



Shed Torque

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

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Greetings

G'Day All. As mentioned, attendance at The Shed has been minimal as of recent times due to the annual migration north for many members who find the Mt Beauty winter, shall we say challenging. This is not to say that no work has been done as a dedicated group has ensured that work continues to "tick over". Read on to get the latest on our labours.

We had a visitor to our Shed the other morning. Whilst loading the possum boxes, Tim McCurdy (National Party), State member for the electorate of Ovens Valley came over, after visiting the NHC, to say hi and welcome us to his electorate. Our valley has been removed from the electorate of Benambra and Bill Tilley and handed over to Tim, effective from November this year. Tim didn't have time for a cuppa but said he'd be back at a later date to sit in.

Committee Corner



Sorry, no committee meetings have been held since our last *Shed Torque* although electronic communications indicates that there is some interest in a hydraulic press for the metal workers. The purchase of this machine has been a "pressing" matter for some time with its purchase putting the committee under some "pressure". Discussion for the next CoM Meeting.

Off-Cuts

(snippets of news from around the Shed)

- **Birthdays this month** — Congratulations to *John Driver, Les Bevan and John Hunt* who celebrate a birthday this month.
- **West Peak Raffle** — Friday 5th August (5:30pm with raffle at 7:00 pm).
- **Men on holidays** — RH, HZ, MH, N McD, PL'H, PA, LG, WM, MD. Most have headed north for a period and some have returned.
- **Barry Hinson** — Great to see Barry back in the Shed after his latest round of treatment. He is a very important part of our Shed's operations.
- **The McKay Street Ski Lodge** — *Irvin* was caught out hiding in the Men's Shed to get away from all his northern relatives who pay him a visit each snow season. He says it has been 'pandemonium' at the *Beeston* residence.
- **Sailing** — *Phil Armitage and wife Margaret* have been sailing their yacht up the east coast of Australia the last five months and are still going. Last reported location was Tin Can Bay Queensland (60km north of Noosa QLD).
- **Neighbourhood Centre Rose Garden Cafe** has closed until further notice. Coffees are available on Tuesdays and Fridays (10am to 2pm). Our *Henry* is the Coffee King on Friday so drop in and order one. They are very good.
- The **Australian Governments Mobile Service Centre** will be in the Neighbourhood Centre carpark on Wednesday 10th August 9am - 3pm. *What is it?* Find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people. Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available. Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.
- A **snooker table** has been donated to the Shed by *Dick Puttyfoot*. Maybe a Shed tournament is in the offering after the boys get in a bit of practice. *Warwick* has constructed a wooden cover for it and *Derek* has painted the cover so it can be used as another bench when not in use.
- **Sarah Buckley (Alpine Shire - Facilities)** will visit the Shed on Tuesday 2nd August to discuss our request to locate a Storage Container next to our Storage Shed.
- **Committee Meeting** — Monday 8th August.
- **Monthly BBQ** — Friday 12th August. 12 noon sit down lunch. Cost is \$7,00.
- **Shed AGM** — Coming up on Friday 16th September including monthly BBQ.

How to Find Meaning in Older Age

Carry your life purpose into retirement and reap the benefits.

The **National Ageing Research Institute** asked a group of 23 retirees aged between 69 and 93 what gave them meaning and purpose now and whether this had changed. Most said little had changed, that they'd learnt their core values from their parents and tried to live up to these throughout life. A sense of community was key to them now, whether it's a family, neighbourhood or local group of interest. But by far the most important thing was feeling that they were able to make a contribution, whether by volunteering, caring for others, helping families, doing odd jobs or even looking after themselves so they didn't rely on others.

They said that doing things for people "[satisfies a need within us for being worthwhile](#)" and "[increases our own sense of self and value](#)".

5 Ways to Live with Purpose

1. **Find your passion:** In later life, you may have more time to devote to your interests, be they artistic, creative, political, spiritual or recreational.
2. **Plan for it:** Start thinking about how you might like to spend your time when you're older.
3. **Adapt to your circumstances:** If your job or career has given life meaning, perhaps you can volunteer in the same sector or act as a mentor.
4. **Make the best of your situation:** During retirement, you might be thrown into a scenario you never envisaged, such as caring for a parent. It's an opportunity for giving that can be a privilege and provide great satisfaction.
5. **Make a contribution:** Whether it be as a home handyman or soup kitchen volunteer, "*giving back*" benefits everyone.

We Need Grants

And this is how we do it (click the link to see what is involved in applying).

The Our Regions: Living Local – Regional Fund

<<https://www.rdv.vic.gov.au/grants-and-programs/living-local-regional-fund>>

Whenever my wife uses
the phrase:



That means I have to
move, build, paint, or
buy something.

**When your daughter lets Pa babysit the grandkids at the Men's
Shed**



New motor in Kindling Splitter

Les Bevan has installed the new, high powered motor complete with twin drive belts and double pulleys. I think it also has double overhead fox tails and chrome plated grease nipples. We seem to be selling bags of kindling just as quick as we can produce them. Just to let you know that we have sold 51 bags (\$510.00) of Kindling in July – 14 bags sold this week.

Thanks for all your work on the Splitter Les, it certainly is a good money earner for the Shed.



Deer guard progress

Friends of the Clover Arboretum Deer Guards. They will let us know when and where to position the guards at the Arboretum.



Glider Possum Boxes

We have just completed a large project for an organisation called 'Trust for Nature' <<https://trustfornature.org.au>>. We manufactured 25 Gliding Possum Boxes for them and they were picked up last Wednesday.

Trust for Nature is a Not For Profit organisation operating throughout Victoria. They only work on private land NOT National Parks, State Parks or State run Conservation areas etc. They source funding from donations, Victorian and Federal Government.

Pictured from left *Shae Brennan* (Trust for Nature - Senior Conservation Officer - Wangaratta Office) and *Warwick Mitchell*. *Mal Darwent*, *Warwick Mitchell* and *Derek Hutton* were the main workers on this project.



A "Flat Pack" Possum Box.



From Left: Warwick Mitchell & Mal Darwent

Neighbourhood Centre Trailer

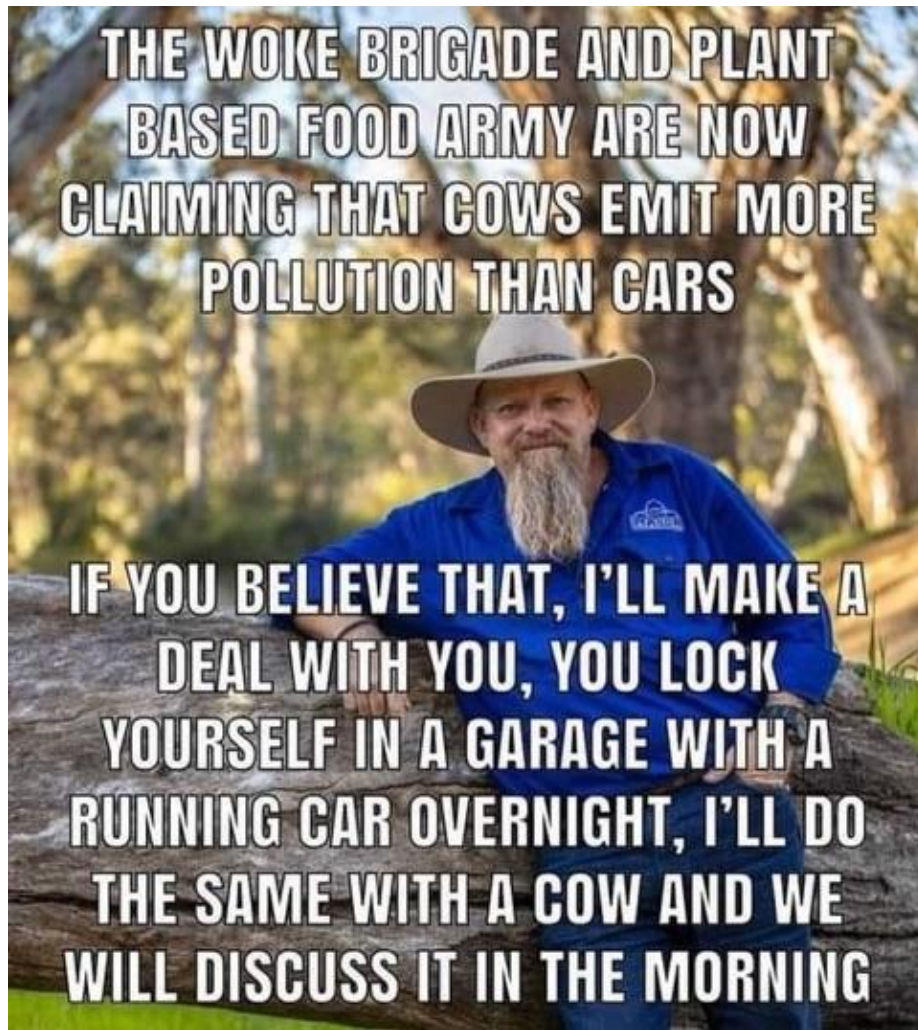
Mark Hardidge moved the RED Trailer to the north side of the West Wing. Shane and Mark plan to work on it to remove the cage. Shane will then remove the lights, jockey wheel and hitch from the OLD NHCentre Trailer to be used on the RED Trailer. The old trailer frame maybe used by the Green Thumb ladies as a garden box.



Flat Pack Desk

A flat pack Desk for a satisfied client. Thanks to Shane and Mark for putting it together.





Farewell Jeremy.

We bid Farewell to *Jeremy & Jenny Reichel* as they depart the UKV to tour Australia. We thank Jeremy for all the work he has done in developing the Shed to where it is today. His building knowledge and input has been invaluable. Please don't forget where the UKV is and a cuppa at morning tea is always on. We wish you both a safe and happy journey.



From left: Dick Puttyfoot (president) & Jeremy Reichel

How our Shed works.

One bloke works, the others stand around and watch. Well, it's better than them giving advice then we'd never get it done!



From Left: Mal Darwent, Irvin Beeston & Shane Clooney

Plaque & Shelves

Ian Howley erecting the Plaque that recognises the large contribution the Victorian Government made so we could build the West Wing and his shelf remodelling work at the Uniting Church Op Shop.



What a Sardonic Senior Might Say:

My tolerance for idiots is extremely low these days. I used to have some immunity built up; but obviously there's a new strain out there.

It's not my age that bothers me; it's the side effects.

I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash day.

As I watch this generation try and rewrite our history, I'm sure of one thing: It will be misspelled and have no punctuation.

As I've gotten older, people think I've become lazy. The truth is I'm just being more energy efficient.

Turns out that being a "senior" is mostly just googling how to do stuff.

I want to be 18 again and ruin my life differently. I have new ideas.

God promised men that good and obedient wives would be found in all corners of the world. Then he made the earth round... and laughed and laughed and laughed.

I'm on two diets. I wasn't getting enough food on one.

I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.

My mind is like an internet browser. At least 19 open tabs, 3 of them are frozen, and I have no clue where the music is coming from.

Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling.

Apparently RSVPing to a wedding invitation, "Maybe next time", isn't the correct response.

She says I keep pushing her buttons. If that were true, I would have found mute by now.

So you've been eating pies and McDonalds all your life, but you won't take the vaccine because you don't know what's in it. Are you kidding me?

Sometimes the Universe puts you in the same situation again to see if you're still as stupid as the first time.

"There is no such thing as a grouchy old person. The truth is that once you get old, you stop being polite and start being honest."

The Pun.

The pun is the lowest form of wit, but it takes smart people to think them up! (Be prepared to groan, or smile, whatever makes you happiest).

- * Dad, are we pyromaniacs? Yes, we arson.
- * She was only a moonshiner's daughter, but I miss her still.
- * What do you call a pig with laryngitis? Disgruntled.
- * Why do bees stay in their hives during winter? Swarm.
- * Just so everyone is clear, I'm going to put my glasses on.
- * A commander walks into a bar and orders everyone around.
- * I lost my job as a stage designer. I left without making a scene.
- * Never buy flowers from a monk. Only you can prevent florist friars.
- * How much did the pirate pay to get his ears pierced? A buccaneer.
- * I once worked at a cheap pizza shop to get by. I kneaded the dough.
- * My friends and I have named our band 'Duvet'. It's a cover band.
- * I lost my girlfriend's audiobook, and now I'll never hear the end of it.
- * Why is 'dark' spelled with a k and not c? Because you can't "c" in the dark.
- * Why is it unwise to share your secrets with a clock? Well, time will tell.
- * When I told my contractor I didn't want carpeted steps, they gave me a blank stare.
- * Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, not U2 again."
- * Prison is just one word to you, but for some people, it's a whole sentence.
- * Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.
- * I'm trying to organize a hide and seek tournament, but good players are really hard to find.
- * I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road.
- * What do you say to comfort a friend who's struggling with grammar? There, their, they're.

- * I went to the toy store and asked the assistant where the Schwarzenegger dolls are and he replied, "Aisle B, back."
- * What did the surgeon say to the patient who insisted on closing up their own incision? Suture self.
- * I've started telling everyone about the benefits of eating dried grapes. It's all about raising awareness.

Editor.

Well, that brings the August edition of [Shed Torque](#) to an end and I hope you've had an informative read on what's happening at your Shed with a couple of chuckles as well.

Don't forget, if you have an article you think would be suitable for inclusion in Shed Torque or an item you wish to sell that you think a fellow member may be interested in, please send it to me at <maurk01@bigpond.com> for inclusion in the next edition. As always, any suggestions on improving the running of the Men's Shed are always considered before discarding out of hand. 😊

Again, thanks to Paul L'Huillier for his information and keeping us up to date with what's happening.

*Cheers All
Mark Hardidge*