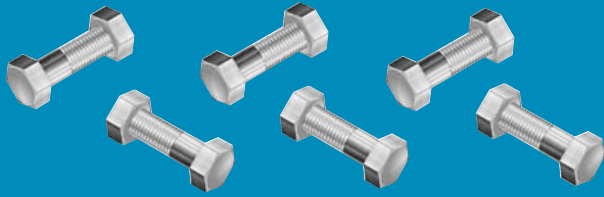


# Nuts & Bolts



June 2014  
Volume 2 Issue 3

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## MEMBER NEWS

### Mens Shed Carina Awarded Queensland Day Award

Our shed has received a 2014 Queensland Week Award in recognition of our Community Group Achievement and Vice President Dennis Beck accepted the award on our behalf on 1 June 2014. Well done lads – you have all contributed to this achievement!!

### Men's Health Week 9 – 15 June 2014

What a week it has been! Noeline Brown, the Ambassador for Ageing couldn't join us due to sustaining a serious injury in an

accident but a very enjoyable new shed opening was held on 10 June 2014 followed by a successful Nuts & Bolts Men's Health Expo on 13 and 14 June 2014.

The health presentations were excellent and whilst we could have had more people visit the stalls over the two days, the whole experience was definitely worthwhile. Mal Weier said we have already gained some new members out of the Expo.

Well done and thanks to all involved during the week. Planning has already commenced for next year.



### Shed Opening

Top row:

Left: Steve Heald and Mal Weier

Centre: Steve Heald and Terry Mackenroth

Right: Steve Minnikin Unveiling the Plaque

Bottom row:

Left: Attentive Audience

Right: Aaron Dillaway Mal Weier and Steve Minnikin.



### Men's Health Expo

Top row:

Left: Expo Cafe

Right: Sing Australis, Carina

Bottom row:

Left: Paul Grainger, Beyond Blue

Centre: Dr Jim Muir

Right: Anthony Power





## MESSAGE FROM THE EDITOR

Well it is that time of the year again. With our AGM just around the corner you need to let people know if you want to be part of the Shed Executive. An organisation needs to re energise at the Executive level on a regular basis to stay strong, so let people know if you think you can help out in the management of our shed. The Editor is going on another holiday @#\$%^&^ ..... aaah study tour and the next issue of Nuts & Bolts will appear on the newsstands late August 2014.

Editor: Bob Ikin  
Publisher: Neil Smith

## MEMBER NEWS

### Jamie Oliver's Ministry of Food

Who needs My Kitchen Rules or Masterchef? A group of our members and their wives/partners have been enjoying the classes provided by Jamie Oliver's Ministry of Food and their feedback has been very positive. Looking forward to some culinary delights at the Shed in the future!!



### Lead Lighters

Who said they are a PAIN IN THE GLASS? The lead lighters have been hard at work again. This time they have undertaken a major project creating a window with our logo as the centre piece in a door for our shed. Well done lads!!!!



### Cannon Hill Shopping Centre 3 May 2014

Thanks go to Bevan Guttormsen, Brian O'Rourke, Eddie Haselich, Robert Hennessey, Graham Ward, Henry Lennie, John Eiseman, Paul McDermott, Eric Koh and Graeme Finchley for manning our stall on 3 May 2014. Bevan and John's boats attracted people to our tables and we then took the opportunity to educate people on our shed. A very successful activity – well done lads!



### Di Farmer Hones Her Skills

Di Farmer was spotted at the shed during the Men's Health Expo – a new career in the making?



### Honeywell Presentation

Following Mal's presentation to the Brisbane Honeywell staff, the Honeywell people did some fund-raising on our behalf that raised \$260.00 and provided us with a very good refrigerator. Thank you very much to all the Honeywell people who contributed.



### Executive News

- A zip heater has been purchased from the grant monies, also a PA system that is now up and running and a stove.
- The current key register is almost complete and it will become a document subject to continual change. Planning for the 2014 AGM will commence this week. The AGM will be held on Wednesday the 6 August. The MSC Constitution will be reviewed prior to the AGM.

- No suitable grant offers at present. An acquittal may be required for current grants.
- The provision of a relevant consistent induction process for new members is required.
- Now that the opening and the Men's Health Week event are behind us the list of tasks, time lines and responsibilities has been reviewed and discussed. MSC will be involved with the Morningside Festival scheduled for 27 July. A shed garage sale has been scheduled for the Saturday prior to father's day in September. (6 Sep 2014).

### AMSA News

- The Whittlesea Men's Shed cookbook is now available free of charge to Men's Sheds. If you require it to be posted the cost is \$6.00 to cover postage and handling. Please note there is a limited number of books available. Contact email: whittleseamensshed@bigpond.com



The cookbook provides simple healthy advice and ideas that anyone can use to prepare budget-wise, easy, varied, healthy, nutritious and tasty dishes for 1 person.

Divided into the seasons of the year, the cookbook includes 14 different breakfasts, lunches and dinners for each season.

A Beginner's Kitchen is targeted at mature men who live alone, have lost a partner or are required to take over the role of planning, shopping and cooking meals.

It aims to encourage confidence by helping the reader prepare healthy meals on a limited budget, rather than taking the easy option of expensive convenience food.

The cookbook has been created with the assistance of a community grant from the City of Whittlesea and the collaboration of staff and volunteers of Plenty Valley Community Health.

- Ulladulla Rotary Club's recently awarded thirteen Community and Business Awards for 2013. The hotly contested inaugural Community Organisation of the Year gong went to the 80-strong Ulladulla Men's Shed which won \$2000 to put towards future projects that will benefit the community. Judges were impressed with the standard of entries this year and were pleased with the response to the community categories which were introduced for the first time.
- Craig Wetjen's Men's Shed photography project aims to raise awareness for men's health, both mental and physical. Through a collection of Craig's photographic art, the men and the stories of their sheds, published in a unique heirloom format with accompanying gallery exhibition, showcase the very private relationship between a man and his shed.

The traditional backyard shed, provides a relaxing place for men to meet and continue a hobby, learn new skills, or just pop in for a chat and a cup of coffee.

The concept of Men's Shed collectives plays a significant role in reaching the marginalised in our society and reducing isolation by connecting men with each other and their communities.

Raising funds and awareness about men's depression, compounded in part by a male culture of not expressing emotion and not taking an active interest in their own health and well-being, and endorsed by Tony McManus (beyondblue ambas-

sador) and Prof Barry Golding (Patron of Mens Shed Association), Men's Shed Photography was recently exhibited at a Barown Health Mens Health Week initiative in Geelong.

As Craig explains, 'I have been fortunate enough so far to have made contacts for the shoots via word of mouth mainly, social media and limited advertising (self funded). The experience so far has been incredibly rewarding - both from the photographic standpoint and the personal as well. I have met some amazing men, spent hours letting them talk, listening to their stories, capturing history. Only last weekend I drove to Bendigo for a shoot and spent a couple of hours in an awesome shed with a great fella and got some great shots. The next day, I got a phone call of thanks from him. He'd had a rough couple of days and was feeling depressed. Me taking the time, listening and showing a genuine interest in his shed had brightened his day and shifted his outlook from a bleak one to a more motivated, happier one.'

If you are interested in having yourself and your shed immortalised, or you would like to find out more and view some of photos from the project, visit [www.mensshedphotography.com.au](http://www.mensshedphotography.com.au) or [www.facebook.com/MensShedPhotography](http://www.facebook.com/MensShedPhotography)

You can also reach Craig directly on  
E: [craig@photographybydesign.com.au](mailto:craig@photographybydesign.com.au)  
T: 0419 569 519

- The Ballina Community Men's Shed could one day get a phone call from Wile E Coyote from the USA. Coyote is of course well-known in his efforts to catch the cunning Road Runner in the popular cartoon. Ballina Community Men's Shed members have just completed a project to try to catch another bird described as "cunning" - the Indian myna.
- You've retired. Your productive life is over. Or is it? Graeme, a Shed Online member thinks it is all just beginning. For years he's been interested in new domestic technology that can make retirement living more affordable and strike a blow to protect the planet at the same time. He has one problem - he's not much of a technician. He wants to join a network of handy people, engineers and draftsmen to be a part of a project. There are numerous possible projects - home bio-diesel stills, paraboloid solar collectors, bio-char reactors and many more, The project would aim to create well designed systems with clearly specified parts for assembly by the handyman. There are many designs of varying standards already available on the net. Trials and assessments would be needed. Contributors might even wish to form a company to have parts and manuals produced for the handyman market.

There is a huge amount of knowledge and skill among retirees. Want to give it a go? Email Graeme on [graeman@iprimus.com.au](mailto:graeman@iprimus.com.au).

### Member Profile – Graham Ward

I was born in Subiaco, Perth in 1940. I grew up on a poultry farm with 3 siblings until the age of 22. At 14 I started working as an offset printing apprentice on 2 pounds seventeen and sixpence a week having left school in the sixth grade. To earn some extra cash at 15 I secured a second job working at the Highway Drive Inn Theatre as a car hop. By the age of 22 and living in Perth, the most isolated capital city in the world, I wanted to see what the rest of Australia was like. A perfect opportunity presented itself when a friend mentioned he was about to drive from Perth to Melbourne, I gave notice and farewelled my family and we set off across the Nullarbor in a 1960 FB Holden and an MGA.

The RACWA map warned us of 1000 miles of dirt road ahead... it was a rather uneventful trip but very, very dusty.

In Melbourne I started my first of many jobs in the printing industry, in those days in Melbourne they were much bigger firms with more modern machinery. During the next two years I joined the MG car club, made a lot of friends and travelled the length and breadth of Victoria from the surf to the snow. The travel bug hit me again and Queensland seemed like an appealing option so in 1964 I jumped into my Morris 1100 and headed north. On arrival in Brisbane I drove into Queen St in the city, parked on the side of the road (no parking meters back then!) went into the first Real Estate Agent and found a flat to rent which was in Rainworth. Next I needed to find a job... after my first interview with the Queensland Can Company Printing Division I was hired! When I turned up for my first day on the job they had nothing for me to do. When I asked why they had hired me I was told "because of your experience we did not want our competitors to get you".

Not knowing anyone in Brisbane joining the Brisbane MG car club was an obvious choice. This is where I met not only lifelong friends but my future wife Christine. Still feeling the need to see



more of Australia I threw caution to the wind and moved to Sydney in 1966... Christine followed shortly after. While living in Sydney I worked on a massive printing press three stories high possibly the first one in Australia. Christine and I relished the social life in Sydney and living on Tamarrama Beach. Christine and I were married in 1968 bought our first home in Randwick (when we left Sydney and sold this house we got \$18 000 for it, in 2014 it is back on the market for 1.5million dollars – should have held on to that one!). When Christine fell pregnant in 1969 we decided to move back to Queensland to be closer to her family.

During a holiday trip to Brisbane I caught up with a friend who showed me around Queensland Newspapers and Mirror newspapers. When we moved up to Queensland, and because of my extensive experience, I was offered a job at both newspapers. I recall that Rupert Murdoch was offering me more money than James Packer so I went to work for the Sunday Truth (later the

Sunday Sun). In 1970 Christine and I bought a house in Camp Hill on Brisbane's southside and then a rental property in Hawthorne. In 1971 our daughter was born. Later we sold Camp Hill and bought a second house in Hawthorne. In 1977 Christine and I went our separate ways and then divorced.

Over the next 27 years I worked as a supervisor in the machine room at The Sunday Sun. When printing a newspaper most of the work is done at night which meant I worked night shifts and had my days to himself. Around 1984 a friend of mine was selling a small printing press which I bought for \$400 and set up in my garage at home. Through word of mouth it wasn't long before I was busy printing office stationery and business cards etc this very quickly became a seven day a week 'part time' business. The business outgrew my garage and over the next 10 years moved from a small industrial unit in Bulimba and then to even bigger premises in Newstead where I took on a partner and Buzzprint was officially born.

In 1996 Queensland Newspapers bought out The Sun and closed it down moving all business to Murarrie and at this point I chose to accept a redundancy. It was coincidentally the same time that I collapsed from a previously undiagnosed heart condition which required a heart valve replacement. After recuperating from surgery and never one to be idle for long I was quickly back at Buzzprint and now able to invest all my energy in my own business being 'retired' from The Sun.

As more staff were needed at Buzzprint I called on two retired colleagues from the Sunday Sun newspaper to work for me as part-time printers. It was during this period that my business partner died of emphysema due to chronic smoking and my son Justin became my new business partner. Together we were a great team and in the year 2000 we took the next step and invested in two industrial units in Banyo. With Justin at the helm and myself managing the printers the business continued to grow steadily. With more time on my hands I was now able to spend some time at home working on my gardens and my cars. Unfortunately in 2007 I caught a bacterial infection from compost in the garden which attacked my heart and put me in a very serious condition and I spent nine days in hospital. I went back to work briefly but soon after I decided to retire. Conscious that her Dad was finding retirement boring and needing something to keep him active Graham's daughter suggested he join the Carina Men's shed. I still try to visit Buzzprint almost daily and I'm also actively involved and thoroughly enjoying being a grandfather to my 5 grandchildren. As a footnote: I have managed to acquire seven cars, four of which I would love to restore in my spare time finally!!

## Local History

(article researched and provided by John Eiseman)

Camp Hill takes its name from the fact that farmers visiting Brisbane from Cleveland, Redland Bay, and Mount Cotton, camped there overnight. The explanation of the name Coorparoo is that it is derived from the cooing of doves in the district. Coorparoo's population in 1889 was about 2,500 and there were 554 houses.

Carina was the name of the daughter of Mr Ebeneza Thorne, who owned land in the district in the 1850s. The district Thorneside was named by Mr Thorne.

Belmont was the name given by August Carl Frederick Bernecker to his estate in 1876.

\*Watch this space next edition for some more local history.

\*There are a number of history buffs in the shed and if there is enough interest we may start a History Interest Group. Let Bob Ikin or Harry Davis know if you are interested.



## LET'S TALK ABOUT WINES

G'day Lads, in constant pursuit of topics of interest for our premium quality "Nuts and Bolts" Newsletter, Bob and I reckon that a regular segment about Australian wine might capture the interest of readers. Let's start from the start and look briefly at the history of grape growing and wine making in Australia.



Highlights:

- In 1788 Captain Arthur Phillip alighted at Sydney Cove importing Australia's first grape vines from Brazil and the Cape of Good Hope. This tentative start was the birth of a thriving wine industry that in a fraction over 200 years would be exporting more than 800 million litres of wine to the world.
- The earliest vines were planted in Sydney. Unfortunately due to the heat and humidity of the Farm Cove site, the vineyard never flourished. John Macarthur on his Camden Park property some 50 kilometres south west of Sydney is widely credited with cultivating Australia's first commercial vineyard and winery early in the 1800s. The principal varieties grown were Pinot Gris, Frontignac, Gouais, Verdelho and Cabernet Sauvignon.
- Commercial vineyards for wine production were well established in most Australian States by 1850. The ancient Australian soils proved fertile - from the gently undulating soils of the Hunter, the ever-changing gradients of the Eden Valley, to the maritime slopes of Geelong, the early vigneron embraced the vagaries of the vast Australian landscape.
- The Hunter Valley was the first commercial region with Wyndham Estate being established in 1828.
- By the 1840's viticulture had been established by Italians in Riverina, Swiss in Victoria, Dalmatians in Western Australia and Lutheran Germans in South Australia, particularly the Barossa and Clare Valleys. South Australia is home to some of the world's oldest vines, dating back to the 1850s.
- Australia is home to an amazing array of diverse climates and these are reflected in our unique and regionally distinct wine regions. More than 60 designated wine regions produce in excess of 100 different grape varieties.
- Queensland has recently experienced a winemaking renaissance.
- Victoria is renowned for its diversity of climates and regions.
- Tasmania produces some of the world's most exciting cool climate wines.
- Western Australia has become famous for great wines from stunning locations.
- Chardonnay, Shiraz and Cabernet Sauvignon are the top three varieties crushed.
- Australia has world-renowned wine research and educational facilities.
- Influenced by European and Asian immigrants, Australia's food and wine culture encourages innovation and excellence.
- Until the 1960s, approximately 80% of Australian made wine was sweet fortified sherry and port styles (about 20% alcohol), relatively affordable and pleasantly capable of producing the desired level of "pissistication".
- Contemporary tastes swung slowly away from fortified wine and towards the drier, lower alcohol (10 to 14%) "table wines" as they were influenced by post-WWII migrants from Europe. People from countries such as Italy, Greece and Germany introduced their culture of enjoying food with table wine in restaurants and at home.

- Today, Australia has just 4% of total world wine production but is the fourth largest exporter by volume behind the traditional wine-producing giants of Italy, France and Spain.

## BUSH POETS SOCIETY

Apparently there are a number of bush poets in our shed. If you are "a poet and didn't know it", Nuts & Bolts will give you the chance to publish your work at no charge.

Kevin Searle has provided this edition's gem:

If you have read the poem  
Of the Anzac on the Wall  
Then he like many others  
In our minds stands proud and tall

They left their home and country  
And from love ones they did go  
To heed the call from o'er the sea  
In a land they did not know

They landed at Gallipoli  
On that well remembered dawn  
Where the Spirit of the Anzac  
Was there forever born

Up upon the Western Front  
This Spirit did show through  
As our Brave Mates they did the best  
Of what they had to do

That same Anzac Spirit  
Forged on lands that are so far  
Is now instilled in each of us  
It's part of who we are

All Brave Mates who've served since then  
No matter where they fall  
They then become a part  
Of The Anzac On The Wall

Written by Kevin Searle  
April 26 2014

## HEALTH AND WELFARE CORNER (provided by Kevin Searle of our Health and Wellness Team)

"Feel Happier and Think Clearer with Omega 3" (edited extracts from an article written by Olwen Anderson, Naturopathic, Nutritionist and published in Edition 02.2014 Queensland RSL News, pages 94/95).

"You would be surprised how much a tin of sardines can improve your physical and mental wellbeing.

It's nice to know that you can affect how you feel and think, through what you choose to eat. If you need a little help to hopefully improve your brain power and mood, the popularly known fish oils of Omega 3 may be able to help and assist in recovery of trauma.

Omega 3 oils contain two fatty acids that contain: eicosapentaenoic acid (EPA) and docosahexaenoic (DHA) and for your brain these oils have several major roles. One is to help calm inflammation, important if you have been subjected to a head injury, and, to help create healthy brain cell membranes, which are rather like a drop of water surrounded by a film of oil.

Research indicates a correlation between the concentration of Omega 3 in the body, the presence of depression and the abil-

ity to think more clearly and flexibly and perhaps help recover from physical and psychological brain trauma. Like many areas of scientific research there is some disagreement of this concept, however a review published in the American Journal of Clinical Nutrition in 2010 conceded, the more severe the symptoms of depression, the more useful treatment with Omega 3 could be.

Generally we don't include as much Omega 3 as we could in our diets compared to the abundance of Omega 6 since the beginning of farming of grains and the feeding of consumable farm animals with grain rather than grass. If too much Omega 6 is included in our diet it is possible that brain cell membrane could become stiff and inflexible and perhaps not function as well as they could.

Generally speaking the more richly flavoured seafood produces a higher content of Omega 3. But there is a need to consult your health practitioner for a therapeutic dose and fish oil may clash with some prescription drugs as it is possible for it to act as a blood thinner."

"THE BETTER YOUR OMEGA 3 STATUS THE MORE FLEXIBLE YOUR BRAIN CELLS ARE, MORE READILY LETTING OXYGEN AND NUTRIENTS IN, WASTE MATERIALS OUT, AND MOST IMPORTANTLY, THE PRODUCTS MADE BY THESE CELLS – NEUROTRANSMITTERS TO CREATE THOUGHTS AND MOODS"

### ANZAC IS A VERY SPECIAL DAY

(article provided by Eric Koh)

ANZAC is a very 'Special, Auspicious Day for all Australians who might or might not be involved in WW II directly or indirectly. A very important day to remember all officers and soldiers from Australia & New Zealand – a day for those are living to remember those who had sacrificed their lives for the British Empire and their countries. A day where the living officers and soldiers from the different defence forces showed their respect marching in the street in full uniform on ANZAC Day on 25 April 2014.

In my earlier years in school I always respected the uniform and felt proud to be wearing it. The only uniform I was in was when I joined the Scout Movement, founded by Lord Baden Powell, in 1948 as a Boy Scout down to Senior Scout, Senior Scout Master Scout and finally Sea Rover. I was very excited and proud when I was presented with a Queen Scout Certificate (signature of Elizabeth Regina on it) by Sir Donald Macquillivray, Chief Scout for the Federation of Malaya then in Kuala Lumpur on 2014 August 1955.

As a proud member of the Mens Shed, Carina, Queensland, I honour someone in my family, my late Father-in-law, Flying Officer John Walter Nedwich, DFC for his World War Two Services. He passed away on 19 March 2007 in Coffs Harbour, NSW. His War Certificate and Medals were handed to his eldest daughter, Jane Constance Nedwich, by the Coffs Harbour RSL President on 21 April 2007. The Chaplain, Reverend Dr Graham Whelan, presided over the Funeral Service.

#### Profile of the late John Walter Nedwich, DFC 420904

John Walter Nedwich joined 467 Squadron RAAF in August 1943. Nedwich flew in the Lancaster 'S for Sugar' to Hanover on 27th Sept. 1943. 'S for Sugar' is now on display at RAF Museum in London, United Kingdom. Interestingly, Nedwich also flew in Lancaster 'G for George' which is on display at the Australian War Memorial in Canberra, Australia. After completing 20 ops with 467 Squadron,



Nedwich joined 97 Squadron, Pathfinder Force. He completed 46 combat operations. The World War Two Service Medals are in the custody of grand-son, Mark Edward Curtis (former Auxiliary Air Recruit, Amberley, Queensland), and the miniatures in the custody of Eric and Janet Koh.

Cheers. God bless!

### PUZZLES, JOKES AND TRIVIA

Enjoy.

FOR ALL MY SENIORS FRIENDS, PLEASE DO NOT OVER DO IT.



Repeat as necessary.

#### Quotes of the Month

"It must be the first time that the burglar has been made the caretaker". GOUGH WHITLAM on Malcolm Fraser (November 1975).

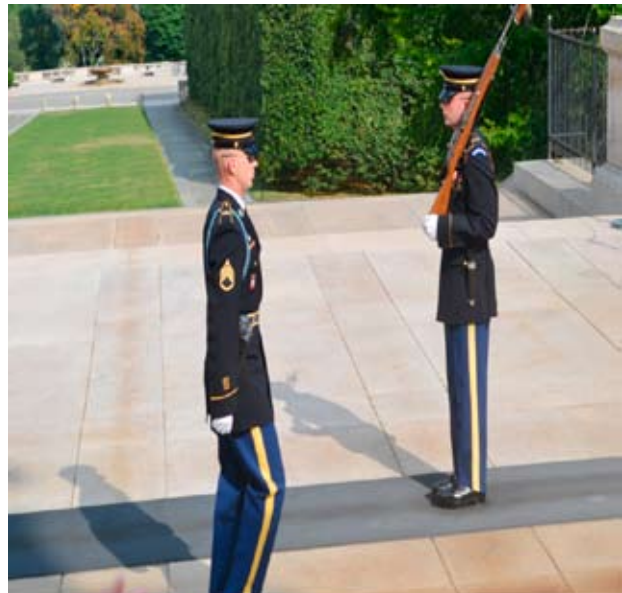
"Do not open window to prevent a dewdrop or harmful insect entering". NOTICE on a Japanese hotel window.

#### Believe it or Not

The emu feather tradition seen on the Australian Army light horse soldier's slouch hat had its origin in Queensland. The pre federation Queensland Mounted Infantry units were the first to adopt this tradition.

It is thought that the first man ashore at Gallipoli was a Queensland-lander.

#### Mystery Location



## UPCOMING EVENTS

| Date             | Activity                 | By Whom | Location    |
|------------------|--------------------------|---------|-------------|
| 27 July 2014     | Morningside Festival     | Members | Morningside |
| 6 August 2014    | Annual General Meeting   | Members | The Shed    |
| 6 September 2014 | Father's Day Garage Sale | Members | The Shed    |

### **Mystery Location**

Changing of the guard at the Tomb of the Unknown Soldier,  
Arlington Cemetery, Virginia, USA.