

# NUTS & BOLTS



*'Every man needs  
a shed'*



Vol 4 | Issue 7 | AUGUST 2019

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## Message from the Editor

Editor: Ray Peddersen

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## Happy 10th Birthday, Carina Men's Shed

When I sat down at my computer to write this issues Editor's message I was trying to work out how, do I convey the significance of our shed celebrating our 10<sup>th</sup> Birthday at this time.

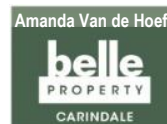
As I rolled up to the top of the page and saw our shed's founder Georgie Hickey's smiling face and the "Every man needs a Shed" quote beside it, I realised this is why we are celebrating, because Georgie Hickey had achieved his dream.

## Vale Georgie Hickey 1957-2015

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Carina Men's Shed valued supporters include:



## Men's Health Week & Expo 10 - 16 June 2019

This was the shed's sixth year of participating in Men's Health Week and it was a great success. The speakers focusing on Mental Health, Physical Activity, Nutrition, Travel & Recreation and Retirement Planning during the week, kindly left plenty of take-home material at the shed, for those unable to attend a session. The health professional sessions, on Heart Health, Skin Cancer, Eye Care and working with your GP, were informative and entertaining and we got to "Rock around the Clock" with the Corrugated Shedders. The shed made about \$1200 from the BBQ, raffles and the sale of shed products over the week.



**Kevin Cairns** Chairman Trustees CHCWA opens Men Health Week.



**Beyond Blue Presentation**



**Life Style Guide for Men**  
Bec Philipp & Felicity Edwards



**Travel for Seniors**  
Peter Finch



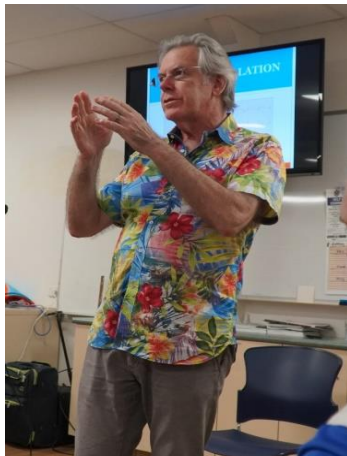
**Public Trustee** Geoff Cameron & James Tibbetts



**Opening of Health Expo**  
Di Farmer MP, Bulimba



**Skin Care/Skin Cancer**  
Leon Betts father of Emma Betts



**Heart Health**  
Dr. David Colquhoun



**Eye Care**  
Dr. Bill Glasson



**Working with your GP**  
Dr. Matthew Mclean

### Men's Health Week & Expo 10 - 16 June



Member's News



**Preparations for Men's Health Week**

Thanks to all those members of the shed who have participated in the five months of planning and preparation that goes into having a successful Men's Health Week. The last couple of days are the most hectic, particularly in the workshop, as the work area has to be converted into a people friendly display area, with all the items on display or for sale, artfully placed and labeled, then at the end of the week it is all packed away again and reverts to the workshop.

***Bunnings Midweek BBQ 19<sup>th</sup> June***

Many thanks go to the shed members who volunteered for the midweek BBQ duties and raised \$340 for our shed.

**Morning Session Crew:** Bevan Guttormsen, Mike Lyons, Eddie Haselich and Freddie Butler.

**Afternoon Session Crew :** Shane Brandenburg, Eddie Haselich, Adrian McDonnell and Ray Carter.

**Shed Safety Tip:** Remember before operating any workshop equipment you need to get the appropriate training in the safe handling of the tools and machines; and also be aware how your actions may impact on other shed members.



***Bunnings Midweek BBQ 17<sup>th</sup> July***

Thanks to the shed members who volunteered for the midweek BBQ duties in July and raised \$430 for our shed.

**Morning Session Crew:** Bevan Guttormsen, Klaus Binder, Bill Eklund, Patrick Coyne and Kevin Melican.

**Afternoon Session Crew:** Ray Long, Steve McGee, Bill Page, and Paul Gardiner.



***Mystery Shed Member?***

Our mystery shed member, on the right, reckons he was about 8 years old when this photo was taken with his younger brother Freddie, in the back garden of their home in Walthamstow.

**Answer: Puzzles, Jokes & Trivia page**

Member's News



**Seven Hills BBQ Saturday 06 July 2019**

Thanks go to Roger Appleby, Adrian McDonnell, Graham Ward, Alan Peiniger, Ray Long, Henry Lennie, Graeme Fraser, Bill Page and Ross Allan who served up a storm from 1:00 to 4:00.



**Lisa Atwood Shed Visit 15 July 2019**

Lisa Atwood, the new councillor for Doboy ward, visited our shed bearing a delicious array of morning tea treats to introduce her-self to the shed members. Ray Carter then gave Lisa a tour of the workshop shop showing her the variety of projects and items we are currently working on to support the shed and local community.

**San Sisto College Cross**

Roger Appleby below, speaking at a ceremony recognizing the contribution of our shed members in constructing a cross for San Sisto College, from timbers from one of the original San Sisto buildings.



**PCYC Youth Shed Mentoring Program Update**

The PCYC Youth Shed hosted a diverse group of Home Schooled students during the second term and each took home a pencil holder and a loosely named "Ammo Box" for storing some of their special personal items. PCYC's Sgt. Dave Beard's email attributes the great success of this program to our shed member's patience, interaction and desire to help the boys learn new life skills.

Hi gentlemen.

Another very successful Youth Shed mentoring program finished today and I would just like to say just how appreciative I am of your effort and support for this program. There is no way I could manage without you all and I am sincerely proud of your patience, interaction and desire to help the boys. Understandably, in my role, I get all the pats on the back from parents, children and even my bosses but there is no doubt that it is you guys who deserve all the accolades.

The article below shows the appreciation the San Sisto College holds for the continuing community partnership between the college and our shed. Rex Gelfius, Ray Carter and Ross Coates and others worked on this project and the shed has received sincere thanks and a donation, for our contribution to the creation of the crosses for San Sisto. The wooden signage for the San Sisto Reconciliation Garden, was another project worked on by Rex and others in the shed back in 2017.

## Historical Connections

This year our college theme is Seeking Connectedness. This shows itself in many ways, none more so than in our new college cross and the crosses that will be installed in the new Dominic classrooms and office spaces.

When the old Dominic building was demolished, a few of the floorboards were retained in the hope that something beautiful could be made from them, so that a part of one of the first San Sisto buildings could remain and connect us physically to those first sisters and all who were responsible for the building of our original school.

Through the generosity of the men at the Carina Men's Shed those floorboards were exquisitely carved into our new college cross as well as the small crosses that will hang in each of the classrooms and office spaces in the new Dominic building. When we seek connectedness in this way, with both the original sisters and in community partnerships like working with the Men's Shed, we gain insight and an understanding from others, surely the trademarks of a Dominican community.

At our San Sisto Day mass at the end of last term, Fr Alex blessed all of those crosses as a reminder for us of the presence of God in our learning and in our work. Our sincere thanks to all who contributed in creating our crosses and for the Men's Shed's generosity of time and resources.

Mrs Erica Qureshi  
Assistant Principal Religious Education  
e [equreshi@bne.catholic.edu.au](mailto:equreshi@bne.catholic.edu.au)



Yarns & Bush Poetry

Bevan Guttormsen felt the message of this poem was well worth sharing with the shed.

**A DIGGER DIED TODAY**

He was getting old and paunchy and his hair was falling fast,  
 and he sat around the R.S.L., telling stories of the past.  
 Of a war that he once fought in and the deeds that he had done,  
 In his exploits with his mates; they were heroes, every one.

And 'tho sometimes to his neighbours his tales became a joke,  
 All his mates listened quietly for they knew where of he spoke.  
 But we'll hear his tales no longer, for ol' Jack has passed away,  
 and the world's a little poorer for a Digger died today.

He won't be mourned by many, just his children and his wife,  
 For he lived an ordinary, very quiet sort of life.  
 He held a job and raised a family, going quietly on his way;  
 and the world won't note his passing, 'Tho a Digger died today.

When politicians leave this earth, their bodies lie in state,  
 While thousands note their passing and proclaim that they were great.  
 The Media tell of their life stories, from the time that they were young,  
 But the passing of a Digger goes unnoticed, and unsung.

Is the greatest contribution to the welfare of our land,  
 Some smoothie who breaks his promise and cons his fellow man?  
 Or the ordinary fellow who in times of war and strife,  
 Goes off to serve his country and offers up his life?

The politician's stipend and the style in which they live,  
 Are often disproportionate, to the service that they give.  
 While the ordinary Digger, who offered up his all,  
 Is paid off with a medal and perhaps a pension, small.

It is not the politicians with their compromise and ploys,  
 Who won for us the freedom that our country now enjoys.

Should you find yourself in danger, With your enemies at hand,  
 Would you really want some cop-out, with his ever-waffling stand?  
 Or would you want a Digger his home, his country, his kin,  
 Just a common Digger, who would fight until the end?

He was just a common Digger, and his ranks are growing thin,  
 But his presence should remind us we may need his likes again.  
 For when countries are in conflict, we find the Digger's part,  
 Is to clean up all the troubles that the politicians start.

If we cannot do him honour while he's here to hear the praise,  
 Then at least let's give him homage at the ending of his days.  
 Perhaps just a simple headline in the paper that might say:  
 "OUR COUNTRY IS IN MOURNING, A DIGGER DIED TODAY."

## Diary of a War Baby

This extract from Peter Finch's self-published life story "Diary of a War Baby", covers the period **August 1955 to October 1963**. He left school aged 15 and soon found employment in photography, his passion, and by 1963 he was married and ready to migrate to Australia.



Peter with Allan & Martin in 1963

**So at the end of July, 1955, aged 15**, I finished school and went for a weeks holiday with Mum, Dad, Martin & Alan. I then started my first time job as an office boy at the local lawyers, Hair & Son. I must have got the job through the Government Employment office, no interview, the only requirement was that you had a bike. There were about four or five office boys and we had two main jobs; the first was to write in a ledger all the letters and documents to be posted or delivered, using a pen with a nib dipped into an ink well, then whatever the weather, you had to deliver the documents to other lawyers and sometimes to the courthouse, I just loved the cycling and delivering in the rain and sleet!! I only lasted there until sometime in November 1955.

My first photographic job, was with a company called Carlton Artists, located at the Elephant & Castle, in London. The main work was producing large photos (40" x 53"). These photos were used in trade shows and exhibitions such as the Motor Show, the pay was five pounds a week, but it was two pounds more than at the lawyers. I worked at Carlton Artists until 1957, when I got a job down west, near Piccadilly Circus. The work was similar to Carlton Artists, but the photos were smaller. We did a lot for hairdressers, head and shoulders of models showing off hair styles. We also did a lot of promotional photos for the BBC, such programmes as David Attenborough's wildlife programmes.

In 1958 I changed jobs again this time to a small Advertising agency, located in Bond Street. The boss a sales person and four others who did the art work was the total work force, plus me of course. My position as photographer was to photograph articles such as cigarette packets and soap packets in exaggerated perspectives to make them look bigger or more attractive. Then the printers would rephotograph the art work through a screen of film with dots. This would turn the photo into a form that was printed in the old newspapers.

At all of these jobs we had to mix our own chemicals, from semi prepared products to using the raw chemical. I remember when mixing the fixer the fumes would get up your nose and make you sneeze, 'cleared the sinuses. There was no such thing as workplace health and safety. Also getting a job was just a matter of seeing a advert or just walking into a studio and ask if they wanted someone, HR had also not been invented, happy days.

My next job was a bit different in that I did have to fill in an application form and have an interview. This was with the UK Government. I applied in 1958, Mum and Dad were interviewed by UK security and I had to sign the official secrets act. The big advantage was it was that it was near home, on Foulness Island. The work entailed high speed cinematography of various tests & experiments, mostly related to safety issues with nuclear power generation. A lot of the work was outside in all weathers, and the laying of power cables and installing cameras in set position as dictated by the scientists. I stayed in this job for four years, and enjoyed the varied work. The Government paid for my studies and train fare once a week to London where I studied at the Regent St Polytechnic

During this time I went on holidays with good friends both within England and overseas, which was a first for me. We still walked or cycled everywhere, although cars were becoming more available. TV was also getting into more homes, still black and white and only really on in the evenings. In 1959 Dad got our first car an Austin 12, a large manual car, I think automatics had yet to be been invented, we also got a television at that time. Mum, Dad and myself, learnt to drive that year.

In 1959, I met Daphne, at the youth club of course, and asked her out on a date. Being really romantic, I took her to a motor cycle scramble on the cliffs between Leigh & Benfleet. Must have been my good looks that convinced her' to go out with me again! I must here tell you a bit about myself at this time, long hair, Elvis sideburns, "drainpipe trousers" that fitted tight on the legs, luminous coloured socks, pointy shoes, very trendy, well I thought so. As I am 3 years older than Daphne, I was probably her parent's worst nightmare.

In 1960 Daphne and her Mum sailed in the old P&O ship Oriana, to Australia, to visit relatives for a year. We kept in touch by mail and took up again when she returned. Soon after returning Daphne got a job at Foyles bookshop in London and then got a flat in London with a couple of other girls. We would meet up each week and go to Lyons Tea House cafe for dinner and then go to the cinema or the Theatre, in the cheapest seats up in the "gods".

In 1962 I proposed to Daphne. Being still very romantic I did this in a Burger bar, very new to London at that time. I had not even bought an engagement ring. At that time she would have lost her job if her employer knew she was engaged. Times do change, so we kept it quite for a while but she never did tell them until she resigned to get married and migrate to Australia.

**To be continued**



## Glamper's Report – Kingaroy 29 July -2 August

**Monday** The road trip up to Kingaroy was a bit longer than the normal glamping trip taking about 3 to 4 hours. The weather was good every day of this trip but it did get a bit chilly at night time. The six couples on this trip were Roger & Margaret Medland, Bruce & Jan Murray, Robert & Ruth Tritchler, Bevan and Margaret Guttormsen, Julian & Ellen Collis and Ray & Felicity Long. After everybody had settled in, Bevan outlined the activities for the week at happy hour.



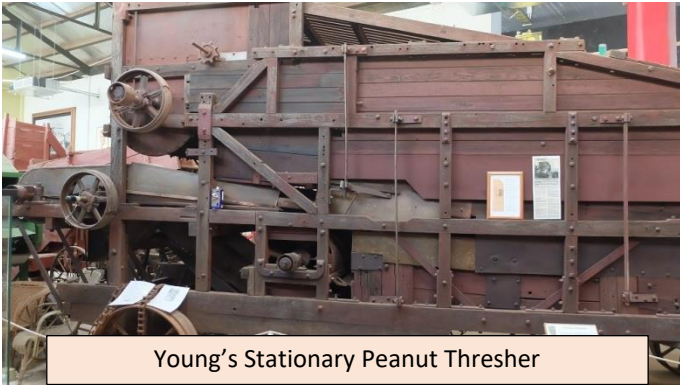
**Tuesday** morning was spent at the Kingaroy Men's Shed, while girls went into town for coffee and some retail therapy. The shed building was in an old hanger next to the local airport. The members were busy making tables and chairs from old pallets and turning old gas bottles into pig sculptures for the annual Bacon Festival held by the bacon factory which is the major employee in town. The shed members turned on a delicious BBQ for our morning tea. We caught up with the girls for lunch then back home to the park for happy hour and tea in the park kitchen area. After tea some of us braved the cold to visit a local private observatory for an amazing view of the night sky away from big city light pollution.



**Wednesday** We all visited the local Museum and Art gallery which was an amazing collection of old farming equipment and depictions of home life before electricity and town water, also plenty of local art and craft works. We all had dinner at the local RSL to farewell, Julian & Ellen and Ray & Felicity who both had to leave on the Thursday morning to get back home.

**Thursday** As regular glamper, and our shed's wine guru, Alan Peiniger could not make this trip; Robert, Bevan and Bruce, with note books in hand toured the local Crane Winery for some wine tasting, so as to be able to present a detailed report on the quality of the local vintage, at next WAG meeting. Later that afternoon back at the caravan park, we were treated to an excellent show, by local country and western singer Lloyd Baker.

**Friday** We had excellent weather all week and another beautiful day for the long drive home.



Young's Stationary Peanut Thresher



Kingaroy Shed designed 'pallet destroyer'



Lloyd Baker entertains us.



## Member's responses to, where were you, for the Moon Landing July 1969?

**Peter Finch:** *I was sitting in the lounge with 18 month & 4 month old daughters watching on TV, so they could say they saw it in later life!*

**Roger Medland:** *Roger was in New Guinea at the time of the moon landing. He was working, diving on wrecks and spear fishing. He can't remember what he was doing on the exact day as they did not have television in those days. Regards, Margaret Medland*

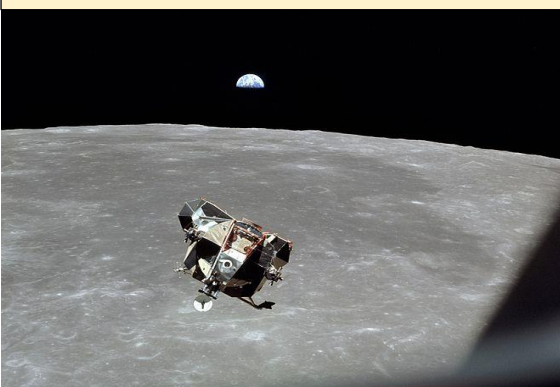
**Bob Ikin:** *My Army Engineer Squadron was building roads and infrastructure in the Shoalwater Bay Training Area and I recall the Squadron stopped work and came into base camp to watch the landing. Not sure where the boss got the TVs from but the soldier's canteen was crowded and in awe I recall.*

**Bruce & Jan Murray:** *I was living in Goondiwindi, 28 years old, married with a 3 months old daughter, and Service Manager for the Ford tractor dealer. We hired a black and white TV and sat glued to the TV watching the moon landing.*

**Bob Head:** *I remember I was the teller at The National Bank of Australasia (forerunner for NAB) and during my lunch break went for a haircut further up Gympie Road. The barber had a little old Black and White TV playing and I saw the Moon Landing from the barber's chair.*

**Ray Peddersen:** *I was 18 years old, in my last year of High School and we were allowed to go home to watch the moon walk. I invited my 83 year old granny to watch the historic moon walk on our TV as she had no TV in her granny flat; after watching for about an hour or so, she said "Is it over yet" and went back to her flat. I only realised later, I must have invited her up just as she was about to sit down for her hot lunch.*

Mike Collin's photo of the Lunar Module as it is about to dock with the Command Module, for the return journey home to Earth.



"Earth Rise" as seen from Moon

## CMS Shed the Beginnings

### Carina Men's Shed - Timeline

#### 2008

In 2008, on a holiday with his wife Margaret, visiting family at Port Wakefield in South Australia, our shed's founder Georgie Hickey, started visiting the local Men's Shed and asked himself, Why don't we have these in Queensland? On returning to Queensland he checked out Men's Sheds on the Internet and finding the AMSA website immediately joined, and Carina Men's Shed was registered with the AMSA on the 3<sup>rd</sup> August 2008.

Georgie soon realised there were only three other Men's Shed registered in Queensland; Kenmore, Nundah and Sunnybank and none of them had a shed to operate from. So he promoted the benefits of having a Men's Shed for Carina, by local letter box drops and placing notices in the Local Community paper.

#### 2009

Georgie's persistence soon got results and the Inaugural Meeting of the Carina Men's Shed (CMS) was held on Monday the 3<sup>rd</sup> August 2009 at the Home Assist Office located at Wecker Rd, Mansfield and a Steering Committee was set up that day. Several meetings were held at the Home Assist office however as this was an office area, it wasn't suitable to do any activities, so Georgie set up a workshop in his garage which remained the home of our shed for the next two years.

#### 2010

In February 2010 Channel 7's, Great South East program, ran a sort segment, featuring our Men's Shed in Georgie's garage which was invaluable advertising for our shed attracting new members as well as promoting the Men's Shed Organisation to the broader community.

Bunnings Hardware Cannon Hill came on board sponsoring the Men's Shed Carina Inc. and discussions were held with the Carindale PCYC and the Clem Jones Centre regarding land being donated to build our shed. Around the middle of 2010 the Clem Jones Centre, asked us to be part of their association and enable us to build the shed on their grounds. **Image #1** shows Georgie Hickey and Mal Weier marking out the area available for the shed with Dante Ballarino looking on. While a site was now available to build our shed the money still had to be found

#### 2011

Due to the combined efforts and shared vision, of Georgie Hickey, Mal Weier, Clem Jones Centre CEO Steve Heald, and Steve Kilburn MP whose support and persistence, secured the grant with the Queensland Government Department of Community Services, sufficient funds had been raised by September 2011, enabling our shed to be built on its current site on the Clem Jones Centre.

**Image #2** Steve Heald, Georgie Hickey, Mal Weier and Steve Kilburn on site once funding has been secured to build our shed.

**Image #3** Shed site, ready for slab pour. **Image #4** Shed kit arrives.

**Image #5** Shed erected to lock up stage in 48 hours.

Our shed was opened and in use by October 2011 and officially opened by Steve Kilburn MP for Chatsworth on 22 February 2012. The Rec Room and Office extension was built in November 2013 and first used on Monday 20 January 2014 and officially opened by Steve Minnikin MP for Chatsworth.



#1 05 Jul 2010



#2 15 Sep 2011



#3 30 Sep 2011



#4 10 Oct 2011



#5 12 Oct 2011



**Official Opening Day - Carina Men's Shed February 2012**



**Late Breaking News from Brisbane Ekka** John Carmody's Parrot was Highly Commended, John Kirkwood's clock was Commended and Bevan's beautifully crafted serving tray wins the Nuts & Bolts Editor's Choice award.



## Health & Welfare Corner

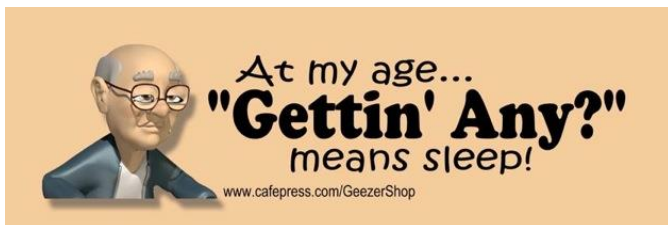
### Words of Wisdom about how to approach Old Age.

# Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours.

# Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humour in your situation.

# Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. Now is the time to be at rest, at peace and as happy as you can be!

**Remember:** "Life is too short to drink bad wine."

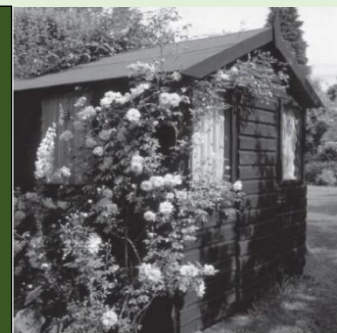


**More extracts from "Fifty Sheds of Grey"**  
 Author Colin Grey has written "Fifty Sheds of Grey",  
 a parody of the run-away best seller "Fifty Shades of Grey".



*She knelt before me on the shed floor and  
 tugged gently at first, then harder until  
 finally it came. I moaned with pleasure.  
 Now for the other boot.*

*"Punish me !" she cried.  
 "Make me suffer like only a real man can !"  
 "Very well," I replied, leaving the toilet seat up.*



## Puzzles, Jokes & Trivia



### Mystery Object

On the recent shed tour of the Ipswich Railway Workshop's Museum, our tour guide pointed out what looked like a flat top rail wagon about 5mx2m and asked, What was the function of this object?  
**Answer: Next page**



"I'm grateful you trust me with your innermost secrets. They whip up quite a frenzy on Facebook."



*'Viagra' is now available in tea bags. It doesn't enhance sexual performance, but it does stop your biscuit going soft.*




### Trivia Quiz


1. Which current Cadbury product is Australia's oldest chocolate bar?
2. Which Australian city is at the mouth of the Mersey River?
3. Which gas is the primary component of natural gas?
4. How many legs does a lobster have?
5. What is the flag-carrying airline of Hong Kong?

Puzzles, Jokes & Trivia

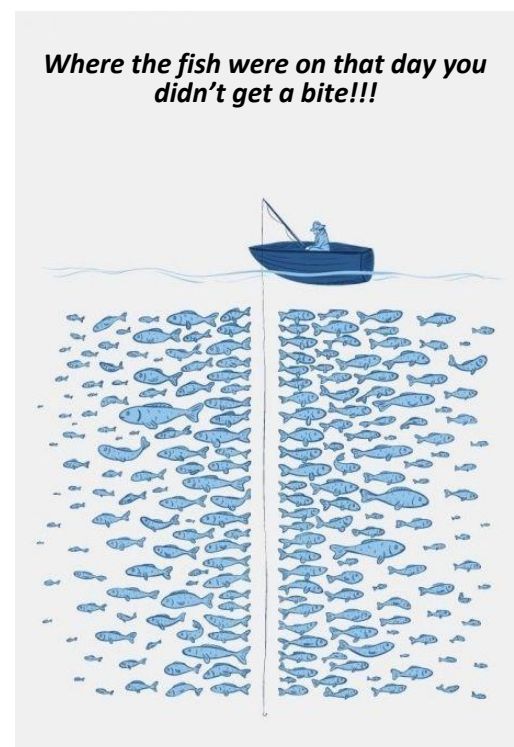
Circa 1934



2018



*Mystery Shed Member*  
 Congratulations if you were able to identify the esteemed shed elder, Norm Pledger, who will soon be celebrating his 93<sup>rd</sup> birthday.



**Mystery Object**

The mystery object was used in the making of the heavy canvas tarpaulins used to cover open goods wagons. It was effectively a table top on wheels which supported the heavy duty canvas materials as it was fed past a fixed sewing machine using a cogged rack along the long edge.

- Trivia Quiz Answers**
1. Cherry Ripe (first made in 1924)
  2. Devonport, Tasmania
  3. Methane
  4. Ten (at least two are modified into pincers)
  5. Cathay Pacific