



Shed Torque

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

March 2025



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

Here we go again, with another enlightening epistle about all the wonderful happenings in Our Shed over the last month. They say a picture says a thousand words, so here's a few thousand words to go on with.

Mal Darwent (left), **Les Bevan & Peter Munday** are making a **LINISHER Machine** using the base from an old metal lathe.

What is a Linisher? A **linisher** is a machine for grinding, sanding, or polishing metal, wood, or other materials. It typically features a continuous belt coated with abrasive material, which moves over rollers to create a smooth or finished surface on a workpiece.

Linishers are commonly used in metalworking, fabrication, and woodworking industries for *deburring, surface finishing, and edge smoothing tasks*. They come in different forms, including bench-mounted, pedestal, and handheld belt sanders.

They are also helpful in trimming fingernails, removing fingerprints if needed, and quickly removing a shirt caught in the belt.



Don Terry refurbished a table, and it came up like new. It has already been sold (\$50).



Vaclav Marcak (Vas) repairing a client's coffee maker.

I think Vas had a few problems with it and went home for the day.



Paul L’Huillier, with help, refurbished two park seats for the *Tawonga & District Community Association*. Vas is lending a hand, as was *Michael Bauer*.

The job involved — Pressure spraying, rust & stain cleaner washdown, two coats of decking paint, plus painting the steel ends x4.

He’s a little eager beaver is our Paul and sticks to the job till it’s done to his satisfaction.



Warwick Mitchell – Standing Planter Box with Shelf



Warwick was preparing his coffin, but he measured it in millimetres instead of centimetres, so now he must go on a diet. It's a standing planter box, but we'll compromise, shove him underneath, and put dandelions in it. It sold for \$75.

Vin and Mal have completed a few "Glasses Noses" for sale.



They could be useful as bedside table storage for your Specs at night, although they might cause nightmares when you wake up during the night and turn on the light.

Some Off-Cuts

Not to be outdone, a few other **"Handy Men"** are working on some other projects to keep themselves occupied:

- **Duncan Robertson & Don Terry** are preparing timber for two garden seats. We have the steel ends.
- **Ian Howley** has refurbished a large set of Storage Shelves for project storage in the main Shed.
- **Michael Bauer** continues investigating a solution to the non-operating wood lathe.
- **Mal Darwent & Don Terry** — building shelving for the Uniting Church Opp Shop.
- **Peter Mills & Don Terry** — repairing a 1966 clock (see photo page 6).

So now you see what a swarm of busy bees we are in the shed.

And now for the **"Big Mother Saw"**, kindly donated to the Shed by *Mal Darwent*.



The problem is 'where to put it in the workshop'.

Murray/Hume Men's Shed Cluster Meeting – Myrtleford, 19th Feb '25

Other things were happening that deserve mention while all this was going on, like *Dick Puttyfoot* representing the Shed at Myrtleford Cluster Meeting recently.

Below is an article from the **Alpine Observer** newspaper about the event.

Multitudes of Men's Shed members meet at Myrtleford

By PHOEBE MORGAN

LAST Wednesday saw Myrtleford's Men's Shed host a quarterly Cluster Meeting, with approximately 50 guests arriving from surrounding sheds to discuss their state of affairs.

Representatives in attendance included: Albury (both women's and men's groups), Wagga Wagga, Culcairn, Walla Walla, Wodonga, Beechworth, Corryong, Thurgoona, Mount Beauty, Howlong, Tallangatta, Yackandandah, Henty, Uranquinty, Mansfield and Rutherglen.

They spoke of what was going on in their sheds and what challenges they faced, but also the triumphs and milestones accomplished.

"The purpose of today is to share among everybody, what's working in other clubs and highlight any issues, including men's mental health," Myrtleford Men's Shed secretary, Barry Holden said.

Advice exchanged between representatives varied from contacting the local paper via media contact about future events and establishing a patron, to running a number of courses from their shed.

One shed even had one of their members teach the others how to cook and banned sausage sizzles from future fundraisers.

The primary concern across the sheds was the difficulty in locating new members.

"I've just recently retired from a corporate background and now I'm making miniature models during our shed gatherings, which I'm really enjoying," new member of Beechworth Men's Shed, Neil Taylor said.

"I've come along today to see how it all works and to make connections with members of other sheds."

Margaret Gray from Myrtleford said she heard about the meeting through her husband and thought it would be interesting.

"It's a pity there isn't a Women's Shed; for some women, there's nowhere to go to learn new skills," she said.

"I just want to hear what they have to say and see what there is for women to do."

Myrtleford Men's Shed recently announced an open invitation to women to become members and invited representatives from the established Albury Women's Shed (AWS) to attend the Cluster Meeting.

Liz Cummins of the AWS relayed the success of co-locating at the Thurgoona Men's Shed facility.

"Co-sharing has worked really well for us since 2010," she said.

"One of our main goals is to run a competency training program for our members, so they are comfortable using equipment in the shed.

"Starting with a blank slate, it usually takes four months to get new members up to speed."

The Victorian Men's Shed Association regional co-ordinator, Mark Tyrell spoke of the association's work to support networks of sheds across the state.

He encouraged attendees to reach out to their local MPs and let them know about upcoming shed events and remind them of the important role sheds play in community mental health.

"You might be working together on a woodwork or metalwork project, but primarily sheds are health institutions," Mr Tyrell said.

"You walk through the door; there's a health benefit.

"We need to get councils on board: you're not just workshops or social clubs; sheds actually provide real benefits to the community from a health perspective.

"After they submitted their annual Municipal Health and Wellbeing Plan last year, only three councils and shires out of the 79 in Victoria included Men's Sheds and acknowledged the role they play.

"It's important because in those health plans, they talk about social isolation, mental health, healthy living, healthy aging: these are all areas that [Men's Sheds] cover just by their existence.

"Communities with strong sheds will have a really positive impact."

Alanna McLees from Haldiday Solicitors was guest speaker to answer any questions attendees might have had about wills, enduring personal and financial power of attorney, medical treatment decision and advanced care directives.

Representatives from Wagga Wagga volunteered to hold the next Cluster Meeting.

As a parting gift, the representative from Corryong, Maurie Fong stood and recited the poem: 'A Man's Gotta Do, What a Man's Gotta Do'.

Attendees were then invited to enjoy a barbecue lunch, before dropping in to the Myrtleford's Shed to view their current projects.

There is plenty of discussion points if you can take the time and effort to read it, and I'm sure Dick could add his comments at 'smoko' sometime.

Life's good, keep breathing.

- Old age isn't so bad when you consider the alternative.
- Funny, I don't remember being absent-minded.
- Being an adult is just walking around wondering what you've forgotten.
- We leave this world as we entered it: Bald, confused, and wearing nappies.
- I decided I wasn't going to let getting older slow me down. But my body had other plans.
- "Remember the good old days when we were all young and didn't have arthritis? Neither do I."
- You know you're getting old when a "quickie" means "having a nap".
- I'm having a senior moment, but it's lasting 30 years.

Life's still good; I'm still breathing.

Pat yourselves on the back!

The *Tawonga & District Community Association* expressed appreciation for refurbishing two garden seats to be placed in Pioneer Park, Tawonga.



The clock tinkerers - From left: new member Peter Mills & Don Terry. The boys have been working on repairing this 1966 clock. They like a challenge.

And another project from the **"CNC WIZARDS"**
(Paul L'Hullier & Phill Armitage)

And below right is *Duncan Robertson* intently adding all the final touches before delivery to hopefully a happy customer.



In our shed, every job is "A team effort".



Delighted customers (only \$100) – timber supplied courtesy of Peter Panozzo. A credit to the Team.



More CNC Projects



Signs for the Tawonga Tourist Park - \$75 each



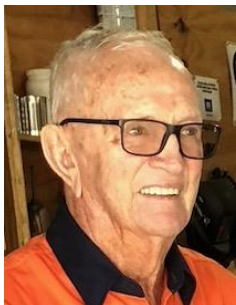
Just in case the Metalwork crew don't know where (West Wing) their workshop is.



An OBE (Over Bloody Eighty) Award for a client.

Member Profile

Reg Hollonds



I have spent most of my life in the Kiewa Valley. I started school at Tawonga PS then later at Tawonga South PS (*currently where the Parks Vic Office is*) and finished my secondary education at Mount Beauty High School.

I started a motor mechanic apprenticeship with the SEC in 1951 in Mount Beauty and was then sent to Melbourne for more training, completing my apprenticeship in 1955.

I spent nine years with the SEC in different workshops, during which time I married Yvonne, and we had two children in Mount Beauty.

In 1960, the SEC was winding down, so we moved to Cooma, NSW. I worked on diesel fuel pumps and injectors. In 1961, we returned home to Mount Beauty to take up farming with my brother Rob. I spent 19 years milking cows. In 1979, we split up, and I ran beef cattle on my property and drove buses for Pyles Coaches, which I loved doing.

In 2001 I sold the farm and retired.

We are avid travellers with our Toyota Landcruiser and Caravan and have covered most of Australia.

Editors Note #1:

Hollonds Street in Mount Beauty is named after Reg's family. Reg is a regular at the Shed, and his mechanical knowledge, skills, and welding ability contribute significantly to its projects.

Editors Note #2:

I was first acquainted with Reg when I first came to Mount Beauty around 2004. He accompanied a coach trip and a visit to the new hydropower station. His wealth of knowledge in this area amazed me and made my day. I thought he was someone that I should know.

Then I met him at 'The Shed'. We've been mates ever since.

He's a founding member of our shed and is still trying to be the oldest member. But I'm still just in front.



Reg is doing some work on the Milling Machine, which, incidentally, was donated to us by the Secondary College 3 years ago.

A few jokes

1. I don't have a beer gut; I have a protective covering for my rock-hard abs.
2. I used to be indecisive, but now I'm not sure.
3. Did you hear about the guy who died of a Viagra overdose? They couldn't close his casket.
4. Light travels faster than sound. This is why some people appear bright until they open their mouths.
5. You don't need a parachute to go skydiving. You need a parachute to go skydiving *twice*.
6. I spent a lot of time, money, and effort childproofing my house... But the kids still get in.
7. It's not the fall that harms you; it's the abrupt stop at the end.

A recipe for ageing well

The lifestyle ingredients of longevity are so routinely effective as to feel almost predictive of long life. Could there be a "recipe" for successful ageing?

Regions around the world known as "blue zones" — where the populations have unusually high numbers of centenarians – offer clues.

The islands of Sardinia in Italy, Ikaria in Greece and Okinawa in Japan as well as Costa Rica's Nicoya Peninsula and California's community of Seventh Day Adventists in Loma Linda make up five zones where residents outlive the rest of the world.

Researchers have also distilled [nine traits of these communities](#) that are credited with underpinning each community's health.

They include:

- Regular physical activity that is a part of the lifestyle like walking to the shops rather than using a vehicle.
- Having something meaningful that motivates you to get up every day.
- Rhythms and rituals that reduce stress. In Okinawa the women enjoy tea ceremonies, the Loma Linda religious community has prayer groups and in Italy and Greece the siesta fills the stress release gap.
- A healthy plant-based diet, that's also low in meat, fish and dairy.
- Not just a healthy diet, but eating patterns that favour being 80 per cent full, or "hara hachi bu" as Confucious used to teach. It's a philosophy that's been taken up by the Western wellness culture's 5:2 or 16:8 diet trends
- Blue zone cultures love a drink – but in very moderate amounts.
- Engaging in social groups that are focused around healthy activities.
- Religion is good for long life – perhaps because it encourages social connections and rituals offer a stress-reducing dimension.
- Maintaining close relationships between family members

Fishing

Now, many men's shed members all over Australia are proverbially '*Hooked on fishing*'. It's supposed to be good for relaxation (and to get away from the wife) for a couple of hours.

Well, I'll tell you, it's not all it's cracked up to be.

I started fishing when I was 5 years old. I used a bent pin, a piece of cotton, and a stick to cast into the local canal, trying to catch tiddlers.

Since then, I have fished for sharks on the seven seas over the stern of a ship, fished for garfish in a coral atoll, tickled trout in a mountain stream, and nearly drowned myself fishing for salmon off the beach.

I have NEVER EVER caught a fish.

A Fishing Poem

They say we should go fishing. It's restful for the soul,
So, we bought some rods and tackle and set off to our goal,
They did not tell us what could come, what trouble there might be,
But nothing comes that easy, and things go so wrong for me.

I fished for salmon in the surf, and all I got was soaking wet,
Another bloke ten yards away got sixteen in his net,
I fished until the tide had turned; that is what the experts said,
I used a bucket full of prawns, and the salmon all got fed.

No way could I catch a fish or even spike a winkle,
When I'd finished, all I found, my skin and toes were wrinkled,
I said, "no way would I give in" I traded in my surf rod,
I'd find an inland waterway and catch a Murray Cod.

Also took the wife along so she could sit there in the sun,
While I read my fishing book, I could show her how it's done,
I fixed the reel and threaded the rod, and it all was going fine,
But when I came to fix the hook, I'd knots all in the line.

At last, I got it sorted out, I practised how to cast,
I hooked on some low branches, but I got it right at last,
So, with baited hook and vigour, I cast my rod up high,
But hit the bloody tree again, and the hook caught in my fly.

I didn't want to pull and tug; the hook had a long, sharp barb,
Explaining injury down there could prove to be quite hard,
Because I don't see well down there, and I only go by feel,
I asked the wife to help me; she said, "I'll have to kneel."

I'm stood there with my shirt undone, the wife fiddling with my fly,
Trying to be dead serious, when the local cop walks by,
Can't get his book out quick enough, down the bank comes dashing,
He says, "You can't do that there here," and arrests me for flashing.


He took us to the local court and told the judge what he had seen.
Said he witnessed this old bloke, who was acting quite obscene,
I explained it to His worship, he would not listen to my plea,
Put us into separate cells, gave us 'Fish and Chips' for tea,

Irvin Beeston (poet)

Future Proofing Your Shed workshop


For your information, a future 'Mens Shed' initiative from our associates in Albury and the Australian Men's Shed Association (AMSA).


Albury Men's Shed is hosting a **Future Proofing Your Shed** workshop, facilitated by Stuart Torrance (AMSA), on **Thursday, 8 May 2025**, at Mirambeena Community Centre, Lavington, NSW.

 **Who should attend?** Up to 5 key members per shed—**leaders & decision-makers.**

 **Topics:** Leadership, participation strategies & networking.

 **Schedule:**

 9:00 AM – Morning tea

 9:30 AM – Workshop

 12:30 PM – Lunch

 **Cost:** \$10 per person (venue & catering).

A great opportunity to strengthen your shed's future—**get involved!**

So far, the only Shed representatives from Mount Beauty are *Ian Howley* and *Paul L'Huillier*. They would like some more company. If any other members are interested, let the secretary know at secretary@mountbeautymensshed.org.au.

Let's use this little snippet from an AMSA publication to remind ourselves of what 'Men's Sheds are all about.

BENEFITS

The main purpose of a Men's Shed is to offer men a place to engage in hands on activities and to interact with other men, and by doing so develop a sense of meaning and value around the process of completing projects in the shed.

Through shared experiences, members make friends, build a network of emotional support and develop sense of belonging - all of which facilitate a willingness to communicate often uncommon in men. The health and wellbeing aspect of sheds, particularly in terms of preventative health, is perhaps their greatest benefit.

The shed provides an environment where productivity and being of value to his community can contribute to a man's feeling of self worth, and help to develop a sense of meaning in the years following retirement, loss or other hardship.

Final words

I have just about reached my limit in journalism, especially in this edition of '**Shed Torque**', but there's a couple of things I might mention

First on the 8th May its supposed to be **Shed Mates Day** where we get together and have a coffee and bikies and wish all our sheds lots of new members.

Second, on April 19th our local mates at the Rotary Club have organised a **Car Boot Sale** on the secondary school oval, which could be where you could unload all that rubbish you've been going to take to the tip, it might be something someone wants.

I hope this edition has interested and amused you a little bit, but it would not be possible without the help of everyone in our shed, you all make it what it is. Thank you.

Irvin Beeston
Editor

Our Supporters. Thank You!

