



Shed Torque

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

Winter – July/August 2025



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Welcome

Well, here we go again. This is now the 14th issue of Shed Torque that I have edited, composed, or put together, featuring many diverse comments and snippets of information that have been of interest or entertainment to you.

Our shed is full of diverse minds, ideas, and interests among its members, making it a joyful challenge to craft a message that everyone will enjoy, find engaging, and find easy to read.

As it is the middle of winter here in Mount Beauty, a few of our lucky members are in the Northern climes where temperatures are more comfortable, and the cool to cold workshop atmosphere here makes cold fingers pretty useless.

This means fewer people are at work each day, which can slow down our projects a bit. But on the bright side, there's always a warm coffee to enjoy and a friendly chat with a mate in the rec room during smoko. It's these little moments that can brighten our day.



The ones who were left behind

Shed Projects

They keep coming....

However, the boys had ideas of adapting their own central heating system to the workshop.

It's even portable, and they tell me it works, with plans to consider another model.

A combined effort from the blokes left behind to suffer.



Now what the hell are we going to do with this?
But then, within the space of two Smokos, this is
what can become a beloved antique memory.
Thanks to Mal & Warwick

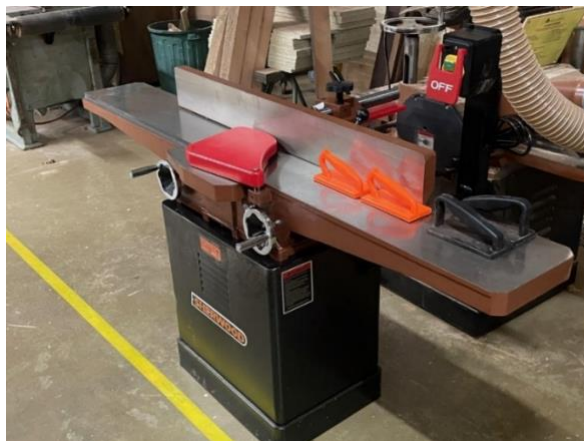




Not to be outdone Don Terry constructed a beautiful well finished picture frame, that complimented the theme of the Aussie Bush picture

New Planing Machine being delivered

New additions to our collection of machinery, properly unloaded & positioned by the "ones that count".



And before you know it, it's ready for use.



Duncan Robertson & Glen Barton on the Thicknessor Teamwork in action, but they communicate using sign language because of the earmuffs.



Meanwhile, Reg & Mal have other projects to consider



Children's Push-Cart
Ian Howley



Coffee tables
Warwick Mitchell



Electric Chairs
Don Terry & Peter Mills



Pruning
Paul L'Huillier



Opp Shop - Shelving
Don Terry



Phil's Yacht's name
Phil Armitage



Snowboard Seat
Don Terry & Peter Mills



Refurbished chairs
Warwick Mitchell



Window sill
Don Terry & Mal Darwent



Dust Extraction Shed clean-up
Peter Munday is in there somewhere.

So, what do you do?

G'day shedders, it's your old mate *Rip Woodchip* here.

Now, I want to have a quiet word about something a bit personal—something that hits a lot of blokes harder than we like to admit.

It's that question: "**So, what do you do?**"

And suddenly, after decades of knowing exactly how to answer it... You're stuck.

Because for most of our lives, we've tied who we are to what we do. We were boilermakers, truckies, engineers, teachers, sparkies, public servants—you name it. And we didn't just do the job. We were the job.

Work gave us structure. It gave us purpose. Respect. And it told the world—and ourselves—where we fit.

But then retirement comes along.

The alarm clock stops ringing. The phone doesn't buzz. The paychecks are not landing in the bank. And slowly, quietly, something else happens:

You start wondering who you are without the title.

You're no longer "the boss", or "the bloke who keeps things running". You don't get the nod from the apprentices or the pat on the back at Friday knock-off.

And for a lot of fellas, that loss of identity sneaks in under the radar. You might not even realise it's happening until one day, you feel a bit... invisible. A bit like you've stepped off the edge of something.

I've spoken to men who've said, "I felt like I didn't matter anymore."

One bloke said, "Without the job, I wasn't sure what use I was to anyone."

And that right there—that's why Sheds matter. Because in a world that can make older blokes feel like they're on the scrap heap, the Shed says: You still matter. You still belong. You've still got something to give.

Here, you're not retired—you're repurposed.

You're the welder, the woodworker, the joker, the listener. You're the mentor, the learner, the bloke who knows how to fix a lawnmower, or how to fix a bad day. You're still you. Still full of knowledge, stories, experience—and now you've got the time to share it. Some shedders are even sharing their knowledge with the younger fellas at schools and helping them. Others are making things for kids who need them, or selling stuff for charities that need a bit of support.

And let me tell you—who you are now might be even more valuable than who you used to be.

So if you're listening and feeling a bit wobbly in the identity department, just know—you're not alone. Every bloke hits this crossroads. But you don't have to navigate it solo.

Get to the Shed. Grab a cuppa. Pick up a project. Have a laugh.

Because no one's asking what you do here—they're just glad you're around.

I'll let you get back to the sawdust and scones.

Catch you next time, legends.

Rip Woodchip (AMSA)



***Congratulations to the 2025 Victorian Top Small Tourism Town
GOLD winner
- Mount Beauty -***

Shed Annual General Meeting (AGM)

This will be held on **Friday, 19th September** at the Shed. There will be food, drink and other goodies supplied at 12 noon. The AGM will start around 12:45 pm.

Members will be notified in a separate email with a nomination form attached.

The committee is changing this coming year with a new president and secretary required. Current president *Dick Puttyfoot* (13 years) and secretary *Noel McDougall* (5 years) will be stepping down.

You are only young once, but you can stay immature indefinitely.



A woman walked into the kitchen to find her husband stalking around with a fly swatter. "What are you doing?" she asked.

"Hunting flies," he replied.

"Oh, killed any?" she said.

"Yep, 3 males, 2 females," came the answer.

Intrigued, the wife asked, "How can you tell them apart?"

Husband: "3 were on a beer can, 2 were on the phone."

Some Facts

Old age is when everything hurts,
And what doesn't hurt, doesn't work.

When you get old, safe sex means:
Not falling out of bed.

When you get old, your wild oats become:
Prunes and All-Bran.

I'm over 90, so Everything's starting to click for me.
My Knees, My elbows. My Back, My neck.

Wildlife Victoria

Following up some info from my G-Mail, I found the following information from 'Wildlife Victoria'.

It could be a useful ongoing project for someone to take on without any pressure. If anyone is interested, I have all the Specs and construction details for the boxes and am happy to liaise with Wildlife Victoria regarding supply.

Wildlife Boxes Program – information for Men's Sheds

Objective

Wildlife Victoria, in collaboration with Men's Sheds in Victoria, manufactures and sells possum and microbat wildlife boxes for the public to install in their gardens.

Possum Nesting Boxes

These boxes are suitable for both Brushtail and Ringtail possums, the two most commonly found species in Victoria.



Brushtail
Possum



Ringtail
Possum

Microbat Boxes

These boxes are suitable for insect-eating microbats commonly found throughout Victoria.



About Wildlife Victoria

Wildlife Victoria is a non-profit organisation that operates the state's 24/7 wildlife Emergency Response Service. In 2024, Wildlife Victoria received more than 160,000 calls from members of the public reporting sick, injured and orphaned wildlife. This service is provided to the Victorian community free of charge and is made possible by a small team of staff and an experienced network of dedicated volunteers.

Members of the public can call 03 8400 7300 or report online any sick, injured or orphaned native wildlife found anywhere in Victoria.

Our emergency operators provide expert advice and can dispatch a trained volunteer to assist. Wildlife Victoria has over 1,300 trained volunteers statewide who can rescue, transport and care for injured wildlife.

Wildlife Victoria also operates a mobile Travelling Veterinary Service on call 7 days a week to assess and treat injured wildlife in the field and in care.

More statistics can be found on our website:

<https://www.wildlifevictoria.org.au/advocacy/emergency-response-service-statistics>

The necessity of possum boxes

Possums are protected native wildlife throughout Victoria, and through increasing loss of their natural habitat, have been forced to adapt to living among us. They often take up home in roofs, sheds, garages and gardens. In their search for nesting sites and food in these urban areas, they face many dangers including injuries from predators such as dogs and cats, electrocution from cables and wires, being run over by vehicles, being trapped in garage doors, etc.

Wildlife Victoria receives numerous calls about possums in homes, and one thing we often advise such callers is to install a possum nesting box in their garden. This has the dual advantage of providing a safe alternate home for the possum other than the roof/shed/garage, and prevents other possums from moving in, since possums are territorial.

The need for microbat boxes

There are 23 species of microbats in Victoria, with the most common ones being Gould's Wattled Bat, Chocolate Wattled Bat, White-Striped Free-tailed Bat, Lesser Long-Eared Bat, and the Little Forest Bat. They are insectivores and are distinct from their larger fruit-eating flying foxes or fruit bats. Microbats range from 3 cm to 14 cm in length, and weight between 3 gm and 30 gm.

Microbats are vital in maintaining a healthy ecosystem. They eat copious amounts of insects, including farm pests and those that bother humans outdoors. One bat can consume up to 1,200 mosquitoes in an hour!

Disappearing habitat - large old trees and tree hollows - is contributing to a decline in their populations, so it is critical that we provide them with alternative roosts through our microbat boxes.

Men's Shed involvement

Wildlife Victoria is currently working with a few Men's Sheds to do the following:

- Build possum and microbat boxes, following design templates that we provide. The designs are based on what would work best for the possums and microbats, and are easy and inexpensive to construct and install. See accompanying Construction Guides.
- Be a point of collection for customers who purchase a wildlife box through the Wildlife Victoria website. By selecting Men's Sheds in locations where wildlife rescue calls often originate, we can provide the public with convenient locations to collect their boxes from.
- Buyers must select a Men's Shed collection point before they finalise their online purchase, and this selected Men's Shed will be automatically informed of the purchase via email.
- Appoint someone to be the contact person for buyers. After completing their online purchase, buyers receive a confirmation email with the address of the Shed, and the contact number of this appointed person. This same person will also receive a notification email, with the buyer's name, number and email address, when the purchase is made.
- Provide the buyer with the following when they pick up their purchase:
 - The wildlife nesting box (possum or microbat)
 - 2 galvanised nails for mounting the box to a tree (Men's Shed to purchase and provide)
 - Information Brochure about your Men's Shed (if you so desire)

Both types of boxes are priced at \$85. \$45 of the proceeds goes to the Shed which sold the box, while the remaining \$40 goes to Wildlife Victoria to support our emergency, rescue, rehabilitation and education efforts.

The online shopping page can be viewed here, near the bottom of the page:

<https://shop.wildlifelivictoria.org.au/>

Benefits to Men's Shed

- Provide your members with an ongoing project to work on.
- Opportunity to create awareness about your Men's Shed, and about the Victorian Men's Shed Association generally.
- Be seen as a champion of wildlife protection.

Wildlife Victoria's commitment

- We have a shopping page on our website to handle all online sales (<https://shop.wildlifelivictoria.org.au/collections/wildlife-nesting-boxes>). Participating Men's Sheds will be automatically notified when a sale is made for collection from their location.
- FAQs are included on our shopping page. Should anyone have further questions, they are welcome to contact WV directly.

- We acknowledge Men's Sheds' efforts and contributions in the installation brochure included in the Transactional Email sent to all buyers, and include the VMSA website address so the public can find out more about you.
- We will send you your share of proceeds after you have invoiced us. At the beginning of each month, we will email you a reminder to invoice us for the previous month's sales. Please note that Wildlife Victoria will not be able to compensate you for capital expenses (materials, transport costs, etc) upfront; you can recover these costs through sales proceeds.

How the Project is faring so far

We launched our online sales page in late August 2017 selling just possum boxes and currently work with 6 Men's Sheds. We launched our microbat boxes in November 2024.

Generally, each Shed sells between 1 and 3 possum boxes a month. Some months are quieter and it's not unheard of for some Sheds to have no sales in a month. Microbat box sales are slower, primarily because these boxes are a nice-to-have, whereas possum boxes are typically purchased as a need-to-have because the buyer has a possum in their roof or shed.

As of 31 Dec 2024, we have sold 1,417 possum boxes. A couple of Sheds which have been with the program since the start have earned nearly \$9,000 so far and continue to enjoy the ongoing project of building possum boxes. We hope your Shed will find this program just as fulfilling!



*If you're interested, contact me.
I'll help; you don't need to be afraid to volunteer your services.*

How to identify fake news and misinformation on social media

In today's digital age, social media serves as a wonderful way to stay informed and connected with others. But it's important to remember that not everything we come across online is entirely accurate. Fake news and misinformation can spread rapidly, causing confusion and sometimes even harm. That's why it's more crucial than ever to learn how to identify misleading content and safeguard yourself from false information.

1. Check the source

A reliable news source will have a good reputation and a history of accurate reporting. Be cautious of websites or social media pages you've never encountered before. Verify if the website is reputable by checking its About Us page or searching for independent reviews. Government websites (e.g., gov.au) and well-known media outlets like ABC and SBS are generally trustworthy.

2. Look for evidence

Legitimate news articles include facts supported by experts, researchers or Oh, I understand what you mean. If you post a request to reassert an old claim but don't cite any sources, it might be misleading. Try checking other trusted sites for the same information. If no other sources are reporting it, then it could be true.

3. Watch out for emotional triggers

Fake news often manipulates emotions to provoke a strong reaction, like anger or fear. If a post makes you feel outraged or shocked, take a moment to pause and consider before sharing it. Ask yourself:

- Does this appear too extreme to be true?
- Is it meant to generate fear or division?

4. Beware of manipulated images and videos

Technology has made it easier to edit photos and videos. Some fake news stories use altered images to make false claims seem real. If something appears suspicious, use Google's Reverse Image Search to determine the origin of the image. Websites like Snopes.com and FactCheck.org can also help verify claims.

5. Check the date and context

Sometimes, old news stories resurface and are shared as if they are new. A real event from years ago might be used to mislead people about something happening today. Always check the date and read the full article to understand the context before believing or sharing it.

6. Be wary of clickbait headlines.

Headlines that are overly dramatic or sensational are often created to grab attention rather than deliver real news. If the headline seems exaggerated, read on before jumping to conclusions.

7. Report and avoid spreading false information

If you come across fake news, report it to the social media platform. Facebook, Instagram, and X (formerly Twitter) all offer options to report misleading content. Avoid sharing anything you're unsure about, as misinformation can spread quickly and mislead others.

Stay alert and use simple fact-checking methods to navigate social media confidently, avoiding fake news. Remember, if something seems too odd or dramatic to be true, take a moment to verify the facts before believing or sharing them.

Dick Puttyfoot and Barb Talbot feature in this video promotion of the 4M's.

- 1: **What matters** most to you in your daily life?
- 2: Your **medications** and how they're working for you.
- 3: Your **mobility**. - How well you're getting around and staying strong.
- 4: Your **mental** well-being.

How to have better conversations with your healthcare team | full video

Click this link to watch the 3-minute video:

<<https://www.youtube.com/watch?v=m1Jc2rU-vJU>>

This short video features **Dick, Barbara & Dr Laura Zagorski** as they talk about the benefits of using the **Indigo 4Ms Guide for Older People** to prepare for healthcare appointments. They discuss 4 key areas of health & wellbeing – the 4 Ms (see above).

When you & your healthcare team work together on these 4 areas, you can prevent, slow or even reverse common age-related difficulties.

This video was produced by Age-Friendly North East Victoria & Red Hat Films. For more information & to download the guide, go to <https://www.bit.ly/indigo-4Ms>

Picnic on Saturday, 11th October 2025, at the CFA Mount Beauty! Join us for a day of connection, fun and community spirit as we celebrate resilience and support local initiatives. Enjoy music, family-friendly activities, a free BBQ, coffee, a showbag and the chance to meet local emergency services and community groups. Your presence will help. *Our Men's Shed usually does the BBQ.*

Final Words

After a very quiet period in the shed, I thank you for reading my musings up to this point and showing some interest.

I hope I've satisfied some of your inner yearnings and will try better next time.

From me:

"Tarrah, for now. Si thee later"

We appreciate any comments, whether positive or negative, and thank all **our sponsors.**

