wednesday of each month until the end of the year. The first will be on **June 29th with a light lunch at 12:30** and speaker to begin at 1pm when the RACQ will talk to us about **"Years Ahead—To Drive Safely for Longer"**. End of July will be Jo Juresevic to tell us about Noosa Council's Recycling initiatives. Others will follow each month on other topics of interest.



We are now the proud owner of this 14 foot sail boat complete with a registered trailer. It was a very generous donation from a local who had no further use for it. It needs a little maintenance which some of our members will enjoy doing. Once ready it looks like an opportunity for some fun on the river,

Meet our Metalwork Coordinator

John Berghauser

I grew up in the Ipswich area and started my working life as a Toolmaker at the Ipswich Railway Workshops. After a few years in the trade, I resigned and took up full time study to become a Manual Arts Teacher during which time Karen and I married and had our first child. I taught in the state system for a few years in Gayndah before moving into the private sector in Toowoomba. I mainly taught design technology subjects integrating woodwork, metalwork, plastics and graphics across all year levels. I was involved with the introduction of senior technical studies subjects and pioneered the introduction of computer software into graphics courses during the 90's.

I continued my education in a part-time capacity securing a further degree in Information Technology and a Master in Educational Administration. During most of my teaching career I've held positions of responsibility from Head of Department through to senior management positions responsible for curriculum, students, staff and administration (in particular timetabling) culminating in the position of Deputy Principal in Toowoomba.

In 1999, I took up the position of Head of Secondary at Good Shepherd Lutheran College in Noosa where I was responsible for the operation of Years 8 to 12. In 2012, I took early retirement at the ripe age of 55 and have since been enjoying doing all the things I never had time for while pursuing a very demanding career.

Karen is also a teacher having just retired from Noosaville State School. We have three children in their 30's and four grandchildren. We have traveled extensively in the last fifteen years throughout Europe, UK, India, Pakistan, China, USA and Canada, mainly utilizing home exchanges where we swap house and car – a fantastic way to see the world.

Over the years, I've designed and physically built three homes as owner builder, as well as doing major renovations on a number of others. All while working full time and with a young family and obviously supported by an understanding wife. The Noosa Men's Shed has given me the opportunity to continue to pursue my passion in all things practical.

Meet our Woodwork Coordinator—

Ian Broadfoot

I was born in Toowoomba but spent formative years on a small crops farm at Victoria Point returning to Toowoomba to attend secondary school where I met Jan. We married in 1964 and had three children Kim, Derek and Lyndelle. They have presented us with seven much loved grandchildren.

In 1959, I commenced work as a cadet field officer at the State Wheat Board gradually rising through the ranks. At retirement, in 1996, I was an Assistant General Manager of the Board's successor, Grainco Ltd and responsible for planning, technical services and commercial matters. During those years, I served on the management committee of the CSIRO's Stored Grains Research Laboratory, the Qld Wheat Varieties Advisory Committee and project managed the development of country storage facilities and grain terminals including Fisherman Islands, Brisbane. My technical responsibilities enabled me to travel extensively.

Since 1996 I have been an independent director and sometimes chairman, of companies engaged in food manufacturing and rural business. I remain a shareholder director of Bean Growers Australia Ltd.

Raffle Reminder

Please return all raffle tickets once sold. If you are having trouble selling the tickets you took, please bring them to the shed so we can take them to our next Bunnings Sausage Sizzle on Monday June 6. Raffle will be drawn On June 23 @ 10am at the shed

Major Sponsors of our shed

