



# Shed Torque

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

Winter 2026

---



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

---

A very warm welcome to you all, as at this time of year all of us oldies need something to warm us up, so pull up a chair in front of the fire, open your emails and read what's been happening at "The Shed".

The biggest event up to now was the 90<sup>th</sup> Birthday celebration of long-time member (and everybody's friend) - **Reg Hollands**, who got the usual 'shed treatment' of an OBN (*Over Bloody Ninety*) plaque, a poem in his honour, but unusually TWO birthday cakes which he cut without collapsing, and as usual with a fair bit to say.

Happy Birthday, mate. May you live longer than me.





### **The Hollonds Dynasty**

From Left: Gary , Gary's son Michael & Reg

### **Reg has hit the big Nine-o**

You knew we'd do this to you. We'd make you cut a cake,  
 And blow out 90 candles, now a speech you have to make,  
 You're now a Nona-grian, I'll tell you what that means,  
 It means you're over 90 and no longer in your teens.

Your body is not like it was when you were young and free,  
 What used to take a minute now takes another three,  
 You will start to lose your marbles and not do as you are told,  
 Then, they could become so obstinate; it's just a sign of growing old.

But now you're playing 'catch-up '; you're running out of time.  
 Getting near a 'use by date' and now getting past your prime.  
 Tell them "Nil, Illigitimi carborundum", that'll make them frown,  
 It only means in Latin, "Don't let them wear you down."

Happy Birthday from all your mates  
**Irvin Beeston – 2026**

## The new Bosch Mitre Bench Saw

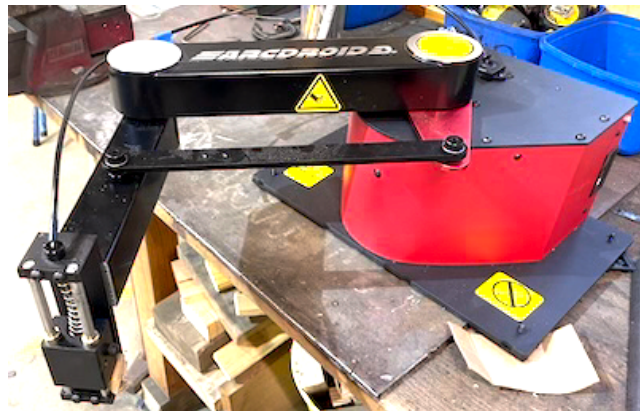
Thanks to our friends at our local **Bendigo Bank**, and after a great deal of investigation, searching for quotes, obtaining grants (*thanks Peter Donnan - treasurer*), by a few dedicated members, we have now obtained a new multi-functional drop saw which cuts every which way. It feels like a big improvement to the one we had; it's just waiting for more projects.



**Installation** — from left: **Don Terry, Warwick Mitchell & Phil Armitage.**

## New Foldable Bench for our new Plasma Cutter

Now here is **Mal Darwent** with his latest design of a "**portable, foldable, thingy**" with one of the shed's recent acquisitions of a CNC plasma cutter on top, which cuts a multitude of shapes from sheet steel.



**Mal** has amazing talent and was ably assisted in this venture by his mates **Les Bevan** and **Peter Munday**.

The actual **Plasma Cutter** (the arm moves to cut the metal)

## Ski Chair Project

Another of our talented woodworkers is **Don Terry**.

**Don** can turn his hand to anything 'wood' and does an amazing job with the projects that come in. He always has time to help, teach and solve problems for the members. Thanks, Don, for all you do.

And *Don Terry* looks very happy with the ski chairs that he and *Peter Mills* have created.



A client's backyard setup



## Another Don Terry project



Don & Peter Mills produced two **Easel's** for a client



From left: **Bruce Brereton** (shaving handles for a sack barrow), **Andy Lee** (part of a music box) & **Duncan Robertson** (tray to store small items)

## **The Driving Never Stops**

*When you are too old to drive!*

You don't really notice it when you're younger, but we absolutely take it for granted.

Keys in the pocket. A bit of fuel in the tank. Off you go. Simple as that.

Shops, shed, servo, footy, mate's place... doesn't matter. The car just fits into your life like a good old flannel shirt. You don't think about it. You just use it.

Then one day, someone says it.

"Mate... we might need to have a chat about your driving."

Now everyone thinks it's just about the licence. That bit of plastic. But it's not really. It's everything that comes with it.

It's your freedom. It's your independence. It's going.

It's the getting around wherever and whenever you feel like it.

Because when the driving stops, the world quietly gets a bit smaller if you're not careful.

At first, you think, "No worries, I'll just get lifts." And that works... for a while.

Then you realise you're starting to time your life around other people's schedules. Which is something blokes our age spent decades refusing to do in every other part of life.

And suddenly you're asking, "Are you going past the shops?" more often than you'd like to admit.

Bit of a humbling question, that one. Some fellas say, "I'll just catch the bus." And yeah... technically you can, but it's an adjustment.

And the shed — well, that can get harder too. Not because the shed changes, but because getting there does.

You start noticing which mates still drive, and which ones are waiting for a lift, and which ones have just quietly stopped coming in as often.

For most of our lives, being able to drive meant being able to sort yourself out. No fuss. No asking. Just go. Losing that can feel like someone's taken the edge off your independence.

But here's something I've noticed over time.

The blokes who handle it best aren't the ones who pretend it doesn't matter. They're the ones who just... adapt.

One mate of mine said, "Righto, I'm not driving, but I'm still going." So now he's got a standing lift roster.

Another bloke started going to the café near his place every Thursday just so he'd still have somewhere to be. Reckons it's not about the coffee. It's about not sitting in the same chair every day.

Fair call, too. Because that's the real risk. Not losing the licence. It's losing the reasons to go.

There's a day when you see your car sitting there and think, "That used to be me." But it wasn't really the car. It was the places it took you. The mates. The jobs. The little routines that stitched your week together. And those don't disappear just because the keys change hands.

You just have to find new ways of stitching things together.

Maybe slower. Maybe with a bit more planning. Maybe with a mate saying, "I'll pick you up at 9," instead of you just rolling out when you feel like it.

Still gets you there, though. And in the end, that's what matters.

Because you should not stop going just because you stop driving.

Just start proving, quietly, that you can still get where you need to be.

Even if someone else is doing the steering for a while.

*Rip W. Woodchip – Australian Men's Shed Association  
June 2026*

---

## Physical Check-Ups

### When was your last service?

If you've spent any time around a Men's Shed over the years, you've probably heard our ***Spanner in the Works*** message before: **Get regular checks. Don't ignore the warning signs. Look after yourself like you'd look after your ute.**

None of that is new, but the question is: ***have you actually done it?***

Most of us don't put health checks off because we don't care. Life simply gets in the way. Before you know it, another year has slipped by. This *Men's Health Week*, we're not asking whether you've heard the message. We're asking whether you've acted on it.

And remember, the younger blokes in your life are watching. Your sons, grandsons, and mates learn what it means to look after themselves by watching us.

**Don't just hear the message. Set the example. Book the service**

### Editor's Note:

Look, I don't just copy the above words to try to keep your interest, but because they explain it better than I can.

★ I do actually have a full check-up every 12 months, even if I feel fit enough to give it a miss. I have my Pacemaker checked every 6 months, and I ask

my Doctor if the pills she makes me take are still necessary, and don't give me more.

- ★ Between these checks, I try to keep ACTIVE both mentally and physically. I love meeting with mates at the Shed, and love the occasional pub crawl around our beautiful area, even on my own. (Come and join me if you want).
  - ★ I **make** myself do things that take **no effort** rather than sit in a chair and nod.
  - ★ I love life, and I'm aiming for the TON (100), but I am only 92, so if I can do it, so can you. **Go get a check-up and start living again.**
- 

## The power of a simple welcome

**One of the easiest ways to support wellbeing in your Shed is to focus on how **you welcome new and returning members.****

For many men, walking into a Shed for the first time can feel daunting. A friendly greeting, an introduction to a few members, and an invitation to join in for a cuppa can help someone feel comfortable and included from day one.

The same applies to members returning after illness, injury, caring responsibilities or time away. A simple "Good to see you back" can go a long way.

A welcoming culture doesn't require a formal program, just a commitment to making sure everyone feels they belong.

**Q: "What do I do if a member always sits alone?"**

**A: Don't force him into the thick of it - many blokes need time to warm up.**

### ***Instead***

- ★ Sit near him while working on something simple.
- ★ Ask one easy, practical question ("What do you reckon about this clamp?")
- ★ Invite him to morning tea, but don't overdo it.
- ★ Get another member with similar interests to say g'day. Connection is built gently, not pushed.

### **"The First Five Minutes Matter"**

A strong shed starts with a strong welcome. Whether it's a new bloke walking through the roller door for the first time, or an old member returning after a

break, the first few minutes often decide whether he becomes part of the shed family - or quietly drifts away. Research shows that blokes decide very quickly if a place feels safe, friendly, and worth coming back to.

*In fact, in the Shedder Survey we conducted in 2024, 45% of respondents said it was the warm welcome and a shed tour that helped them to decide to join their shed. And nearly 60% said that it was the friendliness of the shedders that hooked them in.*

### **In the Shed, that first impression comes from:**

- ★ Showing them where to put their stuff
  - ★ Introducing them to one other member, not the whole group
  - ★ Letting them settle in before asking too many questions
  - ★ Small gestures go a long way. Blokes don't need fanfare - just friendliness.
- 

**What is this?** Donated to the Shed as a 'flat pack'.

*Warwick Mitchell* took charge of the project, with *Paul L'Huillier* bringing his paintbrush and CNC skills to craft the wheels. Warwick then assembled everything together. *The result is a charming children's storage toy in the shape of a car, perfect for storing books and more.*



From This



Came This

Another mystifying Project!

---

## Support the VMSA in their effort to increase State Government Funding.

VMSA needs Sheds to *support* their efforts to gain increased State funding for Men's Sheds. **They need members' NAMES** (nothing more).

State Funding has not increased for 10 years. Our Shed was built with State Funding – two grants, \$80,000 (main Shed) and \$60,000 (West Wing).

**How to submit your name:** **1.** Fill in the Form at the Shed, or **2.** Use the QR Code on the image below or **3.** Go to this website and fill in the Form <[www.vmsa.org.au/help-us-build-a-future](http://www.vmsa.org.au/help-us-build-a-future)>.



### STRONGER MEN'S SHEDS MEAN STRONGER COMMUNITIES

Victoria's men's sheds deliver enormous health benefits and a huge social contribution to members and communities across the state.

### INSUFFICIENT SUPPORT FOR MEN'S SHEDS

Men's sheds have received the same amount of funding since 2012 but our network has tripled in size. Men's sheds are underfunded and under-resourced.

### WHAT'S NEEDED

Men's sheds are calling for an increase in State Government funding from \$1m to \$3m per annum from 2027/28 with ongoing indexation.

### HOW YOU CAN HELP

Your support will help men's sheds grow and secure their future. Visit our website or contact your local men's shed to share your support on our e-postcard or put your name on a form.

SCAN HERE  
TO SHOW  
YOUR  
SUPPORT



We are collecting your name for the purposes of supporting our campaign for increased government funding. In connection with that campaign, we intend to share your name with politicians, political parties, and candidates contesting the Victorian State Election in 2026. The list of names we collect may be published by men's sheds. By providing your name, you consent to your name being used for this advocacy campaign. We will store your information in accordance with the VMSA privacy policy.

Authorised by the Victorian Men's Sheds Association Inc., 173-175 Ordish Road, Dandenong South 3175  
Printed by Kwik Kopy, 10 Pascoe Vale Rd, Moonree Ponds 3039

VMSA.ORG.AU  

## Off-Cuts *(from the sub-editor)*

1. **New members** — Welcome to *Andy Lee, Dat Lieu & Ben Johnson*.
  2. **Shed Cleaner** — The Shed has a new annual contract cleaner who cleans every fortnight. Her name is *Megan de Vanny*.
  3. **Members' Health** — *Vas Marcak* had a knee replacement last week. Vas is our resident qualified electrician and does a power of work attending to the shed and clients' needs. *Reg Hollonds* is also experiencing a skin rash and hopes to get on top of it soon. President *Henry Ziemnicki* spent a few days in the hospital recently with an infection. We all wish them well in their recoveries.
  4. **Holidays** — *Henry Ziemnicki* is back from his six weeks in north Queensland, *Phil Armitage* has returned from the Kimberley Boat Trip, and *Peter Donnan* is in his last week of his Scandinavian Bike Trip. *Larry Gardam* is back from his river cruise in Europe, and *Duncan Robertson* has returned from his England and Scotland adventures.
  5. **Trailer Sold** — The Shed was donated a secondhand trailer (*by Mike & Linda Parkinson – thank you*), which we renovated, thanks to *Larry Gardam and Ian Howley* (painting), and *Ian* purchased and installed two secondhand tyres, with *Barry Hinson's* assistance.
  6. **Grants** — Our hard-working secretary *Graham Behrendorff* recently submitted two grant applications to the **Alpine Shires Community Development Grants Program** for: **1.** A replacement Compressor, and **2.** A metal-bending machine. We should know the outcome of these in the next month. Graham, thank you for the work on these.
  7. **Kindling Supplies need replenishing** — Anybody out there aware of a timber supply we can source?
  8. **Bosch Mitre Bench Saw** — Installed and working. It's very popular.
  9. **Plasma Cutting Machine** — This has also been purchased and is waiting on Mal's desk to be finished so we can get it operating.
  10. **Free Vaccines for Australians Over 60 (A Guide 2026)** — Click [\[HERE\]](#) to view.
  11. **Treasurer** — Thanks to *Phil Armitage*, who has been acting as Shed Treasurer for the last 10 weeks in Peter Donnan's absence. His role included keeping the cashbook up to date, paying and sending invoices, and collecting and banking money each week.
  12. **Committee Meeting** — The next meeting is scheduled for Monday, 13th July at 9:30 am at the Shed.
-



Left: **Trailer Repair:**  
Don Terry & Ian  
Howley.



Right: **Table  
Renovation:** Peter  
Mills

## Our Supporters



## Joke Time

- ★ How do you know your laptop's getting old? — It loses its memory.
- ★ My 'spell czech' is still broken —  
Does anyone know what the bar on the bottom of the keyboard is for?
- ★ Must be spending too much time computing — Yesterday I entered my password into the microwave.
- ★ For sale: one used laptop. — Bullet hole in the screen.
- ★ What is a wok used for? — Throwing at wabbits.
- ★ I read recipes like science fiction. — At the end, I reckon "*that's not going to happen*".
- ★ I'll always remember my Dad's final words. — "*Son, you're standing on my Oxygen tube*"
- ★ Why can't you swim between the flags at St Kilda Beach? *They've only won one AFL flag.*
- ★ Who kicked 5 goals for Essendon in the 1990 Grand Final? *The whole team.*
- ★ Why did they call the beer Carlton Zero? *Because that's the number of flags Carlton has won in the last 30 years.*

---

**Final Words:** I believe I've shared enough thoughts for this edition, and since I'll be heading up to Sydney for the next week, I'll happily leave it to *Paul L'Huillier* to thank all our sponsors, share any additional comments, and do what he does best to bring this to you.

---