



Shed Torque

The Official Newsletter of the Mount Beauty & District Men's Shed

Issue 4 April–May 2024



2 Tennis Court Avenue, Mount Beauty, Victoria 3699. **Tel:** (03) 5754 4676
Email: secretary@mountbeautymensshed.org.au

Welcome again to '**Shed Torque**' covering the happenings in our shed and the valley during April and May, although it may be a bit disjointed this time, as some things have already happened, and other things are yet to come. But bear with me, because the idea is to entertain and inform, so, I'll try to be ambidextrous and do both things simultaneously.

First, some dates for your diary. Mark them on your calendar or on the fridge:

Diary Dates

- 15 Apr - Committee Meeting
- 19th Apr - Vinnies Birthday BBQ
- 25th Apr - Anzac Day Wreath laying etc
- 4th May - Community Picnic at Fire Station area
- 9th May - **Blairs Hut 4WD Trip***
- 13 May- Committee meeting
- 16 May- Positive Ageing Expo
- 17th May - Shed BBQ

* **Blair's Hut is in the West Kiewa Valley**, 40 km from Mt Beauty, accessed via the West Kiewa Logging Track.

We'll go into these in a bit more detail as we progress. But not in any particular order

Sat, 04 May | Mount Beauty Fire Station

Resilient Community Picnic

There will be displays and demonstrations throughout the morning so come along and get some advice and help with your Fire Plan. We will also be giving away showbags, food and hot and cold drinks.

**Saturday 4th May – 10:00 a.m. and 1:00 pm
At the Mount Beauty Fire Station**

The **Mount Beauty Neighborhood Centre** is hosting a community picnic again, which was quite a success last time. The Men's Shed will cook plenty of FREE BBQ sausages and other goodies for attendees who visit the various organisations showing their wares.



[Resilient Community Picnic](#)

There will be displays and demonstrations throughout the morning, so come along and get some advice and help with your Fire Plan. We will also give away show bags, food and hot and cold drinks.

Could be a good way to spend a morning in our beautiful town in some glorious Autumn weather. You might even meet some old friends.

Anzac Day — 25th April

We celebrated Anzac Day at the Cenotaph with remembrance services, wreath laying, and flag raising.

Reg Hollonds and *Warwick Mitchell* did the honours on behalf of the Shed.

Afterwards, there was the usual BBQ and goings on at the Mountain Monk Brewers. The Shed lend their BBQ to the RSL for this function. Thanks, Dick, for transporting it.

Another good day in our town in the autumn weather.



This might be a good time to remind ourselves about our own Shed Flag and recap its meaning and procedures.



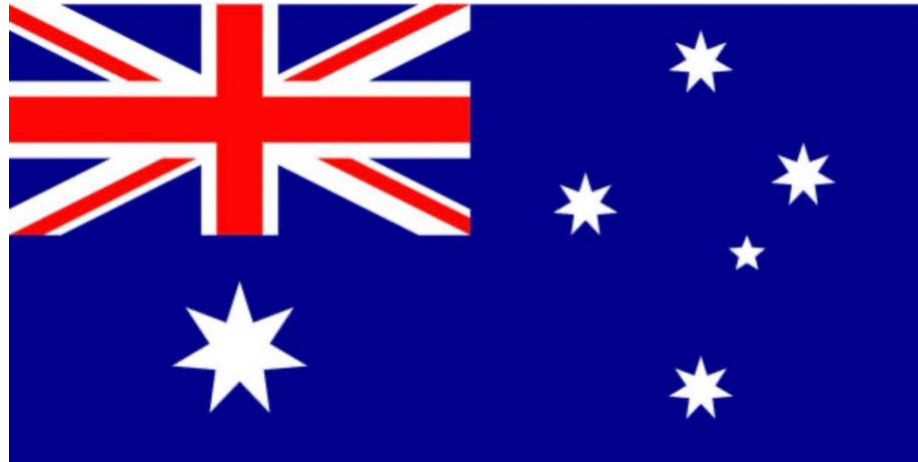
Australian National Flag

Union Jack

Acknowledges the history of British settlement in Australia.

Southern Cross

Stars of the Southern Cross represent our geographical position in the Southern Hemisphere.



Federation Star

The Commonwealth Star symbolises our Federation of States and Territories. Six points for the six States and the seven point for the Territories.

Alpha, Beta, Gamma & Delta are the four large Southern Cross stars. Epsilon is the fifth and smallest star, is not as bright as the others and has only five points.

Note — The same flag with a *red background* (**Australian Red Ensign**) is the flag for merchant vessels registered in Australia.

Our Shed has always flown the National Flag on workdays.

The then-sitting Federal MP **Cathy McGowen** (Independent for Indi) donated the first flag in 2016 for the Shed opening. Recently, that flag 'was worse for wear', and we needed a replacement. The office of **Helen Haines**, our current Federal MP for Indi, was approached, and another flag turned up in the mail.

So, with a **new flag**, a **new rope** and the **same pole**, all is good for another eight years.

Below are some facts about the protocols of flag use that we all should be aware of.

Procedure for the Display of the Australian National Flag

The Australian National Flag must be accorded the dignity required by a national symbol, and as such, we should carefully adhere to the correct procedure. Below are a few points worthy of note about flying the flag correctly and effectively.

1. The flag should be flown aloft and free, with all parts easily visible.
2. It should be raised quickly and lowered slowly and ceremonially.
3. It should be well illuminated if it is to be flown at night:
4. It should be flown on all Commonwealth government buildings during working hours.

5. Companies and private citizens are encouraged to fly the Australian National Flag.
6. When the Australian National Flag is flown with flags of other sovereign nations, it should be the same size and fly at the same height as all other flags.
7. If more than one flag is flown, each flag should fly on a separate flag pole, with the Australian National flag taking the place of honour.
8. The Australian National Flag should be the first flag raised, and the last flag lowered unless the number of flags and attendants allows them to be raised and lowered together.
9. When a flag becomes dilapidated and is no longer suitable for use, it may be destroyed dignifiedly by being burned privately. However, some modern fabrics are unsuitable for burning, so it has become acceptable to cut flags made from such fabrics into small, unrecognisable pieces before disposal.

Improper use or display of the Australian National Flag

1. The Australian National Flag should not be flown with another flag on the same pole.
 2. It should not be flown together with the Australian Red Ensign (Merchant Navy Flag).
 3. The Australian National Flag should not be permitted to lie on the ground. It should be correctly fastened so as not to fall to the ground.
 4. It should not be used to hide spaces between the floor and the lower level of a desk, dais or platform.
 5. The Australian National Flag should not be used as a cover for a statue or monument, a plaque at an unveiling ceremony, a table, a chair, or other furniture.
 6. The Australian National Flag should not be defaced by any object or badge attached to it or superimposed upon it,
 7. The Australian National Flag should not be flown upside down. It is a myth that it should be flown upside down as a signal of distress.
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Odd Bits

- A computer once beat me at chess, but it was no match for me at kickboxing.
- I bought a vacuum cleaner six months ago, and so far, it has only been gathering dust.

What a wonderful world it would be.

A female CNN journalist heard about a very old Jewish man who had been going to the Western Wall to pray, twice a day, every day, for a long, long time.

So, she went to check it out. She went to the Western Wall, and there he was, walking slowly up to the holy site.

She watched him pray and after about 45 minutes, when he turned to leave, using a cane and moving very slowly, she approached him for an interview.

"Pardon me, sir, I'm Rebecca Smith from CNN. What's your name?"

"Morris Feinberg," he replied.

"Sir, how long have you been coming to the Western Wall and praying?"

"For about 60 years."

"60 years! That's amazing! What do you pray for?"

"I pray for peace between the Christians, Jews and the Muslims.

"I pray for all the wars and all the hatred to stop.

"I pray for all our children to grow up safely as responsible adults and to love their fellow man.

"I pray that politicians tell us the truth and put the people's interests ahead of theirs.

"How do you feel after doing this for 60 years?" asked the journalist.

"Like I'm talking to a brick wall."





Ian Howleys 'Bald Patch'
Just wait till the hair restorer starts to work



Jumper-leads didn't work!

Vinnie and his SAAB

How can an old bloke approaching ninety years old get emotional over a 29-year-old car that he bought for peanuts 14 years ago when it stops going for no apparent reason?

Well, first of all, it's a SAAB, and not only that, but it's a SAAB 900S, which means it is a 'Classic', and not designed to do such things.

It has served me well and has been lovingly tended to, even better than my wife and family.

Was it any wonder that I used a fistful of tissues to wipe away the tears as it was pulled up on to the RACV tow truck and deposited on our front nature strip with the front bonnet up for everyone to see? It was embarrassing, to say the least. Now, this state of affairs could not go on. Decisions had to be made. Do I give my faithful friend a decent, quick, and painful burial, or do I do an intimate diagnosis of its vital organs and try to bring about resuscitation?

- First, check the heart (Battery), next let the brain (computer) rest 24 hours.
- Second, check fuel – AOK
- Third, check for sparks – The distributor is full of oil and dirt- clean it all out.
- Fourth, replace everything, cleaning all electrical connections.
- Fifth, insert the ignition key, twist and prey to the 'God of Engines'.
- Sixth, scream and shout like an idiot, kiss its bonnet, and as my old friend comes to life again, I throw my wet tissues in the recycle bin and take him for a drive round the block.

Now, Vinnie and his SAAB are happily reunited again.

However, after 3 days of 'elated driving' we got to the high part of Lakeside Drive, and she died on me again.

Luckily, she kept on rolling and with a bit of masterful 'unpowered' driving, we rolled down the hill, past the library, left down Nelse Street, then right, where we bounced to a standstill up on to the nature strip.

And the tissues came out again.



Time for a Mate report

Shane Clooney had heard about our '**Time for a Mate**' initiative and rang me to see if we could help him attend a scan appointment in Albury.

Now it happened that I had some business to attend to there on the day in question, and rather than involve anyone else on the list and to make this a 'practice run', I offered my services.

Everything went like clockwork.

I dropped Shane at the hospital entrance. He phoned me when he was finished while I did what I had to do. I then picked him up at the entrance. We continued together, making a couple of other calls and some lunch.

No parking problems, no wasted time, a pleasant day spent getting to know a 'Mate' a bit better, and a feeling that you had helped.

CNC Router – another update



The assembly of our \$10,000 CNC Router is progressing well. From left: **Mal Darwent** who just installed the front window that moves up and down on weights and **Pip Armitage** working on the electrical and computer set up. Not pictured is **Dick Puttyfoot** who is also doing a power of work on the electronics side.

This issue 'pick-on' for a 'profile person' is:

Mark Hardidge

Mark is a previous Shed Torque editor who did a great job and left some very big boots for his fellow editors to fill. He deserves every accolade he can get.

Editor's note: *After reading his profile, I think Mark has a deal of experience as an 'enforcer', which he has used to good effect in his dealings with all shed members and gaining their respect of his opinions and input. He is an asset to the shed with his wife Maureen, they make a great duo.*



Greetings, fellow Shed members. The following missive is what results from not attending meetings and being unable to defend oneself.

I have been asked to be the first to submit a "Member Profile" for your entertainment to which there was no option of refusal. (You know what Dick and Paul are like when they're angry.) So, here goes, better than taking a sleeping tablet.

After leaving school I joined Her Majesty's Customs (HMC) at the age of 18. Over my 35 year career, the department underwent a lot of name and administration changes: HMC, Customs & Excise, Business & Consumer Affairs, Australian Customs, Australian Customs & Border Protection, Australian Border Force (ABF). The careers offered by the ABF are widely varied from administering government policy to front line protection. Not being one for paperwork I elected to keep my career allied directly to hands-on border protection so worked in the following areas;

- Waterfront patrol and ships search.
- Investigator with the Federal Narcotics Bureau.
- Baggage search and Primary duties at Melbourne Airport.
- Launch Master with the Marine Group.
- Inland Revenue Auditor – Auditing bond stores throughout Victoria, i.e. duty-free stores, bonded import vehicles etc.
- Waterfront Enforcement Groups.
- Contraband Enforcement Teams.
- National Monitoring Centre.
- Operational Command Instructor.
- Intelligence Co-Ordinator.

These roles, especially Operational Command Instructor provided me with the opportunity to travel around Australia instructing on such topics as National CCTV operation, Customs HF, VHF, UHF and satellite communications. I even managed to get sent to New Zealand to board a cruise ship to clear it on its voyage back to Australia.

During my time living south of Melbourne, I also did 18 years as a volunteer with Langwarrin CFA doing firefighting and road rescue. What brought me to our valley was that in 1980 our family commenced our annual skiing holiday to Falls Creek

every year (31 years) during which time we managed to stay on and off the mountain and established some great and lasting friendships. On retirement in 2011, living in what was by then the suburbs, held no appeal, and as the kids had moved far, far away, we were free to choose where we wanted to live. Retired Jan 21, moved here Jan 22. Easy choice.....

My hobbies are The Shed, The Shed, The Shed and shooting.

To me, The Shed means mates. To talk with and to listen to.

Cheers all, Mark H...

19th April 2024 — 90 years



How lucky can an old bloke be?

I was awakened at 8-00am with GOOGLE wishing me a happy birthday, then my phone never stopped all day, with Birthday wishes from all my family and friends. I had definite instructions not to be late for our monthly Bar-b-Que as emails had been sent to all members to attend this special day of celebration for Vinnies 90th Birthday.

What a special day it was too. I will remember it for the rest of my life, with all the love, kindness, and best wishes from everyone who put in so much effort to make this day memorable.

Words fail me, so I'll use pictures to show the celebrations.

Great Mates and Wives

The food was delicious, nicely presented, and appreciated by all.

After the food, there were a couple of introductory speeches, telling 'lies' all about my involvement in the Shed happenings, and then a poem from Dick.

This is Dicks contribution:

We all know a little guy. Who makes some wonderous things,

Birdseed feeders, cutting boards, and Blow-up dunnies just pull the strings.

Irvin, wee little Irvin, built the biggest handcart in the shed

He's really clever at making things Ladder golf, 'n' spice racks,
boards that hold your grog And a box for breeding birds.

Irvin, our good mate, Irvin,

Whose clever little hands-built stuff for our shed.

Wood with pegs to hold your coats, that's not all he does, oh no.

He renovates his bathroom and does a wonderful job.

Irvin, short smart, Irvin.

Whose stuff goes on our handcart in our Shed.

All the while, he writes new poems, and his poems are renowned.

Won some competitions sprucing, in far north outback towns.

Irvin, our handcart builder. Built the biggest in our Shed.

And now he writes our '**Shed Torque**', can't keep the young bloke down,

All our deep dark secret stuff is becoming world renown.

Irvin, now who is 90, and runs the only handcart in our Shed.

Thank you, Dick, very much appreciated.

A rousing rendition of 'Happy Birthday' was followed by my wonderful, beautiful Birthday Cake presentation.



Committee members with Irvin — From left: Mark Hardidge, Paul L'Huillier, Ian Howley, Irvin Beeston (cutting his cake), Campbell Ford, Barry Hinson and President Dick Puttyfoot.



Elene Wood with Dick
And my beautiful cake

My cake was a work of art in the shape of a poetry book by **Elene Wood**. I will let her describe it.

*It is a Strawberry and Champagne Victoria Sponge Cake.
It has a Strawberry Swiss Meringue Butter Cream
Masked in Swiss White Chocolate Ganache then covered in fondant.
The flowers and poetry book are all made with sugar fondant.
As mentioned earlier, the cake was made with love so extra effort went into creating this special treat for Irvin.*

The day ended with me offering my heartfelt thanks to all my friends and then reciting a couple of specially composed poems which I reproduced below.

*That was one hell of a birthday
Thank You*

It's my birthday; I can do anything.

So, I'm going to do two poems.

This first one is a personal reflection of my life and my attitude to life in general. Just so you all know me better. I have named this poem

"Reflections"

I really have this feeling, that I'm growing old too fast,
My mind is still in overtime, thinks my body just won't last,
It just will not keep up with me, does not matter what I do,
It keeps on aching, then slows down, and won't do what I want it to.

I've had a sense of wanderlust, ever since I was a kid,
I just had to keep on moving, didn't matter what I did,
Had to keep on moving forward, no good living in the past,
I had so many things to do before I breathed my last.

But when I take that final breath, I'll have lived life to the full,
I have never made a fortune, but my life was never dull,
I just did what I wanted to, relished every minute,
I've taken much more out of life, than ever I put in it.

I went to sea, I saw the world, I lived with other races,
I got to get inside their thoughts, see what's behind those faces,
I found they were no different, their needs, the same as mine,
All we ever need is friendship, it's a winner every time.

I made lots of friends, in my life, they never asked for much,
Never needed anything more, than a heartfelt, loving touch,
They gave their love, and so much more, they asked nothing in return,
And they made me feel so special, with a love I could not earn.

Now as my life advances, I think I am getting wise,
I don't hear all the words they say, or see clearly with my eyes,
But I still feel the love around, as I go from year to year,



And feel there's still a place for me, with the folks, I hold most dear.

When I reflect back on my life, I wonder where it went to.
Did I go wrong? or do it right? or live like I was meant to?
I feel that I just did my best, maybe brought a little cheer,
I just hope that I can keep it up, and to live another year.

Irvin Beeston 2024

This second poem I dedicate to all my mate's, friends, enemies, all and sundry who have an interest in the Mount Beauty Men's Shed.

I knew you'd do this to me, and make me cut a cake,
Then blow out 90 candles, then a speech I'd have to make,
Now I'm a 'nonagrian', I'll tell you what that means,
It means I'm over 90, and no longer in my teens.

I wondered what I'd feel like, when I started to grow old,
Would I really lose my marbles, and not do what I was told,
Would I become so obstinate and refuse to toe the line.
Would not accept the reality, I was running out of time.

My body's not quite like it was when I was so young and free.
What only took a minute then, takes at least another three,
Like putting on my socks I find, I just can't reach my feet,
My finger ends and my toes just don't seem to want to meet.

I used to rise at crack of dawn, and would exercise with vim,
But toilet trips, throughout the night, means I always, just sleep in,
My exercise is to pick up pills, that always drop down on the floor,
And then I have a dizzy spell, thank God, I don't take more.

It always seems there's jobs to do, and they're down there on the floor,
Now it's easy getting down there, getting up takes so much more,
My legs won't bend, my back locks up, and my joints all start to freeze,
Roll around the floor back to front but can't straighten up my knees.

It seems my time is nearly up, and I'm passed my 'used-by date.'
What should I tell St Peter when we meet at the Pearly Gate?
"Tell your boss he'll have to wait", cos "I'll be a long time dead",
I'm celebrating 90 years, with all my mates, down in the shed.

Irvin Beeston 19 Apr 2024

Rotary Club Car Boot Sale — Saturday 30th March

I saw some shed members alive and kicking before 8-00 am, loading up trailers with our leftover leftovers from previous garage sales, adding to other people's leftovers at the Rotary Car Boot Sale at the Secondary College Soccer Field.

All 'not-for-profit' organisations were represented, and if they were like us, they didn't make anything.

However, we feel our attendance contributed to our friends at the Rotary Club, and we met many friendly visitors and locals.



*Pictured from left: **Ian Howley** and **Peter Donnan** on the job.*



We live in a great community.

Mental Health First Aid Seminar

The Mount Beauty & District Men's Shed and Bright United Men's Shed held a Mental Health First Aid Seminar on Thursday, March 21st, 2024, at Mount Beauty.

The five-hour seminar was conducted by John Garrett of Garratt Heath Services Pty Ltd — Wodonga. The seminar aimed to empower participants to provide better initial support to someone who is developing mental health problems or experiencing a mental health crisis, e.g. suicidal thoughts.

Over the previous five months, participants had to complete three questionnaires relating to the subject for a study conducted by Melbourne University.

Nine members participated and should be congratulated for their participation. It's good to know that we have Shed members who can look after our welfare.

Our Shed participants were *Henry Ziemnicki, Ian Howley, Peter Donnan, Noel McDougall, Larry Gardam and Paul L'Huillier.*



A Few more 'ODD BITS'



I think it's about time to slow down the 'Kindling makers'. A few days ago, this was the view from the pondage, looking over the town to Mt Beauty.

The Blacksmith and his Mate

Les Bevan (right) and *Peter Mundy* smelting lead for sash weights.

I don't know which Church roof 'donated?' the lead.

I didn't ask.



Another creation from Warwick and Henry.

A pretend kitchen sink for the **Lakeview Childcare Centre**, so the kids can learn to wash up instead of Dad doing it all the time.

However, hereby hangs a tale:

Warwick delivered his sink to the 'kindy' and found the old one there needed desperate renovations, so he brought it back to the shed for repairs next week.

Warwick returned the next week to find that someone had stolen his sink, so he made a few colourful comments and stated what he might do to the culprit.



Eventually, the thief owned up, in the form of *Dick Puttyfoot*, thinking it was tip material that he could use at home.

The instructions were to return it to the shed immediately so that we could bring *Warwick* calmly back down to earth again.



*The new sink is located at the Lakeside Childcare Centre. **Warwick Mitchell** with two of the staff after delivery. **Note** — In 2016, the Shed made a similar sink, which is now at the Shed for repairs.*

The Shed Garden



Please compare the above pictures, and you can see the difference that one man's dedication and efforts have made to the presentation of our Shed.

Thank you, *Paul L'Huillier*, you've done a fantastic job.

Last Words

It seems that most of this issue has been about me and my birthday, but I have since discovered that I'm not the only one with a 90th Birthday and that I'm not the oldest in the Shed.



Our oldest Shed member is **Geoff Reid***, who was born two days before me on April 17, 1934.



Happy Birthday, Geoff; you make me feel younger. *He now lives *in Wodonga*.

This has been a marathon Issue, with so much happening in my life and in the Shed.

I've missed some items, and some are a bit overdue, but I hope that you have enjoyed my musings and the information.

Irvin Beeston — May 2024