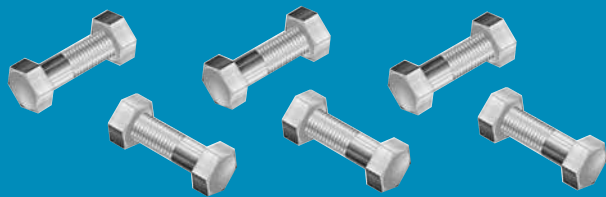


# Nuts & Bolts



August 2014  
Volume 2 Issue 4

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## MEMBER NEWS

### AGM 6<sup>th</sup> August 2014

Tabled below are the new Executive and Management Committees

#### Executive

<u>Position</u>	<u>Name</u>
President	Dennis Beck
Vice President	Mal Weier
Secretary	Darryl Timms
Assistant Secretary	Eddie Haselich
Treasurer	Roy Gellweiler
Assistant Treasurer	Graeme Fraser
Safety Adviser	Ross Weaver

## MESSAGE FROM THE EDITOR

It was encouraging to see the excellent roll up at our AGM on the 6<sup>th</sup> August 14. Our new Executive and Management Committees are in place and based on the obvious enthusiasm at the meeting, raring to go. I have listed the new Executive and committees below for your information.

Thanks go to both retiring members and new members of the Executive and Management Committees for their commitment to our Shed.

It just so happens that this edition's Member Profile is on Dennis Beck our new President.

Editor: Bob Ikin  
Publisher: Neil Smith

#### Management Committees

<u>Committee</u>	<u>Names</u>
Safety	Ross Weaver, Pat Lindsay, Eric Koh, Al Gerber
Marketing	Graeme Weatherley
Funding and Grants	Peter Carter
Projects and Shed Management	Bevan Guttormsen, Adrian Paolucci, Robert Tritchler, Barry Olive, Graeme Passmore, Leon Tuck, Jim Wills, Al Gerber, Bill Byers, Rex Gelfius, Charles Edwards, Roger Medland, Rob Cousins
Members, Welfare and Events	Chris Davidson, Brian O'Rourke, Eddie Haselich, Kevin Searle and Owen Cary
Training	Darryl Timms, Bevan Guttormsen, Mal Weier

#### Photos below:

Top left: Darryl Timms

Top right Dennis Beck and Mal Weier

Bottom left: Georgie Hickey

Bottom right: Members concentrate





Enjoying John's morning tea

### The Members, Welfare and Events Team Gets Started Early

Spotted at the Shed with our new President were the Members, Welfare and Events Team members discussing plans for the next 12 months. Well done lads!!



### EXECUTIVE NEWS

- Mal Weier informed the committee that he has not accepted a 2014 AGM nomination for President. He has accepted a nomination for Vice President. He expressed his gratitude and his appreciation to the current executive committee for their achievements and support during his Presidency. Consolidation, sound processes and procedures were suggested as the future focus.
- A recent meeting with Clem Jones Centre grants officer was helpful and constructive. A grants proforma was provided. After consulting MSC members a list of requested items such as resources, tools, and equipment was tabled for consideration.
- Recent members will receive their MSC shirt as soon as possible.
- Bob Ikin is unable to accept a marketing role for at least 12 months. The committee thanked Bob for his outstanding contribution to the MSC marketing management committee.
- Bob Ikin expressed his personal gratitude to all those MSC members who manned the MSC stall at the Morningside Festival.
- The current focus is to update the MSC web site.
- The MSC now has a face book page.
- The jewellery stands are well advanced. The letter A approx. 3 metres high for the G20 is the current focus.
- The office and shed fit out is progressing extremely well. A well done to all those involved.
- A MSC subscription to the magazine "Shed" was approved. An order for a 2-year subscription will be submitted.
- A sausage sizzle at Bunnings has been scheduled for the Sunday 14 September 14.
- Training will be scheduled as the main activity for Thursdays at the shed.

### The Big A"

The project occupying a lot of people's time at the moment is



the BIG 'A' project for the G20 conference which is being held in Brisbane in November this year. Brisbane Men's Sheds have combined to produce letters spelling "BRISBANE" and we have been allocated the letter 'A'. Thanks go to all members who have worked on this project – well done lads!!

### Fitnessgalore Visit

Rachel Lowes from Fitnessgalore paid us a visit and spoke about fitness and exercise. Thanks Rachel.

### MEMBER PROFILE – DENNIS BECK

Born December 1945 at Eidsvold, Central Queensland – Father Des a "bushie", Mother Joan a "frustrated intellectual" (ex school teacher);

Literally lived in a tent during my first couple of years – wife Hilary and daughter Julia claim that this is where I developed the habit of leaving doors open;

Family moved to small-crop farm then sugar cane farm/s at



Coolool – no Coast Road, only access was from Yandina via narrow gravel road;

Initially no car (tractor only mechanical means of transport) – can still recall the excitement of electricity connection to home in about 1960;

Primary schooling at Coolool (one teacher school), Junior at Nambour State High (living during the week in a hostel for boys) and Senior at CEGS Brisbane (school boarder) – matriculated just before 15<sup>th</sup> birthday;

Loved farming and hard work - not so keen on ‘people’ or further education;

Badly wanted to work on farm – parents insisted on applying for Scholarships to University, using the platitude: “you can always come back to farming after completion of a University Degree”;

Awarded and accepted a ‘generous’ Electrical Engineering Cadetship with Southern Electric Authority (SEAQ) first year indentured and working as apprentice while studying 2 Uni (U of Q) maths subjects at night. The Cadetship paid Uni fees with book allowance, plus weekly £6-10s living allowance and additional £2-00s away-from-home allowance not enough for an extravagant lifestyle, but enough to gain a university education;

Graduated 1966 (just prior to 21<sup>st</sup> birthday) – First Class Honours;

Recognised about this time that engineering might have some advantages over farming – at least for the time being;

Graduate roles within SEAQ were Assistant District Engineer at Beenleigh/Beaudesert (first car, brand new and all paid for!), then Assistant Test Engineer Brisbane (another brand new car!)

February 1972 (having fulfilled 5 year bond with SEAQ) joined Utah Development Co. (subsequently BHP Coal, now BHP Billiton Mitsubishi Alliance) – relatively new US owned company with large scale open cut coal mine development plans in Bowen Basin - as Senior Electrical Engineer in Technical Services group;

Enjoyed roller-coaster ride as Senior/Chief Electrical Engineer until “restructured out of a job” in 1995 – responsibilities included mine electrical transmission/distribution systems, electrical

mining machines (draglines, shovels and diesel/electric trucks), material handling systems and coal preparation plants associated with progressive development of new mines and port infrastructure;

Appointed as Principal Electrical Engineer with BHP Engineering, until becoming totally disenchanted with the BHP (“Big Australian”) culture and leaving to explore the real world;

Then pursued a range of multi-disciplined project and engineering management roles - including zinc and nickel refining, vehicular tunnels, gas-fired power stations and coal seam gas distribution/compression systems;

Have been “practising” retirement for the last couple of years while providing engineering advice on a range of projects including life extension of 40 to 50 year old plant and machinery (some of which I was responsible for during their design, construction and commissioning), risk analyses, solar generation (thermal and photovoltaic) – with occasional dalliances at the Mens Shed Carina.

**AMSA News**

- Since October 2013, *beyondblue* have been connecting Men’s Sheds across Australia, aiming to help reduce loneliness and improve men’s mental health. The ‘Connecting Men’s Shed’ initiative launched in October 2013 aims to provide a computer and internet connection to a limited number of newly established men’s sheds across Australia. With the aid of this program, Men’s Sheds can now link up with other Sheds via The Shed Online.
- The Tasmanian State Government has committed to securing the ongoing community and economic contribution of Men’s Sheds with a \$555,000 investment into supporting Tasmania’s 42 Men’s Sheds and 4,000 + regular members.

The investment will include:

- o \$100,000 a year over three years to the Tasmanian Men’s Shed Association Inc. to be distributed to sheds across the state;and
- o \$85,000 a year over three years to fund a Project Officer to manage the daily operations of Men’s Sheds and providing local administrative support.
- o This will allow Men’s Sheds to continue to provide a safe and supportive place for men to get together and work on projects to benefit the local community. The funding will go towards tools, heaters and operational costs, while also allowing greater coordination of state-wide resources.
- *beyondblue* has launched an Australia-first campaign, in conjunction with the Mentally Healthy Workplace Alliance, to encourage business leaders to take action on mental health. The campaign comes as a new PwC report reveals that Australian businesses will receive an average return of \$2.30 for every \$1 they invest in effective workplace mental health strategies.

The campaign’s centrepiece is the Heads Up website ([www.headsup.org.au](http://www.headsup.org.au)) where business leaders can find out why they are losing money if they are not investing in employees’ mental health and sign up to learn how to make their workplace more mentally healthy and profitable, as well as help businesses create a customised action via an interactive tool.

- Most of us know our height and our weight, and, for better or worse, our income. But other numbers that matter inside our bodies are all too often unexplored.

Making the effort to find out some key health numbers can help you take the steps you need to make a big difference to your health.

- Your blood pressure
- Your blood cholesterol
- Your diabetes risk
- Your waist measurement
- Your mental health rating
- While use of e-cigarettes may be safer than smoking tobacco, so far there is limited evidence to support their effectiveness as a way to stop smoking. There are other safety issues to consider and the long-term health effects are unknown. Learn more at [NPS MedicineWise](#).
- Bikes 4 Life is a global community initiative that is dedicated to providing donated bicycles to people, particularly youth, who are underprivileged, aimed at helping the most vulnerable, isolated and neglected groups within society. In remote communities a bicycle is not only a means of transport to places of employment and education but can provide many with access to remote sources of food, water, medicine and shelter. One bicycle can support social rehabilitation and economic change and it is Bikes 4 Life's mission to collect, restore and provide bicycles to some of the most marginalised & impoverished communities around the world.

Based in Melbourne, with workshops also in Brisbane and Sydney, Bikes 4 Life is a network of concerned citizens, organisations and companies, who are dedicated to supporting the most isolated, vulnerable and war-ravaged districts in Uganda, Cambodia, Nauru, Papua New Guinea and Pakistan. The people in these districts are still largely displaced and are subject to extreme poverty, mental illness, disease, famine and political instability. From the camps basic health care, education, food and water are largely inaccessible.

However, with bicycles as a mode of transport, civilians will have an increased chance of surviving, better able to access food, water, medical aid, schools and so forth. Bicycles and the ease of transport to locations they provide have the potential to save the lives men, women and children that are dying every day to due to preventable diseases. Bicycles are also beneficial in terms of economic recovery, aiding in areas such as agriculture. Bikes 4 Life hope to promote peace and recovery, while helping to strengthen community relationships, values and structures.

Bikes 4 Life have also been raising bikes for marginalised Indigenous communities in Central Australia. Since mid-2012 they have sent three containers of bikes to Indigenous communities in remote locations.

With the support of Queenslander volunteers and supporters, Bikes 4 Life aims to become part of this global movement to make a difference in Indigenous communities and disadvantaged communities overseas.

Bikes 4 Life are establishing a base in Queensland with the valued support of Bicycle Queensland, a drop off point for donated bicycles and a workshop.

- A big thankyou to Masters Home Improvement and the Australian Men's Shed Association NSW for the opportunity to win a share in \$2000 worth of gardening equipment. On 11th June 2014 the Blue Gum Hills Men's Shed of Wallsend were told they had won second place in the Garden Tools Competition which equated to \$500 worth of equipment. The list of Cyclone Products won included axes, picks, crow bars, shovels, rakes, lawn edgers and an assortment of hand tools. Bob Rigelsford, Garry Rose (Shed Chairperson), and Robbie Goodwin were happy to display some of the winnings outside their Shed at 38 Bousfield St, Wallsend.

The Competition was open to any registered Shed in NSW (currently more than 900) and involved telling Masters Home Improvement why 'your Shed' should receive this equipment.

The Blue Gum Hills Men's Shed were adamant that the tools would be of great use to them as the majority of jobs and projects done for the local community involved garden work, project examples being constructing the large garden beds for the Crystal Palace Community Garden, establishing a garden plot for Silver Ridge Community Centre, and laying turf and garden mulch for Cameron Park Community Centre. And a forthcoming project of particular interest to the Men's Shed is the creation of the garden surrounds of the planned new Men's Shed at Lot 40 Bousfield St, Wallsend.

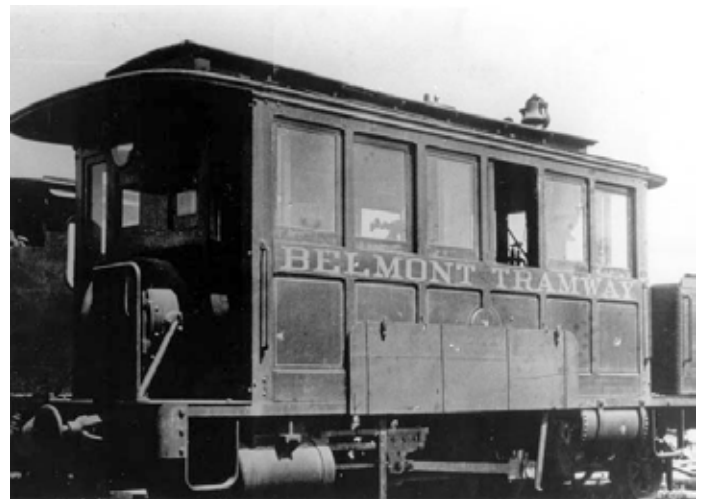
The Blue Gum Hills Men's Shed is currently on a fundraising drive to gain further funding towards the new Shed. They are holding Father's Day Raffle stalls at Stockland Wallsend on Thursdays 31st July and 28th August, and at Stockland Jesmond on Saturday 23rd August. And on the 6th September the Shed is holding their 2014 Trivia Night, with Barnsley Public School as the event host, at the Wallsend Sporties Club. Amongst the night's fun and games there will be a silent auction with fantastic items up for bid. So to all those trivia buffs and "know it alls" get a group together and contact Garry Rose on 02 4965 6081 or 0402 810724 for further details and to organise a table.

The Shed holds men's activities each Wednesday and Saturday morning and the Shed's Ladies Auxiliary hold their craft day each Thursday. All this happens at 38 Bousfield St, Wallsend, and all are welcome.

## LOCAL HISTORY

(article researched and provided by John Eiseman)

The Belmont Shire Council, in the southern suburbs of Brisbane, once owned a light 3' 6" gauge railway, built under the Tramways Act. It ran from Norman Park station, on the Cleveland line of the Queensland Railways, to a terminus on the Old Cleveland Road, near the present State School at the corner of Scrub Road. The building of this line was opposed by the Railway Commissioner of the period, as the district was sparsely set-



tled and the terrain hilly.

Opened for traffic on the 25<sup>th</sup> May 1912 the line was laid with 42lb. rails, having 2464 sleepers to the mile. It cost 20,000 pounds to build. When first opened, the line was operated by the Queensland Railways for the Shire but later the Shire worked the tramway with its own engine and cars. It was a very expensive toy and, beyond an occasional truck of stone from Belmont or one off skins from the works owned by Baynes Bros., at Springfield, near Belmont, there was little goods traffic and the passenger traffic, at this stage was light. The Shire, accordingly, closed the line at the beginning of 1915 and disposed of its engines and rolling stock by the end of that year.

Owing to local agitation, the line was re-opened and worked by the Queensland Railways with its own engines and rolling stock. Due to deterioration of the track and major structures the line was eventually closed in 1924.

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

*\*There 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.*

### 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.

For those interested in lighthouses the Editor can recommend a very good book on this subject – “Lighthouses of Australia – A



Visitors Guide” written by John Ibbotson which is available through the Brisbane City Council Library. Pursuing a family history lead the Editor discovered Fort Queenscliff in Victoria. The Shortland’s Bluff



lighthouse is in the grounds of Fort Queenscliff and is built of basalt blocks and was constructed in 1863.

Lighthouses in Australia (information extracted by Bob Ikin from John Ibbotson’s book “Lighthouses of Australia – A Visitors Guide”) John Ibbotson has kindly given us permission to reproduce the following material in our newsletter.

Australia’s first lighthouse the Macquarie Light, on South Head in Sydney, was constructed in 1818.

It took another thirty years for the next 10 operational lighthouses to be built and most of these were built along the Tasmanian and Victorian coastlines to assist ships to navigate to Sydney through the turbulent Tasmanian waters.

The Commonwealth took over responsibility for the coastal and landfall lights in 1915. Up until 1915 building of lighthouses was a State responsibility. As States were quite remote and independent from one another they came up with their own unique designs (concrete block towers of NSW; granite towers of Victoria; wood framed steel sheathed towers of Queensland).

*\*Watch this space for more on lighthouses in future editions*

### LET’S TALK ABOUT WINES

#### Shiraz (Syrah)

G’day Lads, in Bob’s last edition of his “Nuts and Bolts” we introduced this topic with a segment on the introduction of grapes and wines to Australia. We reckon that you might next like to know a bit more about popular grape/wine varieties and types – particularly those common/readily available in Oz.



In this edition we’ll talk about the most widely grown red wine grape which, in Australia, is generally referred to as Shiraz.

#### The name Shiraz/Syrah

It is called Syrah in its country of origin, France, as well as in the rest of Europe, Argentina, Chile, Uruguay, New Zealand and most of the United States. The name Shiraz became popular for this grape variety in Australia, where it has long been established



as the most grown dark-skinned variety. In Australia, it was also called Hermitage up to the late 1980s, but since that name is also a French Protected designation of origin, this naming practice caused a problem in some export markets and was dropped. The name Syrah for this grape variety is also commonly used in South Africa and Canada.

Because Shiraz, a very old city in Iran, produced the well-known Shirazi wine, legends (unsupported) claim the Syrah grape originated in Shiraz and then was brought to Rhône.

While the name or spelling Shiraz may be an effect of the English language on a French name, there is no evidence that the name actually originated in Australia, although it was definitely the Australian usage and the Australian wines that made the use of this name popular.

#### The Grape and its Wine

**Shiraz / Syrah** are a dark-skinned grape variety grown throughout the world and used primarily to produce red wine. The style and flavour profile of wines made from Syrah are influenced by the climate where the grapes are grown. In hot climates (such as the Barossa Valley), Syrah is more consistently full-bodied with softer tannin, jammier fruit and spice notes of liquorice, anise and earthy leather. In many regions the acidity and tannin levels of Syrah allows the wines produced from the grape to have favourable aging potential.

Syrah is used as a varietal and is also blended. Following several years of strong planting, Syrah was estimated in 2004 to be the world’s 7th most grown grape at 142,600 hectares (352,000 acres). It can be found throughout the globe from France to New World wine regions such as Chile, South Africa, and Hawke’s Bay in New Zealand, California, and Washington and in several Australian wine regions such as Barossa, Coonawarra, Hunter Valley, Margaret River and McLaren Vale.

Smaller amounts of Syrah are also used in the production of other wine styles, such as rosé wine, fortified wine in Port wine style, and sparkling red wine. While Australian sparkling Shiraz traditionally has had some sweetness, a number of Australian winemakers now make a full-bodied sparkling dry Shiraz that contains the complexity and sometimes earthy notes that are normally found in still wine.

Due to their concentrated flavours and high tannin content, many premium Syrah wines are at their best after some considerable bottle aging. In exceptional cases, this may be 15 years or longer.

A well-known example of the Shiraz grape in Australian viticulture is the Penfolds “Grange”. This wine was created by winemaker Max Schubert in 1951, and has a reputation of aging well – and selling for ridiculously high prices. The Penfolds Grange is predominantly Shiraz, but often includes a small quantity of Cabernet Sauvignon.

#### **Food Matching**

As we know, matching of wines with food is a very subjective and complex “art” – complicated by the variability in wine character and cooking styles.

However, according to the experts and as a general guide Shiraz/Syrah will handsomely complement any of the following dishes:

- Barbequed meats (all kinds – even chicken or seafood, because of the smoke and char),
- Beef,
- Lamb, and
- Cheese.

Nevertheless, if you’re a “red wine tragic” like me you’ll enjoy it with (almost) anything – or even nothing!

**Happy quaffing,  
Dennis**

#### **HEALTH AND WELFARE CORNER**

**(provided by Kevin Searle of our Members, Welfare and Events Team)**

**It Doesn’t Take Much – A Pair of Shoes Changed my Life**  
**(Edited extract from article Sunday Mail 3 August 14 Body and Soul insert, reference My Story)**

Russell Rauhihi, 41, grew up in New Zealand in a big family that loved sport and exercised by playing rugby, basketball and skateboarding. This naturally kept him fit but things changed in his life in 2012 when living in Sydney.

A marriage separation and loss of family in Australia left him badly depressed and for the next year he lived on the streets in Sydney. There were good things happening in his life but looking back, he realised he wasn’t owning up to what he was doing wrong in his life and blamed others for his situation of being homeless, overweight and depressed.

He was going to “The Station”, a drop in centre for homeless in Sydney when he heard about a weekly program they were starting up. Representatives from “Shoes For Planet Earth” were present giving a free pair of shoes to anyone who joined them for a walk. As a homeless guy, it was the shoes that got him interested, already doing a lot of walking and being overweight at 120kg and not exercising properly decided to give it a go.

The group were called the “Renegade Runners”. Wednesday became something to look forward to, taking on a new meaning in his life. Within a month he was walking 10km every day and after a couple of weeks was running every day but as this was too much cut it back to every second day.

Other things changed as well, deciding to play rugby again, stopped eating white bread and having fizzy drinks thereby losing 30kgs over four months. With three other people from “The Station” he ran the 2013 14km City2Surf Fun run which was a huge achievement completing the course in 99 minutes. He couldn’t believe what he had achieved realising that he could accomplish anything to which he set his mind.

He is now staying at the Mission Australia Centre attending classes and counselling, keeping fit by running, swimming, yoga

and tai chi. His goal is to have his own place again so that his daughter can visit and stay over. His is not sure how many pairs of shoes he has had since that first pair as he likes giving things away and helping someone else out makes him feel better.

#### **GREY NOMADS COLUMN**

**(provided by Bob Ikin)**

The Editor and his wife recently toured Scandinavia, Russia and France. A local Men’s Shed member from Kizhi Island, Russia is seen at work preparing shingles for the Transfiguration Cathedral restoration. The cathedral has thirty thousand shingles made of aspen wood, which resists weather fairly well, responds to ageing very well and is capable of reflecting a myriad of hues.

When asked, through a translator, how he lost some of his fingers he replied that the fingers were lost using modern machinery, not the axe.



Mens Shed Kizhi Island Russia



Mens Shed Member Kizhi Island Russia



Scandinavian Men’s Shed



Transfiguration Cathedral Kizhi Island

**SAFETY TALK**

**(provided by Shed Safety Adviser Ross Weaver)**

**Smoke Alarm Batteries**

When was the last time you change your smoke alarm batteries?

When house fires start, only working smoke alarms provide the critical early warning needed to save lives and minimise property damage.

Taking the time to learn and adopt fire safety habits is the best way to prevent fires in your home.

To ensure smoke alarms work properly, householders are encouraged to test smoke alarms monthly and change any batteries annually.

Every year on April 1, April Fools' Day Department of Fire and



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Emergency Services promotes the day as a reminder to regularly change smoke alarm batteries at this time each year using a high-quality, long-life battery.

Generally, smoke alarms will sound a regular warning 'beep' if the battery needs replacing. Refer to manufacturer's guide for exact warning details.

Smoke alarms should never be painted.

The date the smoke alarm was manufactured will be displayed. Smoke alarms have a maximum service life of ten (10) years and need to be replaced.

After 10 years your smoke alarm may fail to alert you when there is a fire. When old smoke alarms are replaced, the Department of Fire and Emergency Services recommend that you upgrade to a mains powered system.

**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.

This edition's gems are provided by Bob Ikin:

**Frogs, Frogs, Frogs**

Frogs are important so they say,  
Bleeding thousands of them welcome the rain,  
If they don't shut up I'll go insane.

**Goovigen Trains**

Cold nights, the air is crisp,  
Not many street lights so the stars are intense,  
I heard the train coming, metal on metal,  
Hard to imagine and makes no sense,  
That such a sound allows you to settle.

**PUZZLES, JOKES AND TRIVIA**

A priest was invited to attend a house party. Naturally, he was properly dressed and wearing his Priest's Collar. A little boy kept staring at him the entire evening.

Finally, the priest asked the little boy what he was staring at.

The little boy pointed to the priest's neck.

When the priest finally realized what the boy was pointing at, he asked the boy, "Do you know why I am wearing that?"

The boy nodded his head yes, and replied, "It kills fleas and ticks for up to three months".

When I was young I decided to go to Medical School.

At the entrance exam we were asked to rearrange the letters PNEIS and form the name of an important human body part which is most useful when erect. Those who answered spine are doctors today while the rest of us are sending jokes via email.

Street name in Bergen, Norway – *bet they can't spell WOOL-LOONGABBA.*

