

NUTS & BOLTS



“Every man needs a shed”

Message from the Editor

Another year and another AGM! Congratulations to all our new committee members and many thanks to those members who have served on the committee over the past twelve months. The complete list of the Executive members and management committees is detailed below. For those members who missed the AGM, President Dennis Beck’s report is reproduced in this edition.

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Vale Neil Smith

Neil Smith who has been the *Nuts & Bolts* publisher since its inception sadly passed away on the 12th of September 15. Rest in Peace Neil.



The new Mens Shed Carina Committee (*aka the dream team*)

The following members were elected at the AGM:

<u>Position</u>	<u>Name</u>	<u>Position</u>	<u>Name</u>
President	Dennis Beck	Marketing	Chris Davidson*, Graeme Weatherley, Bob Ikin
Vice President	David Spillane	Funding and Grants	Peter Carter*, Roy Gellweiler
Secretary	Darryl Timms	Members and Welfare	Paul Meredith*, Chris Davidson, Darryl Timms, Henry Lennie
Assistant Secretary	Ed Haselich	Events	Brian O’Rourke
Treasurer	Roy Gellweiler	Training	Mal Weier*, Bevan Guttormsen, Julian Collis
Assistant Treasurer Safety Adviser	Graeme Fraser Ross Foster	Shed and Projects	Ross Foster*, Bevan Guttormsen, Robert Tritchler, Bill Byers, Roger Medland, Al Gerber

Yarning (A long or rambling story, especially one that is implausible)

Been known to spin a yarn in your time? A new interest group is being talked about so if you are interested in “yarning” or hearing yarns then let Bob Power know at the shed.

Australian Hearing Visit on 13 July 2015

Peta Raner visited our shed and gave an excellent presentation on her company’s services.



Eric Koh | Bridge to Brisbane

Eric Koh has been competing in the Bridge to Brisbane again and raising funds for our shed.

In the Male 75-79 age group he came 11th out of 22.

His time was 1 hour 29 minutes and 5 seconds and he raised \$400 for the shed. Well done Eric!!!



AGM 2015



Secretary Darryl Timms Gets the AGM Started



| An Attentive AGM Audience



| President Dennis Beck

AGM 2015 Continued...

President's Report

This has been a year of significant growth and consolidation:

- Our “new” office/toilet block/meeting room has been fitted out (almost) to a high standard, thanks largely to the concerted efforts of a hard-working group of members. This facility is now shaping up as a showpiece - an asset envied by other Sheddies.
- Early in the year the executive team identified the need for a concerted campaign to develop and implement health and safety systems and practices, particularly in the workshop. While this has met with some resistance and challenges, members appear to have become increasingly resigned (albeit grudgingly in a few cases) to its necessity and inevitability.
- As a result of ongoing effort by members, the workshop has been made significantly safer, aesthetically more attractive and user-friendly. Initiatives include: power cords suspended overhead, more ergonomic layout of machines and work benches, improvements in dust collection and rationalisation of work and storage areas. Observance of general housekeeping practices is improving, but remains an ongoing challenge.

I consider that the committee structure outlined in our Constitution has not been effective for some time. Issues observed include:

- Reluctance of members to commit to acceptance of a responsible role – even if they have every intention of contributing where and when appropriate;
- Unwillingness to compromise personal opinions (or even consider alternative opinions) in order to facilitate positive progress;
- Difficulty with sharing of personal knowledge or delegation of authority/responsibility – encouragement and empowerment of others;
- Personal egos;
- Unwillingness to venture outside personal comfort zones;
- Difficulties with effective communication (including informal) or even recognition of the needs to communicate, and the resultant benefits;
- Resistance to imposed rules or constraints, including definition of roles and responsibilities, and
- Stubbornness and inflexibility.

This summary of observations is not intended in any way as criticism – it's intended to be an encapsulation of typical traits exhibited by **US** – a disparate group of retired, senior men!

I will be encouraging ongoing debate of these issues in order to, hopefully, improve the functionality of our Shed as we mature and move forward.

Particular acknowledgment must be made of those who have contributed disproportionately to the Shed “improvements” made in the last year. I won't attempt to capture specific achievements/achievers – but you all know who you/they are!

As we are all aware some of our members need additional support – probably all of us from time to time. I applaud the efforts of our many members who continue to provide assistance and friendship to these members, their families and also to the wider community.

As membership grows and our range of activities continues to expand, we will need to consider an extension of Shed hours in order to avoid congestion and improve utilisation of our facilities. However, this can only be achieved if there is increased willingness by members to accept responsibility for safety and security at the Shed whenever it is open.

We continue to encourage members to introduce new activities to the Shed, with a view to increasing opportunities for member involvement. During the year we've established:

- a bridge group;
- an a cappella singing group;
- a decorative (fusion) glass group, and most recently
- a leatherworking group.

The clear lesson from these relatively new interest groups is that with initiative and support from even a single “champion”, there is virtually no limit to the range of activities and personal satisfaction possible within our current membership and existing facilities.

Due to the prolonged period of fit-out of our Meeting Room, it was unfit for guests or presentations during much of the year. Nevertheless, in spite of this adversity, Brian O'Rourke continued to identify and introduce us to several interesting speakers.

One of our special guests was Megan Smith, a Rotary Peace Fellow who insisted on visiting us to personally convey her gratitude for our construction and installation of a couple of wheelchair ramps to facilitate her access to the tiny outdoor area at her Taringa flat. Megan's bright personality, her positiveness and selflessness are truly inspiring and have left a lasting impression with us all.

Our exercise program at the Clem Jones Centre gym and pool has continued, and has undoubtedly contributed significantly to the fitness and general wellbeing of those who attend. Regrettably, though, attendance has been patchy – particularly during the recent winter months. We are still faced with the basic need to increase numbers if the program is to be sustainable under the current arrangements.

Morning walks appear to have fallen out of favour – hopefully, a winter phenomenon.

Again this year we held a very successful Men's Health and Wellbeing Expo at the Shed to coincide with International Men's Health Week in June. The outstanding organisational skills of Graeme Weatherley and Chris Davidson, together with CJC support and a commendable team effort by our Sheddies, resulted in a two day program which impressed all who attended.

We are now well placed to allow more members to enjoy the workshop facilities, and I sense a growing enthusiasm to do so. I envisage a program based on training of members and additional trainers – using selected projects as training opportunities.

In conjunction with Carindale Rotary and Sgt David Beard, head of Carina PCYC, we are about to roll out a pilot program to provide guidance to local teenage lads who are struggling to find direction in their lives. An attractive

new “Boys’ Shed” facility is approaching completion at the PCYC complex. This is a challenging project which has enormous potential for community benefit and personal satisfaction for participating Sheddies.

Our financial situation is currently sound. We have been very successful in obtaining grants, but must now concentrate on Shed initiated revenue generating opportunities, exploration of innovative concepts, corporate sponsorship and donations.

Due to the expert editing of Bob Ikin and publishing skills of Neil Smith, our trademark newsletter “Nuts and Bolts” continues to achieve and exceed the benchmark standard for other sheds to follow.

Best wishes for the year ahead.

Myna Bird Traps

Work has definitely started on the traps. This is a great cause and for those blokes working on the project – well done and thank you.

Donate Life Event 3 August 2015 (article provided by Graham Findlay)

Graham (Lord) Ward and I volunteered (prior to the A.G.M. announcement date) to man the Carina Mens Shed marquee at the Australian Mens Shed Association Sponsored Donate Life event held in the Brookfield recreational reserve museum complex.

This event was originally scheduled for the same time as our Health Expo and like our expo was a little low in numbers attending possibly as it was during the week and a bit far out. It also had a lot of trouble getting media exposure. The national association had requested our attendance and along with about 21 other sheds and affiliated organisations, a grand show was put on.

We journeyed via the Clem 7 and that new one under Toowong cemetery (it is underused - 4 cars only sighted) but we sure saved time. We were the last to arrive but were allocated a very good location not far from the well catered food tent and opposite men's shed on line radio (how many of you knew that it existed?) I didn't. It broadcasts from Nundah. Once up Wardie and I took quick turns to coffee up and see just what others are doing. Beside us was a magnificent wood display including a long case grandfather clock. Examples of wood turning (the wood was all ply) was amazing and the list goes on.

Wood it seems is the dominating material of sheds. Though there was painting and at least two examples of leather work. Nearly all featured complete items but one enterprising display featured a mobile wood lathe and it had a good crowd. Another display used photographs on easels (innovative) for their entire display.

Some sheds are a bit homeless and featured their plans for the future and one had their plans to utilise an ex Army pre fab building they had managed to obtain. Another display was wooden toys similar to the ones our shed used to make when it started. Another has started on a push bike refurbishment and donation program. The Donate Life (ORGAN DONATION) is Government backed and as such had its own setup in the historic village hall. Displays and speakers were featured and they also made novel use of vintage

Now what you have all been awaiting - our display.

I can say we did well so well that even taking turns we did not get to sit down nor in depth see other displays. The Go Kart got the attention and people came to us and enjoyed our wood (second to none). Examples of the dinosaurs and t type puzzles and other items and our glass work of both disciplines all attracted favourable comment. In short both Graham and I thoroughly enjoyed representing our shed in this good cause. and the results I understand that despite the low general public attendance the results were great with approximately 50 signing up to donate and about 100 taking literature prior to a decision. So in this respect it was a success.



Chris Davidson's Project

Chris's project (with some help from his mates in the shed) is complete and in position – looks good.



Member Profile – David Spillane



Hi my name is David Spillane and I am proud to have been elected as your Vice president at the Carina men's shed.

Born in the UK in 1950 I immigrated to Australia in May 1972 as a ten pound POM, commencing work at the Evens Deakin shipyard at Kangaroo Point as a ships plumber on the construction of the Robert Miller Tanker, (the one that got stuck in the middle of the river during the 1974 Brisbane floods). I worked there until its closure in 1975. As a Journeyman tradesman I travelled and worked throughout Australia and New Guinea. Some highlights included stints in Bougainville, Esperance, Kalgoorlie and I spent three months in Laverton on an Aboriginal cattle station at Cosmo Newbury WA (very enlightening and rewarding experience). Most of my working life was in the plumbing supply industry starting as sales representative with Raymor working through to General Manager, however in 1995 Tradelink purchased Raymor and I became Queensland Regional Manager being promoted to National Marketing Manager in 1997 and since 2005 I have operated my own consulting business. Now retired, I work occasionally as a play up artist, singer and entertainer for the Australian Arts Health Institute, although quite challenging, I find connecting with people with dementia on their final life's journey very rewarding.

I have two grown up children Laura and Michael; I am a grandfather to three children with another boy on the way. Life is good I have a wonderful hobby singing with the River City Clippers barbershop chorus and have been a member for around 14 years, Highlights include singing at Steve Irwin's memorial service in front of the Prime Minister and a TV audience of over 150 million, I love singing with my octet Main Street and have started a singing group here at the men's shed, we meet every Monday at 1; 30 pm. I try to keep fit and regularly attend the exercise class in the Gym and pool; I am involved in dragon boat racing, and love to get on the water on my kayak.... Just like to say life does have its ups and downs, I like most have had my share, but several years ago I met my partner Lyndell and sharing a home together is the best thing that's happened in a long while .. A loving partner, family, friends and my mates at the shed means Life is Good ... David (Mickey)

The Shed Singers (article provided by David Spillane)



The Shed Singers continued...

Just about every Monday afternoon around 1; 30pm you can hear the sounds of singing and laughter coming from inside the shed, who is it? Yes it's the men's shed singers; the group was formed recently and already have a repertoire of 40 songs, they include good old fashioned sing-along favourites, Australiana and some great songs introduced by the fellows in the group.

The aims of the group were to have fun, mateship and sing together without musical accompaniment, stay in tune, in tempo and sing in unison, we would like to think we are on to track to meeting these goals and be able to share our love of singing with people inside and outside the shed.

If you think you would like to join us please approach any of the gang or just turn up on Monday afternoon, we usually sing for about an hour, all are welcome to either join in and sing or listen. In harmony David (Mickey) Spillane

Dust Extractors Project



If it looks like a duct, sounds like a duct then it probably is a duct..... Rob Cousins and his helpers have been working to finish this project.

Projects Update

Bevan Guttormsen reports the following projects are underway or completed:

- 5 x stools and 6 x mortar shells for Fort Lytton
 - 200 x miniature baseball bats
 - Squatters chairs
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PCYC Mentoring Project Update

(article provided by Sergeant David Beard, PCYC Carindale)

The Carindale PCYC youth shed program has entered its 3rd week with resounding results. The boys and men from Carina Men's Shed and Carindale Rotary have teamed up with Bunnings Cannon Hill and over the past two weeks, worked towards installing high quality and very useable work benches. It all takes time as both generations are learning each other's place in today's world.

I have seen some extraordinary moments of great communication, support and compassion and I am extremely proud of what we have entered into and are achieving. We are having the next two weeks off with school holidays and commitments to family and friends. When we return on Tuesday 6th October, 2015, the final touches of the work benches will be put together. From there, it's only our minds that will limit our capabilities. We already have plans to build park benches, toys, tables and repair bikes so its exciting times for all.

If you are interested in the project and would like to know more, please contact me either by email david.beard@pcyc.org.au or phone 3324 9652.

****A special thanks to our members who are participating in this very worthy cause.***



Jamie Oliver's Ministry of Food

In keeping with Mens Shed Carina's proud association with the Ministry of Food some of our members have signed up for the next program. Well done and members are looking forward to some culinary delights.



The Likely Lads



Geoff Cooper Preparing a Masterpiece

Shed Bridge Players Pass the Test

(article provided by Darryl Timms)

Seven Mens Shed Carina members visited the Mt Gravatt Mens Shed recently to play bridge with 5 of their members. A most enjoyable and rewarding morning and more importantly for our bridge players, they did all right! It seems that there will many more games with Mt Gravatt shed and hopefully other sheds to come.

Bridge is the ultimate card game. You are required to play your cards, and at times your partner's cards, to maximise the number of tricks taken, a skill that will stimulate your brain and your memory. The benefits include a sharper brain, greater memory function, social interaction and many pleasant hours together with other shed members. Playing Bridge can be addictive. It has been said; that once you play bridge you will lose all interest in other card games.

It is the ideal game for reducing the risks associated with aging but to learn the game can be demanding. However, Mens Shed Carina has the answer. We are fortunate enough to have an excellent teacher who has been whipping the current bridge players into shape. Julian Collis has the skills to deliver a series of lessons for all shed members who are willing to learn. Clearly it has been through his efforts that our members have the ability and confidence to venture forth into the world of bridge.

Should you recognize the benefits of playing bridge and want to know more, than our shed has the ideal opportunity for you to learn in a non-threatening, informal environment with other members of our shed. Julian is about to start a new series of lessons for beginners and there will be a group of his past graduates and other knowledgeable players to assist.

To summarise, experienced players, inexperienced players and beginners, are encouraged to join the shed bridge players every Thursday morning at the shed 9am to 12 noon. Not sure and want to know more, than speak to Julian or one of the guys who have already been hooked i.e. Darryl Timms, Peter Carter, Peter McAuley, Dave Hambly, Graeme Fraser, Murray Frampton, John Carmody.

Health and Welfare Corner

(article researched by Chris Davidson and sourced from the Australian Fitness Network website: www.fitnessnetwork.com.au)

As we age our bones become weaker and more susceptible to breaking, and the risk of developing osteoporosis increases significantly. Although three times as many women as men suffer from osteoporosis, around a quarter of a million Australian men have the disease, and it is most common among middle-aged men.

In the US, almost two million men suffer from osteoporosis and 16 million have low bone mass. These figures prompted a study, spearheaded by the University of Missouri, into types of exercise that men could undertake to prevent the disease. The researchers discovered that particular types of weight-lifting and jumping exercises, when undertaken for a minimum of six months, considerably improve bone density in active and healthy middle-aged men. The study, published in *Bone*, revealed that the bone mass of the whole body, lumbar spine and hip bones significantly increased after a six-month weight lifting program; offsetting the risks of developing osteoporosis by facilitating bone growth.

The research, led by Associate Professor Pam Hinton, studied a group of 38 physically active middle-aged men who participated in either a weight-lifting or jumping program for 12 months. The participants were required to complete 60-120 minutes of targeted exercises each week.

Each participant's bone mass was measured at the beginning of the study and again at six and 12 months. The results revealed that after six months the bone mass of the whole body and lumbar spine noticeably increased – and was maintained over the entire 12-month period.

According to Hinton, the training programs were effective as a result of targeted exercises. Hinton explained that 'only the bone experiencing the mechanical load is going to get stronger', which is why specific exercises like squats, deadlifts, lunges and the overhead press were chosen, in order to load the hips and spine.

Researchers concluded that these exercises could be prescribed to reverse the bone loss associated with ageing. The exercises undertaken by participants in this study are effective, safe and only require 60-120 minutes of time each week, a feasible goal for most people.

All Things Nautical - *(article provided by Bob Ikin)*

On a recent trip to the Maritime Museum in my great grandfather's home town, Queenscliff in Victoria I discovered he was a member of the voluntary lifeboat crew operating out of Queenscliff. He was a fisherman, a member of the Victorian Volunteer Artillery (precursor of the current Army Reserve) and a crew member of a lifeboat crew which responded to distress calls from ships in the treacherous waters around the Victorian coast. In the 1800s lifeboat crews rowed out through the Port Phillip Bay Heads and boats with engines were not introduced until 1926.


The Queenscliff Lifeboat Crew Circa 1890 (Obediah Ikin Second Back Row Far Right)



Grey Nomads Column – (article provided by Harry Davis)


Harry and his wife Jacqui have just returned from an overseas trip and they have written a very interesting article on the Amish.

Thanks Harry and Jacqui.

History	<ul style="list-style-type: none"> the Amish in Lancaster, Pennsylvania are descendants from the Anabaptists (Christians who believe in delaying baptism until the candidate confesses his or her faith) of Germany the PA Amish lifestyle reflects a way of life that is based on a literal interpretation of the Bible, as well as unwritten rules from the Amish Ordnung that prescribes behaviour, appearance and other aspects of the Amish culture
Education	<ul style="list-style-type: none"> formal education lasts only to year eight approved by Pennsylvanian education authorities to be acceptable one teacher Amish school with the teacher being usually a single women of the Amish faith children study a curriculum that emphasises basic skills - reading, writing, spelling, geography and arithmetic, plus both English and German the Amish in Pennsylvania speak a dialect of German known as Pennsylvania German or Pennsylvania Dutch at home and in their community 

Religion	<ul style="list-style-type: none"> life and work revolves around their religion baptised around 20 years of age but not forced to do so
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	<ul style="list-style-type: none"> • 3.5 hours church service are in High German (taught at school) and are held in peoples’ homes each alternate Sunday on a rotational basis, followed by a meal and games • Communion is taken twice a year • each “church” has 120 to 150 baptised persons in it • there are three levels of “clergy” – Deacons, Ministers and Bishop – for each “church” • these “clergy” are unpaid for their work • at “church” people, except the elderly, sit on long backless benches • no electricity or phone is allowed in the house • we saw a property having electricity connected to meet government regulations for health and safety of the general public • we also saw a small hut at the side of a house with a telephone in it to be used for business purposes only • some men have tried to convince their bishops to permit some modern advances but their success depends on the individual bishop • the young men and women between the ages of about 18 to 20 can have cars, phones, electricity and other modern technology as well as mix with others outside the Amish community • around the age of 20 the young man or woman chooses to be baptised or is banished from the family and “church” grouping
<p>Young people and Marriage</p>	<ul style="list-style-type: none"> • courtships stem from youth (18 to 20) meetings held late Sunday afternoon and Sunday night • seem to marry very young • marriage ceremonies are held at the bride’s parent’s home and lasts the seemingly obligatory 3.5 hours with the Bishop’s sermon being on how they should live • marriages are held usually on a Tuesday or Thursday with between 200 and 400 people attending • the couple are dressed in white for their wedding • divorce is not sanctioned in the Amish church but if couples are having a problem with their relationship they can ask the “clergy” for advice • divorce is seen as reason for excommunication
<p>Dress</p>	<ul style="list-style-type: none"> • Men and boys <ul style="list-style-type: none"> ○ solid colour shirt, broad fall dark trousers, braces, black socks and shoes, black or straw hat ○ If married have a beard; not married clean shaven • Women and girls <ul style="list-style-type: none"> ○ solid colour dress usually with long sleeves and full skirt, apron, prayer cap, flat shoes. Amish women are not permitted to wear jewellery or printed fabrics. • Children <ul style="list-style-type: none"> ○ are often found bare footed around the house
<p>Transport</p>	<ul style="list-style-type: none"> • one horse drawn buggy which are driven by boys and girls from an early age • the buggy has space for two people in the front and the children sit in the open back covered area • the buggy have steel rims on the wheels

	<ul style="list-style-type: none"> • they travel at about 10mph • must have safety triangle at the back for night driving • the newer buggies have battery power, often generated from solar, heaters inside the buggies, pneumatic suspension and are about \$20K each • the women often wash the horses 
<p>Travel outside the Village</p>	<ul style="list-style-type: none"> • there is an alternate Amish group called Mennonite living in the area as well • this group has some use of cars and other modern technology • they are called the Amish taxis • while we were away we saw an Amish family at Niagara Falls which could be some 350 miles away from home • Amish people are allowed to travel by bus and train to shop, work at markets or visit far-flung settlements. • the Amish are not allowed to drive a car but accepting a ride from a neighbour or hiring a driver is a way for the Amish to use cars as a means of transportation to social functions on the outskirts of the settlement
<p>Men's Work</p>	<ul style="list-style-type: none"> • men tend to undertake agricultural, dairying, carpentry work including making toys, birdhouses and scooters • most work for themselves and their family but some like carpenters do work for the Amish and the non-Amish people in the county • some of the men speak to groups of tourists about their way of life and their work pursuits • we visited a dairy farm that had a diesel generator for milking the cows and for refrigeration of the milk. This farmer uses the services of vets and uses artificial insemination for his cattle • they pay normal PAYG tax but do have to pay social service tax as they do not accept their equivalent of our aged pension



Women's Work

- look after the house and children
- build and maintain flower gardens around the house
- make craft items including quilting, shopping bags, purses, wallets, soft blankets, dolls, embroidery, knitting, homemade spreads and jams
- the above are usually all handmade including the quilting of bedspreads, table runners, pillow covers and blankets however some women use a treadle sewing machine as well
- work in Amish shops in the villages



Inter-Marriage

- the village we visited had a substantial number of families with the same surname
- the government monitors marriages and stops those that do not conform to the provisions of the county's equivalent of our Marriage Act

Restaurant

- we had dinner at a restaurant which is owned by a group of Amish
- the meal was very basic with the main course made up of different meats and vegetables produced by the local Amish community
- the quality of food was very good with the corn being exceptional
- the night we were there the first sitting had some 60 persons and the second most probably half that number

Puzzles, Jokes and Trivia

SCOTTISH LOVE STORY (joke provided by John Abbott)

An elderly man lay dying in his bed. While suffering almost insufferable agonies on his way to his final moment, he suddenly smelt the aroma of his favourite scones wafting up the stairs.

He gathered his remaining strength, and lifted himself from the bed.

Leaning on the wall, he slowly made his way out of the bedroom, gripping the banister; he slowly makes his way down the stairs to the kitchen.

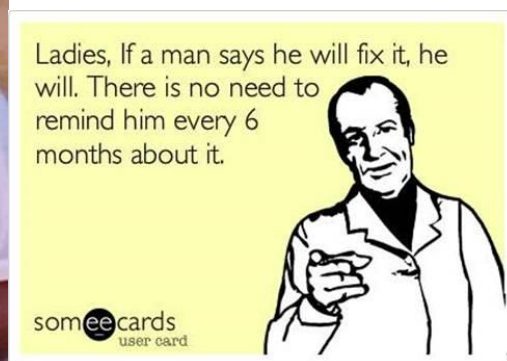
There, laid-out on the kitchen table, he sees a tray laden with his favourite scones. Was he already in heaven? Or was it one final act of love from his devoted wife of sixty years, seeing to it that he left this world a happy man?

Mustering one great final effort, he threw himself towards the table, landing on his knees in a rumped posture.

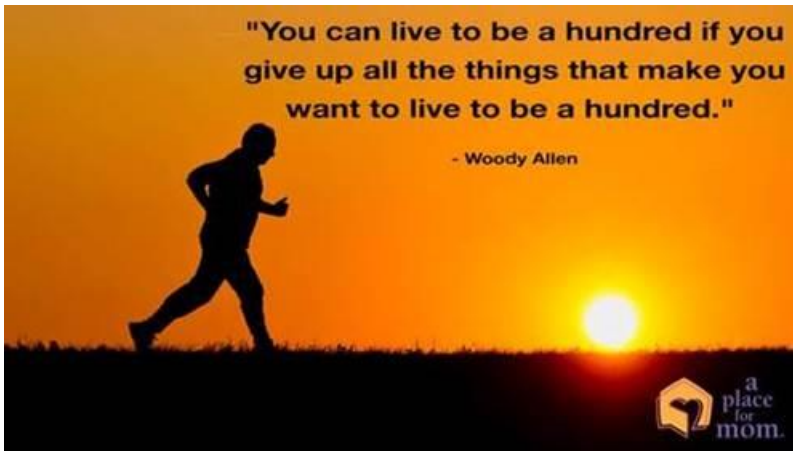
His aged and withered hand trembled towards a scone at the edge of the table, when suddenly, THWACK, his wife had appeared from behind him and, slapped his hand with a wooden spoon.

"Bugger off", she said, "They're for after the Funeral."

Cartoons – (provided by Steve Dalziel)



Quote of the Month



Believe it or Not - *(provided by Bob Ikin)*

I was talking recently to a bloke who was a National Serviceman in the 1950's. He served in the Army Artillery and he tells the story of gunnery practice on the Gold Coast. His unit used to do gunnery practice at Broadbeach where they would fire out to sea at targets (similar to a wind sock) towed by RAAF aircraft. He claims they didn't hit one target and that the pilots must have been extremely worried at times.

Mystery Object



Answer to Mystery Object

(object found at the Australian War Memorial, Canberra ACT)

A Model B gas producer manufactured by Electrolux, burnt charcoal and delivered enough gas to drive a vehicle for several kilometres.

Manufacturer – Studebaker Corporation and TJ Richards and Sons

Country of Origin – USA and Australia

Year – 1939

Engine – in line 6 cylinder