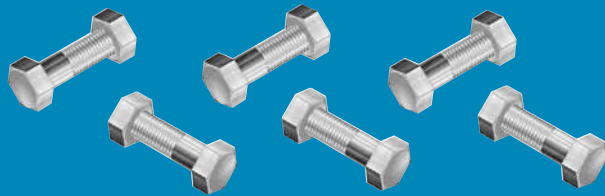


Nuts & Bolts



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MEMBER NEWS

VALE – GEORGIE HICKEY (Tribute provided by Mal Weier)

The first time I met Georgie I was told that he wanted to set up a Men's Shed for the benefit of men in his community. I was immediately drawn into his mission for the future.

From the very small and humble beginnings under his house where 8 people was a crowd and we had to drink coffee and tea because there was no room to move in his workshop, he progressed to bigger and better things. Georgie wanted a larger shed and set out to acquire larger premises.

With much negotiation and manipulation of Government sources Georgie struck gold. With the incredible support of the Clem Jones Centre, in particular with the support and guidance of Steve Heald the CEO of the Clem Jones Centre he was allocated a suitable shed site.

Georgie's determination to have a larger shed came to fruition and our new shed was opened in February 2012. What a fantastic resource for men in our community.

Georgie's passion and vision has been realised and surpassed. The 2 sheds now established at the Clem Jones Centre are some of the best Men's Shed resources in the Country. The effectiveness of these sheds in terms of men's physical and mental health is extraordinary.

The shed now caters for the needs of men in our community through the following examples of activities.

- Jam and Pickle Making
- Playing Bridge
- Singing a cappella style
- Leadlight and Glass fusion activities
- Wood work and wood turning
- Leather craft
- Gym and Pool exercise programs
- Drinking Coffee and Tea with their mates and discussing their own and the world's problems.
- Helping the wider community.
- Looking after each other.

The list of activities is more extensive than I have outlined. Georgie's passion and vision is a reality. We as members of the Carina Mens Shed are proud of our shed and proud of Georgie's efforts to make his vision come true.

Georgie was made a Life Member in recognition of his contributions to Mens Shed Carina.

WELL DONE GEORGIE. REST IN PEACE.

MESSAGE FROM THE EDITOR

A lot has been happening since our last edition. Graeme Weatherley and Chris Davidson have done an excellent job organising the Mens Shed Carina Men's Health Expo, our membership keeps increasing and our reputation is enhanced every time we do a project in the community. With our AGM just around the corner it is time to consider if you can assist with the shed's management. As a dead Kennedy once said:

"ASK NOT WHAT YOUR SHED CAN DO FOR YOU BUT WHAT YOU CAN DO FOR YOUR SHED." (or words to that effect).

Editor: Bob Ikin

Publisher: Neil Smith

International Men's Health Week – Mens Shed Carina Men's Health Expo 19th and 20th June 15 Expo a 'qualified' success

Our Men's Health and Wellbeing Expo, held on 19-20 June, was a qualified success.

On the one hand, it achieved all the objectives set for it when a group of us met on 27 April to give the project the green light. On the other hand, it didn't attract as many attendees as we anticipated.

The objectives set in April and achieved by the Expo were:

- to celebrate International Men's Health Week by raising awareness of issues and opportunities related to men's health and wellbeing in Carina and beyond;
- to offer an interesting mix of presentations and stalls associated with those issues and opportunities;
- to identify our own Shed, and the Men's Shed movement in general, with concern for men's health;
- to build positive relationships with like-minded organizations in our area;
- to involve our own members in an exercise that was worthwhile for them.

Over the two days, we had eight speakers, 25 stallholders and three entertainers (all listed below). Based on anecdotal comments during the Expo, their contributions were well-regarded by attendees. Feedback from the speakers and stallholders themselves indicated that they were happy to be involved in the experience we offered, even if some of the stallholders expected the crowd to be bigger.

This reflects one key advantage we had in organizing the Expo. It was a non-commercial event. Because we were fortunate to receive a grant of \$2,500 from the Australian Men's Shed Association to fund it, we didn't need to dip into our own coffers nor seek any financial contributions from the participants. Our and their only costs were the time and effort to be there, so no-one was out of the pocket.

In reference to the attendance levels, we probably overestimated the potential level of interest in the topic in the local commu-

nity. After all, men are allegedly uninterested in their own health – that’s what we were trying to counter by holding the Expo in the first place. So, no matter how much we promoted it generally in the local community (and we did promote it well), only a small percentage of local men were ever going to be there. Had we been promoting a Beer-Tasting Festival, we wouldn’t have had a problem!

As it was, the prevailing mood among those of us who were there – both members and visitors – was that it was a worthwhile and enjoyable experience, and there was much gained personally by taking part. The speakers were particularly popular. Some visitors who had planned to be there on the Friday were back on the Saturday for more of the sessions.

And for next year? Well, there’s no other International Week that’s better aligned with the fundamental ethos of the Men’s Shed movement than International Men’s Health Week, so I would opt for us running the Expo again – but still maintaining a non-commercial motivation because it will never be a big money-spinner for either ourselves or outside participants. It’s an exercise in changing hearts and minds, not selling services.

To attract a bigger crowd, I think we could buddy up early in the planning process with other local organizations genuinely concerned with improving men’s health – and involve them, not just as speakers or stallholders, but in actively developing the content and marketing it among their own networks of men so that we get the message through the prospective attendees in a more focused way.

In closing, I would like to acknowledge Graeme Weatherly for volunteering to coordinate the event, and working tirelessly throughout. At the beginning, it seemed a very daunting prospect and I was so impressed with Graeme’s courage that I put my hand up to help him. I also acknowledge the assistance of David Spillane in managing the media relations, and of the many other Shed members who were involved before and during the Expo. It showed that, as a group of sometimes grumpy old men, we can be a great team when the opportunity arises! Also, it is worth remembering that our input this year was based on the extraor-



Getting active at Rod Ferguson’s tai chi talk



Jo Crotty’s talk on the dangers of melanoma was very powerful



The Belmont Bowls Club team brought along the trophies we made for them



Rob and Ruth Tritchler sharing the moment at Blue-care

dinary amount of work Bob Ikin did in organizing the first Expo last year.

Appreciation is also due to Steve Heald and the Clem Jones Centre team for their constant support; and to the Carina Cricket Club, the Carina Leagues Club and the Balmoral Rotary Club for lending us marquees and trestles; and to Genevieve Corey from Carindale Connect who helped with our local community relations.

Chris Davidson

P.S. I think the best take-away line at the Expo was from Paul Mischefski, the presenter from Men’s Wellbeing. Paul said: “There are two things men don’t like: change ... and the way things are.”

SPEAKERS

- Fred Travis (Prostate Cancer Association);
- Rod Ferguson (Tai Chi and GOLD program);
- Jo Crotty (Melanoma Patients Australia);
- Julie Argeros (Seniors Inquiry Line, United Care Community Services);
- Mary Berry (National Stroke Foundation);
- Paul Mischefski (Men’s Wellbeing);
- Ian Knabel (Beyond Blue);
- Andrew McGough (Clem Jones Centre).



Graeme Weatherley goes mobile in more ways than one



Brian O'Rourke at the Expo nerve centre



Carbatec gave us some great lucky door prizes

STALLHOLDERS

River City Clippers (singers)
Lifeline/Uniting Care Community services
Belmont Services Bowls Club
Men's Wellbeing
Rotary Clubs of Carindale and Balmoral
Bay Audio
Com Active Mobility Scooters
Centacare, Belmont
Anglicare
Carbatec Woodworking Tools
Fort Lytton Historical Association
All Gauge Model Railway Club
The Breakaways Dance Group
All About Your Health Naturopathy
Healthy Jeanette's food van
Graham's Car Club
The Breakaways Rockabilly Dancing Club

Men's Shed Carina
Brisbane City Council GOLD (Growing Old and Living Dangerously) Program (Fri. only)
Danger Sun Overhead, Melanoma Patients Aust. (Fri. only)
National Stroke Foundation (Fri. only)
National Bowel Cancer Screening Program (Fri. only)
Bluecare, Carina (Fri. only)
Bulimba Creek Catchment Co.ord. C'tee (Fri. only)
Chiro 2 Your Door (Jan Jones, Chiropractor) (Sat. only)
Garden City Creative Writers Group (Sat. only)
Sing Australia Carina (Sat. only)
Minnippi Park Run (Sat. only)

ENTERTAINMENT

River City Clippers
Sing Australia
Chrissie K (guitarist)
The Breakaways Rockabilly Dancing Club

Megan Meets the Men's Shed on the 4th May 15 (article provided by Dennis Beck)

Megan Smith is a Rotary Peace Fellow, co-hosted by the Balmoral Rotary Club to undertake a Master's Degree in Peace and Conflict Studies at the University of Queensland. Incidentally, she is physically disabled and confined to a wheelchair.

This is all that I knew about Megan when I received a call from Jan – a Balmoral Rotarian and Megan's "Brisbane Mum" – enquiring whether our Shed could build a ramp to facilitate Megan's access to the tiny outdoor area of her flat at Taringa. In due course, a



Dennis Beck Introduces Megan

fine looking and very functional ramp was delivered to an extremely grateful Megan. Following my enquiry about the need for a second ramp on the outside of the door, the need was confirmed and a request was made – resulting in the construction of an even finer looking and equally functional ramp, installed and road tested by a teary-eyed Megan.

That was when Megan asked whether she could visit our Men's Shed to personally express her gratitude for our efforts.

By this time I had recognised that Megan is a beautiful, truly outstanding young woman who would undoubtedly impress and inspire even the crankiest (and self-pitying) of our crusty old Sheddies - and she did that within the first few minutes of her visit!

In spite of her relatively young age, Megan's achievements to date are difficult to comprehend; yet, for her, the selfless journey has barely begun.

Born in the UK, Megan moved with her family to America when she was a child. Since her mid-



Megan Smith

teens, she has been involved with, and led exchange and development programs within Central and South Asia, the Middle East, Northern Africa and South America. For most of us, the prospect of an attractive, young, disabled, American woman volunteering for humanitarian aid in countries like Pakistan and Afghanistan – during recent times - is almost unthinkable! Megan does admit that, in these countries, the burka was her best friend.

In spite of her heavy study workload, Megan is continuing to explore opportunities for involvement in aid projects on this side of the world.

We all wish Megan well and feel privileged to have met her. Hopefully, she can find the time to visit us again before pursuing her dreams in another country.

Steve Minnikin's Visit on 25th May 15

Big Mens Shed Carina fan Steve Minnikin made one of his regular visits to our shed on 25th May 15. Good to see you Steve.

Clock Work

The glass blokes have been hard at it recently and developing their craft skills. Of particular note are the excellent clocks they have developed. If you are interested in learning the art of glass work then Wednesday is the best day to come along to the shed.



Ceiling Tiles

Members would have noticed the excellent job that has been done in our new shed. The Editor has been told that the tiles were provided through David Ward's contacts and with the help of a number of people the new shed is near complete – thank you David!

For all those involved in this project a big thank you from all members.

QMSA Report

Provided by Mal Weier

I was elected to a position on the Board of the Queensland Men's Shed Association at the AGM in November last year. The Board is a group of volunteers working very hard at supporting the sheds of Queensland and representing Queensland at the Australian Men's Shed Association.

At a local level we are trying to raise the profile of sheds by making representation to Politicians at all levels and representing sheds at public and business forums.

Queensland has in excess of 140 sheds, which makes the job of the QMSA very difficult with regards to intimate and meaningful communications with our sheds. To assist in this process Queensland has been divided into nine zones based on local Council boundaries. A person has been allocated to each of these zones and has responsibility of assisting in the communication of all sheds in that zone. I am responsible for the Metro South zone which is an area South of the Brisbane River to Logan and from the Morton Bay islands to Oxley. Within this zone are 21 existing sheds and three trying to establish sheds.

We have met as a collective on two occasions and have two more meetings planned for this year. The information sharing has been wonderful and the comradeship excellent. It also gives all who attend a great chance to have a look at other sheds and speak to the host members about their shed processes and activities.

This model is definitely improving the awareness of common interests and problems with a real chance of more positive outcomes for all sheds.

Bowls Club Trophies

Our shed was recently asked to assist in making some trophies for the Belmont Bowls Club. These trophies are for the junior bowlers. We took on the task, which presented some challenges. How do you cut a bowling ball in half?



The challenge was solved by turning two wooden plates to replicate the shape of the bowling ball and then sticking the ball to these plates with double sided sticky tape. The balls were then able to be safely held while cutting through the middle on the band saw. These half bowls we then mounted on wooden stands. When these were complete the trophies looked a treat and were proudly accepted by the Bowls Club and the junior bowlers.



Visit by Bob Walker – Office of Fair Trading

29 June 15

Bob Walker is a Community Engagement Officer with the Office of Fair Trading and he visited our shed to talk about scams. The scam statistics are frightening and the key tips the Editor took away from the talk were:

Get smarter with your data

Keep your personal data secure

Think twice about what you say or do in an online environment

Keep your mobile devices and computers secure

Choose your passwords carefully

Beware of any request for your details or money

Get a copy of your credit report at VEDA.org.au

What you can do?:

Install and regularly update virus detection software and fire-walls

Be wary of unsolicited emails or other messages after personal details

https// means secure web site

Secure websites have a lock symbol

AMSA News

- Grant applications are now open for Foundation 49's Men's Health Community Grants for 2015. Partnering with GlaxoSmithKline to provide funding, Foundation 49 has set up these grants to support local communities and health professionals to continue to encourage men to take action and maintain their good health.

- Two massive floating solar power plants have just been completed in Japan, ready to power 1,000 homes without taking any electricity from the grid. The 'mega-plant' is just one of a number of moves the country is making to increase its reliance on sustainable energy sources since the 2011 Fukushima nuclear disaster. Over the past few years, Japan has managed to double its solar power capacity, and if plants like these are as efficient as they're expected to be, there's no reason why it can't continue to tip the balance in favour of renewable energy sources.

- March was the hottest March on record, and is one of a string of months this year that have already broken heat records as part of an ominous new trend, a new report by the National Oceanic and Atmospheric Administration (NOAA) has revealed.

- During March, the average temperature across global land and ocean surfaces ended up being 0.85 Celsius which makes it the highest for March since 1880, when records first started being written down.

- The Australian Men's Shed Association (AMSA), in collaboration with individual State 'DonateLife' Networks, will be supporting Men's Sheds via a Community Awareness Programme. This programme will involve undertaking community-based awareness and education programmes within their shed and community. The 2015 Community Awareness Programme resource package will be posted to all AMSA members over the next few weeks. If you require additional resources you can: email Gary – AMSA Community Engagement Manager gary@mensched.net access the AMSA website www.mensched.org Member Men's Sheds are being asked to support this most worthwhile and important project again this year.

- In August, AMSA will be delivering a major community-based awareness and education Expo in Queensland during DonateLife Week (2-9 August 2015). For further enquiries, please contact: Gary – Community Engagement Manager: gary@mensshed.net Marty – Project Officer: marty@mensshed.net

- They are built to grow grain crops to feed the world, but today's tractors and other cropping machinery are also increasingly being built from grain crops. They may also run on grain-based fuels if required. If your farm's Case IH header, tractor, hay baler or spray rig has been built in recent years, the external panels, bonnet, mud guards and parts of the cabin are likely to be made from a composite material using soybeans.

- A new flu vaccine is now available which will offer protection against the three most prevalent flu strains. In previous years, the National Seasonal Influenza Immunisation Program had begun in March, however a rare change in two strains from the 2014 vaccine caused a delay in the vaccine's production. In addition to good hygiene, flu vaccine is a recommended protection against influenza. The best time to get it is early autumn, before the flu season.

- Learn more about the seasonal influenza vaccination 2015 or read general questions and answers about flu immunisation on the Department of Health website

- A survey by Osteoporosis Australia of over 1000 Australian men showed most did not think they were at risk from osteoporosis, and 40 per cent of young men thought that it was either rare or impossible for men to get it. According to the new report, osteoporotic fractures affect one in five men aged over 50. Learn more at ABC Science.

- Caloundra Men's Shed have received a grant from the Qld State Government Gambling Community Benefit fund to build their own shed. The grant money will be used to build a new shed on vacant at Churches of Christ of Queensland in meridian Plains.

Executive News

- David and Barry detailed the current proposal for a Youth Shed at the PCYC. A joint initiative by the PCYC, Rotary Club of Carindale and Mens Shed Carina. Rotary District grant funds are available to acquire tools. The target group is male disadvantaged and/or at risk youth. The proposal will provide support through a skills learning and sharing program delivered at the PCYC site between the hours of 9am and 3pm, preferred commencement date mid July. A 9m by 3m shed with a 3m by 3metre lockable space is available. Mens Shed Carina members will be directly involved in the delivery of hand, technical and life skills. Initially assistance is required to acquire/select suitable tools and resources for the shed.

- The 2015 AGM will be held on the 5 August 2015.
- The donated extraction unit will be assessed for excessive noise before it is commissioned.
- Suggestion that revenue from current raffles be channelled into excursions.

HEALTH AND WELFARE CORNER

(article provided by Kevin Searle)

Meals on Wheels

We are fortunate to have a Meals on Wheels operating in our area from the Senior Citizens Centre, Edmond Street, Carina. They offer a meal service to a wide group of people in our community which includes the frail, aged, disabled, post-operative patients and short term illness.

This is a very cost effective way of obtaining a freshly cooked, nutritious home delivered meal service if you find yourself in a life situation, either long or short term where you are having some difficulty or unable to cook a daily meal yourself.

Hot meals and/or salads are delivered daily and frozen meals daily or weekly between 10.45am and 12.30pm. Sandwiches with a rotating variety of fillings are only delivered as an addition to the meal, not as a replacement. No meals are delivered on public holidays but fresh or frozen meals can be supplied for these days.

The service offers daily hot meal or salad packages, chilled meals, frozen meat packages, sandwiches and cater for special diets.

Standard meal packages, hot, cold or frozen cost \$9.50 per day.

Standard Pack (hot or cold) – contains main meal, dessert, soup, orange or apple juice.

Frozen Pack – contains cup of soup, main meal, dessert and juice.

Sandwiches – with mixed fillings are available at \$4.00 per serve.

Meals are paid for the following week in arrears. You can apply for a meal directly by phoning 3398 7438 or you can be referred by other services which include your GP, hospitals or social worker. However, any other person, with your permission, is also able to do a referral which is required for HACC program. Once referred a member of Meals on Wheels will make contact to discuss details and arrangements.

TWO OCTOGENARIANS AND A TOOLBOX

(article provided by Dennis Beck)

Last time I checked, the average age of our Sheddies was around 68 - including about five OBEs (Over Bloody Eightys). Undoubtedly, our most active OBE is "young" Al Gerber – a bloke who has an amazingly diverse and creative history (and a voluminous Brag Book of photos to prove it). These days, Al not only loves to create all sorts of toys and collectables for kids, but demonstrates great talent, energy and perseverance as a "fixit" person.

A month or so ago I was quietly approached by Steve Heald – CEO of the Clem Jones Centre (CJC) – who led me to the office in the CJC Maintenance Workshop and introduced me to an old wooden box which was beautifully crafted but much the worse for wear and neglect. Turns out that this is no ordinary box – it is a toolbox built by his Dad as a teenager and used during his years as a chippie. Some time ago, Steve recovered this old box, with the intention of resurrecting it to something like its former glory – but, like so many honourable intentions, conflicting priorities continued to get in the way of this worthy project. He had set himself a target to have the renovation complete in time to surprise his Dad (Mr Heald Snr OBE) at his imminent "eighty something" birthday celebration in Tasmania.

When Steve asked whether our Sheddies might be able to "do something" with this box, within his limited time frame, my response was cautious – based on timing / commitment difficul-

ties and disappointments with some previous projects. This was clearly a project for Al, so I needed to check whether he was available / interested (no doubts about capability) in responding to this challenge. He was and he did – with some support from fellow Sheddies (Al generally prefers to work alone).

Recently, Al modestly announced project completion.

On Wednesday 24 June, Steve was invited to meet Al at the Shed and receive his splendidly restored box. All present gathered around to witness Steve’s sincere gratitude and to share in Al’s pride.



Member Profile – Jim Wills

Jim Wills is a retired fibrous plasterer. He completed his five year apprenticeship.

Some of the major restoration works include NAB Creek Street Brisbane, Irish Club, Conservatorium of Music South Bank, Law Courts and Centrepoint Sydney.

Jim has been heavily involved in the sporting community in rugby league as a five eighth, wing and fullback during 1950-1960. Jim played QCLTA tennis during the 1950-1970 years and he represented Queensland at State Carnivals and in New Zealand.

Presently Jim is on the Easts Past Players RLFC committee and enjoys going to the football games and to catch up with friends. Jim likes to play lawn bowls with his team at the Norman Park Bowls Club.

Jim quotes the highlight era as the 1970’s when Easts won the grand final, Anita and Jim married and most importantly their two lovely daughters were born.

During 2014 Jim joined Carina Men’s Shed and enjoys his participation each week. In the latter half of 2014, Jim became “grandpa”.



Robert Tritchler and the Lathe



Peter Carter demonstrates the fine arts of leatherwork

GREY NOMADS COLUMN (article provided by Bob Ikin)

Further to my previous article on our road trip to New South Wales and the ACT I would like to give members some information on some great local museums to visit.

- Port Macquarie (Historical and Maritime Museums)
- Millthorpe (village outside Orange) local museum



Millthorpe Museum Mascot

- Cowra (the Japanese Prisoner of War Breakout Memorial)
- Canberra (the Australian War Memorial)
- Bowral (the Bradman Museum)

- Inverell (the Pioneer Village and the National Transport Museum)



Quiz (how well do you know Australia?)

1. What piece of clothing is named after legendary sheep shearer Jackie Howe?
2. What is a Rhinocodon typus and where around Australia might you find one?
3. Where would you find Ball's Pyramid?
4. Which annual regional event temporarily closes the Bruce Highway?
5. What gives Australian desert soils their red colour?
6. Which country music star grew up in Grafton?
7. Name three songs or poems by Banjo Paterson.
8. Which Australian musical festival celebrates 25 years this year, and where is the festival held?
9. Aside from Western Australia, where in Australia would you find Perth?
10. Where in Australia would you find the Big Galah?

Quote of the Month (provided by Chris Davidson)

I think the best take-away line from the Health Expo was from Paul Mischefski, the presenter from the Men's Wellbeing organisation. *Paul said: "There are two things men don't like: change ... and the way things are."*

Other Quotes

- If I agreed with you, we'd both be wrong.
- War does not determine who is right, only who is left.
- You're never too old to learn something stupid.

Believe it or Not

There was a strong rumour going around a while back that Keith Richards, Rolling Stones guitarist, snorted his father's ashes mixed with cocaine.

Keith Richards recently confirmed that this is not true – *there were no drugs involved!!*

PUZZLES, JOKES AND TRIVIA

Don't Forget to Wear a Helmet



Cartoon (provided by Steve Dalziel)

Mystery Object



Answers to Quiz

1. A singlet, usually dark blue
2. A whale shark, found seasonally in the waters of Ningaloo Marine Park, WA
3. 23 km south east of Lord Howe Island
4. Childers Festival, Queensland
5. Iron oxide
6. Troy Cassar-Daley
7. Waltzing Matilda, the Man from Snowy River and Clancy of the Overflow
8. The Australian Festival of Chamber Music, held in Townsville
9. Tasmania
10. Kimba, South Australia

Answer to Mystery Object

A wooden whipping stool found in Port Macquarie, NSW. The stool was the principal means of controlling unruly convicts.