

NUTS & BOLTS



*'Every man needs
a shed'*

Vol 2 | Issue 12 | February 2016



In this edition

Page 2	Christmas 2015
Page 3	Australia Day Luncheon Kerry Loose Jone's visit Louis' visit & gut buster program Graeme Curnow receives OAM
Page 4	Projects update <ul style="list-style-type: none">• Floor coverings• Baseball bat trophies• The all gauge railway table
Page 5	PCYC projects update American professor visits our shed Drawing and Art Painting Common interest group
Page 6	Member profile – Paul Meredith The Davidsons' other interest
Page 7	Executive news Grey nomads column
Page 8	How exercise helps depression and anxiety All things nautical
Page 9	Now that's a train Puzzles, jokes and trivia

Message from the Editor

Editor: Bob Ikin

Welcome back.

2016 promises to be a great year in the life of Mens Shed Carina.

We have a great facility, interesting activities, great conversations and loads of interesting characters.

What more could you ask for?

Please don't forget – this is your newsletter and its success depends on your input so if you have something to contribute let me know.



Mens Shed Carina Inc.,

Clem Jones Centre
56 Zahel Street
CARINA, QLD, 4152

Ph: 07 3395 0678

E: info@mensshedcarina.org.au

W: www.mensshedcarina.org.au



Christmas 2015

Well Christmas has come and gone for another year.

Thanks must go to Brian O'Rourke for organising the shed Christmas lunch and to the shed singers for their excellent presentation of Christmas carols.

A great time was had by all!!



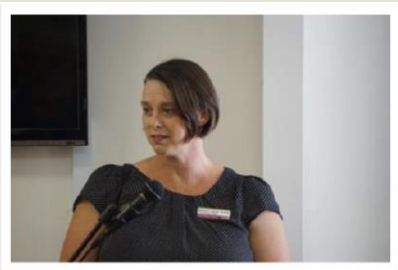


Australia Day Luncheon

John Abbott, Peter Carter and Noel Hohenhaus excelled themselves once again with a magnificent lunch on Australia Day.

Well done lads and a big Aussie thanks!!

Kerry Loose Jones' visit



Aspiring politician Kerry Loose Jones paid us a visit recently to check out our facility.

Louis' visit and the Gut Busters Program



Louis (Mens Shed Carina Personal Trainer) is becoming a regular visitor to our shed.

His latest visit was to brief us on the upcoming Gut Busters Program.



Men's Shed 7 Week Gut Buster Challenge

When: Wed 10th February 2016

Where: Group Fitness Room

Time: 11am

\$160 for MEN'S SHED MEMBERS ONLY. (min 8 participants)

This includes

- Weigh in and Measurements 10/02/2016
- Weekly group meeting & information session on Wednesdays at 11am.
- Log Book, Food Diary & Pedometer
- 2 x Exercise classes
 - Mon 12pm Group Fitness with Lewis.
 - Wed 12pm Aqua Fitness with Marg.
- Final Weigh in and Measurements Wed 30/03/16
- For details contact Chris Davidson 0414 912 573

Graeme Curnow Receives OAM

Congratulations to Graeme on the award of the OAM for his services to the men's shed movement. This is great news for the men's shed movement and particularly for Graeme who has done so much supporting the movement in Queensland.

Projects Update



Floor coverings in the recreation room and the office are now complete. Both jobs look great and thanks must go to all members involved in these projects.



Baseball Bat Trophies

The bat trophy project is nearing completion as can be seen in the photo. Well done to all members involved in this project.



The All Gauge Railway Table

A number of our members have worked on this project but particular thanks must go to Robert Tritchler, Rob Cousins and Bevan Guttormsen.

Looks impressive!!

PCYC Project Update

(Article by Kevin Searle)



The combined Youth Shed Project involving Carindale PCYC, Carindale Rotary, Whites Hill College and the Mens Shed came to a successful Christmas recess after completing the two projects undertaken since its inception earlier this year. Two work benches and two garden seats (as shown in the attached photos) will be used by spectator parents watching their children undertaking activities on the adjacent oval.



American Professor Visits Our Shed

(Article by Mal Weier)

We have very recently had a visit from Brian Hentz who is an Associate Director and PHD Candidate from the University of Connecticut in America. Darryl Timms and I had a very lengthy discussion with Brian about the men's shed phenomenon in Australia and other countries. All of the other countries like Ireland England, Scotland, Wales, New Zealand and Canada are embracing the men's shed movement.

Ireland has gone from nothing four years ago to almost 400 sheds.

Brian is very focused on adult education particularly as it relates to how older men transition to life after work.

Brian believes that men learn a significant amount by interacting with informal groups of men. This could be the men's shed movement in Australia.

He is a very good academic and wishes to further his research in the areas of older men learning and helping themselves become mentally and physically more able.

We have formed a relationship with Brian and we will benefit from his academic studies and research.

I am very sure Brian will be instrumental in the establishment of men's sheds in America.

Darryl and I enjoyed our time together with Brian and will continue our very valued relationship.

Drawing and Art Painting Common Interest Group

Calling all budding
Rembrandts!!

Get ready for the
Drawing and Art
Painting group
starting in February
2016.

If you are interested
contact David Ward at
the Mens Shed.

Paul Meredith

Member profile



Well my life started in 1948; a time of rationing, rebuilding and hope for peace forever.

I was born in the UK in Orpington, Kent, to Jack and Jean Meredith; a young couple who met and fell in love whilst they both worked at Morphy Richards in London making irons. They married in 1946.

Dad changed jobs shortly after they married and became a prison officer, a job that guaranteed security for him and his family.

When I was 4 we moved to the Isle of Wight to a government house near Parkhurst Prison, where my father worked. We lived there for 8 years. The Isle of Wight seemed so many miles away from any troubles that occurred on the mainland.

These were carefree, fun and innocent times where children enjoyed the freedom to play outside for hours but also had to conform to strict rules. I enjoyed school and playing with friends and we considered ourselves very lucky as a family that Dad had a secure job and a home.

At 9 years of age I joined the Cubs with other children from the estate and then at the ripe old age of 11, I joined the Sea Cadets.

That was the start of my love for the sea. Of course the island was just across the water from the biggest naval dockyard in the UK, Portsmouth so the urge to join the RN was set.

When I was 12, Dad got a promotion and off went the family to Winchester in Hampshire. By this time I had 2 more brothers making a family of 5. At Winchester I transferred to the Sea Scouts and I just couldn't wait to reach 15 when I could join the RN, but Dad said no because of school so I had to wait and I finally joined the RN on 7 September 1964 aged 16 where I went straight to HMS Raleigh at Plymouth. After basic training I went to HMS Collingwood at Portsmouth to train as an electrician followed by a posting to my first ship HMS Leander. Aboard this ship I toured the world commencing with the Med then the Far East, Australia, Hong Kong, Africa, America, Canada and then back home. It was a wonderful experience and I enjoyed many beers and many experiences over the years.

I then left the Leander and stayed ashore for a couple of years and then off to other ships to see more of the world. Where else can you get 3 meals a day, a roof over your head, see the world and get paid for the privilege?!

All in all I spent 11 years in the RN before I left to join the Merchant Navy as an Electrical Officer.

I flew out to Italy to pick up my new ship and start over again, seeing many ports all over the world to which the RN didn't go to like Brazil, Canada in the winter, the Netherlands etc.

I fell in love with an Aussie girl in Italy, left the Merchant Navy after 3 years and immigrated to Australia where we had 2 children. Life was rosy for a few years but unfortunately things didn't work out and we later divorced. So there I was in Sydney, fortunately employed, but trying to pick myself up and move on with my life.

In 1980, and out of the blue I met the love of my life, to whom I was introduced on a blind date. She lived in Brisbane and I was fortunate enough to get a transfer to Brisbane with the same company that I was working for in Sydney and we married in 1982 and settled down in our first home which we spent many an hour renovating ourselves.

I am still enjoying life with my wife of 30+ years and I still love the sea and go sailing whenever I can I try to enjoy life to the full.

How lucky I am!

The Davidson's Other Interest

"Booking up a few gems" is the title of an article in the 20th January 16 edition of the South East Advertiser highlighting the great work done by Jan and Chris Davidson over a number of years in support of the Lifeline Bookfest. Well done Jan and Chris!

Executive News

Five (5) new member applications received and approved, Barry Wellington, Noel Sealey, Peter Bell, David Hoey, & Greg Ward.

The QMSA Metro South meeting was held on 23 February 2016.

QMSA invited to include articles from the MSC newsletter into their newsletter. "Shed Chatter"

A visit from a faculty member of the University of Connecticut was informative and mutually rewarding.

A thank you email received from the Bulimba Creek Catchment. The Myna Bird traps have been used successfully.

MSC email address has been changed:

com has been changed to org

The new email address is: - info@mensshedcarina.org.au

A google verification code has been received

Request from Bulimba Creek Catchment received for making 5 Monitoring posts

Future guest speakers include Queensland Rail, Heart Foundation, and the author Jenny Hall. Jenny Hall may provide a cooking demonstration.



Grey Nomads column

(Article by David Spillane)

Napier Art Deco Capital of the World

In mid December Lyndell and I travelled to New Zealand. I had visited several times in the past several years and we planned to spend two days in Napier which turned into four glorious days, we were fascinated by its recent history and its beautiful Art Deco buildings

On 3 February 1931, most of Napier and nearby Hastings were leveled by an earthquake. The collapses of buildings and the ensuing fires killed 256 people. The centre of the town was destroyed by the earthquake, and later rebuilt in the Art Deco style popular at that time. Some 4000 hectares of today's Napier were undersea before the earthquake raised it above sea level. The earthquake uplifted an area of 1500 km² with a maximum of 2.7 m of uplift. In Hastings about 1 m of ground subsidence occurred.

Although a few Art Deco buildings were replaced with contemporary structures during the 1960s, 1970s, and 1980s, most of the centre remained intact for long enough to become recognised as architecturally important, and beginning in the 1990s it had been protected and restored. Thousands of people flock to Napier every February for the Tremains Art Deco Weekend event, a celebration of its Art Deco heritage and history. We can highly recommend a visit; it's like walking around a film set, old cars, beautiful heritage buildings and wonderful activities.

Napier is about 320 kilometers northeast of the capital city of Wellington. Napier (61,500) has a smaller population than its neighbouring city of Hastings (68,200) but is seen as the main centre due to it being closer in distance to both the seaport and the main airport.

I would be happy to give further information for those wanting to visit the region

How Exercise Helps Depression and Anxiety

The following is a summary of an article from the July 2014 newsletter of the California-based IDEA Health and Fitness Association, the world's largest association of fitness professionals. The article was written by Shirley Archer, the 2008 IDEA Fitness Instructor of the Year and now IDEA'S mind-body-spirit spokesperson. Here is the link to the full article with all references: <http://www.ideafit.com/fitness-library/how-exercise-helps-depression-and-anxiety>

According to the science, exercise may improve mental health in the following ways:

By enhancing physiological health. Physical activity benefits overall brain health by reducing peripheral risk factors for poor mental health—such as inflammation, diabetes, hypertension and cardiovascular disease—and by increasing blood flow and associated delivery of nutrients and energy.

By raising tolerance for emotional stress. Since exercise is stressful, regular exercise increases a person's resilience toward other forms of physical and emotional stress. Having more physical and emotional strength—from consistent fitness training—seems to help people adapt better when tough situations occur.

By increasing familiarity with physical stress. For some anxiety sufferers, an elevated heart rate, profuse sweating, chills and other stress symptoms that can occur during an anxiety attack are, by themselves, upsetting. By exercising regularly, people can learn to control their experience of physiological stress—like an elevated heart rate or sweating—and these symptoms can become less frightening.

By boosting self-efficacy. People who master a new skill improve self-efficacy which subsequently leads to higher self-esteem. Learning how to exercise is an example of a skill that increases self-efficacy. High self-efficacy predicts well-being, while low self-esteem is associated with mental illness.

By fostering social contact. Social interaction improves mood. Exercise frequently occurs together with others or with friend and family encouragement. This support boosts mood.

By diverting negative thinking. People with depression or anxiety often get stuck in negative thought cycles. Exercise, especially when mindful, may be a diversion from self-rumination, focusing thoughts away from negative inner concerns toward engagement with the present and with pleasurable experiences.

By encouraging engagement instead of avoidance. Focusing on exercise pursuits provides value. Creating a structured program directs focus on the value of activity, rather than withdrawal, and teaches persistence. This lesson in engagement, in spite of escape urges, can help people with anxiety to overcome avoidance in other life areas.

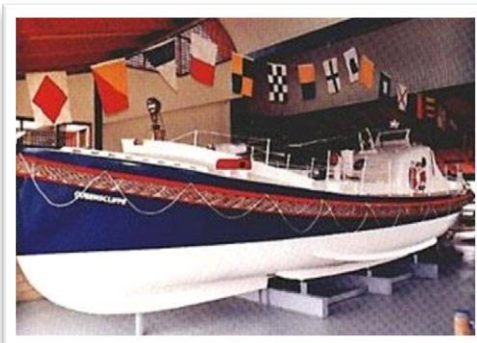
All Things Nautical

(Article by Bob Ikin)



The Launch of MV Queenscliffe in 1930

I have had an interest in the lifeboat service in Australia since discovering my great grandfather was part of a Queenscliffe, Victoria lifeboat crew in the 1800s.



MV Queenscliffe at the Queenscliffe Maritime Museum

As you can see this is a bit of both "nautical" and "rail". I discovered this photo in a local museum in NSW. The caption says "The State Railways Ferry "SWALLOW" on the Clarence River. This somewhat drawn out technique allowed trains to cross the river until the railway bridge was built."



Now That's a Train!

(Article by Bob Ikin)



I have always been interested in trains of various types and I had the good fortune to travel across Canada, Vancouver to Toronto, in 2013 on the CPR (Canadian Pacific Railway).

The terrain in Canada provided the railway builders significant challenges and if you are interested in railways, there is a great book I can recommend: "The Last Spike – The Great Railway 1881-1885" by Pierre Berton.



On a quiet Saturday afternoon in Orange, NSW I heard noises coming from the local park which sounded like train whistles.

On closer inspection I discovered –
NOW THAT'S A TRAIN!



Puzzles, Jokes and Trivia

Quotes of the Month

(Provided by Steve Dalziel)

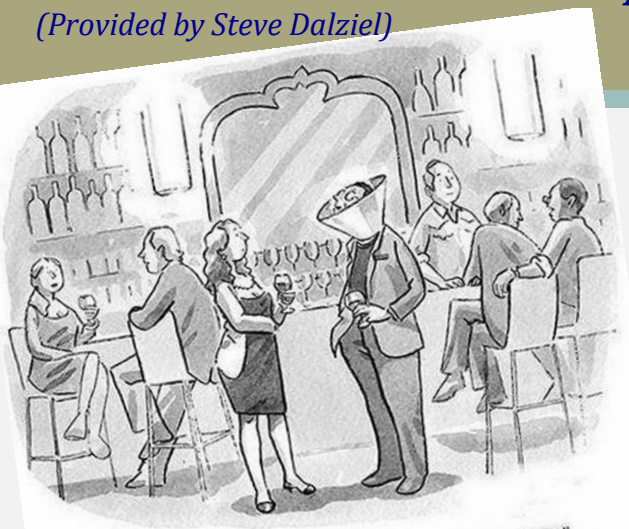
- Venison for dinner again? Oh deer!
- A cartoonist was found dead in his home. Details are sketchy.
- I used to be a banker, but then I lost interest.
- England has no kidney bank, but it does have a Liverpool.

Mystery Object



Cartoons

(Provided by Steve Dalziel)



"It keeps me from looking at my phone every two seconds."

PEOPLE NOWADAYS



Puzzles, Jokes and Trivia

Believe it or Not



Answer to Mystery Object

Pig trough C.1861. A cast iron pig feeding trough found in the Port Macquarie Historical Museum in 2015.



How is this for fitness? The Highland Gathering Strongman Competition held at Bungadore, NSW in 2015 required the competitors to carry a 100kg weight in each hand over a 200 metre course. A Kiwi won the event.

