

NUTS & BOLTS



*'Every man needs
a shed'*

Vol 4 | Issue 5 | APRIL 2019



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Message from the Editor

Editor: Ray Peddersen

cms_editor@carinamensshed.org.au

Kevin Searle has sent me an article, on the 2011 site preparation for the construction of our shed at the Clem Jones Centre, which appears in this issue. As we will be celebrating our shed's tenth birthday this August I would like to feature similar articles, photos and members stories, of our shed's beginnings and development in future issues of Nuts & Bolts.

I would also like to thank all other members who have contributed to this issue, Peter Finch for his "Diary of a War Baby", Peter Carter for his Glamper's report and Harry Davis for his article on his visit to the HMAS Sydney II Memorial – Lest we Forget.

*"When your friends begin to flatter you on how young you look,
it's a sure sign you're getting old." Mark Twain*



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Carina Men's Shed valued supporters include:



WHITE LADY
FUNERALS
a woman's understanding



Member's News

Stroke Foundation Visit 25 February 2019

Mary Berry, from the Stroke Foundation, presentation detailed; how strokes occur, how to recognize the symptoms of a stroke and healthy living tips to minimize the risk factors of having a stroke.

What is a Stroke? The brain needs oxygen and nutrients carried in the blood. A stroke happens when the brain does not get the blood it needs. There are two types of stroke (as illustrated in the diagram).

Recognize the symptoms of stroke and act FAST and call 000

Face - Check their face, has their mouth drooped?

Arms - Can they lift both arms?

Speech - Is their speech slurred? Do they understand you?

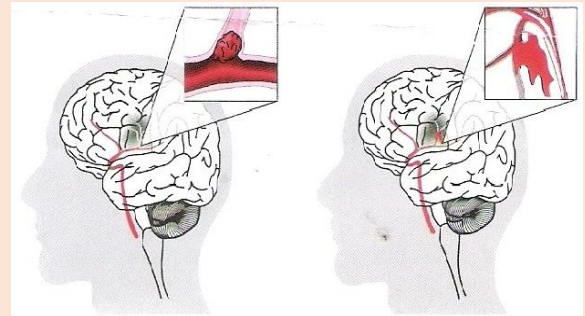
Time - Time is critical, call 000 if you see **any** of these signs.

Tips for a healthy Life.

- Regular health checks. Blood pressure, cholesterol, blood sugars.
- Eat well. Fruit, grains, vegetables, lean meats and fish and less salt.
- Stay active. By walking, swimming, dancing, gardening.
- Drink alcohol in moderation. Be smoke free.

Thanks again Mary.

To find out more visit: strokefoundation.org.au/About-Stroke

There are two types of stroke

Ischaemic Stroke
Blood clot or plaque
blocks artery

Haemorrhagic Stroke
Artery breaks or bursts

Hong Kong Police Shed Visit Wednesday 06 March 2019

Carina Police Station was hosting two officers from the Hong Kong Police Service, in Brisbane for an international police exchange program. The two officers Inspector Michael Lau and Inspector Karina Kong had expressed a keen interest in experiencing community engagement at a local level.

Senior Sergeant Brendan Jorgensen of Carina Police Station arranged for Michael and Karina to see community involvement in action by arranging a visit to the local men's shed. Rex Gelfius provided an in depth commentary on the inner workings of the Carina Men's Shed and the associated benefits the shed provides to its members and the local community.



Rex also provided a valuable update on the restoration project that is currently being undertaken by the wood-working group involving the restoration of a QPS station badge for permanent display at the Carina police station.

Michael & Karina also visited the Carindale PCYC for a guided tour by Sgt Dave Beard who outlined the programs run by the PCYC and the level of community engagement with teenagers from local schools.

The PCYC Carindale Youth Shed program is modelled on the Men's Shed program and is staffed by volunteers from the Carina Men's Shed. Michael and Karina expressed an immense amount of gratitude for being able to attend both venues and were very impressed with the level of community engagement at both.

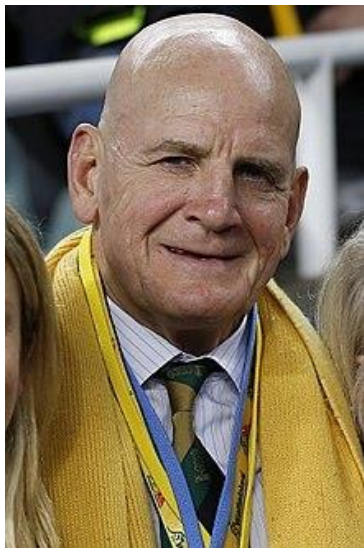


Member's News

Sleep Apnoea Visit Mon 11 March 2019

Bryce Perron and Maria Mitchell from CPAP Direct explained that sleep apnoea occurs when the muscles that hold our airways collapse, during sleep, which can restrict the body's ability to breathe. When the brain detects a lack of oxygen it alerts the body to wake up and take a breath. The treatment of choice for Sleep Apnoea is a CPAP machine (Constant Positive Air Pressure). Bryce and Maria displayed the latest models of CPAP machines and the developments in the facial masks to make them more comfortable and easier to fit and remove. The latest CPAP machines can include a Sim card that enables your treatment to be remotely monitored and reviewed while the machine is in use.

Thanks again Bryce and Maria for the advice and display of equipment.

**Tony Shaw Visit** Mon 18 March 2019

Tony "Crazy Eyes" Shaw (b. 1953), rugby union legend, made his debut for Queensland in 1973 and went on to play 112 games for his state team. At the end of his first season in 1973, he made his debut for the Wallabies, the youngest player aged 20, selected for the tour of England and Wales. In total, Shaw played thirty-six tests for the Wallabies between 1973 and 1982 captaining the team in fifteen tests and a further fourteen international tour matches. His Wallabies career ended, with a test against Scotland in 1982, but he made a further forty-eight tour match appearances. Tony was inducted into the Wallaby Hall of Fame in 2012 and Tony is the current president of ARU being elected in April 2017.

Tony compared the conditions he played under in the 70's & 80's, with today's players. When Tony was playing they were still amateurs and were paid by the match and when on tour they were away for 3 months at time playing up to 23 matches and you had to have a fulltime job to survive. Tony said today's players often progress from schoolboy rugby directly to professional rugby on lucrative contracts and they can easily go off the rails. In his role as president of ARU he was trying to establish programs for young players to continue their education so they have a career to full back on once they leave the game.

**Peter Finch Talk on Self-Publishing** Mon 04 April 2019

Peter Finch our shed's guru on Travel Tips, talked to the shed about his motivations for writing down his life-story and self-published it as "**Diary of a War Baby**". As his brother and cousins started researching their family tree they realised they should have started much earlier whilst more of their parents and aunts and uncles were still alive so they could get some first hand confirmation of the facts.

Peter does not expect his book to become a runaway best seller, but he encourages putting in writing the significant memories of your own life, as you provide a written record for your children and grand-children and at the same time you can relive the good times and realise how you survived the bad times.

Editor's Note: *The first edited extract of "Diary of a War Baby" appears in this issue of Nuts & Bolts.*

2019 Bunnings Sausage Sizzle Opportunity

Bill Page has been able to secure ten extra, mid-week Bunnings Sausage Sizzle events occurring on Wednesdays, between April and 18th December, there will also be two Sunday Sausage Sizzles scheduled towards the end of the year. The midweek BBQs will require morning & afternoon crews of 4. Contact Bill Page on the **BBQ hotline** 0466 966 667 if you can volunteer for some of these Sausage Sizzles. The Friday BBQs on 15th & 22th March both earned over \$ 450 and the Sat 30th March earned \$1450, thanks to all those members who have volunteered for these events.

Member's News Kevin Searle provided this article on the pouring of the slab for Carina Men's Shed; the date is probably late August 2011 as the shed was open for business by October 2011 and the official Opening was in February 2012.



Georgie Hickey's garage where the CMS meetings were held from August 2009 till our shed was completed at Clem Jones Centre in Oct 2011.

Men's shed at hand

JOSH ALSTON
alstonj@qst.newsitd.com.au

THE youngest local sports stars and men from a wide variety of trade backgrounds will all benefit from the new Carina Men's Shed.

The concrete slab was poured last week and construction has started on the shed at the Clem Jones Centre in a major victory for both the local Men's Shed organisation and all the sporting groups associated with the centre.

The group was formed in 2008, but until now have been working under president Georgie Hickey's house.

State member for Chatsworth Steve Kilburn fought hard to secure the funding for their own shed and Clem Jones Centre chief executive Steve Heald came to the party with the land for the building which will be ready for use in October.

"It's been a long time coming, it's very, very pleasing," Mr Hickey said.

The group operates as a support network for men



WORK BEGINS: Steve Heald, Paul Messenger, Georgie Hickey, Mal Weier and Steve Kilburn on the site of the new Men's Shed, at the Clem Jones Centre, Carina.

and brings them together to work on a range of handyman projects.

And Mr Heald said having them work in the centre of the wide range of junior and senior sporting clubs at the complex was a win for everyone. "Clubs, together with the association, need support in terms of maintenance and assistance or repairs," he said.

"The people involved in Men's Shed have wide-

ranging skills, electricians, plumbers, builders.

"I think it will be extremely beneficial."

For Mr Kilburn, it was a huge win after months of pushing for the funding to go ahead with the shed.

Men's Shed Carina will be looking for new volunteers to help out.

➔ To find out more, contact Mr Hickey on 3398 6645 or at mensshedcarina@gmail.com



Carina Men's Shed after construction on Clem Jones Centre campus (circa October 2011)

Member's News

Some recent letters of appreciation received, for our shed's involvement with local community organisations.

From: David Spillane president@southbrisbanemensshed.org.au
 Sent: Friday, March 22, 2019 3:15 PM
 To: ikin.family@bigpond.com
 Subject: **Carina Men's Shed donation**

Bob trust your keeping well. We received a wonderful donation from your shed via Phil Cuthbert the other day, a huge timber digger on wheels. We added a big box of plastic balls and they along with the digger were gratefully accepted by SPELD, an organisation on our campus that helps children to read. Some of those children's siblings are left to wait long periods of time while assessments and coaching are taking place and this digger will help those kids keep busy I am sure.

Pictured is SPELD director Marion McMahon having a wonderful time, she has thanked us for the donation and I promised I would in turn thank you and your members also.

PS We must get together re Men's Health week.

Warm regards
 David Spillane
 President South Brisbane Men's Shed



From: Victoria Stewart <llcgrh@alzheimeronline.org>
 Sent: Tuesday, April 2, 2019 11:40 AM
 To: CMS President <cms_president@carinamensshed.org.au>
 Subject: **RE: THE CORRUGATED SHEDDERS**

Good Morning Bob

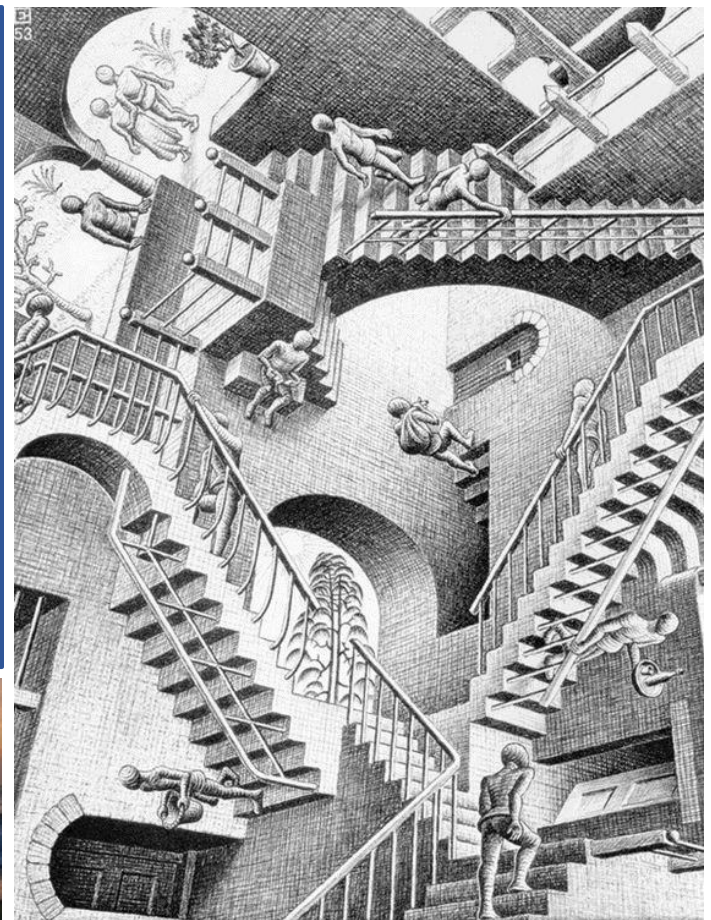
Thank you so much for your performance yesterday. The residents enjoyed the show very much. We would love you to visit again. The residents enjoyed the music you played yesterday and they suggested you may also play – Jim Reeves, John Denver, The Rat Pack, Glen Miller, Elvis and any music from the 40's, 50's upwards.

Warm regards

Victoria Stewart
 Leisure and Lifestyle Manager
 Garden City Aged Care Services
 33 Tryon Street, Upper Mt. Gravatt Qld 4122
 P: 07 3349 0110 F: 07 3849 7355



Submitted by Allan Johnson



A simple test to see if you are still thinking straight!
 Print by E. S. Escher

Member's News



Carina Men's Shed
ABN: 82836463342

CODE OF CONDUCT

The Carina Men's Shed (CMS) Code of Conduct is designed to focus on particular values identified by CMS that are central to its integrity.

Purpose of CMS:

- CMS is a community-based, non-profit, non-commercial organisation accessible to all men, providing a safe, friendly and healthy environment where men are able to work on meaningful projects at their own pace in their own time in the company of other men.
- To provide a supportive environment for people of all ages to gather, volunteer, work, teach, learn and seek friendship with other like - minded people.
- To promote and stabilise the mental, physical, emotional and economic well being of people in our community.

To achieve this CMS:

- Maintains an open door policy and will not reject any person on the basis of race, sex, disability, religion or age although some special conditions may apply.
- May place certain restrictions on a member for physical safety reasons or where a member requires the assistance of a carer (must be provided by the participant) or be deemed a prohibited person
- Acts in the best interests of the shed - think collectively, not individually
- Provides a safe physical environment
- Provides a safe and supportive social environment
- Provides assistance to access to other agencies when appropriate or requested
- Respects the rights and decisions of members
- Respects the confidentiality and privacy of members

In CMS shed or when engaged in external shed activities:

- We will not tolerate abuse, bullying, violence, anti social behaviour or infringements of the rights of others. Persons indulging in this type of behaviour will be asked to leave the Shed and can have their membership cancelled by the Committee.
- Members are to conduct themselves in a courteous manner towards Supervisors, Committee members, v and other users of the Men's Shed. This includes being considerate of other persons need for space, tools, materials and equipment.
- In the event of conflict, there are formal policies and procedures that outline the courses of action to follow. These Guidelines and associated documents are freely available for all members.



Yarns & Bush Poetry (sourced from - "A Yarn or Two" by Snow Pick)

John Kirkwood's, talented better half Annette, has kindly provided me with permission to include extracts of her father's published poetry in this and future editions of Nuts & Bolts. The poems of Snow Pick (1916-1995) were written about his life and work during his shearing days in the 1950's, in the Kimberly's region and later in life when he was a watchman at the East Perth Power Station

AN INVITATION FROM THE PHANTOM

It's funny how things happen, like this call the other day,
Some bloke says, I'm very lax, about security by the way.
The line of bull he fed me, about this union bloke,
Who I'd let come onto the station, stirring, really was no joke.

I said, I couldn't care less, that I was in the clear,
And was wondering who this bloke was, that was blowing in my ear.
The management have put you, in a place of trust you know,
And these things just should not happen, while you're the watchman 'Snow'.

Now it's funny but a union rep, had just gone on the station,
But who it was, I'm speaking to, I'd not the slightest notion.
He sounded quite officious, while pitching me this line,
And I thought perhaps I'm retiring, just in the nick of time.

Well I said, "Who's speaking?" after all this carry on,
"Curnow here," he says to me, "hello Snow, it's Don.
We'd like to see you Saturday, we're inviting you to play,
With as many of the old members, as can get along that day."

"It's a sort of 'Back to Lakes day', to meet old mates on the tee,
I hope that you can make it Snow, we'd like your company."
Now that was really something, a great honour I will say,
I'd have limped along on one leg, even if I couldn't play.

Well I'm pleased to say I made it, and I also played what's more,
But for eighteen holes I battled, so I won't divulge my score.
Now the nineteenth hole was different, that's where I hit them straight and true,
That's where the green gets mixed up, with the beer and barbecue.
The day was over all too soon, but I'm writing this to say,

Thanks for the invitation, and a really crash hot day.
It was good to meet the mates again, and swap memories from the past,
They've still got that dash of humour, tho' the golf has lost its class.
To the Phantom I say, 'thank you', and all members in the game,
For giving us that honour, to play with your club again.

Diary of a War Baby

Shed member Peter Finch has kindly provided me with a copy of his self-published life story titled "Diary of a War Baby". As Peter was born in England in 1940, this book provides first-hand experience of growing up in war time and the post war shortages. It also highlights his experiences in Australia after he migrated to Australia with his newly-wed wife in 1963. I will provide a few extracts over the next few issues.

My Mum and Dad were war babies, both being born in October 1915. They met and worked at the E. K. Cole Ltd (EKCO) factory at Southend, which produced light bulbs & radio components; during the war this company was manufacturing components for the new radar system. They were married in July 1938 in Ashingdon Church and I was born on the 14th April 1940 in a small cottage on Rectory Road, Hawkwell.



Mum & Dad had a tandem bicycle with a small side car and they went on day trips with me in the side car. I have no memories of the trips but from the photo I have seen of me in the sidecar, with very curly blond hair, I must have been about 18mths old.

The first thing I remember, was sitting up in bed in a darkened room with Nanna, rolling pennies down a wooden tray. My Nan was looking after me, as I had the measles and my mum was pregnant. On the 12th February 1943, my younger brother Martin was born and we moved from Rectory Road to Boswell Road, which is located the other side of the Ashingdon/Rochford road.

I sort of remember the house, there was a small playground nearby, with a swing, a see saw and a slide where Mum used to take Martin & me on sunny days. I also remember walking into Rochford with dad to an electrical shop to exchange our wireless battery, which was made of glass about 3 inches square and 6 inches tall with a wood handle. Nan & Grandad lived at the bottom of Ashingdon Hill and I had a small toy car which I could get into and pedal hard, as we would walk to Gran's house, dad had a rod with a hook in it to stop me roaring down the hill and probably crashing. I remember Grandad just sitting with a walking stick and yellow moustache and fingers from smoking, Grandad died in 1944, from TB I think.

We lived very close to the Southend airport, which had a RAF squadron based there during the war, I would often see military personnel in open trucks driving by and I would wave and get excited, but could not in those early years pronounce the word soldier, it always came out as a 'shoulder', much to my annoyance. In about early 1944 we were all in the bathroom as we were being bombed. The RAF would turn back the Luftwaffe as they used reflections from the River Thames to guide them to London, but on this occasion the Luftwaffe pilots turned over land. Fortunately we only suffered a broken window. This led to Mum, Martin and my-self being evacuated to Aylesbury for several months,

Mum hated being away from dad. The house we were billeted in was an old one with a lane that ran behind all the houses giving access to the back garden, I cannot remember ever going in by the front door; perhaps that's the reason mum did not like the landlady. During the war years and up to around the early 1950's there was rationing of all food items, the black market was referred to as "getting something under the counter". Whilst in Aylesbury we still had a pram, an old style with a removable base with storage underneath, the pram was shaped a bit like a upside down VW car. On one memorable occasion Mum had got some eggs from the butcher "under the counter" I immediately got them out and threw them over the side, smashing the precious eggs. I am certain mum was so embarrassed that she would have changed butchers. This may have also been another reason we went back home by September 1944, the beginning of the school year, I started school then aged 4 & half years old.

So because my early years were overshadowed by the war, I cannot remember seeing any uncles in this period, and nor did Martin and I have sweets, real eggs or fruit such as bananas, oranges etc. Nor did we go to the beach, even though we lived about 6 miles from Southend on Sea. The Southend pier which is about 1.5 miles long had a large chunk cut out of it so the Germans could not land at the end and surprise Southend.

Of course we did not have a car, due to there being no petrol for private use, and the cost of them. As kids we did not feel we were deprived of anything as it was all we knew. With the war over in 1945 Dad was transferred to the E K Cole factory in Rutherglen, near Glasgow. So the whole family travelled by train to Glasgow in April 1946.

To be continued next issue

Glamper's Report - Trip to ESK 25th – 29th March 2019 submitted by Peter Carter

Over the course of **Monday 25th**, 9 intrepid glamper couples arrived in Esk. The glamper couples on this trip were Bevan & Margaret Guttormsen, Bruce & Jan Murray, Rob & Ruth Tritchler, Peter & Barbara Carter, Alan & Lynn Peiniger, John & Michelle Tihverainen, Bob & Julia Head and their friends Wayne & Jenny Scott and the last couple to arrive were Graeme & Mary-Ann Fraser, who had Grandparent duties and couldn't get there until 6 in the evening.



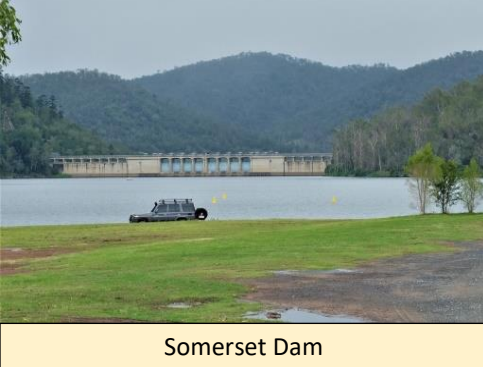
We all met at the Camp Kitchen at 4.30 pm (except Graeme) for Happy Hour. We all enjoyed drinks and nibbles and then split up to prepare our Pizzas for dinner. Esk Caravan Park has 3 Pizza Ovens and our group made good use of them. I don't think there were any two even close to being similar except most were round. Bevan's was a bit more oval and Bruce Murray tried to cook his finger on the oven door. We all went off to our separate camps after dinner as I think most were pretty tired at the end of a long day of travelling and setting up.

Tuesday was our day out to Crows Nest. It is about 60kms from Esk to Crows Nest and we all either shared a car or went our own way. Most of us were fortunate to get to the soft drink factory just in time to attend a factory tour and who should we bump into but Gordon Bowler who was on a day tour out of Brisbane. The antique shop (our main reason for going) was not open so some of us went to the butcher to get lovely country meat and then on to the bakery for lunch. We headed home to Esk after lunch to prepare for the evening's festivities. The evening happy hour went well and most of us bought our dinner back to the camp kitchen to join the others. The weather was turning rather bad and once again we turned in early.

Wednesday dawned overcast but not raining. We met up at 9.15 and went in convoy to the Ottoba Llama farm about 15 mins from Esk. By the time we arrived so had the rain, not teeming down but wet enough to need umbrellas. We were greeted with fresh home-made scones with home-made strawberry jam and cream. Then we had the pleasure of feeding the Llamas. They came up to us in the allotted area and we all fed them and played with them. They are a beautiful and friendly animal and very affectionate while you have food in your hand. They lose a bit of interest when the food is gone. We left Ottoba and most of us stopped in Esk at the Trading Post. This is a huge shop that sells just about everything you could think of, lots of fun to wander around and the prices were surprisingly low. We all went to the Grand Hotel for dinner, the specials started Wednesday night with a brand new menu. Plenty to choose from but the lamb cutlets ran out very quickly, only 2 people got them before they ran out. We all had a good feed however with some trying out the deserts as well.

Thursday morning a group of five CMS members and their wives travelled to Somerset Dam, they then drove to Toogoolawah and visited the Condensery Art Gallery, before having lunch at the Hav'A'Chat cafe. While touring Toogoolawah, Alan Peiniger found the Toogoolawah Men's Shed and Alan rang the TMS president Bill on Thursday afternoon, after happy hour, to arrange a visit to their shed on Friday morning.

Friday morning, three CMS members visited the Toogoolawah Men's Shed and were given a tour and had morning tea while their wives had another chat at the Hav'A'Chat cafe. Some couples returned home via Kilcoy while most returned via Fernvale.



Somerset Dam



The Condensery Art Gallery, Toogoolawah

Lest we Forget The HMAS Sydney II Memorial, commemorates the loss of HMAS Sydney II with the loss of all 645 crewmen, the greatest single tragedy in Australian Naval History, and is dedicated to the lost crew and their families.

The HMAS Sydney II Memorial on Mt Scott at Geraldton WA by Harry Davis

As we all know, the HMAS Sydney II was sunk by a German raider HSK Kormoran in the Indian Ocean west of Steep Point on 19 November 1941 with the loss of all 645 lives. The Kormoran itself was sunk but 317 of the 395 men on board were rescued. The announcement of the sinking was withheld by the government for some little time and its actual location was kept fairly quiet. The government had designated the wreck of the HMAS Sydney II as a War Wreck.

Because of the depth of water in the Indian Ocean and the lack of a suitable ship and money, a search for the wreck was delayed for many decades. During the first decade of this century, The Finding Sydney Foundation teamed with the Royal Australian Navy and other benefactors to mount a search for the wreck in October 2008 with A\$5.3m. The search was conducted by a remote operated vehicle some 112 kilometres west of Steep Point. The wreck of HSK Komoran was found on 12 March 2008 and that of the HMAS Sydney II on the 16 March 2008.



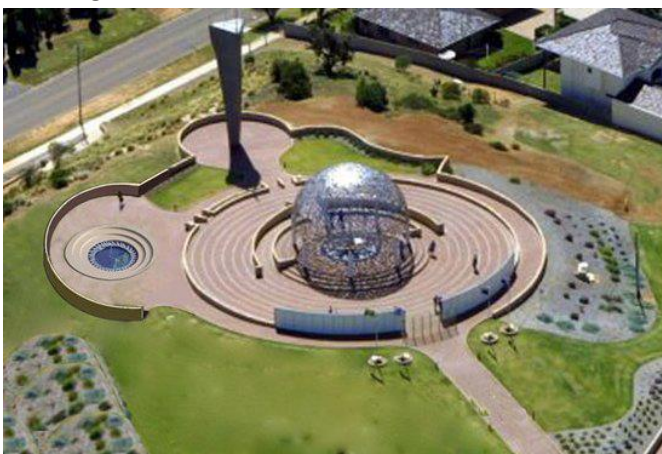
This is a photograph from the search website: **This represents the exit hole in the mild steel plate, possibly from near a turret.** [Photograph was taken by David Means and is copyright to Finding Sydney Foundation and down loaded on 15 Oct 2014.]

The closest town to the wreck site is Carnarvon, with a population of about 6000 people. The town has a memorial to HMAS Sydney as shown: [HMAS Sydney II Memorial Carnarvon down loaded from www.anzac.dpc.wa.gov.au on 15 Sep 2014]



Carnarvon War Memorial
H.M.A.S. Sydney Memorial Wall of Remembrance

The largest West Australian city nearest to the wreck of the HMAS Sydney II is Geraldton with a population of some 35000 people. A Management Committee comprising the Rotary Club of Geraldton, the City of Geraldton, the Shire of Greenough, the Batavia Coast Maritime Heritage Association and the Mid-West Development Commission was established on 1 July 1998 to manage the development of a memorial. The memorial was designed by Joan Walsh-Smith and George Smith of Smith Sculptures. The memorial dedication occurred on 18 November 2001 and the Eternal Flame was lit on 19 November 2001, the 60th anniversary of the sinking.



HMAS Sydney II Memorial Mt Scott, Geraldton WA



Lest we Forget, the shadows of the gulls cast by, "The Dome of Souls", representing the 645 crewmen lost.

My impressions of this memorial were that it is very serene even though you had children and young adults riding scooters and skate boards on the flat and inclined areas. The design represents a number of nautical themes. However, I would have expected the names of the men lost to be in order of rank, but no, they were in alphabetical order. The Captain, Captain Joseph Burnett, being among his officers and men.

[The two images above from The HMAS Sydney Memorial website, copyright Smith Sculptures who have given kind permission for its use in this article.]

Harry Davis's photos of Sydney II Memorial, taken on his 2014 visit.



The HMAS Sydney II Memorial Entrance Geraldton



Dedication Stone of the Memorial laid on 18 November 2001



Dome of Souls 645 sea gulls representing the 645 men lost with the HMAS Sydney II



The Stele represents the bow of HMAS Sydney II



The Pool of Remembrance represents the 'Closing of the Circle', completed in November 2011



The Waiting Woman represents the women waiting for their lost sailors to return from sea.

Editor's Note: HMAS Sydney II Memorial website

After reading Harry's article I went to the memorial's website to find out more about its design and construction. On the 19th November 1998, during the dedication of the site on Mt Scot, where the memorial was to be built; a flock of sea gulls flew over the site and headed out to sea during the playing of the Last Post. This incident, directly inspired Joan Walsh-Smith and George Smith of Smith Sculptures, the designers of the memorial, for the concept of **The Dome of Souls**, which would become the centre piece of the memorial, a domed roof of a filigree of 645 stainless steel sea gulls, representing the lost crew of the Sydney. Completed in 2001 for the 60th anniversary of the sinking, the four elements of the memorial were the **Dome of Souls**, the **Wall of Remembrance**, the **Stele** and the **Waiting Woman**.

After the discovery of the location of HMAS Sydney in March 2008, the Pool of Remembrance project was launched and was completed in 2011 for the 70th anniversary. The **Pool of Remembrance** represents the final resting place of the ship and its crew and the large silver gull is aligned on the exact bearing to the location of the wreck; the lost souls are finally reunited with their love ones which symbolizes the 'circle of life and death. Close by, the **Waiting Woman** waits no more, now she watches over her loved ones, eternally at rest. Although originally, the designers had no idea where the ship lay when installing the Waiting Woman on site in 2001, the sculpture was actually pointed within a fraction of the correct location. The position of Waiting Woman sculpture has since been moved slightly to the exact alignment.

<https://www.hmassydneymemorialgeraldton.com.au/symbolism/>

Health & Welfare Corner

National Seniors Website – Info Hub

A great site, for independent and up-to-date info on topics like: Aged Care Options; Healthy Ageing (Diet, Exercise); Retirement Living Options; Consumer Protection and Senior Travel and Travel Insurance.

<https://nationalseniors.com.au/info-hub>

Words of Wisdom about how to approach Old Age.

Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

If you've been offended by someone – forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

It's time to use the money you saved up; use it and enjoy it, don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember, there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital. **Warning:** this is also a bad time for investments, even if it seems wonderful or fool-proof, they only bring problems and worries. This is a time for you to enjoy some peace and quiet.

More extracts from "Fifty Sheds of Grey"

Author Colin Grey has written "Fifty Sheds of Grey", a parody of the run-away best seller "Fifty Shades of Grey", here are some extracts

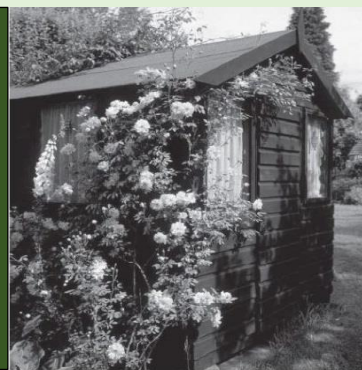


I lay back exhausted, gazing happily out of the shed window. Despite my concerns about my inexperience, my rhubarb had come up a treat.

"Are you sure you can take the pain?" she demanded, brandishing stilettos.

"I think so," I gulped.

"Here we go, then," she said, and showed me the receipt.



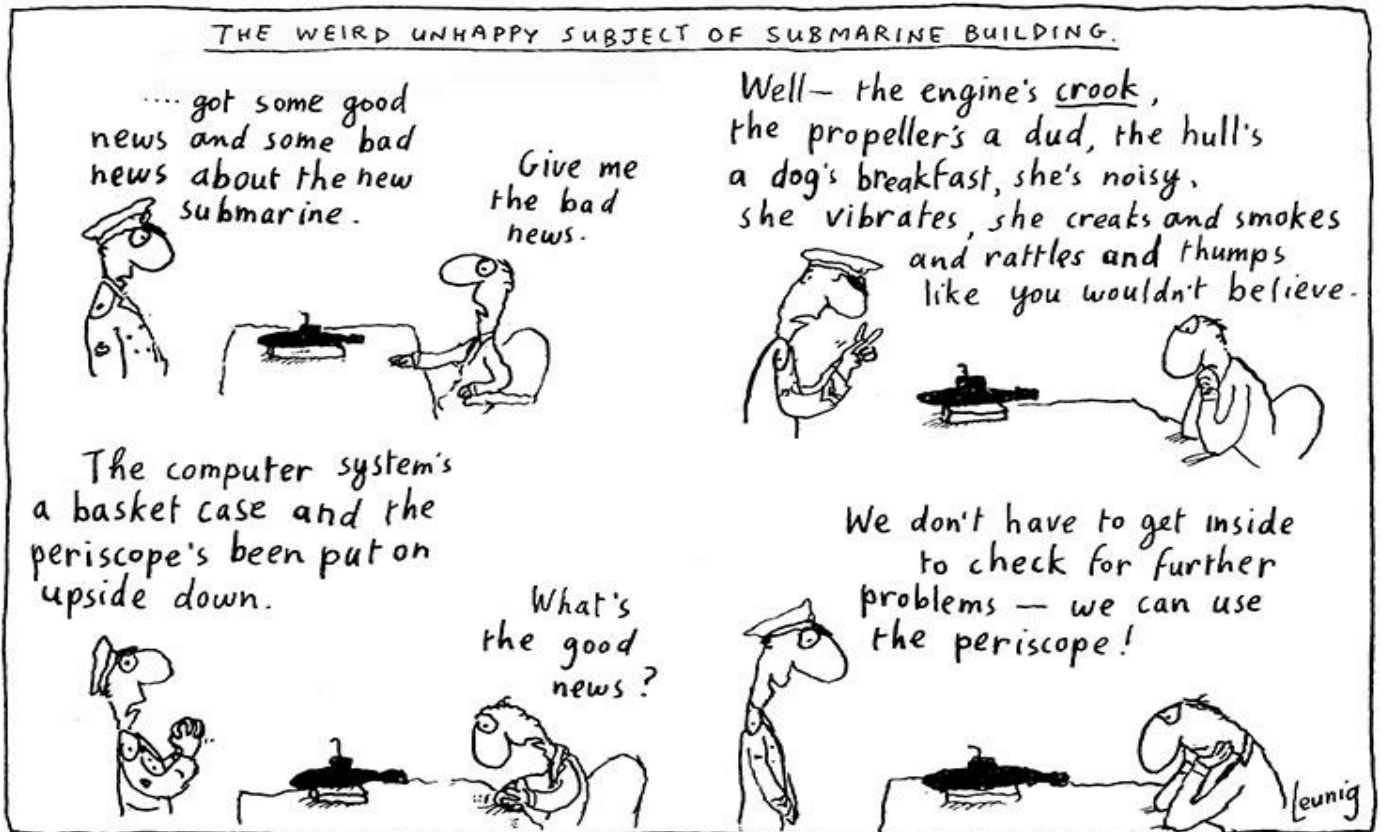
Puzzles, Jokes & Trivia



"Remember when I told you rust might become a problem in the future?"



"It's to help you stop the late-night snacking."



More questions from the quiz for people who know everything!

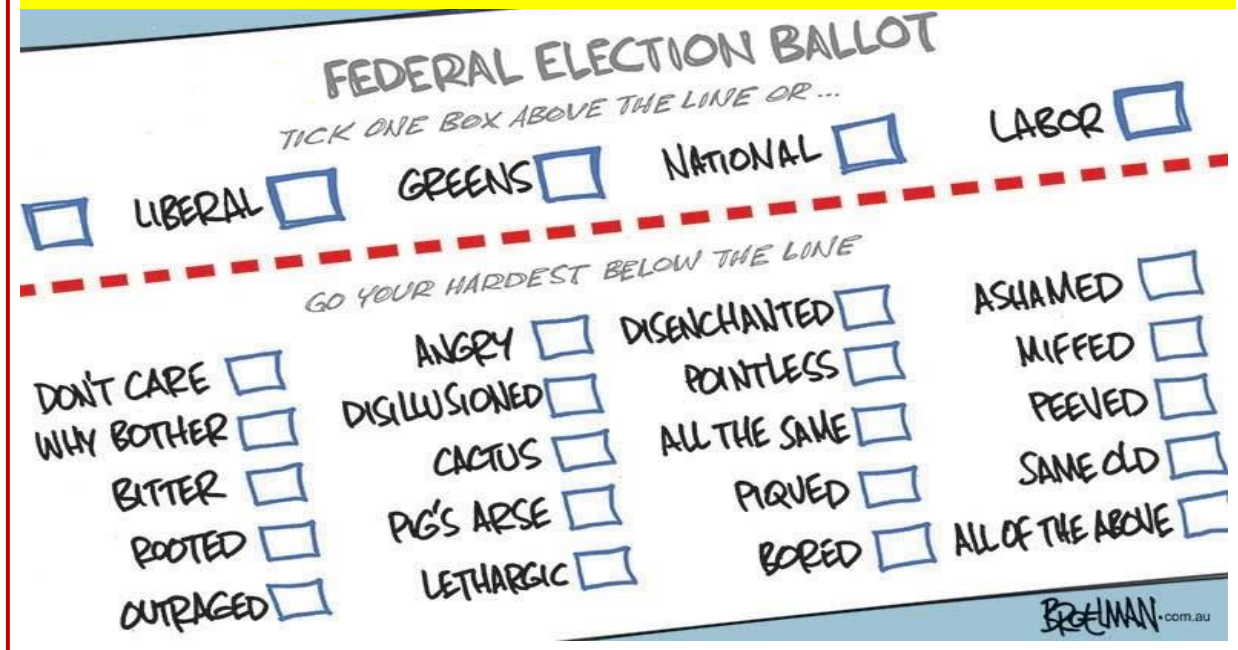
1. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
2. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
3. What famous North American landmark is constantly moving backward?

Puzzles, Jokes & Trivia

Answers to Quiz

1. **How did the pear get inside the brandy bottle?** *It grew inside the bottle. The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems. .*
2. **Three English words beginning with dw:** *Dwarf, dwell and dwindle...*
3. **North American landmark constantly moving backward:** *Niagara Falls ... The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.*

Coming soon! Are you looking forward to the fun of a metre long Senate ballot paper?



The Four Worms Sermon

A minister decided that a visual demonstration would add some emphasis to his Sunday sermon. Four worms were placed into four separate jars. The first worm was put into a container of alcohol. The second worm was put into a container of cigarette smoke. The third worm was put into a container of chocolate syrup. The fourth worm was put into a container of good clean soil.

At the conclusion of the sermon, the Minister reported the following results:

The first worm in alcohol Dead .
 The second worm in cigarette smoke . . . Dead .
 Third worm in chocolate syrup Dead.
Fourth worm in good clean soil . . .Alive!

So the Minister asked the congregation, "What did you learn from this demonstration?"

Maxine was sitting in the back, quickly raised her hand and said "As long as you drink, smoke and eat chocolate, You won't have worms!"
 That pretty much ended the service!

The Art of Politics

*"Politics is the art of looking for trouble,
 finding it everywhere,
 diagnosing it incorrectly,
 and then applying the wrong remedies."*