

# NUTS & BOLTS



*'Every man needs  
a shed'*



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## Message from the Editor

Editor: Bob Ikin

I am a walking advertisement for our fitness program! Some of you will know I have a heart complaint but I can positively verify that the fitness program works. I visited my cardiologist for my annual stress test recently and the result was a marked improvement on recent annual tests. My cardiologist commented that the improvement is a result of my fitness regime.

The theme for this year's Men's Health Week (12 - 18 June 2017) is about "maintaining health in body and mind." So get on board lads. \$5 a week for the gym session or \$10 a week if you include the pool session. You won't get that sort of deal anywhere.

Tiger Tim is back with another great yarn, Noel Hohenhaus returns with his family history and our resident travel guru Peter Finch provides some more great tips.

It is also that time of the year when we reflect on those men and women who have given the ultimate sacrifice in service of their country.

LEST WE FORGET.



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# MEMBER NEWS

## Prostate Council of Australia Visit

*13 February 2017*

Good to see Ross Gomersall at our shed again for a very informative talk on prostate cancer. Ross has volunteered for many years with the Prostate Council and he walks the talk because he has been there himself. It was a scary, amusing and informative talk.

EARLY DETECTION IS EVERYTHING!!

Thanks again Ross.



## Dr Beth Steels' Visit

*27 February 2017*

Dr Steels is a very experienced clinical biochemist and she presented the members with a different perspective on health.

For more information visit her website [www.elizabethsteels.com.au](http://www.elizabethsteels.com.au)

Thanks Beth.



## RACQ Visit

*13 March 2017*

David Webber gave members a very interesting and informative presentation. It was good to hear the latest road rules information and to hear details of other services the RACQ offers, for example:

- Driver Assessment Test
- Kids and Cars
- Years Ahead Lifestyle

Members are encouraged to complete the RACQ Older Drivers' Self-Assessment Questionnaire when they can.

Thanks David.



## Lewis Hayes Drops In

*20 March 2017*

Our fitness instructor dropped in and encouraged members to participate in the special shed gym and pool program. Thanks Lewis!

## MEMBER NEWS

### Noel Whincup Heart Foundation

*27 March 2017*

It is always good to see the Heart Foundation at our shed and to remind us of the importance of heart health.

The Editor gleaned the following points from Noel's visit:

- 80% of heart attacks are preventable.
- If you think you are having a heart attack, call 000.
- Be physically active every day and maintain a healthy weight.

If you want more information get onto the Heart Foundation website and ask for brochures.

You can go onto their website and complete a risk assessment.

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

Thanks Noel.

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### Institute of Sports and Spines Visit

*3rd April 2017*

Don Williamson, Emily and Iris gave a very interesting presentation on conditions affecting our demographic group and the Medicare and other funding options available to our age group.

The Editor gleaned the following point from the presentation:

**“LACK OF EXERCISE IS THE MAIN FACTOR AFFECTING ILLNESS OR INJURY.”**

For more information, go to [www.instituteofsportsandspines.com.au](http://www.instituteofsportsandspines.com.au)

Thanks guys!!



# MEMBER NEWS

## CPR and Defibrillator Presentation

10 April 2017

Graham Evans a volunteer peer trainer with the Mt Gravatt Local Ambulance Committee visited our shed and gave an excellent presentation on CPR and the use of the defibrillator.

Graham has been there and experienced heart troubles so his presentation was particularly significant. Thanks Graham!



## Carina Men’s Shed Men’s Health Week Open Day

Saturday 17 June 2017

We have started preparations for the Open Day on the 17th June 2017.

It is planned to have displays in the workshop and the recreation room and more information will be provided as it is finalised.

The Executive would appreciate your support for this event as ultimately it will benefit all members.

The theme for this year’s Men’s Health Week is “HEALTHY BODY - HEALTHY MIND: KEEPING THE BALANCE”.

## Strategic Plan

The Executive has approved the shed strategic plan and it is available for perusal from the Vice President Bob Ikin or the Assistant Secretary Eddie Haselich.

The following values have been established for our shed:

- Mutual Respect
- Non-threatening environment
- Supportive
- Acceptance
- Culture of integrity
- Non discriminatory
- Collaboration
- Opportunity
- Encouragement of interaction
- Ability to communicate
- Cross fertilisation

# PROJECTS UPDATE



Bevan Guttormsen, Robert Tritchler, Charlie Carpenzano, Klaus Binder and Al Gerber have been working hard completing the boxes for the Norman Park State School.



Another project nearing completion is the tepee project. Rob Cousins, Bill Byers and Tom Kenny have been working hard to complete this project. Well done lads!!





## Carina School Fete

*25 March 2017*

John Kirkwood, Harry Davis, Barry Wellington, Brian O'Rourke, Eddie Haselich, Graham Ward, Graeme Findlay, Ray Peddersen, Rex Gelfius and Adrian McDonnell represented our shed at this fete on 25 March 2017.

Frank Exelby and Allan Johnson also contributed the leather products shown in the photos.

A lot of preparation goes into these events and a big thanks goes to all our members who participated on the day!!





### When is a Saw not a Saw?

When it is a work of art.

Bevan Guttormsen's mate Barry Bowe presented the saw shown in the picture recently. If you haven't seen it yet it is positioned above the recreation room entrance door.

Thanks very much Barry for a great piece of art.

The Editor hears around the traps that Barry might be commissioned for some more shed work in the future.

## MEMBER PROFILE - REX GELFIUS



Born in 1942 the youngest of five boys and a girl in the little town of Barellan south west NSW population then approximately 200 people, with our family of eight and the family down the road of twenty-one kids, we were a big part of the town. Barellan is now well known for producing the great tennis player Evonne Goolagong.

When I was two years old our family had the misfortune of losing everything when our house was burnt down. Dad decided to move to Temora, population of 2000. My brothers thought it was great to move to a big city! I did my schooling there before moving to Kiama on the south coast.

Finishing school at fifteen, thinking at that time I knew all there was to know. I started my plastering trade and quickly adjusted to the coast lifestyle. I joined the surf club and gained my bronze medallion and later became chief instructor and

then club captain, started the junior nippers, and the winter swimming club, the Kiama Ice Cubes. I had been a member of the Bulli Brass Monkeys (winter swimming club) for a couple of years before that.

In 1960 I was lucky enough to be picked in an under 18 rugby league side and played against Brisbane in the pre-game to the French - Queensland game at the old Lang Park and a night game at the Exhibition Ground because in those days Lang Park had no lighting. I'll let it be known now that after spending fifty-two years here I am very much a Maroon supporter. My time in rugby league was cut short due to one too many head knocks.

1962 was the year I started courting Annette my future wife. We were married in 64 and in 65 we decided to go on a working holiday around Australia, our first stop Brisbane where we made many good friends and became addicted to the Queensland lifestyle. As Annette once said after 43 years it's still like a working holiday. Living at Fairfield we were inundated by the 1974 floods and having four children under six it was a very testing time but with the help of many, many volunteers we were soon on track again and had 40 years of a very successful plastering business and my big passion renovating Queensland style houses.

After 43 years of a wonderful marriage and giving me four beautiful daughters and then having eleven grandchildren, Annette's life was taken by cancer in 2008. I was left with a big void to fill in my life, as I had retired 5 years earlier to look after her, I started volunteering with the Cancer Council as a hospital visitor and as a driver in the transport department. After 9 years they decided to use buses and I thought the personal contact wasn't there so I opted out.

The men's shed was mentioned to me, so I came down to have a look and was met at the front door by my old mate Jimmy Wills who said "thank God you're here, jump up on the scaffold and give me a hand with the plaster," which I did for the next six months.

I now spend my time travelling to many parts of the world, last year I travelled to Germany tracing my genealogy and discovered a house where my ancestors lived in the fifteenth century. I am also very busy every weekend playing for the Broncos either from my seat at Suncorp Stadium or my lounge chair at home!

## PETE'S TRAVEL TIPS

(article provided by Peter Finch)

This month I am covering **flights**, as there are a lot of rules, conditions and fares.

When I started in travel back in the 1980's there were 3 fare classes, first, business and economy, now there are fewer airlines with 1st class, business class can have up to 3 fare levels, Premium Economy, on some airlines and some routes, have 2 or 3 fare levels and economy can have up to 12 fare levels.

Not all seats in any class are allocated all fare levels, so the cheaper fare sell out first and the cheaper the fare the more rules apply and they are more stringent, that is it costs you more to make changes and there are more added extras such as luggage, meals etc to pay an additional cost for.

The fare is divided into two amounts, the actual fare and then taxes & charges, the taxes are Government fees and are the same for all airlines but vary from country to country. The charges are applied by airlines, airport and the retailer, either online or at a travel office, these fees are charged in the currency of the country they apply to, and the fuel levy is always charged in US dollars, so they change daily with the exchange rate. You have to get a quote that includes all of these charges, and there may be additional costs for pre booked seats, checked luggage, meals and the use of the TV.

With Computers airlines can change the air fare at will, travel agents get around 6 fare changes every day and often additional changes during the day. Most fare quotes are valid for the day given or for 24 hours.

The main issue that cause clients problems is booking a cheap air fare before deciding on where they are going and what they want to do. A fare is booked to a destination in say Europe, but having purchased a fare to London they decide to go on a cruise or tour that starts in say Copenhagen and they then have to pay more to get there when they often could have flown there for the cost of original ticket.

If you book a connecting flight with two different airlines you need to know the time required to make the connection, called the minimum connecting time. If it is under the airlines MCT then you are responsible for any costs if you miss the second flight. If the two flights are on different tickets again it is your problem if you miss the connecting flight.

City's with two or three airports can cause issues if you are not aware of this and book a connecting flight from a different airport to the one you are arriving into, it can take hours to get, at your cost, between the airports, even if the terminals are a distance apart additional time is required.

Most air fares with the same airline or airlines that have an agreement will give you one stop on the way to your destination, you just have to pay the additional tax. Round the world fares are different. They are with airlines in the same alliance, there are 3 main ones, and have maximum flown miles, maximum stops on the entire journey and within regions, such as Nth America or Europe. If the airlines have agreements, they will through check your luggage and issue boarding passes for both flights.

These are my opinions and you need to check with a consultant or read the fine print very carefully.

**Happy travelling!!**

## THE TIGER'S ROAR

by Tiger Tim



### *SIX YEARS or 8.695652174% of my life*

I have been a member of the men's shed for 6 years. (Note the correct use of the apostrophe) It's true. (Another correct use of the apostrophe) It doesn't feel like 6 years.

A contractor came to my home when I was 15 and offered me a 5-year apprenticeship. My mother encouraged me to accept the offer on the understanding that I pay her 50% of my wages for room and board. There was a message there. I accepted the offer. I completed a part time diploma course at the same time as my apprenticeship because I didn't have enough money to do anything else.

Remember, those were the days when getting an education was cheaper than buying cigarettes and visiting nightclubs. I thought those 5 years would never end. I was 20 years of age when I finished my apprenticeship so 5 years represented 25% of my life. No wonder it felt like a long time.

I was in the final year of my apprenticeship when I was invited to participate in a lottery that was promoted as national service but the service was restricted to one particular service. Those devious politicians! The lottery became known as the "All the way with LBJ lottery." The winners would enjoy 2 years of isolation with a better than average chance of an exciting overseas adventure. For a 22-year-old 2 years is 9.09% of a lifetime.

The alternative was 6 years in the Citizens Military Forces (CMF) or 23.07%. Not a very attractive alternative at the time but I had my own devious plan to match the devious politicians. 1 year in the CMF would be 5% so I joined the CMF when I was 19.

When I turned 20 I would participate in the devious lottery and if I didn't win, I would cancel my subscription to the CMF, easy! Sadly, I was a lottery winner. My plan had failed me; I was committed to 5 more years in the CMF 20%. I gained my freedom after the 1972 federal election having spent 40% of my life to date in bondage. I should have been entitled to therapy.

My grandsons are enjoying their second year at high school. There is no point in suggesting they should go to work when they are 15 let alone suggesting service to the nation. Can you imagine their reaction and their parent's look of horror at such a prospect! Positivity frightening, I would be excommunicated immediately as a bad, irresponsible, grandparent.

So it seems they will be going to high school for another 4.5 years followed by 4 years at university, 10 years of full time education, 12.99% of my life, 45.45% of their life. Better start making plans because they won't, and in 8.5 years I may need some extra care and understanding. Come to think about it, I have always needed a lot of care and understanding.

Time for more sums:

Five years for a 70 year old represents 7.14% of their life to date. It becomes more interesting when the focus is shifted to those 10 years between 70 and 80, 12.5% of an 80 year olds life.

We could create a common interest group (CIG) at the shed called the 12.5 percentiles. Alternately we could call them the "12.5 per-seniles."

Those shed members between the ages of 80 and 90 could call themselves the "11.11 recurring per-seniles." It is actually \*11.11% recurring for a 90 year old. Do your sums Pop.

But, as any 90 year old would tell you: Never confuse information with knowledge.

\* Length of time in years, over age at completion in years, expressed as a percentage. Get out your calculator granddad, you know, the one you bought for \$200 in 1977.



## GREY NOMADS COLUMN

### Snowy Mountains Horse Trek

*Article by Bob Ikin*

In October 2016 I had the good fortune to do a horse trek for five days through the Snowy Mountains. The trek was arranged through the veteran support group Mates4Mates. We were based at the old Snowy campsite near Adaminaby in the Kosciusko National Park.

Now I had never ridden a horse before so it was quite a challenge. Day 1 we travelled from Canberra Airport to the campsite and did some orientation (this is the front of the horse and this is the rear etc.). We also learned how to care for the horse and prepare it for riding. My horse was a quarter horse named Bundy.

Day 2 to Day 5 we gradually improved our riding skills and started doing longer distances in the saddle. The trek on Day 5 was the most demanding. We rode 30kms from our base camp to the trail boss's home outside Adaminaby.

The Snowy Mountain scenery is magnificent. We saw brumbies in the wild, historical heritage sites and mountain stockman's huts, limestone gorges, aboriginal sites. There is quite a bit of variation in the Snowy Mountains countryside from high plains, deep valleys and mountain tops. The temperatures overnight were a bit of a challenge with -7C each night.

I have done some mentoring work with the young Mates4Mates veterans before and took advantage of the camp fire gathering each night to chat with the young blokes. A lot of these young blokes are a bit lost and struggling with the transition to civilian life.



Peter's offsider was vaguely familiar



Our campsite



Trail boss Peter Cochran with Bundy



Me on Bundy

## TRAINS, BOATS, PLANES & TRAMS - TRAMS *(provided by Bob Ikin)*

I recently picked up a book at a second hand book shop titled **"The Tramways of Australia"** written by **Samuel Brimson**.

I was brought up in Melbourne and have fond memories of the "rattlers" around the city in those days. When my parents moved to Brisbane in the early sixties I was fascinated by the steam trains operating on the suburban lines and glad to see the trams operating in Brisbane. We lived in Coopers Plains and to get to the city we either caught the steam train to South Brisbane, negotiated the park area adjacent to the Manhattan Hotel and crossed the bridge or caught a bus to Moorooka and then a tram to the city.

In 1879 the first proposals were made to the Brisbane Municipal Council for the operation of a horse tram system and a separate plan was submitted for a steam tram service. For one reason and another both these plans fell through, along with another attempt to see trams in the streets of Brisbane in 1881.

Then the colonial government of Queensland, keen to see

some form of efficient public transport established in Brisbane, passed an act known as The Tramways Act of 1882 which authorised private companies or local authorities to construct and operate tramways. This was the catalyst needed to get street railways rolling in Brisbane.

In 1883 the Metropolitan Tramway & Investment Company Limited was formed and immediately placed a proposal before the Municipal Council for a tramway of some considerable length. The proposed route went from the fiveways intersection at Woolloongabba back towards the city via Stanley Street, where it terminated at the southern end of the Victoria Bridge.

From the northern bank of the river the line would run along Queen Street to Centenary Place then into Wickham Street, through Fortitude Valley and on to Breakfast Creek Bridge. Two lines would branch from this main route, one running to the suburb of New Farm and the other to the Exhibition Building at the corner of Bowen Bridge Road and Gregory Terrace. In February 1884 the Council accepted the company's plan and very soon construction began in earnest.

**\*There will be more on Brisbane Trams in the next issue.**

## Family History *(Article provided by Noel Hohenhaus)*

And so for the Stephan family a new life and history was to begin for them. Freidrick selected a lot at the foot of Spicers Gap and behind to the west of what we now know as Moogerah Dam. He built for himself and family a slab hut and settled down to farming and raising his family. A smaller mountain just below the Great Dividing Range was named after him and is called Stephan Mountain.

Some years ago a party returned to the homesite which is now grazing property. As part of the people who went (about 100 in all), it was very interesting to see the original posts of the kitchen area still standing. A large rock just outside the kitchen area had a concave top. It was an interesting subject of discussion, perhaps it was used for preparing cooking or mixing ingredients. The killing gallows still stood, parts of the rail fence still stood also. It was very interesting also to view the special wire twitchers used in those times to secure rails to posts. Photos are available to look at. I was able to bring back with me a small section of the wall slabs the house was built of. I now have it mounted at home.

Carl, a son, left home and took up a lot of 80 acres in the Fassifern scrub in the Fassifern Valley. The scrub was later surveyed and named Templin to a hilly but fertile area at the foot of Mount French. Templin received its name because of the German settlers there and after a town in Germany of the same name. This is one of the reasons that Carl selected his lot here, because of the similarity of the country around Templin in Germany.

Carl commenced to clear the scrub, build a slab home for himself and commenced farming at 17 years of age. Here was to begin an era for Carl and his wife Johanna (nee Labudda) whom he married at Ipswich on 18 August 1880. Joseph and Caroline Labudda (nee Geisler), Johanna's parents, arrived in Moreton Bay, Brisbane, on 6 August 1878 on the steam ship Lammershagen of 877 tons. There were ten in the family, six daughters and four sons, plus two daughters deceased, before they left Germany. One son was born at Coochin, Queensland, where they later settled after leaving the Ipswich area.

It is said that Joseph and Caroline Labudda took pity on young Carl after walking the now 42 kilometres from Templin to Ipswich to ask for Johanna's hand in marriage. Johanna was 16 years old at that time and they were married a year later. Carl took his bride Johanna to be his partner for life, back to Templin. It was here that they set about to raise their family to be of 22 children, 12 sons and 10 daughters, all single births, no deaths and all surviving. The children were all born at home with a doctor in attendance only once, a midwife present for all the others. Finding names for all the children seemed to be the hardest thing to do. My mother being the 16th child born to Carl and Johanna, enabled me to be their grandson. Sadly though, I was never able to meet our grandparents.

***The Stephan family story will continue in the next edition of Nuts & Bolts.***

# HEALTH & WELFARE CORNER

## The Golden Rules - top 10 tips to protect yourself

(Information extracted from the Australian Competition and Consumer Commission "The Little Black Book of Scams")

1. Watch out for scams - scammers target you anytime, anywhere, anyhow.
2. Don't respond - ignore suspicious emails, letters, house visits, phone calls or SMS messages - press 'delete', throw them out, shut the door or just hang up.
3. Don't agree to an offer straight away - do your research and seek independent advice if it involves significant money, time or commitment, and get the offer in writing.
4. Ask yourself who you're really dealing with - scammers pose as people or organisations that you know and trust.
5. Don't let scammers push your buttons - scammers will play on your emotions to get what they want, including adopting a personal touch.
6. Keep your computer secure - always update your firewall, anti-virus and anti-spyware software, and only buy from a verified source.
7. Only pay online using a secure payment service - look for URL starting with 'https' and a closed padlock symbol.
8. Never send money to someone you don't know and trust - it's rare to recover money from a scammer.
9. Protect your identity - your personal details are private and invaluable; keep them that way and away from scammers.
10. If you've spotted a scam, spread the word! - tell your family and friends, and report it to SCAMwatch - [www.scamwatch.gov.au](http://www.scamwatch.gov.au)

## PUZZLES, JOKES & TRIVIA

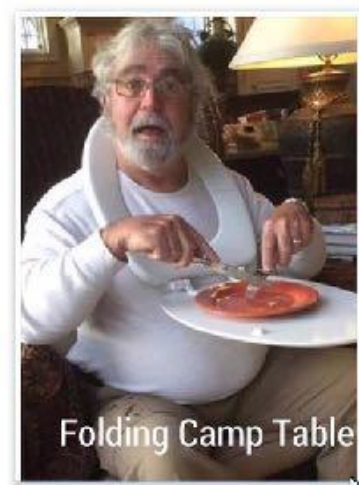
**Cartoons** (provided by John Abbott and Bob Ikin)



"Enough with all the strategic planning. Just get out there and kill something."



"It's a simple two-part strategy. First, locate the hills. Then head for them."



# PUZZLES, JOKES & TRIVIA

## Quotes of the Month

The best cure for sea sickness is to sit under a tree.

[Spike Milligan](#)

"Having more money doesn't make you happier. I have 50 million dollars, but I'm just as happy as when I had 48 million."

[Arnold Schwarzenegger](#)

"As I hurtled through space, one thought kept crossing my mind: every part of this rocket was supplied by the lowest bidder."

[Astronaut John Glenn](#)

"America is the only country where a significant proportion of the population believes that professional wrestling is real but the moon landing was faked."

[David Letterman](#)



## Joke or Trivia?

*(provided by John Abbott)*

The frequency of sexual activity of senior males depends on where they were born.

Statistics just released from Statistics Australia and The United Nations B.O.H. Team, reveal that:

With few exceptions, Australian men between 55 and 85 years of age, will on average, have sex two to three times per week, whereas Japanese men, in exactly the same age group, will have sex only once or twice per year and, that's only if they are lucky.

This has come as very upsetting news to both me and most of my associates, as none of us had any idea we were Japanese.

## Believe it or Not

*(Provided by Bevan Guttormsen)*



