

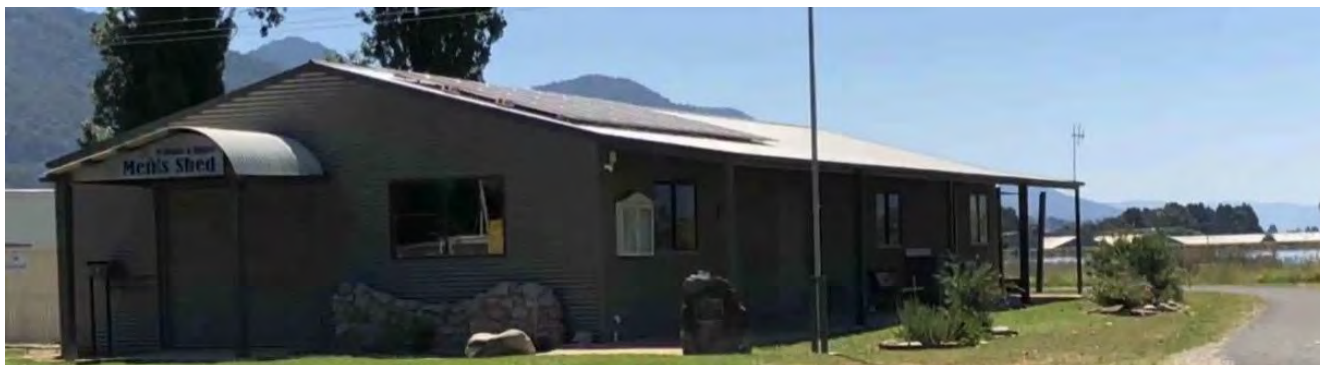


# Shed Torque

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

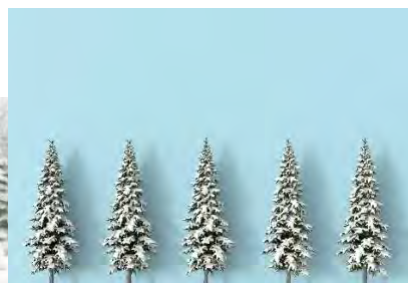
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## *Christmas Greetings*

G'Day All. Time for our December (Christmas) edition of Shed Torque. Enjoy.

**A Christmas message from President Dick Puttyfoot**



*"Thank-you to all the members and committee that have worked hard and well with each other throughout the year. To all members and their families I wish you a Happy and Joyful Christmas with another new year of fulfillment and happiness."*

## Committee Corner.

Dates to Remember.

- **Committee Meeting: Monday 12th Dec**
  - **\*Shed closes: Wednesday 14th Dec**
  - **Shed Garage Sale Sunday 1<sup>st</sup> Jan 2023**
  - **\*Shed reopens Tuesday Jan 10th 2023**
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Ian Howly and Paul L'Huillier attended the **Murray/Hume Men's Shed Cluster Meeting** as Shed reps. It was held at the Wodonga Men's Shed. Maybe 30 Sheds in attendance from NE Vic, Albury and Riverina NSW. Approx 100 people.

FYI re *Wodonga Men's Shed Kindling Project*. They have a large kindling production set up using donated pallets, a kindling splitter and they also cut a lot manually. Worth \$7 to \$8 thousand dollars per year to them.

They don't sell from the Shed but distribute 6 kg bags (which they weigh) to businesses for \$9.50/bag and the business sell to public for whatever price they put on it.

Interesting the Wodonga Men's Shed only opens for three mornings per week – 9am to 12 noon though I was told some come in at 8am and leave early afternoon if jobs need to be done. Any options on us using half days (am). That is the time most members attend.

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Our Shed will be expanding its opening times for 2023. There are a number of projects that require extra time spent on them during the week so a decision was made to open Tuesday and Wednesday 0930 – 1530 and Thursday 0930 - 1230

There will be a minimum of 2 persons to have the Shed open and at least one will be a Supervisor/Committee Member.

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A **competency guide** will be reintroduced which will display a list of our power equipment and who has been approved to use those items. Those already checked out and listed on a previous list will not have to be rechecked. Those that are new to such power equipment can be checked or trained as required.



## *Never question a mechanical engineer.*

A giant ship's engine broke down and no one could repair it, so they hired a Mechanical Engineer with over 30 years of experience.

He inspected the engine very carefully, from top to bottom. After seeing everything, the engineer unloaded his bag and pulled out a small hammer.

He knocked something gently. Soon, the engine came to life again. The engine has been fixed!

A week later the engineer mentioned to the ship owner that the total cost of repairing the giant ship was \$20,000.

"What?!" said the owner.

"You did almost nothing. Give us a detailed bill."

The answer is simple:

Tap with a hammer: \$2

Know where to knock and how much to knock: \$19,998

The importance of appreciating one's expertise and experience...because those are the results of struggles, experiments and even tears.

If I do a job in 30 minutes it's because I spent 20 years learning how to do that in 30 minutes. You owe me for the years, not the minutes.

## Off-Cuts - by PP

1. [Shed will re-open on Tuesday 10<sup>th</sup> January 2023](#). It closed Wednesday 14<sup>th</sup> December. Shed will also be open on Thursdays (9:30 am to 12:30 pm).
2. [Tom Lawler](#) — We wish *Tom* well with the diagnoses and treatment of some current health issues.
3. [Peter Donnan \(P1\) and Peter Munday \(P2\)](#) (new members) — *Peter* (P1) will be co-opted to the committee in the new year and will fill an important role. Peter thank you for volunteering to get involved in the administration of the Shed.
4. [Santas/Elves around town](#) — This project has finished thanks to the leadership of *Henry Ziemnicki* and all his helpers: *Mal, Peter, Dick, Duncan, Derek, Larry, Reg and Shane*. A special thanks to the local Mt Beauty Art Group for doing the artwork. Top job. Six large and five small Santas and four Elves were produced. They have been distributed to businesses in Mt Beauty, Tawonga South and Tawonga. It's a fundraiser for the Shed who charge a rental fee for five weeks display.
5. [The 'Giant Sander'](#) — *Mal Darwent and Les Bevan* have been manufacturing a sander over the last couple of months. It is from scratch and will be of the same quality as the '*Kindling Splitter*' they manufactured earlier in the year.
6. [Shed Renovations](#) — *Phil Armitage* is leading the work on recladding and insulating the Extractor Shed. This has started and will be completed in the New Year.
7. [Visitor Door Bell](#) — *Mark Hardidge* has installed a visitor door-bell next to the main entrance door. It rings in the Rec Room and West Wing. Thanks *Mark*.
8. [Mental Health First Aid](#) — A short course is being offered to assist members with their approaches to mates who might need assistance (refer to details later in the newsletter).
9. [Membership](#) — Currently we have 46 members and three organisations/businesses. We appreciate past members re-joining and supporting our efforts. The fee is \$45.00 and covers *Personal Accident Insurance* while at the Shed or travelling to and from the Shed or working on a project away from the Shed. Membership details are on our [website](#).
10. [Timber for Kindling needed](#) — If you are aware of a supply of old weather boards etc that we can use next winter please let the Shed know. We need to stock up...
11. [Corrugated Iron for sale](#) — The Shed has 13 sheets of old iron that it does not need. Make an offer. If interested contact the secretary [secretary@mountbeautymensshed.org.au](mailto:secretary@mountbeautymensshed.org.au).
12. [Garage Sale](#) — The Shed plans to conduct a [Garage Sale](#) on Sunday 1<sup>st</sup> January 2023 at the Shed – 8:30 am to 12:30 pm (there is a Community Market on as well). If you have any items that you wish to **donate** please drop them off at the Shed behind the Gate. If items are not sold they will go to the tip or you can come and collect on the day. **Note** – members cannot sell [personal items](#) at the Garage Sale.

13. **CNC Router** (CNC stands for Computer Numerical Control) — *Doug Braidwood* had loaned us a Router which *Dick Puttyfoot* learnt to drive and produced a number of wooden signs for Parks Vic, YMCA Howmans Gap and others. This has now been returned to *Doug* with thanks. The Shed now will build their own under the working group of *Phil Armitage, Dick Puttyfoot and Mal Darwent* plus some others yet to be co-opted.

## *Wodonga Mens Shed.*



Yep, the Wodonga shed is substantially larger than ours but also has many more members and a lot of local council and business backing. (Wodonga is a big town). Unfortunately for them, their "Chef de Shed" and helper is not as pretty as ours

## *Santas Little Helpers.*

Our Shed has been a flurry of activity recently with a group of Santas Helpers preparing decorations to be distributed around the Upper Kiewa Valley. For details on how this came about you can refer to this weeks Alpine Observer.

Santas and elves have been cut out, beautifully painted and rented out. The locations are listed below.

### *Distribution list*

**Big Santa's** Hiring cost for 2022 is \$30.00

1. Mt Beauty Hardware & Drapery (Campbell) (free of charge)
2. Bendigo Bank
3. Foodworks
4. Tawonga South Post Office
5. Tawonga Post Office
6. North-East Home Improvements

**Small Santa's** Hiring cost for 2022 is \$20.00

1. Mt Beauty Neighbourhood centre (free of charge)
2. Mt Beauty Bakery
3. Mt Beauty Chemist
4. Mt Beauty Post Office
5. Settlers tavern

**Elves** hiring cost for 2022 is \$ 20.00

1. Mt Beauty Real Estate
2. Commonwealth Bank
3. West-Peak Hotel
4. The Park ( Tawonga south caravan park)



## The Shed Wireless (AMSA)

This is a *Podcast for Shedders*, produced by the *Australian Men's Shed Association* and hosted by John Paul Young.

John Paul Young returned for a second year hosting The Shed Wireless podcast (Series 4). With JPY at the helm, the podcast episodes bring together a great collection of special guests, interesting Shed stories and a fair bit of banter. If you haven't already, I encourage you to listen back to the episodes over summer.

You can find all the details at <[www.mensshed.org/theshedwireless](http://www.mensshed.org/theshedwireless)>

## Mental Health



## Mental Health First Aid (MHFA)

**Free course** for men interested in learning how to better support friends and family members who may be struggling with their mental health.

Researchers from the *University of Melbourne* would like your support to help us evaluate the Mental Health First Aid (MHFA) *Conversations About Suicide* course in Men's Sheds across Australia.

The **FREE** course aims to empower men with skills to support people they know who might be at risk of suicide. We know that starting conversations about this topic can be difficult.

**This 4-hour ONLINE course teaches participants how to identify, approach and support someone who feels like life is not worth living.**

This research study will help us find out if the course is effective. If it is, then it can be made more widely available in the community.

Our website can be found here: <<https://lifeinmind.org.au/>>

**We are hoping your local Men's Shed members will take part in this project.**

**Expressions of Interest to Shed Secretary Noel McDougal - Email <[secretary@mountbeautymensshed.org.au](mailto:secretary@mountbeautymensshed.org.au)> by 31<sup>st</sup> January 2023.**

## About the project

- The course will be offered to Shed members for free.
- A local qualified MHFA instructor will teach the course **at the Men's Shed.**
- The date of the course will be determined after Shed members have registered their interest.
- All Shed members who sign up for the course will be asked to complete 3 questionnaires, each questionnaire will take approximately 20-30 minutes to complete.
- Some Sheds will do the course after completing the 3 questionnaires over a period of 7 months. Others will do the course after the first questionnaire and complete the other questionnaires 1 and 7 months after the course. This is determined randomly, like drawing names from a hat .
- Please get in touch with any questions and/or to discuss how to join our study via:

**MHFA-study@unimelb.edu.au** or Dr Anna Ross: Email <[anross@unimelb.edu.au](mailto:anross@unimelb.edu.au)> or phone (03) 8344 7888

Kids got it easy these days. When I was a kid, this guy hosted playschool 🤪🤪🤪



**Whoever put the  
"s" in fastfood,  
is a marketing  
genius.**





**Mahatma Gandhi said If there is an idiot in power, it means those who elected him are well represented.**

I JUST read an article ON THE DANGERS OF DRINKING... Scared the SHIT out of Me. So THAT'S it! AFTER today, NO MORE READING.

## *Jobs Around The Shed*



And I thought we'd scored a table tennis table to go with our pool table. No such luck, after being repaired its back to the Senior Citizens Centre it goes. It is used by the U3A Table Tennis Group.



This monster is (or soon will be) our new disc sander created by our men of mayhem, Mal & Les. It has similar design and construction qualities as shown in our kindling machine.



Another beautifully restored chair restored by our master craftsman, Alf. Mate I've got four more very similar dining chairs and a complete Jacobian dining suite ready for restoration too.



With thanks to our "seat men". A job well done (*RSL seats at the Cenotaph*)

# Covid-19 Update

Currently, some areas of Victoria are experiencing increasingly high numbers of Coronavirus cases. We can all stay well by choosing to stay ahead of COVID. Choose to stay safe by wearing a mask in indoor settings, getting together in well ventilated spaces and staying up to date with vaccinations.

## Advice for seniors:

Adults aged 65 years and over have a higher risk of falling seriously ill with COVID-19. If you're in this age group, there are actions you can take to protect yourself from getting COVID-19 or from becoming very sick if you get it.

- **Stay up to date with your vaccinations**

Victorian seniors are one of the most vaccinated groups in the world. Keep up to date with your vaccine by knowing which dose you're eligible for. Vaccines remain the safest and most effective way to protect against COVID-19. Get your vaccinations at your GP and local pharmacy.

- **Accessing antivirals**

Antiviral medications treat COVID-19 and are proven to save lives and reduce the risk of needing hospitalisation when taken early. People aged 70 and over are eligible for antiviral medications. GPs can prescribe antivirals and help eligible people plan to access them if they test positive for COVID-19. This can help you get the medication within 5 days of becoming sick when it will be most effective. For more information see: [antivirals](#).

- **Managing your health**

Managing your overall health is important when preparing and protecting against COVID-19. Victorians who are 65 and over should continue to:

- monitor existing health conditions and seek healthcare if required
- book routine screenings
- keep scheduled medical appointments
- take medications that your doctor has prescribed
- keep up physical activity

- **Staying connected**

Staying well-connected with family, friends, community, and services supports your mental health and wellbeing

**1800 171 866**

Older Persons COVID-19 Support Line



### **Now I'm over 88**

*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.  
'Cos, I'm only 88.*

*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 cannot reach my feet,  
My finger ends and my toes, just don't seem to want to meet.  
'Cos, I'm only 88.*

*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,  
Exercise is to pick up pills, that always drop down on the floor,  
And then I have a dizzy spell, thank God, I do not take more.  
'Cos, I'm only 88.*

*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.  
'Cos, I'm only 88.*

*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 Golden Gate?  
"Your Boss is aged over 2000 years, there's time for me yet, Old mate,  
I'm going back to 'our Men's Shed', so he's going to have to wait."  
'Cos , "I'm" only 88*

Many thanks Vinnie.

**Note** — Irvin has produce 10 Poems about the Shed. **Click [\[HERE\]](#) to read them.**

### **Paddy and Shamus were hitchhiking**

"It's best if we split up," said Paddy. "I will meet you in the next city under the town hall clock".

Later that night Shamus was waiting at the appointed place when Paddy drove up in a swank car.

"Where on earth did you get that?"

Paddy explained that he had just walked a little way when a beautiful woman picked him up. She drove into the woods, got out and took all her clothes off. "She said I could have anything I wanted, so I took the car," said Paddy.

"Good choice too," said Shamus. "You'd look ridiculous in her clothes."

## *All I want for Christmas.....*



## *Editor.....*

I hope this edition has been an entertaining read with what's been happening around The Shed. Don't forget, any suitable articles will be gratefully accepted for publication and also remember our Garage Sale on New Years Day at the Shed (8:30 am to 12:30 pm) with all profits going to The Shed. Bring your donated items down the night or day(s) before.

Hope this festive season is good for you and your families and remember to stay safe.

Cheers, Mark H.