

# NUTS & BOLTS



*'Every man needs  
a shed'*



Vol 3 | Issue 7 | August 2017

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## Message from the Editor

Editor: Bob Ikin

This is my last edition of Nuts & Bolts as Editor.

It only seems like yesterday that my late mate Neil Smith and I sat down to talk about the first edition.

Ray Peddersen has volunteered to take on the role and I would like all members to give Ray the same support that has been given to me over the last six years.

Lots of good stuff in this edition, so ENJOY!!



Mens Shed Carina Inc.,

Clem Jones Centre  
56 Zahel Street  
CARINA, QLD, 4152

Ph: 07 3395 0678  
E: [info@mensshedcarina.org.au](mailto:info@mensshedcarina.org.au)  
W: [www.mensshedcarina.org.au](http://www.mensshedcarina.org.au)

# MEMBER NEWS

## Queensland Fire and Rescue Visit *24 April 2017*

Community Liaison Officers Andrew and Bill gave a very informative presentation to the members on 24 April. The Editor gleaned the following points from the presentation:

- Almost half of all fires start in the kitchen
- Store flammables away from the stove tops
- Keep candles in containers
- Don't use double adaptors
- Every bedroom should have a smoke alarm
- Have a home escape plan
- The floor level is the place to be in a fire because of the smoke
- Make sure you know where the house keys are (have a regular place to put your keys)
- Arrange a free "safe home" visit to your home



## Tim Easton 4EB Global Digital Radio Visit *8 May 2017*

Tim is the presenter of a program on men's and women's stories. Tim outlined to members a number of stories he had recorded and presented on his program. The inclusion of women's stories is only a recent addition.

Tim said the stories told were about individual life struggles, historical tales of past events and how they shaped our lives today. Tim said the telling of these stories enabled him to establish a record of the past as he believed much of the past would be forgotten. These stories need to be available for future generations. Tim is always on the lookout for men and their stories. Thanks Tim!

## Len Smith Visit *15 May 2017*

Len has invented an item called SLICA, a ring of flexible plastic that covers the groove on opened paint tins and it has a pouring lid. Less mess and less waste for all of us home handyman painters.

Thanks Len!

## Carina Men's Shed Special General Meeting *22 May 2017*

Secretary Darryl Timms presented the new Constitution and it was adopted by a unanimous vote of the members.

## Sgt Dave Carina PCYC Visit *29 May 2017*

Sgt Dave spoke about the project they had established with McGregor High School to assist to up to twelve disenfranchised young people. These young people will attend PCYC instead of participating in school sports afternoons.

## MEMBER NEWS

### Morningside State School Fete

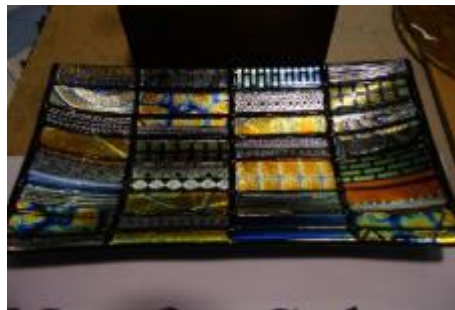
*3 June 2017*

Our site was a great success. Thanks must go to our members who gave up their time to make the day such a success. Thanks lads!!

### Men's Health Week Open Day

*Saturday 17 June 2017*

MHR Griffith Terri Butler opened the Open Day



President Dennis Beck believes this is the “best day” we have put on in the time he has been associated with the shed. A big thank you must go to the team that delivered this fantastic day.



## MEMBER NEWS

### Morningside Festival *30 July 2017*

Great weather, great crowds and a great day. Once again thanks must go to all the volunteers that manned our site and to those members who participated in the march. Thanks lads!!

### Karren Simpson Hyperbaric Centre, Wesley Centre Visit *31 July 2017*

Karren is a hyperbaric nurse. The Hyperbaric Centre is the first hyperbaric centre to be established in Brisbane and Karren delivered a very interesting presentation.

### Mal Weier - Queensland Day Award

Congratulations from all shed members Mal on the receipt of your Queensland Day Award from MLA Bulimba and friend of our shed, Di Farmer.



### DV Figures Project Completed

Another successful project out the door. The domestic violence organisation ladies picked up the figures recently.

Thanks go to Rex, Syd, Bill and Jim for their work on this project.



## MEMBER PROFILE - ROSS FOSTER

Hi there, my name is Ross Foster and for those who don't know me, I am currently your Safety Advisor, among other things. I was born and raised on the Redcliffe Peninsula and was the middle of 5 children and spent my early years going to primary and then high school on the peninsula. After finishing high school, I went to work as a trainee wool classer, working both in Brisbane and out in the back blocks of country Queensland.

After finally deciding this wasn't what I wanted to do, I visited the RAAF Recruiting Office for some information and they were good talkers as I ended up enlisting as a trainee supplier on 22 September 1969 for 6 years or so I thought.

I went to the RAAF Base at Edinburgh in SA and spent 10 weeks learning how to march, polish shoes, use a rifle and a gas mask. Don't ask why the gas mask because I have never seen one since. After that it was on to Wagga Wagga in mid NSW for trade training. Wagga is a lovely place, if you are leaving it.

I left it in early 1970, to go to the Melbourne suburb of Tottenham where No 1 Stores Depot was located, for further training. 6 weeks later after finishing training I got my first (of many) transfers or postings as we called them. *Continued overpage...*



## MEMBER PROFILE – ROSS FOSTER CONTINUED...

I moved from the ground floor to the top floor of the accommodation block and was told to catch the bus from outside the mess and it would take me to what was called Headquarters Support Command in St Kilda Road. Here I languish for the next 3 years preparing the paper work to be input into this new device called a “computer”. Very boring but necessary.

I finally escaped and was sent to the RAAF Base at Bankstown Airport in Western Sydney. My new job, along with 4 others was coming up with ideas for displays and then making them for the RAAF Recruiting Office in Sydney. It was a good job and apart from travelling over NSW to country shows and fairs we also gave talks to students at the local high schools. We were left to our own devices to come up with ideas and then build them.

Well someone must have heard how much we were enjoying the work so next thing I know I’m posted once again, this time to Townsville in FNQ. Not a lot to say about Townsville as I was only there about 4 months and I was posted again, this time to RAAF Base Butterworth in Malaysia. So, no complaining from me.

Now this was something totally new and exciting and was to keep me happy for the next 4 years. At the time we had 2 fighter squadrons and a transport support flight operating out of there. I took every opportunity to get out and travel and enjoy the tropical life style. I once counted up the stamps in my passport and found I had 34 trips to Bangkok, must have been something there I liked! Any way I was promoted to CPL and knew I was in for another posting. My next move was to Australia, to No 2 Stores Depot Regents Park in Sydney. I was back in the real world of parades and duties. I was assigned to the vehicle park, where I spent my time receiving vehicles from the dealers and shipping them out to units, some going by train, others by road and still others by sea. After 4 years my feet were getting itchy and I was promoted to Sgt.

Off I went to RAAF Base Edinburgh SA, this time to run the clothing store, kitting out the new recruits. After some time at the clothing store and short stints at the main warehouse, I was moved to the Air movements Terminal.

I must have been doing something right because after about 6 months I was asked if I would like to take a posting overseas, as if I would say no. 2 months later I boarded a plane at RAAF Base Richmond bound for Middle East. I was headed to a place called El Gorah in the Sinai Desert, on the border between Israel and Egypt. I was part of the Australian Contingent Multinational Force and Observers (ACMFO). I was on the supply side and the Aussie and Kiwis flew helicopters patrolling the borders. It was sad to see it end after 11 months.

I moved back to Australia, this time to Darwin, with 75 Squadron. We seemed to spend our time away from there doing exercises and I think in the 2 years with the squadron I was only in Darwin about 6 months all up, the rest of the time we were away in Townsville, Perth, Learmonth, Bali and Singapore.

I’m off again, this time back to Butterworth, Malaysia and after 3 years the Australian Government decided to close our part of the base and hand it back to Malaysia. I spent my last year packing up and sending the base back to Australia. And I was promoted again. It was all a bit sad as all of us there had made some good friends amongst the local civilians.

Once again back to Australia, this time to our depot at Tottenham in Melbourne. Nothing terribly exciting, I was managing 3 warehouses, which stored various items from hand tools, sheets and rods of metal and lots of other stuff that was needed to keep the Air Force functioning properly. After about 3 years of this I had a slight altercation with our new commanding officer and found myself moved on again, back to Townsville to manage the Air movements Terminal.

I couldn’t have blotted my copy book too badly, as after about 18 months I was given my last promotion. I was promoted to Warrant Officer. The only place left to go was to become an officer, but that was not for me. As the saying goes, I’d rather be “King of the Shits than Shit of The Kings”. I was moved sideways to manage the warehouse and 18 months later I was on my way to Wagga to be an instructor. *Continued overpage...*

## MEMBER PROFILE – ROSS FOSTER CONTINUED...

Not something I would have chosen myself but I ended up enjoying myself and found instructing very worthwhile. There were 3 of us in my cell, we taught the movement of dangerous goods by sea, air and road.

Although there was no promotion involved after about 4 years I was moving again, this time to run the air movements detachment a Pearce, outside Pert in WA. For a place a fair way from this side of the country we were flat out and having only 6 personnel didn't help. While I was there we moved the SASR numerous times within Australia and to Afghanistan and had a regular resupply aircraft doing a run to them.

As well as this later on we had East Timor blow up and I deployed along with my 5 personnel to Darwin, all within 24 hours' notice. Myself and most of my team were to be in Darwin for the next 3 months. I made it back to Pearce in the new year and then 6 months later I was off to Bougainville for 4 months. The only souvenir I got from there was a good dose of Dengue Fever, do not recommend it to anyone. Back to Pearce and a lot of sick leave to get over the Dengue. Just settled back in and I'm asked where would I like to go on my next posting.

After telling the chair warmers in Canberra where I would like to go three times and being told you can't go there, I said F---k it where would you like me to go? Darwin or Wagga, your pick, no hurry. I thought stuff it, I know Wagga and the job there so Wagga it was. Back in Wagga and with 6 people doing the job 3 of us used to do I settled in. 6 months later I woke up one morning and said a few well-chosen swear words, I realized I was nearly time expired (you have to retire at 55), so I spent the next 9 months doing retirement course, getting ready for civilian life.

The day finally came and after intending to serve 6 years and get out, I ended up serving 35 years 286 days. And I enjoyed every, well almost every one of them.

## PCYC PROJECT UPDATE *(article provided by Kevin Searle)*



The PCYC Youth Shed concept is community based involving PCYC Carindale, Rotary Carindale, Bunnings Cannon Hill and Carina Men's Shed. The 2017 activity commenced on Wednesday 12 July with the Clairvaux McKillop College Mt Gravatt school bus arriving with a teacher and eight students to partake in the programme which will continue each Wednesday until the end of Term 3 of the school year.

The project is to involve the students in marking, cutting out and construction of two community street libraries which will be placed on each side of the PCYC entrance. One will contain children's books and the other books for adults.

The day commences with the bus arriving about 12.45pm followed by a meet and greet wherein the boys are encouraged to share a part of their life over the past week. The work then commences, with two groups of boys and adults; one group for each unit. At the end of work time the area is cleaned up and tools replaced into the secure area.

This is followed by a sausage sizzle, prepared, cooked and served by one of the boys and a helper. All present score the meal out of ten which is recorded on the white board to see who becomes the Chef of the Series. The bus departs about 2.30pm to get the boys to the college by end of the school day.

## PETE'S TRAVEL TIPS

(article provided by Peter Finch)

This edition I am looking at **Round the World fares (RTW)**.

There **two** types of RTW fares and both have different rules, which are the same for all airlines.

The **first** is the simplest it is made up of an air fare from Australia to Europe via either Asia or North America, and the fare is 50% of the two fares. You can travel in either direction, but must keep going in that direction.

You are only allowed one stop in both Asia & Nth America and the turn-around city in Europe, if you want to say also go to another city other than the city of arrival you will have to buy another ticket to the desired city and onto a departure city for your flight to Europe.

Not all airlines have agreements with another airline for these fares, you always need to travel on two airlines. There are also RTW fares based on number of continents you go to, 3 or 4 are the main ones and from Australia it has to be 4 as the country of departure is counted.

The **second** RTW fares are based on several conditions.

You must only fly with airlines in the same Alliance, there are 3 of these, One World, Star Alliance & Sky Team and different destinations suit different alliances. Not all alliances have airlines that go to all continents.

They are also based on miles flown, the airlines set these and all airlines use the same distances, they are in set distances from 26,000 to 39,000 miles, and fares increase the more miles you fly. If you go by land transport between two city's then the mileage still counts but it is only 1 stop.

The number of stops is 5 for the lowest fare and 15 for the higher fares, but mileage still counts, and there are maximum stops in each continent.

If you are planning a RTW trip, you need to first plan where you are wanting to go, this will guide you to the best alliance and order of stops. Again once starting west or East direction you have to keep going, with a couple of exceptions you can reverse direction within a continent, just watch the mileage, and to get to an airport that you can fly to the next continent too.

Any stops less than 24 hours are not a stop but counted as a transit, and you can only take checked luggage up to the lowest allowed on the entire trip.

Lots of rules and very hard to do online, they take a while to plan so start early, and I would not recommend less than 3 nights at any stop.

Hope this helps.

**Happy travelling!!**

## Family History (third in a series of articles provided by Noel Hohenhaus)

The family is recognised as being the largest in Australia, and is mentioned in the Guinness Book of Records. Child bearing did not worry Johanna. When her last child was born she was 50 years old and her eldest daughter was 34 years of age. As the children grew and left home, half the house was turned into a nursing home where Johanna assisted with midwifery and nursing other sick settlers in the area, as the adage goes, "Help Thy Neighbour".

Johanna assisted with midwifery, being trained in this field until a law was passed whereby all babies had to be born under medical supervision with a doctor in attendance. The farm house at first was a slab hut and added to as needed finishing up being a 15 room home, with verandahs all around, an extra large dining room and a store room out the back. In later years, new owners have made it smaller, but it still stands occupied on the same land, one verandah has been made into a sleep out.

For their own existence Carl and Johanna set up their farm with a dairying herd, pigs and maize. Some cotton was also grown on the farm. The vineyard of one acre supplied the grapes for their own wine and buckets of grapes were sold for one shilling to neighbouring farmers. The fruit from the trees, such as peaches, plums and figs, were all preserved for their own use. The vegetable garden was large in size with a lot of

used to make sauerkraut. The cabbages were cut by the boys and put into large vats. Carl would add the other ingredients for the correct fermentation.

Every second day 14 loaves of bread would be made in the large brick oven, with a large wooden paddle used to move the bread around in the oven. Bullocks and pigs were slaughtered for their own use and the poultry was decorated with the "Order of the Axe" so to speak, to provide weekend dinners. From their own beef and pork German wurst was made and smoked in the smoke house, my mother telling me, that she was responsible for a lot of the time to prepare the meats and add the seasonings. Normally everything turned out well, but (Father) as he liked to be called, would soon let you know if it was just not right. Black and white puddings were made from the offal and brawn was made when one or two pigs were killed. Milk and cream was supplied by their own dairv and butter made from the cream. ***The Stephan family story will continue in the next edition of Nuts & Bolts.***

## HEALTH & WELFARE CORNER

### Eat the Rainbow

Vegetables are at the core of any well-balanced diet however, less than 4% of Australian men eat the recommended amount of vegetables. That's why increasing vegetable intake is a great place to start when trying to make improvements to your diet.

### Why eat vegetables?

They contain many essential vitamins and minerals required for a healthy body and immune system. These include Vitamin C which can improve wound healing, Vitamin A which can protect against infections and potassium which can help maintain blood pressure.

A diet high in vegetable intake can decrease the risk of heart disease, heart attack, stroke Type 2 Diabetes and some cancers.

Vegetables are full of fibre which can help with digestion. They are low in calories which makes them a great way to fill up while avoiding unwanted weight gain.

### How much do I need?

Recommended number of serves is 5 - 6 per day. One serve is:

1/2 cup cooked green or orange vegetable – broccoli, carrot, pumpkin, spinach 1 cup raw salad vegetables 1/2 cup sweet corn 1/2 cup bean, peas or lentils 1/2 medium potato or 1/2 cup sweet potato (up to 2 serves/ day)

Tips for getting in more vegetables.

- Include some spinach and tomato with your breakfast
- Add some extra rabbit food to your sandwich at lunch
- Snack on vegetables stick with hummus dip between meals
- Aim to make at least half your plate vegetables at dinner time
- Don't be afraid to use frozen or canned vegetables if that is more convenient
- And if in doubt, a Dietitian can help develop strategies that work for you.

If you are managing a chronic disease you may be eligible for subsidised allied health visits through referral from your GP.

Written by Bec Philipp - Accredited Practicing Dietitian - Provider no 5258681W Clem Jones Centre Diet and Nutrition 56 Zahel St Carina, QLD 4153 For inquires call 0401807723 or email bec@foodforit.com.au



# PUZZLES, JOKES & TRIVIA

## Quote of the Month

IT'S NOT THE MOUNTAIN THAT WE CONQUER - BUT OURSELVES!! Sir Edmund Hilary

## SENIORS WEEK 19 TO 27 AUGUST 2017

