

Nuts & Bolts



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MEMBER NEWS

If you are having a bad day at the Shed just read this and you will feel much better.

A Shout out to the Men's Shed (article by Dr Stan Steindl, Clinical Psychologist in Psychology Consultants publication Mental Note Spring 2014)

"I was lucky enough recently to give a presentation during Men's Health Week (9-15 June 2014) at the Carina Men's Shed. It was my first visit, and I was very impressed with the facilities, and spirit, of the place.

As we know, men can find it difficult to talk about their emotions, and similarly they can be very reluctant to seek help when they are experiencing problems. Often they would rather endure their problems in silence than have to sit down and talk about them. It can feel vulnerable, and also pointless, to do so. Unfortunately, this might also mean that they turn to destructive coping strategies, such as drinking. What men often *do* like to do is keep busy, work on projects, learn new skills and solve problems. Oddly enough, sometimes when they are doing all these things alongside other men, the talking just starts to happen organically. And that's where Men's Shed comes in.... a place where men can feel safe, and busy, while in an atmosphere of good old fashioned mateship.

I came away from my experience at the Carina Men's Shed with a real sense that the place was over-flowing with compassion. Manly compassion. Helpfulness, interest, humour, non-judgement, support...and good old fashioned mateship. It seemed to me to be a real support option for the men we work with."

The BIG "A" Gets The "BIG A"

Congratulations and thanks to all shed members who worked on the Big A.



MESSAGE FROM THE EDITOR

This edition is a real mixture. A newsletter is only as good as its contributions and thanks to you, the members, we are starting to get plenty of material so the future of "Nuts & Bolts" looks good. As usual I presented Neil with plenty of formatting challenges this issue but as usual he has come through with the goods. Enjoy!

Editor: Bob Ikin

Publisher: Neil Smith



New Approach to Safety and Induction

Our Shed Safety Adviser Ross Weaver delivered his plan for shed safety and induction on 13th October 14. There will be more details to follow on this initiative but if you want more information contact Ross or the safety team.

Brisbane on Parade

(information provided by
Graeme Weatherley, Shed Marketing)

Brisbane on Parade is a celebration of our capital city's diverse cultures. This carnival-style parade will kick off as the sun sets, featuring many diverse organisations and groups.

Carina Men's shed will be participating along with other men's sheds in the area.

This is GREAT exposure in general for men's sheds and particularly for Carina Men's Shed.

Everyone is encouraged and invited to participate and in particular the hard working guys that worked on building the Big "A"

- When: Saturday November 1st
- Time: 4 PM

- Where: South bank
- What to wear: Men's Shed shirt, long dark pants, black shoes.
- Transport will be provided to and from venue departing Carina Men's Shed. (Time TBD)
- The parade route is just 1 KM easy walking.
- The parade starts at Southbank Parklands and snakes along the Southbank Promenade to finish up back at the Cultural Forecourt alongside our BRISBANE sign at Southbank Parklands.
- We need to determine numbers attending ASAP so transport can be organised. Please register at shed office by Monday 20th October 14.

***NEED MORE INFORMATION – CONTACT OUR MARCH ORGANISER GRAEME WEATHERLEY**

Our New Shed is Taking Shape

Jim Wills, Bill Byers and Tom Kenney pictured here hard at work plastering our new shed. Great work lads and congratulations to all shed members who have been working hard to make our new shed a great place to visit



Lead Lighting Excellence

Yes, what can you say they are true ARTISTS! The work of art has been installed in the office door so if you get a chance thank the lead lighting team for their efforts – well done lads! By the way Adrian has started beginner classes so if you are interested in this ancient art let him know.



John's Diner

The kitchen is coming along quite nicely in our new shed according to John Abbott. The food is excellent now so you can only wonder how good it is going to be in the future when all the works are completed.



Chris Davidson's Window

(article by Chris Davidson)

Here's a photo of the lead-light casement window I renovated (with lots of help) at the Shed lately, now successfully installed in the wall of our house at Holland Park West.

The window was a fixture in the front wall of my parents'-in-law home at Tarragindi for almost 60 years. The house was built by my father-in-law and his dad – both carpenters – in 1949. My parents-in-law lived there all their married lives until my widowed mother-in-law died in 2012, and the house was sold. Sadly for the family, the house was demolished early this year. But my wife, Jan, managed to save this window with the cooperation of the demolishers, and it is now



installed in our kitchen wall as a memento of her family home.

Jan and my thanks go to the lead lighting group (to Adrian, Harry and Graham/Graham for their advice, and to Earl for helping me through the glass cleaning, lead replacing, puttying and frame mounting stages of the restoration). Also, our thanks go to Rex who was good enough to come to our place, and share his plastering skills during the installation stage. (See the white patches beside the window in the photo? That Rex's plastering, still awaiting a paint brush.)

Member Profile – Chris Davidson

I would definitely say I had a great childhood.

I was born at Bangalow near Byron Bay in 1950 and, when I was three, my parents moved to Surat in south-west Queensland (population 500) to run a pub. I started school there – and walked to school by myself on the first day because it was only up the street. One of my first memories is of the Surat Anzac Day march going past the pub – with two small detachments of veterans, from the First and Second World Wars, none of them apparently old.

When I was eight, we moved 50 miles north to Roma where I saw out my boyhood, riding pushbikes, fishing for crays in the dams at the golf club, swimming at the Baths, sailing tin canoes on the creek, shooting birds with Daisy air rifles, swapping comics, and a bunch of other stuff that boys love to do. (Could the Men's Shed ever be as much fun as that was?)

But all good things come to an end; and, at age 13, having showed some promise in the final Scholarship exam (in 1962), I was shipped off to boarding school at Scarborough to make something of myself. I really didn't like boarding school, mainly because I never took to sport, and – as any teacher knows – the only way to keep 200 boys in some sort of order is to have them eat, sleep, pray and study together, and play team sports. So, at boarding school, I learned to sit around waiting for something to happen. I now call it the art of lingering!

But all was not lost. In Senior, I won two prizes: the English prize and the Latin prize. I can take credit for the English prize because everyone did English, but there were only two of us in the Latin class – so that prize was unusual, rather than impressive.

After school, I was lost for a few years trying to cope with the 1960s. But eventually I was lucky enough to crack a cadetship in journalism at the ABC in Brisbane. I suspect it was a tribute to my perceived English skills. At 22, having finished the cadetship, I moved to Melbourne, chasing a girlfriend. That didn't work out, and so I took to the outdoors, and worked as a lift operator at the Mt Buller ski resort for a season before my mother's pleas to "be sensible" kicked in, and I took a job as a finance reporter at the *The Age* in Melbourne – the only time I was away from Brisbane in my whole working life. *The Age* was a very prestigious paper so I took my work very seriously. As a finance reporter, I spent a lot of time at the stock exchange where my colleague from the *Financial Review* was

a young Christopher Skase. Even then, he really knew his stuff.

Mum died when I was 25 and I came home to help Dad (now a publican in Gympie) with my younger brother and sisters who were still at school. It turned out Dad really didn't need my help, so I joined *The Telegraph* in Brisbane – again as a finance reporter. It was a lot of fun, maybe for all the wrong reasons. For example, I lost my license for drink driving one night – and thought it might affect my career until I found that the editor had lost his license for the same reason in the same week!

Journalism didn't pay all that well and it was apparent I was never going to be a star reporter. So, in 1977, I joined the State Government as a public relations officer, firstly in the Department of Tourism and later at the Premier's Department. This was during the Bjelke-Petersen era, and I was still young and not far from the political action, so it was very involving. I took my job even more seriously, finished my journalism degree, and became very keen on editing publications and speechwriting.

I was married for the first time in 1978 and, not long after, became the father of my second and third sons. (Remember my girlfriend in Melbourne? She was the mother of my first son.) My wife and I bought a family home at Mt Gravatt. (I now live at Holland Park West and can almost see that first house from our front window, so I haven't moved far.)

One highlight of my life at that time was being the Government-appointed Media Manager of the Badminton Venue at the 1982 Commonwealth Games in Brisbane. My good mate, sports

enthusiast and former Carina shedder Steve Dalziel, was the Deputy Director of Entertainment over at the Athletes' Village. So we go back a long way.

In late 1982, I left the State Government and went to work at the University of Queensland - still in public relations, focusing on publications and events. That was a great job because there were so many intriguing things across a range of disciplines. From the University, I went to the Princess Alexandra Hospital as the public relations manager – the best job I ever had – before letting ambition, and the instability that comes from a divorce, get the better of me, and moving to Brisbane City Council as a deputy director of marketing. In the changing political fortunes of public service life, I eventually became the director. It was a senior job and, even though I lasted three years, I wasn't cut out to be a senior executive. If

nothing else, I didn't have the temperament for it. In time, I left the Council to "go contracting", and was a self-employed marketing contractor for several years. For me, that was a turbulent period, and I only got through it because I was with a wonderful woman, my wife Jan, whom I'd married in 1995.

As a contractor, I found my clients were mostly government departments so, in 2000, having turned 50 and with superannuation in mind, I rejoined the State Government as a marketing officer and eventually a government relations manager at the Department of Public Works. I was there until I retired, aged 60, in 2010.



Outside of work across those years, I did some travel writing and newspaper sub-editing, gave up drinking and smoking, completed two postgraduate degrees - in business administration and creative writing, was a Lifeline telephone counselor and a mental health support volunteer, and chalked up a lot of long-distance cycling, including several nine-day Bicycle Queensland rides and a couple of rides down south as well – often with Steve Dalziel. And I renovated two houses.

Now, I'm 64, in good health, happily married, with three terrific sons, a great extended family, good friends, and lots of interests including the Men's Shed on Monday and Wednesday, the Greenslopes Hospital on Thursday and the Lifeline Bookshop at Bulimba on Friday. How lucky is that? Touch wood.

AMSA News

- Men prefer to watch film adaptations of books than read the original novel, according to a new study, which found the opposite is true for women. Researchers found 75% of men would opt for the big screen version of a story, while 30% admitted they had not picked up a book since they were at school. Being too busy, not enjoying reading or spending time online were all blamed for reading less.

- Farmonline, with the support of the Rural Adversity Mental Health Program, has set up a special section of their website to raise awareness about mental health issues, share the personal stories of those affected and help our readers find additional support and resources. The goal is to get people talking as openly about mental health as the other challenges they face in rural Australia such as drought and bushfires. These conversations are too important not to have.

- The #changeyourmind campaign wants to tackle three key misconceptions about mental health. #changeyourmind - Mental illness is common. You or somebody you know will experience a mental disorder at some time in your life.

- #changeyourmind - Mental illness is an illness like any other - it requires treatment.

- #changeyour mind - It's okay to talk about mental health. In fact, we need to talk about it.

- Staying mentally healthy is one of the biggest challenges facing rural areas, with a variety of issues and challenges facing young and old alike. Whether people are struggling to face up to, talk or hear about mental health problems, we want to send some positive messages that might make a difference.

- Learn more about this new campaign at [The Land](#).

- *beyondblue* launched a new national initiative called 'Have the Conversation' on World Mental Health Day to guide Australians on how to approach someone they think may be struggling with depression or anxiety, and how to talk to someone about how you are feeling. Proudly joint-funded by The Movember Foundation and *beyondblue*, the new free resources, include a website, handy tips and videos of people talking about how to approach a friend or family member you may be concerned about. The 'Have the Conversation' resources aim to increase confidence and skills to have effective conversations with people of all ages about depression and anxiety. Find out more about the campaign and videos, and get involved at the *beyondblue* [web-site](#).

- A team at the the École Polytechnique Fédérale in Switzerland has restored movements to entirely paralysed rats, allowing them to walk fluidly on their hind legs while their upper bodies are supported by a tiny harness. The technique involves zapping the rat's spinal cord with electrical pulses to replace the commands that are normally sent out by the brain, but are obscured when the spine is severely injured. Learn more at [ScienceAlert](#).

Executive News

- Applications from three new members were tabled and approved

Tom Kenny, P J Laffey, and John Carmody

- Received a kit from "Give Back International" concerning the great outback BBQ event recently hosted at the shed on the 17/9/14. (Verification number 56) An acquittal was included in the kit. The Mens Shed Carina will donate the \$250 raised at the event. Donation includes Eastern Suburbs Rugby league Past Players and Officials Association \$100 and Norman Park Services Men's Bowls Club \$100.

- Received an email confirming a donation of \$50 in recognition of Eric Koh's participation in the Bridge to Brisbane.

- A proposed record book to manage tools and equipment borrowed by members for short-term use was tabled.

- The shed is in a period of transition. Activities and office space will be completed and ready to use soon. Focus will quickly shift to the workshop space. The goal is to provide a safe, workable, flexible, productive, manageable shed by the start of 2015. Safety, use of space, and effective management will be a priority. Members will have the opportunity to express their thoughts and be involved. A planning meeting has been scheduled for 1.30 p.m. Monday the 13 October. All the members of the executive including every member of each management committee will be encouraged to attend.

- The invitation will also include all shed members who want to be involved.

- The new committee has access to existing templates and has received support from the previous committee members. Given the responsibilities, more members for the existing committee are needed.

- Mal has accepted an invitation to speak at Lourdes Hill School. (Fathers and daughters event)

- Members will be asked to support / attend the "Brisbane on Parade" event for G20, scheduled for 1 November.

- The current focus includes:

- Establishing a workable committee structure.

- Completing the current works program.

- Reinstating the workshop and completing the outstanding projects, such as the jewellery stands and the pony club project.

- Separate costing models for member's projects, community projects and commercial projects.

- A suitable shed day for the glass and lead lighting group.

- Establishing a shed manager and an office person for every day the shed is open.

- The existing security alarm is adequate but unreliable. Further inquiries are required.

- The paper Chris Davidson submitted at the last executive has been very well received. It has given the committee several concepts, goals and recommendations to pursue. The paper has provided a strategic direction for the committee.

- Discussions in relation to name badges are ongoing.

- A garage sale is required ASAP

- Formal and informal training is available and well supported.

- Informal training includes board games, cooking, and lead lighting.

- Structured training includes fitness program and use of machines and resources where competency is an essential component.

- Members are being encouraged to make requests, initiate training and participate

ALL THINGS NAUTICAL

Given we have so many members interested in boats and all things "nautical" we have decided to run a couple of articles on nautical items. If you have any stories you wish to pass on to other members "Nuts & Bolts" is happy to publish your stories.

The HMAS Sydney II Memorial on Mt Scott at Geraldton WA by Harry Davis

As we all know, the HMAS Sydney II was sunk by a German raider HSK Kormoran in the Indian Ocean west of Steep Point on 19 November 1941 with the loss of all 645 lives. The Kormoran itself was sunk but 317 of the 395 men on board were rescued. The announcement of the sinking was withheld by the government for some little time and its actual location was kept fairly quiet. The government had designated the wreck of the HMAS Sydney II as a War Wreck.

Because of the depth of water in the Indian Ocean and the lack of a suitable ship and money, a search for the wreck was delayed for many decades. During the first decade of this century, The Finding Sydney Foundation teamed with the Royal Australian Navy and other benefactors to mount a search for the wreck in October 2008 with A\$5.3m. The search was conducted by a remote operated vehicle some 112 kilometres west of Steep Point. The wreck of HSK Komoran was found on 12 March 2008 and that of the HMAS Sydney II on the 16 March 2008.

At right is a photograph from the search website:

This represents the exit hole in the mild steel plate, possibly from near a turret.

Photograph was taken by David Means and is copyright to Finding Sydney Foundation and down loaded on 15 Oct 2014



The closest town to the wreck site is Carnarvon, with a population of about 6000 people. The town has a memorial to HMAS Sydney as shown below:

The largest West Australian city nearest to the wreck of the HMAS Sydney II is Geraldton with a population of some 35000 people. A Management Committee comprising the Rotary Club of Geraldton, the City of Geraldton, the Shire of Greenough, the Batavia Coast Maritime Heritage Association and the Mid West Development Commission was established on 1 July 1998 to manage the development of a memorial. The memorial was designed by Joan Walsh-Smith and George Smith of *Smith Sculptures*. The memorial dedication occurred on 18 November 2001 and the Eternal Flame was lit on 19 November 2001.

My impressions of this memorial were that it is very serene even though you had children and young adults riding scooters and skate boards on the flat and inclined areas. The design represents a number of nautical themes. However, I would have expected the names of the men lost to be in order of rank, but no, they were in alphabetical order. The Captain, Captain Joseph Burnett, being among his officers and men.



Carnarvon War Memorial
H.M.A.S. Sydney Memorial Wall of Remembrance

HMAS Sydney II Memorial Carnarvon down loaded from www.anzac.dpc.wa.gov.au on 15 Sep 2014

Some of my photographs are below

The HMAS Sydney II Memorial Entrance Geraldton. The flag pole bases are propellers and the bollard.



The 645 gulls comprising the dome represent the 645 men lost from HMAS Sydney



The recently completed 5th element (November 2011) is the pool of remembrance 'Closing the Circle'



The Dedicated Stone of the Memorial laid on 18 November 2001



Below Left: This represents all the women of the lost sailors waiting for them to return from war

Right: This memorial represents the bow of the ship with the depth marking shown on the bow



After I completed this article I came across an aerial view of the memorial and I believed it would give a good overall view. The Indian Ocean is five blocks over George Road on the left.

This photograph was down loaded from www.hmassydney-memorialgeraldton.com.au on 02 Oct 2014 and is copyright to *Smith Sculptures* who have given kind permission for its use in this article. Note the Flame of Remembrance can be clearly seen under the dome.



HEALTH AND WELFARE CORNER (provided by Kevin Searle of our Wellbeing Team) The Distinguished Gentleman's Ride

The Distinguished Gentleman's Ride was founded in Australia by a group of motorcycle riders in 2012 as a great way to combat the often negative stereotype of men on motorcycles by riding a classic bike and wearing their finest suits.

The first ride brought together 2500 riders across 64 cities. The event was such a success that it encouraged the organisers to consider how it could support a worthy cause.

For one day each year, September 28, Distinguished Gentlemen and Genteel Lady Folk in hundreds of cities worldwide press their cravats, starch their tweeds and sit astride their classic styled motorcycles to raise funds for prostate cancer research and awareness. It is a day all about spreading merriment while raising funds and awareness of a really important issue.

It is a celebration of the art of being dapper and the style of classic custom motorcycles including monocles, jaunty trimmed moustaches, silk vests, crisp shirts and tailored suits with finest manners, neatest beards, a sense of humour and fun.

It has teamed up with a most iconic and dapper motorcycle company, Triumph, to help add some highbrow horsepower to the event and thrust the throttle towards the end of prostate cancer.

In 2014 it is expected that 20,000 smartly dressed gentlefolk in over 220 cities worldwide will straddle the saddle in the name of men's health with a goal to raise in excess of \$1million. There were 229 riders from Brisbane who raised approximately \$51,638 towards this amount.

All of our members can assist in the research into this major men's health issue by ensuring they request their GP to carry out the necessary test each year. Each year on your birthday is one suggestion to maintain a regular check.

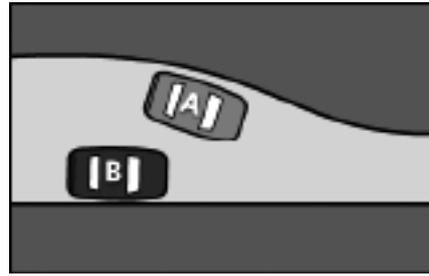


SAFETY TALK

(provided by Shed Safety Adviser Ross Weaver)

When was the last time you familiarised yourself with the road rules?

1 Looking at the diagram showing cars merging, which vehicle must give way?



- a) Vehicle A
- b) Vehicle B
- c) Either vehicle, There is no rule on give way when merging

2 What is the minimum legal tread depth for tyres

- a) 0.1mm
- b) 1mm
- c) 1.5mm
- d) 2.5mm

3 You must report a crash to the police if:

- a) A vehicle involved needs to be towed away.
- b) Any driver involved in a crash fails to provide his or her details.
- c) Any person involved is killed or injured.
- d) If the crash causes \$2,500 or more damage to property (other than the driver's vehicle).
- e) All of the above

4 Roadwork signs are official traffic signs and if you disobey them you could:

- a) Face a fine and licence demerit points.
- b) Be liable for any damage to roadwork equipment and materials.
- c) Be sued for damage or injury incurred.
- d) Have a claim on your insurance adversely affected.
- e) All of the above

5 True or False.

When passing a cyclist in Queensland the driver must give a minimum of 1 metre when in a 60km/h or less speed zone and at least 1.5 metres where the speed limit is over 60km/h.

6 True or false

In Queensland motorists will be allowed to cross centre lines, including double unbroken centre lines, straddle lane-lines or drive on painted islands to pass cyclists provided the driver has a clear view of any approaching traffic and it is safe to do so.

7 True or False

When going straight ahead at a roundabout, what indicator signaling should be used?

- a) Right to enter and left to leave
- b) None at all
- c) None to enter and left to leave
- d) Right to enter and none to leave.

***Answers are on the back page**

History

**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.*

Stanley Road (information extracted from “Where have all the creeks gone? Camp Hill heritage drive tour”, Brisbane East Branch of the National Trust of Queensland Compiled by Judy Gale Rechner)

Stanley Road was shown on maps long before it became a constructed road. In 1898 people complained about the need to repair dangerous holes and ruts, construct some absolutely necessary water tabling and cut down underwood. By the mid 1920’s there were still only five homes along Stanley Road. It was still a very rough road in the 1940’s. In the 1930’s Stanley Road like many others were made of rock broken up by sledge hammers. It was rough on vehicles like T Model Fords.

**GREY NOMADS COLUMN
(article provided by Bevan Guttormsen)
Our Trip Around the South Burnett**

Our first stop was Dalby for 2 days then onto Roma for another 2 days. Roma has the largest sale yards in Australia and it is a must thing to see and do. Also the bottle trees, all 148 of them with a name of a soldier killed in World War 1. Our next stop was Injune for smoko and fuel, before heading for Carnarvon Gorge. Four nights stay at Carnarvon at \$45 a night, with bird and animal life at your doorstep. Warm days had us walking the gorge taking us 6 and a quarter hours to do 11 kms (with much rum to kill the back and leg pain).

After leaving the Gorge we headed for Biloela for 2 nights, a visit to the lookout to look over Lake Callide, the 2 main power stations and the large open cut coal mine, also the local Biloela Museum where we saw farm machinery, cars and trucks of days gone by.

Now after Biloela we headed for Cania Gorge for more walks and bird life. Lake Boondooma was our next stop, a huge lake stocked with Yellow Belly and Red Claw. A change of plans had us heading for the coast to fix a fault with my freezer and solder a broken wire on my caravan’s reversing camera.

Average price for fuel \$151.9
Total LT used 235.56
Total KM 1955 = 12LT per 100KM

Caravan Hints (provided by Bevan Guttormsen)

Always load the van keeping the weight in front of the front of the main axle.

Maintain correct air pressure on the van and car set at 40psi.

If you are carrying water in your tanks – more weight more fuel Water weighs 10LB per gallon.

Tyres should be checked by looking for a 4 digit number on the wall of the tyre, after 5 years RULE OF THUMB replace them. All van tyres should be 7 ply truck tyres.

COMING EVENTS

1 November 14 – Brisbane on Parade – Southbank – 4pm start (see Graeme Weatherley for more details)

Quotes of the Month

The secret of getting ahead is getting started (Mark Twain).
The hardest thing about walking is putting your shoes on (Kevin Searle).

Believe it or Not

- General George Patton believed that in his past lives, he was:
- A prehistoric mammoth hunter
- A Greek hoplite (a citizen-soldier of the Ancient Greek city states) who fought the Persians
- A soldier of Alexander the Great at the siege of Tyre
- Hannibal
- A Roman legionary under Julius Caesar
- An English knight during the Hundred Years War
- A Napoleonic marshal



The city of Vancouver in Canada has an association with Australia. A young George Vancouver was selected to serve as a midshipman aboard HMS Resolution on James Cook’s second voyage of discovery (1772–1775). George Vancouver went on to greater things and the city of Vancouver and Vancouver Island are named after him.

Mystery Objects



Spot the Safety Problems Here
(pictures provided by Steve Dalziel)

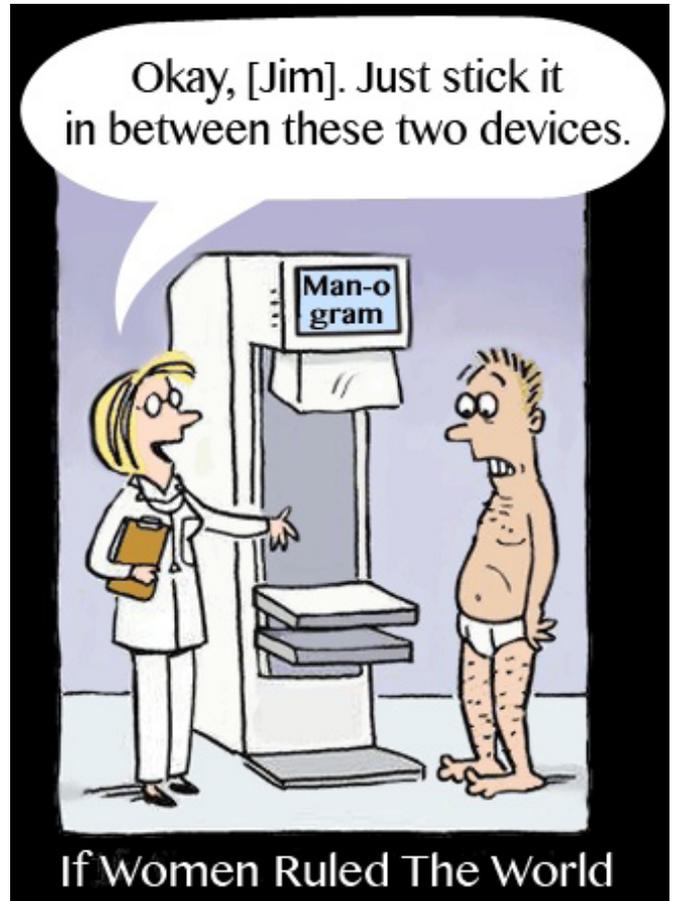


MYSTERY OBJECTS

- ① A candle holder manufactured out of an eagle's foot.
- ② A louse bed made out of wood. The louse bed was stood in bed against the wall. When the lice had done their blood sucking at night, they then hid in the holes rather than in the bed or behind the wallpaper. The lice could simply be knocked out and into the fire in the morning.

Safety Quiz Answers

1:-B, 2:-C, 3:-E, 4:-E, 5:-T, 6:-T, 7:-C



"Sure, I'd love a second honeymoon ... who with?"