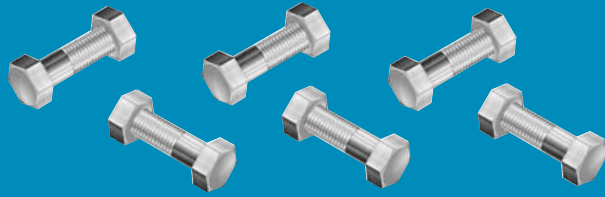


Nuts & Bolts



April 2014
Volume 2 Issue 2

Mens Shed Carina Inc.,
Clem Jones Centre,
56 Zahel Street, CARINA QLD 4152
Phone: 07 3395 0678
Web: www.mensshedcarina.com.au
Email: info@mensshedcarina.com.au

MEMBER NEWS

Men's Health Week 9 – 15 June 2014

Mens Shed Carina and the Clem Jones Centre are supporting Men's Health Week this year with a number of activities:

10 June 14 – Official opening of our sheds and the launch of the Men's Health Week events.

10, 11, 12 June 14 – Open house at the Shed.

12 June 14 – Public forum at the Carina Bowls Club.

13, 14 June 14 – Nuts & Bolts Men's Health Expo at the Clem Jones Centre.

This is an exciting initiative suggested by Mens Shed Carina and enthusiastically supported by the Clem Jones Centre.

*More information will be forthcoming shortly.

Jamie Oliver's Ministry of Food

Members will have noticed the Ministry of Food trailer parked in the Clem Jones Centre. Several members have put their names forward to participate in the courses being offered – well done!!

Bernie Pramberg 17 February 14

Bernie paid us a visit on 17 February. He has spent 38 years of his life in newspapers and he currently writes a column in Saturday's Courier Mail. Bernie is a great supporter of sports battlers and he is more interested in sports characters and grass roots sports. A very entertaining and informative presentation!!



Visit to Toowoomba Shed 18 February 14

Graeme Fraser, Paul Meredith, Graham Ward, Allan Johnson, Jim Boyce (from WA) and Brian O'Rourke had a very enjoyable day at the Toowoomba Men's Shed on 18 February 14. The following is an extract from the Toowoomba Men's Shed February Newsletter:

"Our OPEN BBQ and video filming day with Rotary International from USA, for their documentary about Men's Sheds in Australia, was an outstanding success, and we enjoyed the company of visitors from our local, Chinchilla, Ipswich, and Carina Men's Sheds. As well we had a visitor from both Winton, and Strathfield

We would encourage other sheds, and members to drop in, or join us for one of our functions.

We are currently, helping with the start-up of Pittsworth Men's Shed and discussing with Dalby and Allora Sheds, how we can assist."

Robert Spencer Spinal Injuries Association 24 February 14

Robert is involved in spinal injury education. He told us about

MESSAGE FROM THE EDITOR

"The Pope asked Michelangelo: "Tell me the secret of your genius. How have you created the statue of David, the masterpiece of all masterpieces?" Michelangelo's answer: "It's simple. I removed everything that is not David." Negative knowledge (what not to do) is much more potent than positive knowledge (what to do). Thinking more clearly and acting more shrewdly means adopting Michelangelo's method: don't focus on David. Instead, focus on everything that is not David and chisel it away." (Rolf Dobelli, *The Art of Thinking Clearly*, Sceptre 2013)

All this before project management, spreadsheets, project software and project managers! Simply a CAN DO attitude!!

"If you can't do great things, do small things in a great way"

- Napoleon Hill

Editor: Bob Ikin

Publisher: Neil Smith

his story – he was injured at 18 years of age playing rugby league. He had to learn how to do things all over again. An inspirational bloke; he has competed in five Olympics winning 18 gold and one silver. It is mostly males who have spinal injuries, car accidents being the main cause. Robert is very involved in student education regarding spinal injuries these days. Thanks Robert!



Balmoral Rotary Visit 10 March 14

Members enjoyed a visit from the Balmoral Rotary guys and girls on 10 March 14. The Rotary team also provided an excellent morning tea and a very informative talk on the job Rotary



does in the community. Originating in the USA, Rotary has been going for 110 years and is a service organisation that tries to help other people who need support. Some clubs have an emphasis on fundraising whilst others have an emphasis on fellowship. A very enjoyable day!!

Steve Minnikin's Visit 10 March 14

Steve dropped in to have a look at our new shed and spoke on the importance of volunteering. He also acknowledged the sav-



ings that volunteers achieve for governments and taxpayers. He commented on the buzz in the shed and that it is always a positive place to visit.

Jenny Wong BCC 17 March 14

Jenny visited our shed and provided some advice to members on how to save on electricity costs. Thanks Jenny!

Sonya Trau Southside Pony Club 24 March 14

Sonya visited our shed to seek help for some maintenance projects at her club. Our Project Manager Rob Cousins visited the club to see what is required and to advise Sonya whether we can assist.



Graeme Curnow, President QMSA 31 March 14

Graeme gave an informative talk on men's sheds in Queensland. There are 150 sheds in Queensland which is phenomenal growth. Queensland has more sheds than any other state in Australia except for New South Wales and Victoria. Additionally, there are now 170 sheds in Ireland and with the inclu-



sion of sheds in Great Britain and New Zealand the message is getting around the world.

Carindale Library Presentation 4 April 14

Mal Weier, Dennis Beck and Bob Ikin entertained 16 visitors at a public forum at the Carindale Library on 4 April 14. Mal



provided an interesting and informative talk on the men's shed movement and our shed in particular. Bob provided a few words on our plans for Men's Health Week.

Grantlee Kieza, Courier Mail, 7 April 14

Noted author and journalist Grantlee Kieza provided our mem-



bers with a very interesting talk on Bert Hinkler on 7 April 14. Thanks Grantlee!!

Luke Monsour, Bulimba Studios 14 April 14

Photography has been listed as one of the interests our members want to pursue and Luke gave a very interesting presentation on 14 April 14. It was noted that our resident shed photographer Allan was particularly interested, asking questions after the presentation. Thanks



Luke and we hope we can continue the association!!

Wynnum Manly Community Gardens Group Says Thanks

The following thank you note has been received from the group:

"The Wynnum Manly Community Gardens Group would like to thank Carina Men's Shed for taking such care in making some beautiful and very useful signs for our garden. Thank you!"

Well done to all our members who worked on this project.

Mens Shed Carina Wellness Exercise Regime

The program is going well. A hardy group has been fronting up now for over a month and the feedback has been very positive. If you haven't joined in yet, have a go – you won't be disappointed!!! Herman is so dedicated that he has been awarded a certificate by Mal Weier for his commitment to the program.



Gavel Project for Aaron Dillaway

TS Gayundah Navy Cadet unit at Bulimba now have their own gavel and block for their dinner meetings following the call out to Mal Weier, by Aaron Dillaway, Member for Bulimba.

Aaron attended a dinner meeting with the cadets and noticed they were borrowing a gavel and block from another unit. He approached Mal to see if our shed could make one for the cadet unit.



The finished gavel and block were presented to the unit on Saturday 8 March at a special boat naming ceremony. Well done Mal!!

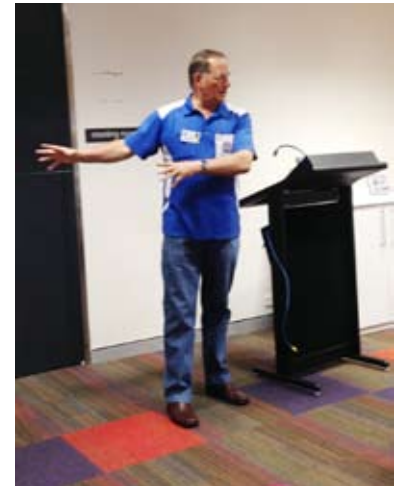
AMSA NEWS

- A lot of men in Ipswich owe former clergyman Dean Olafsen a debt of gratitude. The 73-year-old is responsible for laying the groundwork to establish the Ipswich City Men's Shed, which has gone on to become a vital part of the community. The shed, in Bundamba, offers a place for men to get together to socialise, share their skills and remain active in the community. When it officially opened a year ago, only 12 members had signed up. But since forming, the group has gone from strength to strength with membership numbers swelling to 120. Mr Olafsen, from Coalfalls, said the establishment of the Men's Shed in Ipswich had been a passion of his for many years. He said many retired, lonely or depressed people had benefited by having a place to sit and chat with like-minded people, stay active with hobby work and get involved in the community. The group has been involved with building bench seats for residential aged-care facilities, the construction of a raised garden bed for a state school and restoring historic woodwork for the Ipswich Hospital Museum.
- RIC Blackburn says working with tools is only one advantage of being involved in a community men's shed, and has an internationally published research paper to prove it. The Lower Templestowe resident is co-author of *The Men's Shed: Providing Biopsychosocial and Spiritual Support*, which was published in the *Journal of Religion and Health* in December.

Mr Blackburn said he was privileged to have worked with LaTrobe University graduate Matthew Moylan on the study, during which they observed 21 shed users over six months to find men's sheds encouraged participants in a meaningful and purposeful way. "Some of the results were on a par with obvious outcomes of what these programs are, but (we also found) people using these services felt they were giving more than they were getting out of the service," Mr Blackburn said. The 52-year-old, who was recently promoted to executive officer of the Victorian Men's Shed Association after 11 years as Manningham Men's Shed co-ordinator, said the men's shed concept - where men meet to build, chat or have a cuppa - was becoming more popular each year.

EXECUTIVE NEWS

- The MSC Presentation at the Carindale Library was successful and well received. The library staff made several valuable suggestions that could assist MSC and shed members. The planning for Men's Health Week is progressing and receiving strong support. An updated business plan and a review of the management committees were identified as issues that require a high priority.
- In response to the resignation of Steve Needham both Pat Lindsay and John Eiseman have jointly accepted the role of shed safety advisors.
- A MSC information stall has been scheduled for Cannon Hill and the Morningside Festival in July. The Cost for a stall at Morningside is \$90. The cost for a Bulimba Festival stall was considered too expensive, a stall at the Chandler market was a better option. A static MSC display will be installed at the Carina Library. Articles are urgently required for the MSC newsletter.
- The MSC application for a SITA grant was unsuccessful. Current opportunities for grant funding are being considered and discussed with Phil B at the Clem Jones Precinct.
- The focus is the fit out of the new shed. The shed opening is scheduled for the 10 June 2014. A plan and a task list will be finalised this week. Thought is being given to opening the shed on Thursdays.
- Darren Coles (electrical contractor) has been engaged to install the power points and lights in the new shed. Rexal has donated 8 lights and 2 exit signs. Hopefully the cabling will be donated or acquired at a reduced price. An electrical plan will be provided. Competent qualified shed members will do the cabling. Darren will do the switchboard, fit off, and testing before the work is commissioned. The disposal of surplus machines, tools and equipment was discussed. Options included a garage sale, ebay and gumtree. The shed entrance requires an awning over the front door.
- Guest speakers will not be scheduled on the same Monday as the executive meetings i.e. the first Monday of the month.
- Given the focus on the shed fit out prior to the opening on the 10 June scheduling guest speakers will cease on the 12 May and recommence after the shed opening.



Member Profile – Neil Smith

Neil was born in 1932 and spent his first 20 years in Mackay and its surrounding sugar country, the first ten in the Finch Hatton Gorge. By the time he started high school he had decided he wanted to become an engineer. As he understood it that meant serving an apprenticeship then gaining the experience needed to obtain an 'Engineer's Ticket' and he took that path.



He completed an apprenticeship as a fitter and turner at the end of 1951, then worked in a couple of sugar mills until late 1952 when he went to sea as a junior engineer on a wartime built, diesel powered, tanker.

The Nukulana called at ports from Japan to New Zealand and, twice, as far west as the UK and officers lives were very 'pukka', but when he took his leave in Cairns in 1954 his UK pay rate was pretty light-on so he took what was intended to be a temporary job as a fitter at the Cairns Brewery.

Then he met Coralie and decided to quit marine engineering. Over the next five years he had a house built, married Coralie, switched jobs to the local powerhouse and obtained an 'Engineer's Ticket' then became a shift engineer at the Tully sugar mill. A couple of years later they headed south, and when they reached Brisbane Coralie declared that was cold enough.

Neil was appointed to the new position of Assistant Engineer at the South Brisbane Hospitals Board in October 1961 and resumed studying for a higher qualification, passing his final exams in late 1966. The position of Engineer became vacant and he held that from mid-1967 until resigning to become the Assistant Plant Engineer for the Brisbane City Council in December 1969.

He had always admired those who saved and restored antique machinery but had never considered joining them. However after he began taking a serious interest in photography he learned, through a series of incidents, that early cameras included some clever technology and were in danger of becoming landfill.

He also learned that there was real interest in the field in the Northern Hemisphere and decided that supplying the handful of Australian collectors with a 'Swap and Trade' publication would help interest grow and be a useful hobby.

After advertising the venture in newspaper classifieds across the country

The Australian Photographic Trader was launched in April 1984 with a circulation in the teens. It began as a few A4 sheets out of a word processor, daisy wheel printer and photocopier and stapled in the corner

In mid 1986 Neil became an



When John E Lewis became its first UK contributor in 1988 Neil sent him this shot of the Trader's 'office'. Must have impressed him because John continued supplying articles and reports until publication ceased at the end of 2012

early adopter of desktop publishing, using his first Mac and Pagemaker. A few months later he bought a second hand off-set press and the *Trader* became 'saddle stitched'. Printing and binding were a big spare time chore and Neil realised he would need newsagency distribution to achieve enough circulation to afford commercial printing. That step, along with a title change to *Photographic Trader*, was taken at the beginning of 1989.

The City Council had begun a 're-organisation' in the mid-80s that saw many department heads 'retired' and around mid 1989 Neil was warned he was in line for the 'chop'. He had leave that would last to his 20 years service mark so he took that and began operating a small newsagency. The magazine became a part-time rather than spare-time operation but several issues were missed and it took a couple of years to settle down.

Neil quit the newsagency in October 1994, leased some space in the former Post Office at the Carina 'terminus', and the *Trader* soon began growing, reaching 60 pages and 5000 circulation in 1996. In 2001 it moved to Kenrose St, and in mid 2005 it was sold to a firm owned by one of its part time staff and her father. Neil continued doing some work for it for a few years but then became formally retired.

ORKNEY'S ITALIAN CHAPEL

(article provided by Bob Ikin)

In the later years of World War 2 several hundred Italian prisoners were housed in Camp 60 in Orkney Island off the north coast of Scotland.

These men were captured during the North African campaign and sent to Orkney to work on the Churchill Barriers. The Churchill Barriers are a massive series of concrete causeways which seal the eastern approaches to Scapa Flow.



The Churchill Barriers

The camp consisted at first of thirteen or more cheerless huts, but the active Italians made concrete paths and planted flowers, until the whole area was transformed.

To preside over the camp "square" an artistic prisoner, Domenico Chiochetti, made the figure of St George, built up from a framework of barbed wire covered with cement. New amenities were created: a theatre with scenery and a recreation hut which included in its equipment a concrete billiard table.

However the camp still lacked a chapel and in 1943 two Nissen huts were made available to the prisoners. These were placed end to end and joined together. The original plan was to use one as a church and the other as a school.

With the Commandant's blessings, Chiochetti set to work to build a sanctuary in the end of the hut furthest from the camp. As he worked his imagination caught fire. Ideas flooded his mind,

but each one of them had to be expressed in terms of the simplest material, most of it second hand and a proportion of it apparently worthless scraps. To assist him, Chiocchetti collected a small band of helpers, prominent among them a cement worker, a smith, electricians and others.

The chancel, which was the original conception, had much time and care lavished on it. The corrugated iron of the hut was hidden by plasterboard, smooth above, panelled below. The altar, altar rail, and holy water stoop, all beautifully designed, were moulded in concrete. Behind the altar, reaching up to the sanctuary roof, and buttressed by two windows of painted glass, representing St Francis of Assisi and St Catherine of Sienna, was lovingly depicted the Madonna and Child, Chiocchetti's masterpiece, based on a holy picture he had carried with him throughout the war.

For the entrance on either side of the sanctuary, gold curtains were purchased from a firm in Exeter and paid for out of the prisoner's welfare fund. Two candelabra in iron and four in brass were made. Wood was obtained from a wrecked ship for the tabernacle.

The sanctuary vault was frescoed by Chiocchetti with the symbols of the four evangelists and lower down on either side he painted two Cherubim and two Seraphim. In the very centre of the vault hovered the White Dove, symbol of the Holy Spirit.

When the prisoners left the island in the spring of 1945 Chiocchetti was left behind to finish the font. A promise that the Orcadians (Orkney Islanders) would cherish their chapel was given to the prisoners by the Lord Lieutenant of Orkney, who had taken much interest in their welfare.

Owing to the fortunes of war, the chapel was in use for a very short time. When it was practically finished, a special service was held, incorporating (with gramophone records in the vestry) the bells and choir of St Peter's, Rome.

After the war the whole camp, apart from paths and hut foundations, disappeared, but the chapel (and St George with his dragon) remained. Gradually it became a place of pilgrimage for anyone holidaying in Orkney and thousands went to see it each year.

In March 1960 a dream of the local community came true. As its guest, his travelling expenses generously met by the BBC, Domencio Chiocchetti paid a visit of three weeks duration to Orkney. During the period of his stay, Chiocchetti assisted by locals restored the paintwork of the chapel interior and did many outstanding repairs.



The Italian Chapel

A service to mark the restoration of the chapel was conducted at Lambholm by Father Whitaker. Orcadians of all denomina-



The Italian Chapel

tions attended the service. Chiocchetti was himself the first to receive Holy Communion. Parts of this service were broadcast to fifteen stations in the Italian National Programme on Easter Monday 1960.

So the chapel remains, after more than sixty years, as the reminder of a faith that flourished in adversity and as a memorial to the genius of its Italian builders. It is, in addition, the happy example of a pure inspiration which has triumphed over sectarian divisions. Members of the different communions work together on the committee, and Orcadians look on the chapel as a gift to be hallowed and preserved.

DID YOU KNOW?

Australia started training military pilots at Point Cook, Victoria in 1914. The Argus newspaper of 31 July 1914 had the following ad calling for applicants:

“Applicants should be aged between 20 and 26. Not of higher rank than captain. With not less than two years commissioned service. Under 14 stone (88kg) in weight. Unmarried. Certified by a medical officer as physically qualified. He must, moreover, be a good map-reader and field sketcher and must possess a fair knowledge of internal combustion engines.”

Reginald Forsyth of Sydney was convalescing in Cairo when he decided to apply to join the Australian Flying Corps. He recorded that his first entry test was “to ride a motorcycle successfully”.



Lieutenant George Pinnock Merz climbing aboard a Bristol Boxkite aircraft during the first course at Point Cook.

GREY NOMADS COLUMN

Our Caravan Holiday Around Australia
(article provided by Graham Passmore)

Our trip began on 2nd April and headed south through the Hunter Valley of NSW and then on through Dubbo, Griffith, Bendigo and Ballarat. From Geelong we meandered along the Great Ocean Road and then over the border to SA and spent 3 days on Kangaroo Island.

Continuing north up through the middle to Darwin with heaps to see in between. From Darwin we passed through the Kimberleys and onto Broome then down the west coast of WA to Perth and the south west corner. Heading back east we spent time in Albany, Esperance and Kalgoorlie before continuing across the Nullabor back through SA. After following the coast around the Eyre Peninsula and heading north to the Flinders Ranges and Wilpena Pound, we drove through the Riverlands following the

mighty Murray and then north through NSW. Lightning Ridge was next before spending the last week of our trip in the town of Moree relaxing in the thermal pools before arriving home after spending almost seven months on the road and covering 29,000 kms.

Some of the highlights would be visiting Cooper Pedy, seeing water flowing off Uluru, thanks to a storm the night before. The Kakadu and Litchfield National Parks are a bush walker's paradise. A scenic flight over Lake Argyle, home to more than 30,000 fresh water crocs, the Bungle Bungles and a launch trip down the Ord River. From Broome, another sea plane flight over the Horizontal Water falls, the Archipelagos and the untouched coast line of the north. These are only a few of so many highlights of our trip and cannot but give a person such an appreciation of what a beautiful and incredibly diverse land in which we live.



Woomera Rocket Range



Nature's Window



Great Australian Bight

HEALTH AND WELFARE CORNER

(provided by Kevin Searle of our Health and Wellness Team)

All of the health professionals who have spoken at our shed have stressed the importance of early detection and preventative medication for various illnesses by having regular check-ups and tests by your medical adviser.

It is recommended that you take a proactive role in this matter and ask your GP to have the necessary tests done each year and one recommendation is that you do this on or near your birthday.

The following figures are taken from 2011 Australian Bureau of Statistics data and represent annual averages based on data collected over a four year period:

- Ischaemic (coronary) heart disease – 21513 deaths
- Cerebrovascular (brain embolism and aneurysms) – 11251 deaths
- Dementia and Alzheimer Disease – 9864 deaths
- Diabetes – 4209 deaths
- Bowel Cancer – 4087 deaths
- Prostate Cancer – 3294 deaths

Prostate cancer is the most diagnosed internal cancer in Australia with more than 18,000 cases diagnosed each year which is more than breast cancer.

Enjoying good health and a happy lifestyle can be attributed in no small way to choosing a well -balanced diet with everything in moderation and regular exercise.

If you are not already partaking in the fitness activity program being run by the Welfare group in conjunction with the Clem Jones Centre, perhaps thoughtful consideration should be given to so doing.

LOCAL HISTORY

(article researched and provided by John Eiseman)

Woolloongabba and the Fiveways were uninhabited and the "One Mile Swamp" occupied what are now the Railway Yards there. In the 1850s, Main Street was a track out through a tangled wilderness of wattle and tea-tree by bullock teams plodding along the "main south road" leading to Sydney via Nerang. The bullock teamsters used this road in preference to the route through South Brisbane which was swampy. The teams clung to the high land on the road from Limestone (Ipswich), crossed from Rocklea, and after travelling down Main Street, reached the Customs House landing by ferry. Teamsters going east plodded past the "One Mile Swamp", out along Cleveland Road, until they reached a large waterhole which later became known as Bennett's paddock.

*Watch this space next edition for some more local history.

*There a number of history buffs in the shed and if there is enough interest we may start a History Interest Group. Let Bob Ikin or Harry Davis know if you are interested.

BUSH POETS SOCIETY

Apparently there are a number of bush poets in our shed. If you are “a poet and didn’t know it”, Nuts & Bolts will give you the chance to publish your work at no charge

CARINA FLITTING

(provided by Neil Smith – a bush poem written by his mate about Neil).

From the hills south-east of Brisbane, home of Broncos and Maroons,
Comes the Photographic Trader, magazine for camera folk,
Put together in Carina, where the grey, good - humoured editor,
Neil Smith, is working hard to beat a deadline , it’s no joke.

He was sweating in his office halfway through the April copy
Putting Issue Number Ninety well and truly in its bed
When there came a note foreboding, with a long-felt premonition,
‘Neil, please get out, we need the space’, his friendly landlord said.

What to do? He toured the suburbs looking round for office buildings.
Despondently, without success, he searched from wall to wall,
When a butcher shop he spotted with a notice on the door
Saying ‘Rent me, I am empty, please make contact, give a call’.

Not a Coo - ee from his home! He could walk there in five minutes!
So he quickly found the office of the agent down the street
And he giggled as they walked in through the door, ‘I can’t believe it !
All this space, and that’s a cool-room at the back, but where’s the meat?’

‘I am saved, bring out the documents, I’ll take it right away’.
And he laughed and signed a lease that stretched from here to Hell and gone.
Never noticing the figure in the doorway, just standing there and smiling,
It was Murphy, he of Murphy’s Law; there’s more to this, hang on!

Returned to his Trader desk Neil laboured many hours
Working hard on pending Issue Number Ninety, can’t delay.
Lest the readers disappointed call him up and then abuse him
About bargains that they figure have been lost along the way.

It was finished , written, printed, then mailed out with special care,

Number Ninety was completed just last We’nsday, Anzac Day.
But most readers do not know that it nearly couldn’t happen,
Due to time-consuming searchings that an Editor can’t say.

Then the game was on in earnest! First, to rig his new-found office,
Put up shelves, plug in machines, then fill his pipe and make the tea,
As he waited for the ‘phone man to arrive and reconnect him
To Australia, and the outside world, as Editors must be.

Reflecting, as he waited, that he’d made all the arrangements
With the Telecom Head Office up in Brisbane, days before.
So joyfully arising when the trucks and men all fronted,
He shook all hands as workers ambled slowly through the door.

‘I have made all the arrangements, my old numbers I can keep,
And the boss at your Head Office says that things will work out fine’
Mr. Telecom said ‘Yair, but perhaps you’ll tell me where,
We connect the bloody thing, because you’ve got no bloody line!

Murphy’d struck! Neil Smith was shattered, no-one else had mentioned this,
‘What’s to do, I need a phone, another Issue’s on the way?’
The technician said ‘Don’t panic, for I’ve got a good mechanic
Who will nick a line connected to a shop just up the way’.

All’s now done, Neil’s back in business, writing ads and setting stories
Pipe is lit, the billy’s boiled, the rent is paid, he’s making plans.
His equipment’s all arrayed, phone is ringing and what’s more is
That the cool-room overflows with slabs of yellow Fouxex cans.

POSTLUDE

With the Trader newly domiciled, you’d think it’s easy sailing
But that’s not the case, for recently a phone call gave the lie.
A power tool was running down, a background to our talking
Neil was drilling out some drainage thing - old butcher shops won’t die!

A K. Lechtar
May, 2001

Mystery Object .



BEE KEEPING

(article provided by Bevan Guttormsen)

For those members who get honey from Bevan here is how it actually happens

“THE BEE KEEPER – BEVAN’S HONEY MAN”

Len started bee keeping as a hobby in 1972 and it has grown over the years. He has 25 hives located in various locations, e.g.

Upper Creek at Laidley and various sites in the Beerburrum State Forest. Len builds his own honey boxes and buys frames and assembles them. He then wires the frames and adds the wax foundation. This foundation gives the bees something to build on. Depending on the time of the year, summer or winter, the frames can be full of honey in about 6 weeks (summer). There is not much activity in winter. When the frames are full and capped, they can be removed and brought back to the honey house for extraction. The honey house is a sealed dust proof room. Firstly, the wax caps are cut with an electric hot knife and then placed in the extractor. The honey is spun out and takes about 5 minutes. There are 4 frames in the extractor. The extracted honey is allowed to settle for a couple of days for any wax or bubbles to come to the top. It is then drained from a tap on the bottom of the extractor and stored in sealed containers until it is measured into containers for sale.



Len with bee boxes



Bees entering bee box to get to their hive



Len with frames of honey from inside bee boxes



Len with extractor



Checking honey



Taste testing honey

PUZZLES, JOKES AND TRIVIA

Sex at 68 (provided by Steve Dalziel)

I just took a leaflet out of my mailbox, informing me that I can have sex at 68.

I'm so happy, because I live at number 72.

So it's not too far to walk home afterwards. And it's the same side of the street. I don't even have to cross the road!

Urine Test

One day an Irishman goes into a pharmacy - reaches into his pocket and takes out a small Irish whiskey bottle and a teaspoon.

He pours some whiskey onto the teaspoon and offers it to the chemist. "Could you taste this for me, please?"

The chemist takes the teaspoon, puts it in his mouth, swills the liquid around and swallows it.

"Does that taste sweet to you?" says Paddy

"No, not at all," says the chemist.

"Oh that's a relief," says Paddy. "The doctor told me to come here and get my urine tested for sugar."

Believe it or Not

- Shed member Chris Davidson was known as "Mad Dog" by the opposition when he played schoolboy rugby.
- Following the outbreak of the First World War in 1914 Australian poet Banjo Paterson joined the Australian Imperial Forces (AIF). He drove an ambulance in France, and then served in Egypt with the First Australian Remount Unit (a unit which trained mounts for the Australian Light Horse). Banjo rose to the rank of Major, and returned to Australia in 1919. His writings on the war provided a particular flavour and record of the participation and sacrifices of the Australian forces.
- 97% of dogs are born out of wedlock.
- All polar bears are left handed.
- Rudyard Kipling, living in Vermont in the 1890s invented the game of snow golf. He would paint his golf balls red so that they could be located in the snow.

Mystery Object (photo page7)

The mystery object is a Davis Quadrant. The back-staff, or Davis quadrant, was invented in the 1590s by Captain John Davis and had reached its final form by the 1680s. The back-staff eliminated the disadvantages of the cross-staff by allowing the observer to take a sight without looking into the sun. The instrument also simplified the sighting process by allowing the observer to view both the horizon and the shadow of the sun on the horizon vane simultaneously.

A disadvantage of the back-staff was that it could not be used easily for star sights. Despite this limitation, the back-staff remained popular between the years 1600 and 1800. It was the first navigational instrument of any kind produced in America.

UPCOMING EVENTS

Date	Activity	By Whom	Location
3 May 14	Stall at Kmart Shopping Centre Cannon Hill	Members	Kmart Shopping Centre Cannon Hill
10 June 14	Official Opening of Sheds & Launch of Men's Health Week	VIPs, Members and Guests	The Shed
10, 11, 12 June 14	Shed Open Days	Members and Visitors	The Shed
12 June 14	Public Forum	Members and Guests	Carina Bowls Club
13,14 June 14	Men's Health Expo	Members, Visitors	CJC & Shed Precinct