



Shed Torque

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

Summer edition – **February 2026**



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Here we go again, firstly wishing everyone Best Wishes for the New Year and hope Santa granted you every wish. I spent time with some of my family in Sydney, but would not go Xmas shopping there again. I spent three hours in stifling heat driving round car parks for a space, any space, and came home with a pair of socks and a computer mouse that didn't include batteries. I should have just turned my socks inside out

I was so glad to get back to the mountain air of Mount Beauty.

President's Welcome for 2026



Welcome, Shedders, to an exciting 2026!

We hope everyone enjoyed a wonderful break filled with joyful family gatherings and time to reconnect with old friends.

Our membership is lively and growing; we've been delighted to welcome new members recently, each bringing their own skills, stories, and energy.

The Shed remains a warm space where men of all ages discover camaraderie, purpose, and a real sense of belonging.

Our ongoing activities—such as woodworking, metalwork, CNC machining, small repairs, and social mornings—are running smoothly thanks to the hardworking volunteers and coordinators who make them possible.

Here's to a fantastic year ahead!

Henry Ziemnicki
President.

The Santa, Elf & Reindeer Project

This article was kindly submitted to '[Shed Torque](#)' by one of Santa's little helpers named **Peter Donnan** who put so much effort into the project, that in the end both HE and his reindeers collapsed in a heap of wood in the storage area.

This year we produced five additional small Santas all cut on the CNC machine and painted by the *Mount Beauty Art Group*, plus six new reindeer from a CNC model on the internet.

We **collected \$750 for Upper Kiewa Valley Support Services** for food and fuel vouchers for locals in need throughout the year.

Last Christmas *UKV Support Services* gave out about 50 Christmas hampers to those who may not have been able to enjoy Christmas otherwise.

We even sold 3 reindeer, and have orders for more this Christmas. We also plan to produce some Christmas trees on the CNC router.



A little history to the project.

In 2023 the Mount Beauty Men's Shed borrowed Christmas display models (a small Santa, a large Santa and an elf) from the *Myrtleford Men's Shed*, traced them onto plywood and manually cut the display models out using a jigsaw.

The blank plywood cut-outs were brought to life by the fabulous **Mount Beauty Art Group** who painted the Santas and elves. Do yourself a favour and visit their annual *Mount Beauty Art Group Easter Exhibition* at the Community Centre over the Easter long weekend, you will be amazed at their talent.

The Santa models are displayed by local businesses over the Christmas season, and hire fees are donated to *Upper Kiewa Valley Support Services* under the Auspice of the Mount Beauty Neighbourhood Centre. Amongst other things, the UKVSS provides food support and relief by helping community members access food vouchers for a local supermarket and distributes food hampers free of cost when people are in need.

Thanks to a grant to cover production costs from our wonderful friends at the *Community Bendigo Bank in Mount Beauty*, the Mount Beauty Men's Shed has this year been able to produce additional small Santas and new reindeers for display.

However, the new models were produced on our CNC (Computer Numerical Control) machine which can perform precise cutting, drilling, milling and other tasks with minimal human intervention.

A photo of a small Santa was transformed into CNC machine readable format and resized to fit two Santas per plywood sheet. The reindeer model already came in CNC machine readable format. So now we can enjoy a cup of coffee and browse the internet on our high speed 500/50 Mbps connection while the CNC machine does all the work!

The CNC machine is mainly being used to produce signs for members and other organisations such as the Rotary Park sign on entry to Mount Beauty and signs for Parks Victoria. However, the sky is the limit, and one member has even made an acoustic guitar with a beautiful decorative rosette inlay on the CNC machine.



The \$10,000 CNC machine (CNC router kit assembled by the Men's Shed, software and CNC housing including dust extraction) was a significant investment for the Mt Beauty & District Men's Shed, made possible by a grant from the *Australian Communities Foundation* and many hours of work by dedicated members.

Other recent technology acquisitions/investments include a 3D Printer, and Fibre to the Premises high speed internet.

For further information on the Mount Beauty & District Men's Shed refer <https://mountbeautymensshed.org.au/>

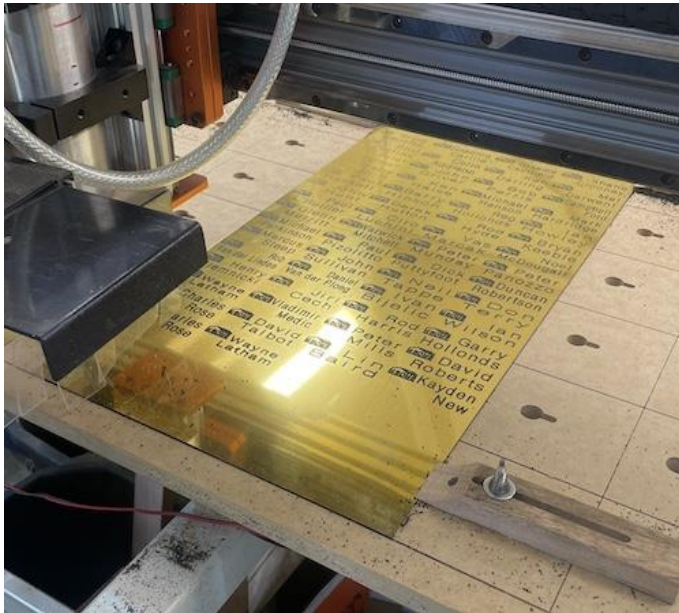
CNC Client Projects



House Signage



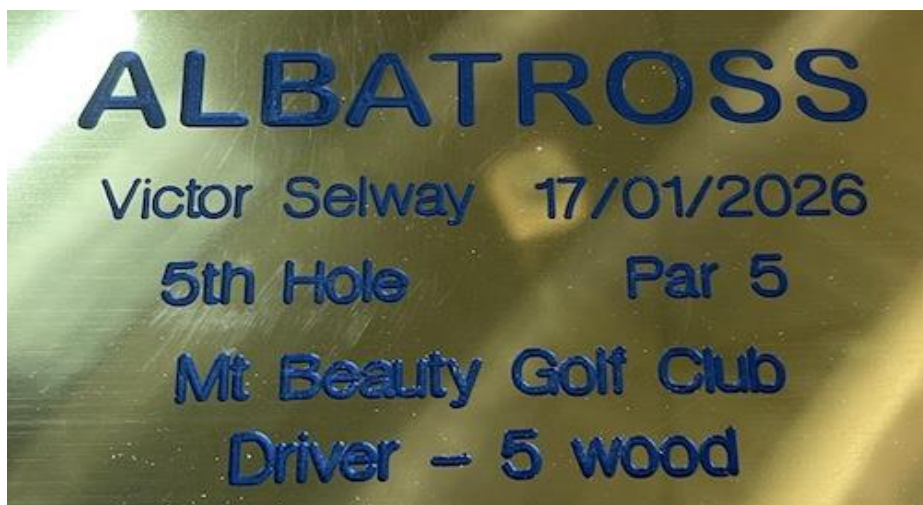
Phil Armitage & Paul L'Huillier signs for Parks Victoria



Phil Armitage's work cutting new name plates on the CNC Machine



Honour Board for Alpine FM. Another Phil Armitage CNC project



*A CNC produced sign for the Golf Club.
 An **Albatross** is 3 under par.*



*Paul L'Hullier is becoming very proficient with the CNC machine. Used as a prize at the **Jo Macklan Fundraising** event conducted by the Tennis Club Sunday 9th February.*

Client Projects



Furniture produced from old Skis.
From left: Don Terry & Peter Mills. Sitting: Don Terry & Irvin Beeston



*Larry Gardam repairing on a
Wipper Snipper*



*Peter Munday refurbishing the
Hospital Opp-Shop sign*



*Peter Mills working on a big renovation job for a client. It also includes
6 chairs to be sanded and varnished. Don Terry is overseeing this project.*



Irvin Beeston - Bug Hotels...don't ask!

Have you a problem?

Another interesting missive from [Rip Woodchip \(AMSA\)](#) has given me hope with my problem of remembering names, even of my 'family'. When they stayed with me over the holidays, I knew who they were but always got their names mixed up.

I always knew there was something wrong with me.

Introduction to Dementia

AMSA's — Rip Woodchip

Now, I'm not a doctor, and I'm not here to give medical advice. But I am a bloke, just like you. And if you've been told you've got dementia—or maybe you're worried it's on the horizon—then I reckon we need to have a yarn about what that means for us, as men, as mates, and as people who've spent a lifetime doing, fixing, building, and remembering.

When I first heard the word "dementia" tossed around in relation to myself, I'll be honest—it felt like someone had taken a chisel to the foundation. You think, "Hang on, I'm still me. I still know how to sharpen a plane blade and tell a good yarn." But then you start forgetting names, misplacing tools, or repeating stories you swore you'd only told once. And it hits you: something's shifting.

But here's the thing, fellas. Getting older isn't a failure. And neither is getting dementia. It's just another chapter in the book. Might be a bit dog-eared, sure—but it's still your story.

So what do you do when the diagnosis comes?

◆ **First off—don't go it alone.**

We blokes have a habit of bottling things up tighter than a jam jar lid after Nan's had a go. But this is not the time to be stoic. Talk to your family. Talk to your mates. Talk to your doc – there are some medicines that might even help so it's worth finding out. And there are lots of resources out there as Stuart and Diane discussed. Head over to our website to find out more.

And if you're lucky enough to have a shed like ours, talk to the fellas here. You'll be surprised how many are walking the same track.

◆ **Second—keep doing what you love.**

You might need to write things down more, or label your drawers, or ask for help with the fiddly bits. But don't hang up your apron just yet. The shed's not just a place for timber and tools—it's a place for purpose. And purpose is the best medicine I know.

◆ **Third—laugh.**

Seriously. Laugh at the silly stuff. Laugh when you call your grandson by the dog's name. Laugh when you find your glasses in the fridge. It's not about making light of it—it's about keeping your spirit strong. Dementia might mess with your memory, but it doesn't have to steal your joy.

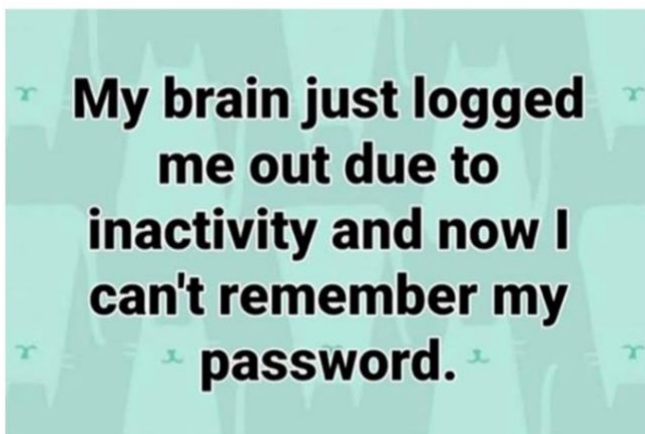
◆ **And finally—be kind to yourself.**

You've spent decades being the bloke who fixes things. Now it's okay to let others help fix things for you. That's not weakness—that's wisdom.

So if you're listening to this and you've just had that diagnosis, or you're worried about what's ahead, just know this: you're still you. You're still valued. You're still part of this shed, this community, this life.

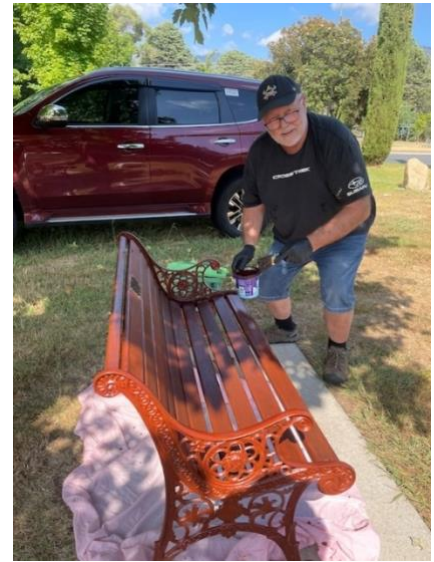
And if your mind starts to wander, well—maybe it's just taking the scenic route.

This is *Rip Woodchip*, signing off from the Shed Wireless. Look after yourselves, and look after each other.



Old age has come at a bad time,
Just as I was beginning to know
everything,
I'm now forgetting everything
I knew.

Community Projects



Our president, *Henry Zemnicki* on the job re-painting the Cenotaph Seats



Refurbished tables at the tennis club



Refurbished seat outside the hospital



Hobby Horses produced for the [Lakeside Children's Centre](#)
Preparing the runners for the Kindergarten Cup!
[Larry Gardam](#) & [Graham Behrendorff](#) worked on this project.



[Peter Murray](#) from the Bendigo Bank gave a lively discussion on all the things we were doing wrong, to mitigate the chances of us all being '**scammed**'.

This article was sent to me by **Phil Armitage** to show how up-to-date his thinking is. Well, I've got news for him!

You Bought A What??

We bought an EV.

Our old Ford Focus was getting a bit tired after 20 years so we decided to look around for something to replace it.

We have a Holden Colorado tradie ute and a slide on camper which we use for "going away", so all we really needed was something to do the running around and tripping back and forth to Geelong to visit family and friends.

The focus has been good to us, so we looked at similar options. We also wondered about whether an EV would be suitable for our needs, but there were the obvious concerns.

My wife uses a database to record every cent we spend. It's a bit of a chore, but it's incredibly useful when we have to make financial decisions, like buying a new car. It turns out we were able to calculate that the cost of buying and running an EV over a 10 year period, would be cheaper than an equivalent petrol car, so we looked into an EV a bit further.

When we looked past the negative rubbish on Facebook, we found lots of information that shows EV's in a more positive light. So when we read a motoring magazine article about the Kia EV3 winning the world car of the year award for 2025, we test drove one, fell in love with it immediately and bought one.

Interestingly, the response from most people has been less than enthusiastic, but our experience with it has been amazing.

On the one hand, it is just like any other new car, there are lots of bells and whistles that weren't even imagined in our 20 year old Ford Focus. The differences come down to the fact that you fill it up by plugging it in, there's no oil and filters to change and the performance is astounding.

During the few months we have owned it, we've done about 15,000km. The obvious down side is having to wait while it's charging, but we haven't found that to be much of a problem. The charger it came with plugs into a normal 240volt outlet and charges at 1.5 Kilowatts. Initially, I considered this charger to be a bit of a joke. The car has an 80 Kilowatt hour battery which would take about 4 days to fill from flat. However, much to my surprise, we have found that the charger copes with our normal driving and the odd trip to Albury with no problems. We just plug the car in when it's in the driveway and it's always full.

On our trips to Geelong, we start with the battery full, drive to Euroa and plug the car into a fast charger, (50 Kilowatts), to top it up, while we have a break for coffee and then continue the trip. There's plenty left in the battery to do our running around in Geelong and we usually plug it in while we do some shopping. Then on the return

trip, a rest stop at Euroa or Avenel tops it up again and we arrive home half full.

When we are running the car around home, it costs us next to nothing, as it is being charged by the solar panels on the house during the day, or 20 cents per Kilowatt hour at night.

On the open road, the cost varies a lot, but the average is about 60 cents per Kilowatt hour. The car's consumption is about 15 Kilowatt hour per 100 Kilometres, which amounts to a maximum of about \$9 per 100 Kilometres.

It won't tow a caravan, but our recommendation is, if you don't need to do that, at least consider an EV.

Pip & Marg Armitage.



Marg Armitage - she loves that car.

So what's my news to Phil?

'I drove EV's long before you did.'

This is me driving my electric milk float, I would deliver my milk to the front doors with this from 3:00 am till 5:00 am, because I couldn't make any noise and wake the locals. I was in trouble if I rattled the bottles.

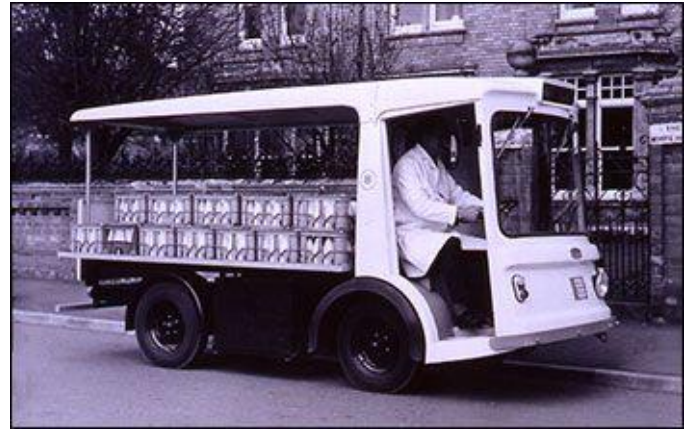
Then I would move to my *milk truck* to complete my deliveries before 8:00 am, so I didn't block



1965 Electruk Rider E15

the roads. Max speed 16mph.

It would then be on charge for 20 hours.



Welcome to the new members

We welcome some new members to the shed: *Charlie Rose, Colin Addison, David Talbot, Jiri Cech, Kayden New, Wayne Latham, Graham Behrendorff, Rod Harris & Dave Roberts.*

Please come and introduce yourselves; we'd love to get to know you better.

Notes from the committee:

The committee will meet **every two months on the 2nd Monday** (the next is 13th April), and *Dick Puttyfoot* (plus assistants) will host a BBQ or a casserole luncheon on the following Friday for interested members.

Shed Torque will be issued **quarterly** (so I don't have to work so hard), but there may be intermittent **Bulletins** if needed, just to keep you all up to date.



NBN Shed Upgrade

In early December last year the Men's Shed received a **free NBN Fibre To The Premises (FTTP) upgrade**, enabling internet speeds of up to 500 Mbps download / 50 Mbps upload.

Also upgraded was the iMac computer used for web browsing (cost covered by a grant from AGL).

We have transferred to an unlimited data Aussie Broadband Business Essentials FAST FIBRE 500/50 plan, and are now getting about 400 Mbps download speed on the MtB&DMS network in the common room (about 50 times faster than our previous internet access).

Also ported to the new service was our landline number (03) 5754 4676. The landline phone is for emergency calls and calls to clients only with no monthly charge, free incoming calls and pay as you go outgoing calls with the following rates.

In general the landline phone should not be used for private outgoing calls, but if you must please put an appropriate amount to cover the call cost in the tea money jar with a note.



Graham Behrendorff, our illustrious secretary, and man of hidden talents, providing some unexpected entertainment at smoko

Current 2026 Membership (57 members)

Firstname	Surname
Colin	ADDISON
Bryn	ALLIS
Philip	ARMITAGE
Michael	BAUER
Irvin	BEESTON
Graham	BEHRENDORFF
Les	BEVAN
Ivan	BIJELIC
Ian	BOYD
Bruce	BRERETON
Graeme	CARLILE
Graeme	CAULFIELD
Jiri	CECH
Phil	COLLINS
Ken	DARLING
Malcolm	DARWENT
Peter	DONNAN
John	DRIVER
Bob	FERRIS
Campbell	FORD
Larry	GARDAM
Michael	HANSEN
Mark	HARDIDGE
Rod	HARRIS
Paul	HASKETT
Barry	HINSON
Reg	HOLLONDS
Gary	HOLLONDS
Ian	HOWLEY
Derek	HUTTON
Rodney	HYDE
Brian	KEEBLE
Paul	L'HUILLIER
Wayne	LATHAM
Ciro	LUCHINI
Vaclav	MARCAK

Noel	MCDUGALL
Vladimir	MEDIC
Peter	MILLS
Warwick	MITCHELL
Peter	MUNDAY
Kayden	NEW
Peter	PANOZZO
Michael	PARKINSON
Dick	PUTTYFOOT
David	ROBERTS
Duncan	ROBERTSON
Charles	ROSE
Marcus	SLEEP
John	SULLIVAN
David	TALBOT
Neil	TAPPE
Don	TERRY
Rob	VAN DER LINDEN
Daniel	VAN DER PLOEG
Ian	WILSON
Henry	ZIEMNICKI

Final Words:

I reckon this has been a long hot summer and it's taken its toll on some of us old blokes, not just me. At times, I thought about hiring a 'space suit'; at least they are temperature-controlled, but I doubt they are suitable for use with 'thongs'.

Thank you so much for your interest in the "**Shed Torque**". I hope I've given you some things to ponder. Just remember to keep those little wiggly things in that space between your ears happily moving and alert!

Best wishes to everyone, especially those under the weather.

Irvin Beeston
Editor