



NUTS & BOLTS

'Every man needs a shed'



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Message from the Editor

Editor: Ray Peddersen

Please enjoy the **Men's Health Week** edition of Nuts & Bolts.

Our workshop has been working overtime for the last couple of months preparing for this major event on the shed's calendar the Shed Open Day.

The Shed Open Day can demonstrate to potential new members of our shed, the facilities and activities that are available to enjoy in a Men's Shed and how they contribute to our physical and mental wellbeing.

"The secret of getting ahead is getting started." Mark Twain



Mens Shed Carina Inc.,

Clem Jones Centre
56 Zahel Street
CARINA, QLD, 4152

Ph: 07 3395 0678
E: admin@mensshedcarina.org.au
W: www.mensshedcarina.org.au

Carina Men's Shed valued supporters include:



Member's News



Public Trustee Visit **09 April 2018**

Geoff Cameron, from the Queensland Public Trustee outlined the services they provide:

- Will Making
- Enduring Powers of Attorney
- Executor Services
- Deceased Estate Administration

Appointing a close family member as your Executor can mean you are placing a time-consuming, stressful burden on someone who is grieving your death; by appointing the Public Trustee as your Executor, you avoid conflict between beneficiaries, within the family. For more information on the Public Trustee visit www.pt.qld.gov.au. Thanks again Geoff.

P.A. Hospital Spinal Unit Visit **11 April 2018**

Molly and Kate from the **P.A. Spinal Injury Unit** enjoyed a brief tour of our shed's facilities with one of their patients Brad. A young bricklayer from Cairns, Brad, recently broke his neck in a fall from a mate's veranda and he will be receiving treatment and rehabilitation at the **P.A.** for the next six months.

Brad is currently in a wheel chair and visited the shed with his partner, Bonnie, who's is down from Cairns for a week. Best wishes for a full recovery, Brad, from all our shed members.



Bunnings BBQ Saturday 21 April 2018 Thanks to all the shed members who participated on the day; Eddie Haselich, Brian O'Rourke, Graham Ward, Graham Findlay, Ray Carter, Robert Tritchler, Graeme Fraser, Adrian Mc Donnell, Alan Peiniger, Gordon Bowler and Leo Flanigan; the outstanding effort by the **CMS Sausage Sizzlers** team's first outing for 2018, raised \$1500 for our shed.



Bec Philipp - CJC Dietitian Visit **23 April 2018**

Bec Philipp is the Accredited Practising Dietitian based at Clem Jones Centre. Bec's main tips to ensure good health into old age:

- Increase your fruit and vegetable servings, add yogurt to cereals
- Preference raw and fresh foods (outer aisles at supermarket)
- Limit red meat to twice a week (too much increases the risk of colon cancer)
- Make sure you get adequate fibre intake
- Limit processed food purchases to cut down on sugar and salt intake
- Alcohol free days

Check website for more tips and healthy recipes: <https://foodforfit.com.au/>

Thanks again Bec.



Member's News

Local Artist Visit 02 May 2018 Local artist Neil Herbert, gave a hands on class in using water colour washes to the Drawing and Art group and we were all pretty pleased with our results.



Mystery Shed Member? This photo of our mystery shed member and his fiancée was taken around 1966. **Answer:** Jokes & Trivia



Hearing Bus Visit 07 May 2018 Peta Rana from Australian Hearing, Upper Mt Gravatt, visited the shed with the Hearing Bus and gave a number of shed members a free hearing assessment, she also advised free hearing services are available for pensioners and Veteran Affairs health card holders. For more information about Australian Hearing: <https://www.hearing.com.au/About-hearing/Accessing-Free-Hearing-Services>



Advanced Care Planning Visit 14 May 2018

Julie Sutherland, from Metro South Health explained that Advanced Care Planning means discussing your choices about your future health care with your family and doctors. The following documents can be used to record your future care wishes.

- A Statement of Choices
- An Enduring Power of Attorney
- An Advance Health Directive

For more information visit: <https://metrosouth.health.qld.gov.au/acp/how>

Thanks again Julie



Cr. Kara Cook Visit 21 May 2018

Kara Cook is the new BCC councillor for the Morningside ward taking over from Shayne Sutton. Kara is looking forward to continue the council's support for Men's sheds and the role they can play in improving men's health and community involvement. Bevan and Rex gave Kara a tour of the shed, to show what projects are currently being worked on.



Member's News continued

Workshop Activities: Our large workshop is well equipped for wood, glass leather and metal work and has been busy working on a number of local community projects and producing saleable items for upcoming community events.



Wood Work



Glass Work



Leather Work



Metal Work

Common Interest Groups



Cards (Bridge/500)



Wine Appreciation Group (WAGS)



Drawing Art Group



Fitness Classes
Gym Sessions Mondays 12:00 pm
Pool Sessions Wednesdays 12:00pm



The "Corrugated Shedders", the Carina Men's Shed Bush Band at their Australia Day debut performance.
Practice Sessions: Mondays 1:30 pm – 3:30 pm



John Quane, from the Australian Defence Force Trackers and War Dogs Association, with Flag Stand project built by our shed's woodworkers.

"Hickey's Hideaway"

The latest improvement to our shed's facilities, the shaded outdoor recreational area has been named in honour of our shed's late founder Georgie Hickey.



Upcoming Events on the Shed Calendar

Monday 11 June to 17 June	Men's Health Week – Raffle
Saturday 16 June	Shed Open Day – Draw Major Raffle
Monday 18 June	Recovery Day
Friday 27 July	Christmas in July Luncheon
Sunday 29 July	Morningside Street Festival and Parade

Yarns & Bush Poetry (sourced from - "A Yarn or Two" by Snow Pick)

John Kirkwood's, talented better half Annette, has kindly provided me with permission to include extracts of her father's published poetry - "A Yarn or Two" - in this and future editions of Nuts & Bolts.

A GOLFING YARN

We'd made it to the nineteenth hole, and were sitting 'round this table,
Drinking middies of that amber fluid, with the old 'Swan Lager label'.
That's where you hear the tales of woe, like the way that golf ball strayed,
The reason for that rotten score, and just how bad you played.

How the mob up front had held you up, how they'd upset your game,
And you hope and pray next Saturday, will not be the same.
Well I'm sitting there and listening, 'tho I'd heard it all before,
And know you can't blame someone else, if you've had a rotten score.

Now a mate came striding over, and from the look upon his face,
Things hadn't gone too well that day, for one of the human race.
What are you doing Sunday, that was his opening line,
Will you come and help me out, if you can spare the time.

I'm on a handicap of twelve, he said, and look at this, one hundred and twenty four,
And I know that you can put me right, you've helped me out before.
Sure Jack, I said, what time will suit, to hit off from the tee,
Say half past one, if that's OK, I said, that's OK by me.

Well it's eight mile from the golf course, but I made it there on time,
And there was Jack, sweetly swinging, behind the starting line.
I let him have the honour, and he drove off from the tee,
And a sweeter ball was never hit, that you could wish to see.

As I teed my ball I'm thinking, I'm the teacher here today,
Wouldn't do to let my pupil, see me hit my ball astray.
Well I uncorked a beauty, so excuse me if I brag,
I watched it soaring down the middle, as I put my club back in the bag.

We both had par to start with, so no one could complain,
And again the drives were faultless, down the middle once again,
We got to where our balls lay, about one hundred metres out,
And I watched him play his short iron, then heard him curse and shout.

His ball was curving outwards, the greatest slice you'd ever see,
And it landed in these blackboys, and a half a dozen trees.
Well Jack, I said, you've trouble there, but he stopped me in mid-speech,
I don't want anyone telling me, and you're not qualified to teach.

I played my ball down to the green, and stood waiting patiently,
then saw his ball come sailing out, from the blackboys and those trees.
Right across the green it went, to the twelfth tee on the full,
And presently Jack come storming out, like a wounded 'mallee bull'.

Another little chip shot, and oh, oh woe is me,
His ball goes flying overhead, and back into those trees.
That's when I heard this funny sound, like a helicopter flying low,
But no, it was his pitching wedge, that he saw fit to throw.

The air was getting rather blue, and the language pretty strong,
And I knew to offer advice right then, would be out of place and wrong.
You've gauged, of course, the outcome, was not a pleasant day,
I was glad when it was over, and got in my car to drive away.

There's one thing I have learned from this, if someone asks for my advice,
I don't rush in and give it now, I think about it twice.

Member's Snapshot submitted by Bob Head



Here is a photo of me taken in 1950 as a three year old at Taromeo Forestry (Upper Brisbane Valley) where my dad was a ranger.

The Howard Rotary Hoe, I was sitting on was used by the Forestry Department to plough firebreaks around the pine plantations and along the roadways to protect the valuable timber resource. The forestry workers would conduct the back burning to eliminate damage from an uncontrolled fire during the summer season.

I don't know who the driver was when the photo was taken but when I was about ten or eleven a chap named Clarrie Bond (whose usual job was dozer driver) would build the firebreaks with the little rotary hoe. Clarrie working by

himself did not own a watch and would start work at 7am (along with the other workers) and continue until sunset (the other workers finished at 4pm.). The Forestry Department definitely got good value from Clarrie

Many years later our real estate agency was engaged by The Public Trustee of Queensland to conduct a clearing sale in Nanango for an engine and machinery collector who had died. There was a Howard Rotary Hoe on the list. I don't know if it was the same one owned by the Forestry but it was similar in age etc. It was bought sight unseen by a collector in Western Australia and we arranged for it to be trucked to him.

My dad joined the forestry in 1946 after discharge from the army after WW2. There were upwards of 100 employees at Benarkin and Taromeo and as well as the usual names of White, Black, Brown, Green, and Grey at times there was a Head, Brain, Hart (heart), Legge (leg) and Foote (foot) employed. To cap it off the employees included a coming (Cummings) going (Goan) and went (Wendt). Not bad for a little country employer.

I hope this story is enjoyed by the members.
Regards

Bob Head



"Believe it or Not"

Images of Sydney storm, 5th November 2015



Peter's Travel Tips (article provided by Peter Finch)

Having spoken about travel options for overseas destinations, I will now cover Australia.

Caravan-touring; I know several shed members go caravan touring, on the "Grey nomad Circuit" and that is a great way to see the outback. Having been a keen camper in my youth, mainly in the Flinders Ranges of South Australia and having gone by camper van from Adelaide to Darwin and back via Mt Isa and inland Queensland, I know that this is a great way to tour. But so are all of the options that I have spoken about in earlier travel tips, and again you need to choose the travel style that suits you and your budget.

Cruising; Is very popular and most cruises depart from Brisbane & Sydney, but Melbourne & Perth also have cruises departing from time to time. Most departing from Sydney & Brisbane go to Pacific Islands and New Zealand, but there are also coastal cruises along the NSW and Qld coast up to Northern Qld and often onto PNG. From Melbourne to Tasmania & NZ, and from Perth up the West coast and some go onto Bali or Singapore.

Some cruise companies have sectors on Round the World cruises these are in Australian waters from January to March. During our summer several cruise ships are based in our waters, good fares are often available on the repositioning the ships from the Northern Hemisphere. There are also cruises in small ships from Broome & Darwin around the Kimberley's, which get you close in shore and to scenic destinations that may even be hard to get to by vehicle. The coastal cruises have port calls at major city's as well as regional and small ports, you can see Australia in comfort and get off the ship to explore destinations that may take you several days to drive to.

Coach tours; Are also popular and some of the companies are the same ones you can tour with in Europe and USA. There are short regional tours as well as longer outback ones, and they depart from most capital cities. You get a close up of the outback, and the chance to see our wildlife as well as meet tourists from overseas. Some are a circular route so you start and end in the same city, others are one way and you need a flight or train to get home. Tasmania is a very popular coach destination, and has both scenic and historic sites to visit and explore.

Trains; Are also a great way to see the outback, the two main journeys are the Indian Pacific, Sydney to Perth, the Ghan Adelaide to Darwin via The Alice. Then there are several train trips into outback Queensland, such as Longreach.

Self-Drive; I have driven around most of South Australia, Victoria, Northern Territory and NSW. Whilst taking photos for several books such as National trust of Sth Australia, The Big Rivers, Up the track with Authors Max Clowell and Burra in Colour with Ian Auhl. The Copper mining towns on the Yorke Peninsular and at Burra are fascinating as is the Riverland also in Sth Australia and into Victoria and NSW.

Follow the Murray River through the Victoria & NSW border to the Snowy's is another historic and scenic region. See where the old Paddle steamers used to tie up and carry produce to the markets. In Victoria you can explore Ned Kelly country and see where Burke, of Burke & Wills fame, was the local policeman. Take the ferry to Kangaroo Island see the Seals and and learn about the Diggers who settled there as farmers after WW 1. Then there are the winery's, in most states, but South Australia , Western Australia and NSW are the most known, and all worth a visit.

I could go on and on, some say I do anyway, but Australia is a big, diverse and very scenic country, do not rush, take it slowly and you will find caves to explore in Nth Queensland, wildlife everywhere in the outback, and meet great and friendly people both other travellers and especially the locals.

Happy travelling!!

Glampers trip to Maryborough 28th May to 1st June 2018 report by Bevan Guttormsen

The trip to Maryborough was a great success. We had some quite heavy rain on the way up, but by the time we had arrived, the rain had cleared and we had great weather for the rest of the week. There were 6 couples and 1 single on this trip: Roger and Margaret Medland, Klaus and Sylvia Binder, Paul Meredith, Alan and Lynn Peiniger, Bevan and Margaret Guttormsen, Bruce and Jan Murray and Bob and Julie Head.



Monday was a set up day at Wallace Caravan Park, this was another excellent park, located beside the Mary river; with some couples in vans and some in cabins. Once our group were all settled in to our new home for the week, we were all ready to enjoy happy hour and dinner .

Tuesday the boys went for morning tea at **Maryborough Men's Shed**, and the girls went into town to for a bit of retail therapy. The shed has a workshop area under an old home on land owned by the local church and a shed is to be built on an adjacent block when funds become available.

Wednesday Klaus and Paul drove up to Bundaberg to do a tour of the Bundaberg Rum Distillery. Both were very impressed with the tour which covered the historic and the current production process and both enjoyed the free tasting session at the end of the tour. The rest of the glampers crew took to the heritage trails around town.

Thursday The girls went to check the local craft markets while the boys went to the **Hervey Bay Men's Shed**. The shed was an ex- army shed and very solid construction. The work benches were old hospital beds with timber benchtop that could be height adjusted. We had lunch at the Boat Harbour and dinner at the local RSL

Friday Packed up and headed back to Brisbane.



Health & Welfare Corner

Bevan Guttormsen wanted to share this message with the shed.

THE BACK NINE

You know ... time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But, here it is... **the back nine of my life** and it catches me by surprise...How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first hole and the back nine was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting gray...they move slower and I see an older person now. Some are in better and some worse shape than me...but, I see the great change....Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit! And so...now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though I'm on the back nine, and I'm not sure how long it will last...this I know, that when it's over on this earth...it's over. A new adventure will begin! Yes, I have regrets. There are things I wish I hadn't done...things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the back nine yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can today, as you can never be sure whether you're on the back nine or not!

You have no promise that you will see all the seasons of your life....so, live for today and say all the things that you want your loved ones to remember...and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. **LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN! BE HAPPY! HAVE A GREAT DAY!** Remember "It is health that is real wealth and not pieces of gold and silver." LIVE HAPPY IN 2018!

LASTLY, CONSIDER THIS:

Your kids are becoming you.....but your grandchildren are perfect! Going out is good.. Coming home is better!
You forget names.... But it's OK because some people forgot they even knew you!!!

You realize you're never going to be really good at anything like golf.

The things you used to care to do, you aren't as interested in anymore, but you really don't care!

You sleep better on a lounge chair with the TV 'ON' than in bed. It's called "pre-sleep".

You miss the days when everything worked with just an "ON" and "OFF" switch..

You tend to use more 4 letter words ... "what?"..."when?"... ???

What used to be freckles are now liver spots. Everybody whispers!

You have 3 sizes of clothes in your closet.... 2 of which you will never wear!

But Old is good in some things: Old Songs, Old movies, and best of all, **OLD FRIENDS!!**
Stay well, "OLD FRIEND!" Send this on to other "Old Friends!" and let them laugh in AGREEMENT!!! It's Not What You Gather, But What You Scatter That Tells What Kind Of Life You Have Lived.

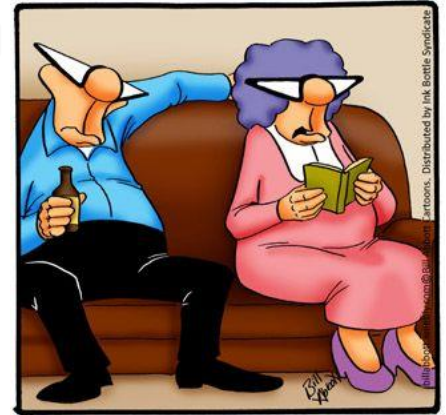
**TODAY IS THE OLDEST YOU'VE EVER BEEN; YET THE YOUNGEST YOU'LL EVER BE,
SO ENJOY THIS DAY WHILE IT LASTS**

AND REMEMBER TO EAT MORE ICE CREAM!!!!

Puzzles Jokes & Trivia



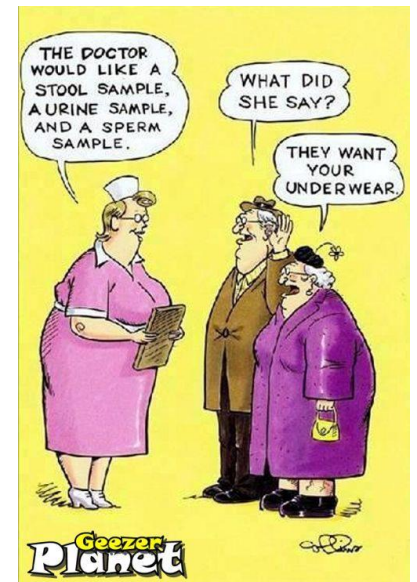
"Actually, you've called at the perfect time. My wife is giving me the signal to quit practicing."



"According to my Feng-Shui guide, we probably need to move you to the garage."



I know the experts say to enjoy the great outdoors, but I don't think I will be adding these pursuits to my bucket-list!!



1966 - Out for dinner with fiancée

Mystery Shed Member
 Congratulations if you were able to identify a youthful Henry Lennie out for dinner with his beloved Sylvia.



2017 - Singing at Cup Day Lunch

A Golf Love Story

Ed and Nancy met while on a singles cruise and Ed fell head over heels for her. When they discovered they lived in the same city only a few miles apart Ed was ecstatic. Within a couple of weeks of returning home, Ed had taken Nancy to dance clubs, restaurants, concerts, movies, and museums. Ed became convinced that Nancy was indeed his soul mate and true love and on the one-month anniversary of their first dinner on the cruise ship, Ed took Nancy to a fine restaurant.

While having cocktails, Ed said, "I guess you can tell I'm very much in love with you. So, before I get a box out of my jacket and ask you a life changing question, it's only fair to warn you, I'm a total golf nut. I play golf, I read about golf, I watch golf on TV. In short, I eat, sleep, and breathe golf. If that's going to be a problem for us, you'd better say so now!"

Nancy took a deep breath and replied, "Ed that certainly won't be a problem, I love you as you are and I love golf too; but, since we're being totally honest with each other, you need to know that for the last five years I've been a hooker."

Ed replied

"I bet it's because you're not keeping your wrists straight when you hit the ball."

Submitted by Bevan Guttormsen

Allan Johnson's rendition of this old yarn at the shed's Australia Day Lunch, received a great response; for all who missed it here is the full text to enjoy again.

HOW WOULD YOU BE

I struck him first in a shearing shed in outback Queensland. He was sweating over a greasy four-year-old wether when I asked him the innocent question: **"How would you be?"**

He didn't answer immediately, but waited until he had carved the last bit of wool from the sheep, allowing it to regain its feet, kicking it through the door, dropping the shears, and spitting what looked like a stream of molten metal about three yards. Then he fixed me with a pair of malevolent eyes in which the fires of a deep hatred seemed to burn and he pierced me with them as he said:

"How would I be?" "How the bloody hell would you expect me to be?" Get a hold of me, will you? Dags on every inch of my bloody hide; drinking me own bloody sweat; swallowing dirt with every bloody breath I breathe; working for the lousiest bastard this side of the rabbit-proof bloody fence; and frightened to leave because the old woman has got some bloody private Dick Tracey looking for me with a maintenance order. How would I be? I'm so unlucky they could be showing free movies up a sheep's bum and I'd still be some dag hanging around the back! I haven't tasted beer for weeks and the last glass I had was knocked over by some clumsy drunken bastard before I'd finished it!
How would you bloody expect me to be!?"

The next time I saw him was in Sydney; he was struggling to get into a set of regulation army webbing and had almost ruptured himself in the process. I said: **"How would you be?"**

"How would I bloody well be?" he said, "Take a bloody gander at me! Get a load of this bloody outfit; take a captain cook at this bloody hat – size 9.1/2 and I take a 6.1/2; get a bloody eyeful of these strides – why you could hide a bloody bullock team in the seat of them and still have room for me; get an eyeful of this shirt, just get on the bloody thing, will you? Get on these bloody 'daisy roots'; why there's a enough boot leather in the bastards to make a full set of saddle and harness; and then some know-all bastard told me this was a man's outfit! How would I be?
How the bloody hell would you expect me to be?"

I next saw him in Tobruk. He was seated on an upturned box; tin hat over one eye, cigarette butt hanging from his bottom-lip, rifle leaning against one knee; and he was engaged in trying to clean his nails with the tip of his bayonet. I should have known better, but I asked him: **"How would you be, Digger?"**

He swallowed the butt as the bayonet sliced off the top of his finger and he fixed me with a murderous look. "How would I be? How would I bloody well be? How the bloody hell would you expect me to be? Six months in this hellhole; being target practice for every Fritz in Kingdom Come; eating bloody sand with every meal; flies in me hair and eyes, frightened to sleep a bloody wink, expecting to die in this bloody place and copping the crows every time there's a handout to anybody. How would I be?
How the bloody hell would you expect me to be?"

The last time I saw him was in Heaven. I know I should have kept on flying but I ventured a cheery **"How would you be, cobber?"**

He pierced me with an unholy look that riveted my soul as he muttered: "How would I be? **How the bloody Heaven would I be?** Get a grip on this bloody regulation nightgown, will you! A man trips over the bloody thing fifty times a bloody day and it takes a cove ten minutes to lift the bloody thing just to relieve himself; and get a gander at this bloody right wing – feathers missing all over the bloody thing – a man might be bloody well moulting! Get an eyeful of this halo – only me bloody ears keep the rotten thing on me skull – and look at the bloody dents in it – it's obviously second hand! How would I bloody well be?
Cast your eyes on this celestial bloody harp; five bloody strings missing and there's a bloody band practice in six minutes. How would I be, you ask?

"How would you expect a man to bloody well be?"