

NUTS & BOLTS



*'Every man needs
a shed'*

Vol 4 | Issue 1 | AUGUST 2018



In this edition

- Page 2,3 Member News**
Mens Health Week –Shed Open Day
- Page 4** Mystery Shed Member
Q.U.T. Fraud Squad Visit
QLD Guide Dogs Visit
Seven Hills Community Theatre BBQ
- Page 5** “Christmas in July” Lunch
Morningside Festival
- Page 6** AGM
Eddie Haselich Award
- Page 7** Community Projects Feedback
- Page 8** Yarns & Bush Poetry
- Page 9** Member’s Favourite Recipes
- Page 10** History Corner - Vegemite
- Page 11** Health and Welfare Corner
- Page 12** Puzzles Jokes & Trivia

Message from the Editor

Editor: Ray Peddersen

CMS_Editor@carinamensshed.org.au

We have just held our shed’s 9th AGM, and without the dedication and hard work of Georgie Hickey and a handful of founding members meeting in his garage in August 2009, we would not have our shed and the facilities we enjoy today.

The news items in this issue of Nuts & Bolts shows how far we have come over the last nine years. The Open Day for Men’s Health Week was a great success and our “Christmas in July” Lunch made great use of our recently completed “Hickey’s Hideaway”, outdoor meeting place.

If you have any submissions for future issues of Nuts & Bolts they can now be sent to CMS_Editor@carinamensshed.org.au

*“I’ve had lots of worries in my life,
most of which never happened.” Mark Twain*

Mens Shed Carina Inc.,

Clem Jones Centre
56 Zahel Street
CARINA, QLD, 4152

Ph: 07 3395 0678

E: admin@carinamensshed.org.au

W: www.carinamensshed.org.au

Carina Men’s Shed valued supporters include:



MEMBER'S NEWS

Men's Health Week- Shed Open Day *Saturday 16 June 2018* The Shed Open Day was a great success with over 80 visitors taking a tour of the shed to see the tremendous display that had been set up by the guys in the workshop. Steve Minnikin drew the 2017 State of Origin Jersey Raffle at 11:00 am, and Di Farmer, Kara Cook and Ross Vasta also dropped in. The sausage sizzle raised \$380, workshop sales raised \$400 and the raffles raised \$310.



MEMBER'S NEWS



"The Corrugated Shedders - Showtime"

The Corrugated Shedders performances at the Open Day were very well received by an enthusiastic audience. The line-up included; Bob Ikin, George Wilson, Frankie Butler, John Von Seidel and guest appearance by Geoff Cooper on the Tea-chest Base along with Mt Gravatt Men's Shed members Allan, Collin and Milton. The music was a mixture of folk, rock and the blues and included the following songs; "Wild Rover", "Kansas City", "Old Cotton Fields", "The Midnight Special", and "Donald Where's You're Trousers".

Presentation to the Winner of the 2017 State of Origin Jersey Display Raffle

The Raffle was drawn by Steve Minnikin at 11:00 am, an eagerly awaited event on our Open Day schedule. The winning ticket number, 0997 was purchased at Bunnings on 9/6/2018 by Cameron Noble from New Farm. A delighted Cameron arrived at the shed about 2:00pm to pick up the prize.



I would like to offer my personal thanks and that of the executive on behalf of all shed members, to all those members who got behind this fund raising effort to the extent that we sold some 945 tickets. Well done. A special thanks to Bill Page for his efforts with me at Bunnings, also to Jim Wills and Rex Gelfius, a big thanks for their support both at the initiating of this venture and during the selling phase. Our valued supporters, Amanda Van de Hoef sold 63 tickets and White Lady Funerals sold 25. We sold 260 tickets at Bunnings as well. **Roger Appleby**

MEMBER'S NEWS



Mystery Shed Member? Photo of mystery shed member, taken in England in 1942.
Answer: Jokes & Trivia page
Free beer tomorrow if you get this one!



June Birthday Boys.
 Congratulations to Gordon Bowler and Paul Meridith who both turned 70 years young and to Graham Ward a spritely 78 years young.



Fraud Squad Visit 25 June 2018

Cassandra Cross from the Q.U.T. Crime and Justice Research Centre, highlighted the fact that \$340 million was lost to fraud in Australia in 2017. As the public and business relies more and more on the internet for conducting their banking, online shopping, booking flights, holidays and social interactions we have to be extremely careful about what personal information we put online. To keep safe online check:
www.staysmartonline.gov.au
www.acorn.gov.au (Australian Crime Online Reporting Network)
www.idcare.org.au
 Thanks again Cassandra



Qld. Guide Dogs Visit 09 July 2018

Joan and Neil Ritchie have been guide dog puppy raisers for the last 20 years, they look after pups from about 6 weeks old to about 18 months. The adult dogs then have 6 months of training at the Guide Dog Centre at Bald Hills, before being matched up with their owners. A Guide Dog's working life is up to 8-10 years. The cost for training a guide dog is around \$40,000.



Seven Hills Community Theatre – Open Day Saturday 14 July 2018
 Our shed was invited to provide the Sausage Sizzle, for the official opening of the Seven Hills Community Theatre open day. Many thanks to shed members; John Abbott, Roger Appleby, Eddie Haselich, Graeme Fraser, Henry Lennie and Graham Ward who set up and manned the BBQ and raised \$450 for the shed.

MEMBER'S NEWS



“Christmas in July” Lunch **Friday 27 July 2018**

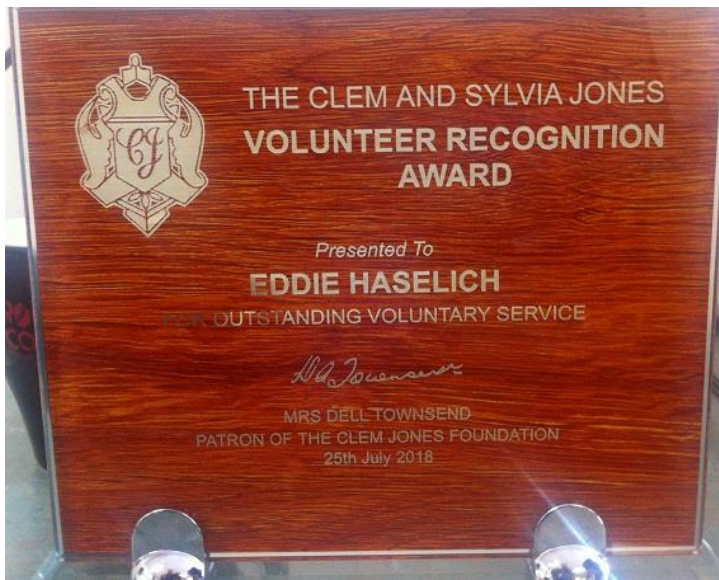
Congratulations to the kitchen crew of John Abbot, Peter Carter, Dennis Beck, Mal Weier, Noel Hohenhaus and Alan Peiniger, their extraordinary effort and culinary skills produced a magnificent Christmas feast of hot roast lamb, roast ham and veggies followed by Christmas pudding and custard. The recently completed, Hickey’s Hideaway proved to be an excellent venue to mingle, chat and have a cuppa and bite to eat before the festivities began.



Morningside Festival **Sunday 29 July 2018**

Thanks to shed members; Eddie Haselich, Gordon Bowler, Bevan Guttormsen, John Carmody, Bob Ikin, Graeme Fraser, Graham Ward, Roger Appleby, who marched and helped set up and man the stall and raised another \$550 for the shed.

MEMBER'S NEWS



“Congratulations Eddie “

This award was presented to Eddie Haselich on the 25th of July, by the Clem Jones Foundation, in recognition of his outstanding contribution to his local community with his volunteering services over so many years.

AGM Meeting Monday 13 August 2018

This year’s AGM run very smoothly as all vacant positions had nominations accepted before the meeting.

Presidents Report: Bob Ikin highlighted how our shed continues to grow and improve each year; membership of the shed has grown to 112; the attendance-levels are rising, 50-60 on Mondays and around 40 on Wednesday s; a very successful Open Day this year attracting 80 visitors and a number of new members; 56 projects were completed this year, 44 of these projects in response to local community requests and grant applications have been very successful this past year.

Treasurer’s Report: Highlights of Graeme Fraser’s treasure’s report; Membership Fees and daily attendance fees raised \$16500; Raffles raised \$6350 this year an increase of about \$5000 over last year; Bunning’s BBQs raised \$3000 this year, resulting in a budget surplus of around \$2000.

Executive Committee Positions 2018 -2019

President	Vice President	Treasurer	Assistant Treasurer	Secretary	Assistant Secretary	Safety Advisor	Past President
Bob Ikin	Paul Esdaile	Graeme Fraser	Adrian McDonnell	Roger Appleby	Eddie Haselich	Alan Peiniger	Dennis Beck

Management Committees Positions 2018 -2019

Workshop Activities	Recreation Room Activities	Marketing & Funding	Membership & Welfare	Training
Ray Carter	Gordon Bowler	Kevin Searle	Paul Meredith	Bevan Guttormsen

MEMBER'S NEWS



This is an edited email from John Quane, Secretary, Australian Defence Force Trackers and War Dogs Association expressing his thanks to the Shed's wood workers for producing the, War Dogs Memorial Stand, for the Association. For more information on the "War Dogs" follow the links below.

Good morning Ray, Carter

I'm sorry for the delay in getting back to you. We had our Ceremony last Thursday & sadly due to the inclement weather we had the proceedings indoors. I intend to take the stand back out to Wacol & take a couple of photos of it with the flags inserted & in front of our monument. Once I do this I will send the photos to you. I will bring down an Association Profile for the "Shed" however below is an extract on our Association:

The Association was formed in 2001 to promote awareness of the use of Military Working Dogs within the Australian Defense Force. The objectives of the Association are:

- (1) to foster and maintain a point of contact for military working dog (MWD) agencies
- (2) to develop, promote and perpetuate the comradeship inspired by service with or in support of Australian Defence;
- (3) to create and maintain strong links with current serving members and ex-members and their families

The ADFTWDA held the belief that MWD's are Canine Members of the Defence Force and in 2007 a project was established to have Military Working Dogs recognised in a similar fashion to Military personnel. The Defence Act does not recognise Medals for animals and many discussions were held between our Association and the various authorities before permission was finally granted for us to proceed with this project. In 2008 we began awarding Medals to Military Working Dogs.

Two Medals are awarded:

The "Canine Service Medal" for MWD's who have served for at least 5 years and The "War Dog Operational Medal" for those dogs who have served on overseas operations for a period of 28 days. This Medal includes a Clasp to denote the area of service operation.

Since the inception of this Medal program in 2008, 479 Canine Service Medals have been issued and 229 War Dog Operational Medals have been awarded.

Once again thank you for the stand and others who attended our Ceremony were most impressed with the finished product.

Kind Regards, John Quane Secretary ADFTWDA (Australian Defence Force Trackers and War Dogs Association Inc)

www.aussietrackers.org

www.aussiewardogs.org



Planter Box Project

The planter box project for the Nazareth House Wynnum Aged Care Facility, was handed over to White Ladies for delivery to Nazareth House.



Quote of the Month

"Life is not about waiting for the storm to pass but learning to dance in the rain" - Anon

Yarns & Bush Poetry

Shed member, Noel Hohenhaus who turns ninety later this year, has submitted his poem inspired by his bushwalking experiences over many years. Noel's word pictures reminded me of photos I had taken on a Binna Burra track on a short break in 2014, with my late wife Bronwen and son Jorgen. The waterfall was on the Obi Obi Creek walk at Maleny.

THE RAIN FOREST

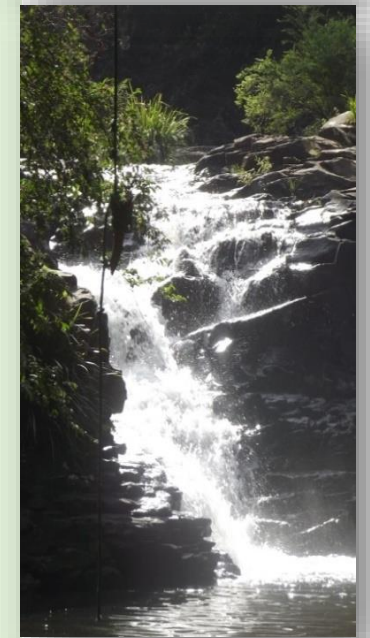
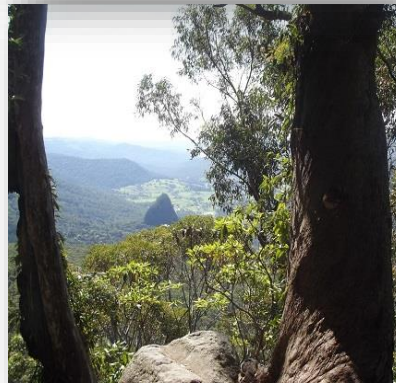
I like to walk on a well-trodden track,
under the canopy of the tall trees.
Just to hear ones footsteps as you walk along,
just a stick in your hand to help feel the way,
not looking back, but to see what's ahead.
To look up in awe and see the sun shining through,
to stand beside the tall palms and the vines entwined,
to listen to the breeze as it rustles through the leaves.
Truly this is a peaceful place.

Just to stand still as the leaves fall around and about,
as they help to build up the undergrowth,
the smell of which is so natural and so sweet.
You stop and look up and see the beauty of
the coloured orchids high up in the trees,
they seem to say do not disturb us
just let us stay for this is where we belong.
To touch and feel the soft fur on the trunk of the fern tree
look at the wavering of its fronds moving up and down,
backwards and forward like a large fan cooling the air.
Truly this is a peaceful place

You wander along but the friendly animals cannot be seen
but they are about and can be heard from time to time.
Then to hear the movement of water not far away
then further along you stand and watch,
as water cascades down in a powerful way,
from a high rock ledge above, into a deep pool below.
See the water glisten as the sun shines through,
just like the colours of a rainbow.
So sit for a while by a moss covered rock,
and touch and feel the coolness of the water.
You watch as the water tumbles and ripples along,
over and among the natural rocks,
and then it disappears into the streams and gullies below.
Surely this is a peaceful place.

Now you see a tortoise basking on a rock in the sun,
a frog unseen croaks nearby.
I see the movement of the large forest ants,
as they travel to and fro from their concealed nest,
they seem to be in a hurry and do not want to tarry,
maybe gathering food as they sense the rain that will come,
for surely it will come attracted by the greenness therein,
just to replenish life back into this the wonderful place.
Just a peaceful place to be

by-- Noel Hohenhaus.



Member's Favourite Recipes

This is Peter Carter's go-to recipe for the delicious Sausage Rolls, which were served up at the AGM Morning Tea.

CARAMELIZED APPLE AND FENNEL, PORK SAUSAGE ROLLS ★★★★★

SERVINGS: 16 SAUSAGE ROLLS AUTHOR: DINI FROM THE FLAVOR BENDER

Print



INGREDIENTS

CARAMELIZED APPLE

- 2 tbsp butter
- 7-8 oz Granny Smith apples cored and cut into 1 cm thick batons and sliced thinly (as seen in image above)
- 5 oz finely diced sweet onion
- 3 tbsp white sugar
- 2 tbsp apple cider
- ¼ tsp salt
- ½ tsp chilli flakes

SAUSAGE ROLLS

- 1 lb pork
- Caramelized apple
- 2 large cloves of garlic chopped finely
- 1 tsp thyme leaves
- 2 tsp heaped fennel seeds dry roasted and ground to a powder (about 2 tsp of ground fennel)
- ½ tsp salt
- ¼ cup bread crumbs
- 2 tbsp butter melted
- pepper
- generous pinch of cayenne pepper
- 2 sheets of frozen puff pastry 9 x 9 inches

TO FINISH

- 1 egg - for egg wash
- Sea salt flakes
- Sesame seeds black or white / poppy seeds

INSTRUCTIONS

1. Heat 2 tbsp of butter in a nonstick pan. When melted, add the onions & sugar and saute over medium heat until the onions start to turn golden brown, about 15 minutes.
2. Add the apple, apple cider and salt and cook for another 20-30 minutes until the liquid is reduced and the apples have caramelized. Add the chilli flakes and cook for a few more minutes. Set aside to cool slightly.
3. Preheat oven to 350°F. Line a baking tray with parchment paper.
4. In a bowl, place the ground pork, breadcrumbs and pour the melted butter over the bread crumbs, and then add the cooled caramelized apple, chopped garlic, thyme leaves, ground fennel, salt pepper and cayenne pepper. Mix with your hands or a spoon, until everything is mixed through well. Divide the mix into four portions.
5. Lightly flour your work-space with some AP flour. Place one puff pastry sheet on your bench and cut it in half, so you have two 9 x 4.5 inch rectangles. Take a single portion of the sausage filling and while leaving a 1 cm margin, place the filling along one long edge of the puff pastry rectangle, evenly. Brush both long edges with some egg wash, and carefully roll up the pastry sheet with the sausage filling, until the ends overlap by about 1 cm. Gently pinch the two ends together to create a seal. Place the seam side down, and cut this roll into 4 equal parts (with a back and forth motion using a serrated knife so that you cut evenly and smoothly). Place the 4 sausage rolls on the baking tray, slightly apart.
6. Repeat with the remaining puff pastry sheet to make 16 sausage rolls in total.
7. Using a small sharp knife, make two slits on the top of each sausage roll. Brush the tops generously with egg wash (highly recommended) and sprinkle some salt and sesame seeds (optional).
8. Bake in the oven for 15 minutes, and then increase the heat to 375°F and bake for a further 30 minutes or until they are golden brown.
9. Take out of the oven, allow them to rest for a few minutes, and serve while warm.

RECIPE NOTES

FREEZING - You can make these sausage rolls ahead of time and freeze them, covered with plastic wrap (before brushing the tops with egg wash and baking) on a sheet pan, and then once they are frozen, store in a box with parchment paper between separate layers. Then a few hours before you need to serve, set them out on a baking tray (covered) and defrost, brush with egg wash and bake as per the recipe. If you bake them from frozen, they will take a longer to bake.

History Corner

Brief History of Vegemite



Marmite, an English yeast spread that had dominated the Australian market since 1910, had been rationed during World War 1, and imports were severely restricted after the war had ended. The shortage of the popular British spread, prompted Fred Walker (1884-1935) of Melbourne, Australia to develop an Australian “yeast extract”, for his Fred Walker Cheese Company to sell, using yeast being dumped by the local breweries. The chief scientist in the company Fred owned was Dr. Cyril P. Callister who in 1922 invented the recipe for the first Vegemite spread. He used brewer’s yeast and blended the yeast extract with ingredients like celery, onion, salt, and a few secret ingredients to make this paste.

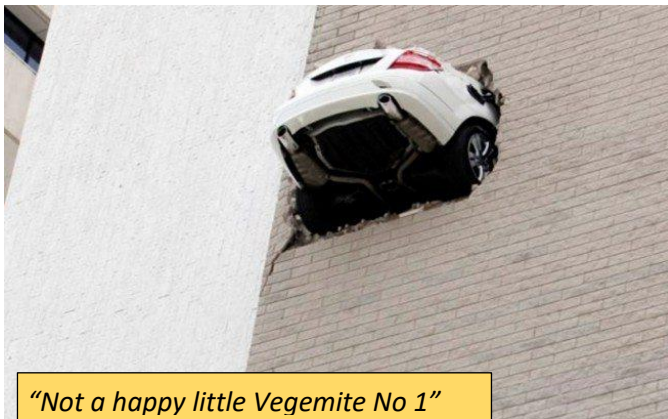
In 1924, a national competition with a prize of 50 pounds was offered to the winner or winners to name the new product. The name ‘Vegemite’ was finally chosen from the entries by Fred’s daughter Sheilah. With its unusual and unique flavour, Vegemite was not an immediate success and sales were slow. In 1928 Vegemite was renamed and registered as Parwill in an attempt to boost its sales and to attract customers of the rival spread Marmite. “If Marmite...then Parwill” was the rationale behind Walker’s strategy to carve a niche in the market for his spread. The name Parwill and Walker’s play on words didn’t catch on. It was only sold as Parwill for a short time in Queensland. The name was withdrawn and in 1935, and the original name was reinstated.

How is Vegemite made?

Vegemite has been made in the same Port Melbourne factory since 1923. The Vegemite plant smells of yeast, like a winery during vintage, only sweeter. It's basically a series of big rooms stacked with stainless steel tanks connected to other stainless steel tanks by stainless steel pipes. The production process begins at the receiving tanks into which tanker trucks pump their loads of spent yeast, collected from the nations' breweries. The first stage filters off any remaining malt and hops and removes residual alcohol. The remaining yeast is then treated with heat and enzymes in a process called autolysis which breaks down the yeast cell wall to leave the rest of the yeast cell: protein, amino acids and B vitamins. This is cooked with salt at low pressure for four hours and is now referred to as yeast extract. It has been reduced by 40 per cent to a viscous liquid that looks like hot caramel sauce, the taste of this proto-spread, is bitter, yeasty and aromatic with the flavours of the hops and barley still upfront; it's a long way from being Vegemite.

To finish the process, the contents of more than 30 of these drums are sucked up into a large stainless steel vat and further reduced. Liquefied cooked onion and liquid celery seed, a small amount of caramel for further colour and flavour, and both sea salt and mineral salt are added. This goes into another cooker at more than 100 degrees for several hours, where further caramelisation takes place. What has become a "black velvet" spread is extruded warm into jars and sealed. The world's annual production of 23 million jars of vegemite is made here; 95 per cent of those are consumed in Australia and New Zealand. The rest are sold mainly to expat Aussies and Kiwis.

DID YOU KNOW? Australians spread **1.2 billion** serves of vegemite on toast and bread every year. 22.7 million jars of Vegemite are manufactured in Australia every year – that’s 235 jars per minute. 30 jars are sold in Australia for every one exported. Vegemite is in nine out of ten pantries in Australia.



“Not a happy little Vegemite No 1”



“Not a happy little Vegemite No 2”

HEALTH & WELFARE CORNER

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys, and other things, thus doing more walking. And God looked down and saw that it was good. Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things, requiring them to bend, reach, and stretch. And God looked down and saw that it was good. Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

Nine Important Facts to Remember as We Grow Older

#9 Death is the number 1 killer in the world.

#8 Life is sexually transmitted.

#7 Good health is merely the slowest possible rate at which one can die.

#6 Men have 2 motivations: hunger and hanky-panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

#5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

#4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

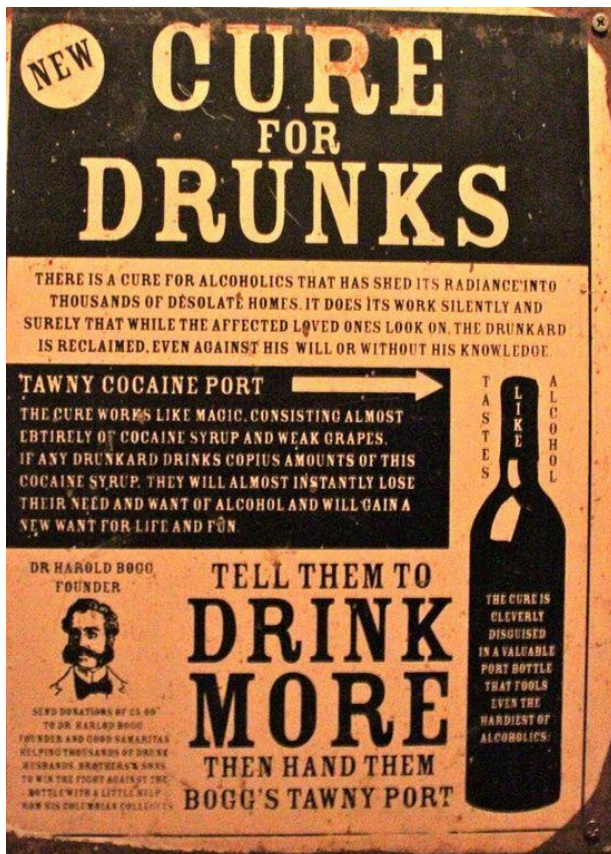
#3 All of us could take a lesson from the weather. It pays no attention to criticism

#2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 Life is like a jar of jalapeño peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others while I go to the bathroom.

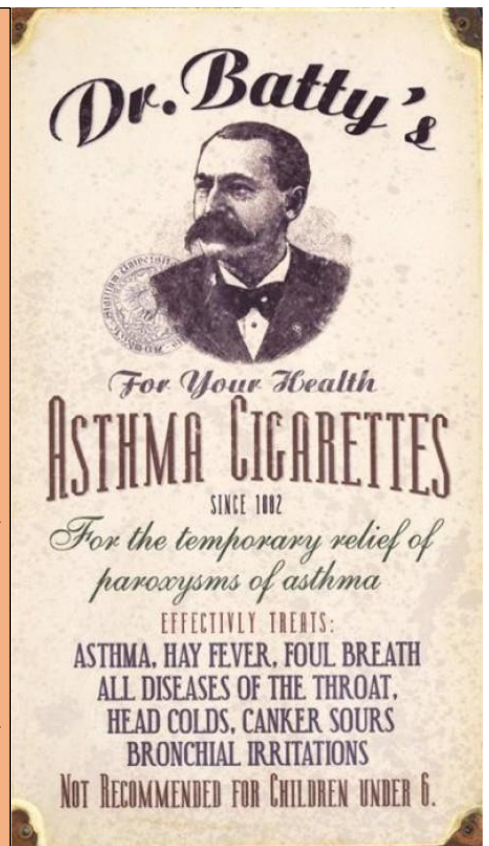
Submitted by Darryl Timms



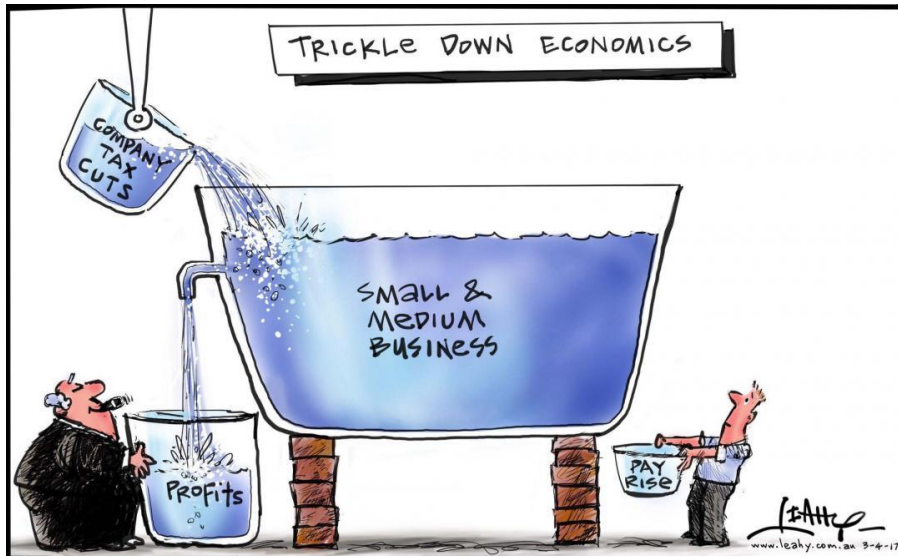
The Good Old Remedies?

I remember when I was growing up in the fifties, my Mum's medicine chest had an array of; bottles, tins and packets of ointments, potions and tonics and they all had labels similar to these. There was always a picture of a doctor with moustache and bow-tie, and each product was a cure-all for multiple ailments.

Mum' trusty bottle of Cod Liver Oil was extremely effective, just the sight of it coming out of the cupboard instantly cured the sore throat that you had thought, would get you a day of school.



PUZZLES, JOKES & TRIVIA



"Any chance you could sneak away for a little bit and mow the lawn?"

Mindbender

One sixth of the songs at a concert are solos, one quarter are duets and the entire group sings the remaining twenty-one songs. How many songs are in the concert altogether?

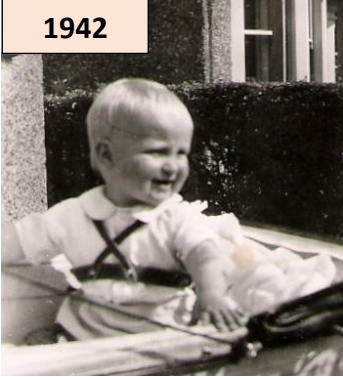
Answer: Next page

Joke of the Month

A doctor, who had his rooms on the top floor of his building, used to drop into the bar on the ground floor, at exactly 5:00pm every afternoon. Richard, the barmen, would always have his favourite tippie, an almond daiquiri, an ordinary daiquiri with crushed almonds sprinkled on top, waiting for him. One afternoon while Richard was preparing the doctor's drink, he realised he was out of almonds and so he substituted hickory nuts. The doctor arrived sipped his drink and said, "Is this a almond daiquiri, Dick?" Richard replied, "No it's a hickory daiquiri, Doc."

PUZZLES, JOKES & TRIVIA

1942



Mystery Shed Member

Congratulations if you were able to identify Peter Finch, from this picture taken in his younger years.

The picture on the right was taken on a trip to England last year when Peter visited his old home town.

2017



Mindbender Solution

36 songs

$$\begin{aligned}
 (X - X/6 - X/4 = 21) \times 12 \\
 12X - 2X - 3X = 21 \times 12 \\
 X = (21 \times 12) / 7 \quad X = 3 \times 12 = 36
 \end{aligned}$$

Editor's note: This cartoon is still a work in progress.

