

NUTS & BOLTS



'Every man needs a shed'

Vol 4 | Issue 12 | April [2] 2020

[Covid-19 Edition 1]



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Message from the Editor

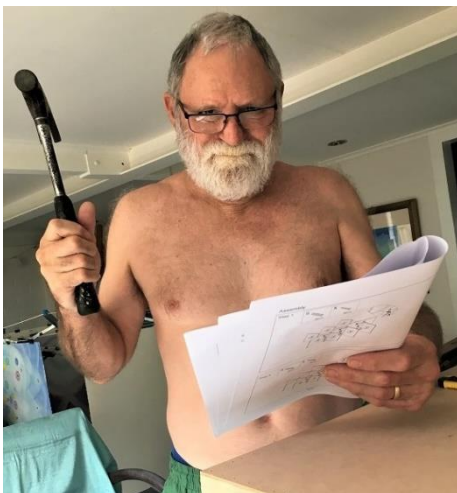
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Welcome to the first social isolation issue of Nuts & Bolts!

All the photos, jokes, videos and personal stories that have been sent to Roger and myself, are helping us to stay connected as a shed community and help keep the cabin fever at bay. Although Roger advises he had to replace the keyboard on his laptop as the letters had worn away.

*Good judgment comes from experience,
and a lotta that comes from bad judgment.*



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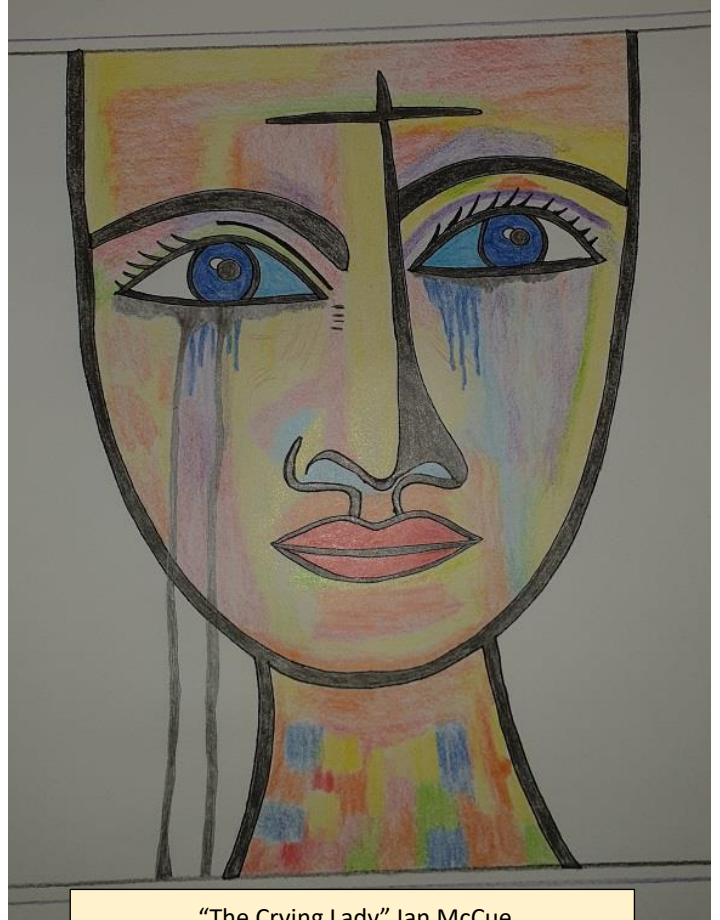
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Carina Men's Shed - Working from home

"Mediterranean Quarantine" Allen Linning



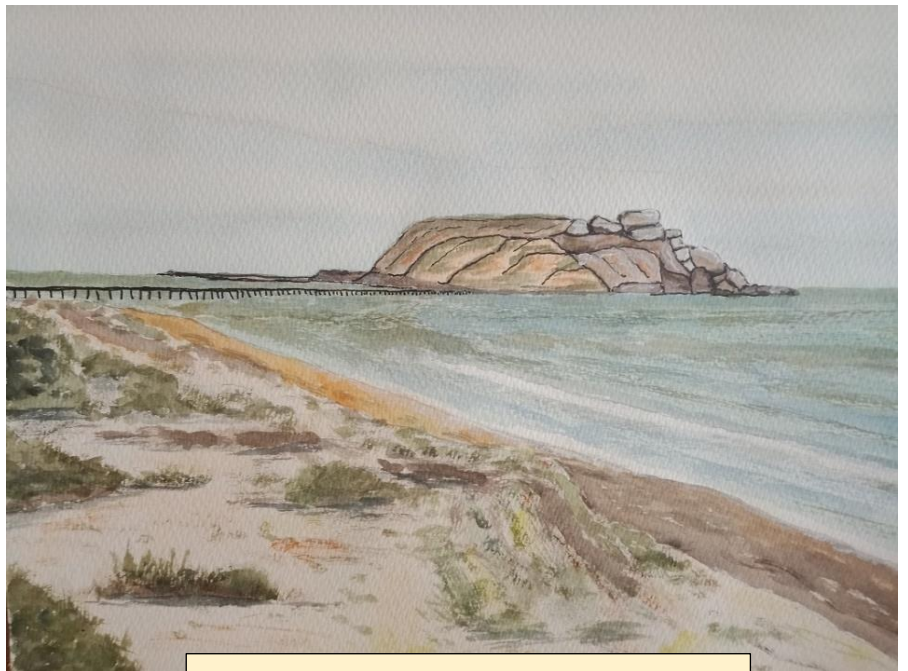
"The Crying Lady" Ian McCue



Mystery Shed Member

This amazing picture taken in 1966, of one of our shed members then about 17 years old, apparently shows how he could support his body weight with his arms alone. To see how this was done go to

Puzzles, Jokes & Trivia Page



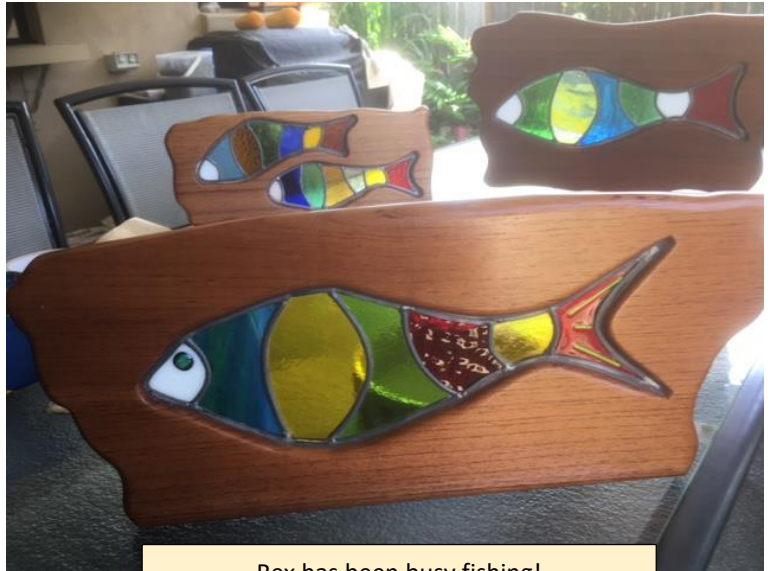
"Granite Island, S.A." John Tihverainen

Carina Men's Shed - Working from home

Ray Carter's new Round Knife Pouch



Mal Baldock - Hand Sanitiser Pouches



Rex has been busy fishing!

Hot of the assembly line-Tom Kenny's Toy works



Carina Men's Shed – Working from home

The Corrugated Sheddners - Australia Day Lunch 2020



As one of “The Corrugated Sheddners”, I and a couple of others have been recording songs at home and distributing them via email, these were audio only files, listening only So! I decided to record a song (“*Three Little Birds*”) on keyboards (learned on YouTube) with a message to you all, and then add video of “The Sheddners” practising at various times. I also added photo’s I’ve taken myself. If you think it’s OK then you can share the link to all. It took a whole day to learn and make, so helped pass my time.

Cheers Colin Gillies

<https://youtu.be/YXhaLCAaRDs>

Three Little Birds by Bob Marley

Don't worry about a thing
'Cause every little thing gonna be alright
Singing' don't worry about a thing
'Cause every little thing gonna be alright

Rise up this mornin'
Smiled with the risin' sun
Three little birds
Pitch by my doorstep
Singin' sweet songs
Of melodies pure and true
Saying', (this is my message to you,ou,ou)

Singing' don't worry 'bout a thing
'Cause every little thing gonna be alright
Singing' don't worry (don't worry) 'bout a thing
'Cause every little thing gonna be alright

Rise up this mornin'
Smiled with the risin' sun
Three little birds
Pitch by my doorstep
Singin' sweet songs
Of melodies pure and true
Sayin', this is my message to you,ou,ou

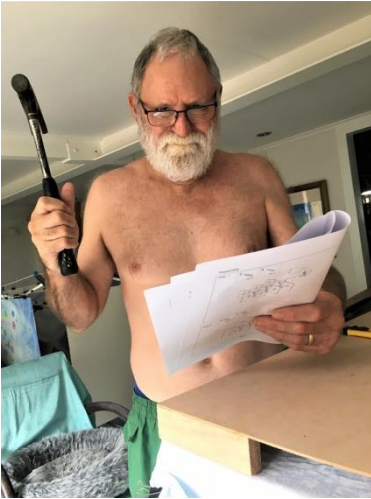
Singin' don't worry about a thing, worry about a thing, oh
Every little thing gonna be alright, don't worry
Singin' don't worry about a thing, I won't worry
"'Cause every little thing gonna be alright

Singin' don't worry about a thing
'Cause every little thing gonna be alright, I won't worry
Singin', don't worry about a thing
'Cause every little thing gonna be alright
Singin' don't worry about a thing, oh no
'Cause every little thing gonna be alright



Norm Pledger keeping an eye on shed news!

Carina Men's Shed - Working from home



Bill Mackenzie survives the Allan key Challenge



Editor's Note: A retired sergeant major using the pseudonym "**No names, No pack drill**" has submitted this advice to rally the troops!!!

WHEELIE BINS

Rubbish collection is approaching and it is the highlight of the week. As a retired sergeant major I have taken on the good order and discipline responsibility for wheelie bins in my street.

Clearly, a street with well turned out wheelie bins adds much to the street's reputation in the community. Now getting residents to follow my lead with their wheelie bins has not been a smooth journey. Wheelie bins on parade is not a concept understood by many civilians. Whilst inspecting bins and getting residents to line them up I was the subject of some unsavoury comment, such as "**@#%&^\$ weirdo**" and words to that effect.

Being a former drill sergeant and a graduate of the **army school of insulting language** I replied accordingly "**@#%&^*(!)+@#%&^@#%&^\$# and get a haircut**". It is a three week course and holds you in good stead for a long and fruitful career in the defence forces. The course is absolutely essential for drill instructors of all ranks. It is easy to identify a graduate from the course because they will always say "**and get a haircut**" at the end of their personalised insult.

This week I took wheelie bin presentation to a new level. I spent a whole day spit polishing the wheels and this turned out to be quite a chore as the wheels are made of rubber. However, I am now actively recruiting residents to spit polish their wheels with a mixture of success.

Signing off for now,

Roger, wilco, out.

"no names, no pack drill"

A true story about a boy his model boat and why every man needs a shed.

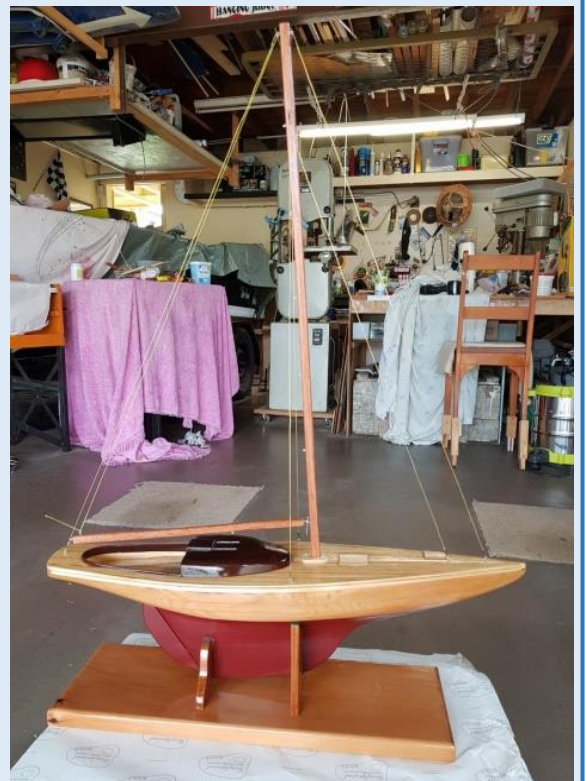
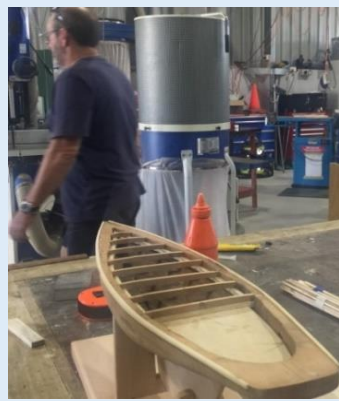


Christmas 1963 when I was about 12, I was given a book that had an article about building a model yacht. So I asked my Dad, a builder, would he have any timber suitable for building this model yacht, he replied "I think I put away a lump of western red cedar in the back shed a while back" and after a minute or two of casting his eye over the racks of timber in the back shed said "Wacko the didlio, there she is up there on the left." My dad cut the plank up into about six lengths and I spent next few weeks of summer using templates to shape each piece with a hand held coping saw then glued it all up and shaped the hull with a rasp and spoke-shaves.

On a visit 20 years later (1983), my Dad said "I found your boat that you started in the garage at home." The half-finished model yacht which was just a hull with no deck or keel, was dispatched to my workshop as a possible future project. Late last year I spotted my cobweb covered boat, in my workshop, and decided to show it to Bevan.

I explained to Bevan that I had no idea how to complete my model as the book that I used to start the build was long gone, Bevan replied, "Bring your boat in next Saturday and we will see what we can do." My Dad had a saying "If a job's worth doing, it's worth doing well". Bevan shares the same commitment to quality the first four photos show Bevan's attention to detail in the shed workshop between December and late February and the remaining photos show the brilliant results Bevan has achieved in his own workshop since our shed's closure.

After only 57 years my boyhood project is nearing completion and it illustrates the important roles that a shed or workshop can play in men's lives - it's a place for learning new skills, mentoring others, mateship and storing bits & pieces that may come in handy one day, if you could only find them again. - **Submitted by Ray Peddersen**



Saga for a Garden

This particular saga relates to events that resulted in a new garden by way of several suggestions, the physical wear and tear on humanity, and ever present disruptions of Brisbane weather. The several suggestions mooted included that wonderfully optimistic statement 'we can do this ourselves'. So started the saga.

Reader, you need to accept that people of our vintage have endless good ideas, but no longer have the physical ability to implement these ideas. We made a plan, opened the garden tool shed, and surveyed the area of interest. We could upset and remove the many concrete tiles, scrape and pile up the many square metres of gravel and clean up what was supposed to be lawn. Yea, such are the dreams of an elderly man.

After several exhausting attempts over many days to prepare the site, the message finally reached the brain, **we could not do it ourselves**. It would be much better that we pack up our tools and implements, and call in people better skilled in the art (drudgery?) of landscaping. Thus began the woes of finding landscapers somewhat close to us, who would prepare a site plan, explain the activity, and do the work for a price that did not require selling the house and car. After some three months and some shock at prices suggested, we took our holidays for Christmas and New Year. Fortified by the invigorating excesses of the holiday spirit, the New Year saw the start of an energetic phase of '**we will get this finished**'.

We then did another search of the 'net, and it was wondrous to eventually behold a quote that we (she) liked and we could afford. The plan was to clear the debris collected into rubbish heaps by the man of the house (me), prepare the site, lay the tiles and grasses and pavers to outline the finished job and all this to be accomplished within three working days. The landscapers were on site early in the morning of day one, with the mechanical muscle used to tackle the job.

It was quite amazing the amount of lifting, pushing and digging that was carried out with the machines that could barely be heard and by lunchtime at 1.30 pm their magic had been performed and the crew had cleaned the site and their machines, and departed the scene.

After lunch, the landscapers fell to their task with skill and vigour. There was much fiddling with the theodolite for levels, much measuring for tiles and their positioning, lines were marked and border pavers were counted and installed. There were minor interruptions from the lady of the house, as to why things were done in the way that they were done, and then to add to the situational mixture, rain stopped work for half a day. The finished project was much to the pleasure of '*she who must be obeyed*'.

The lesson of this saga is

- (a) You are no longer the spritely, muscle bound lad of yore,
- (b) Never believe the quotes, from the people who appear to be users of magic mushrooms,
- (c) At the end of working day 3, compliment the workers on leaving the site scrupulously clean.



Submitted by Freddie Butler

Lest we Forget



AUSTRALIAN WAR MEMORIAL

AWM0019.1145.1

Circling into Sleep - The Military Working Dogs Memorial is dedicated to the remembrance of all the dogs who have performed a wide range of duties in the Australian Defence Forces. Many of these dogs are heroes. They laid their lives on the line to save others in peacetime and in war. Over their lives they formed deep connections with their trainers, handlers and carers. They became best friends.

This is the dog's memorial. It is low to the ground and humble. A paw print track circles into the centre of the memorial where the ashes of *Aussie* are interred. The paw prints were made by another Detection Dog called *Billie* and her handler Corporal Shane Kerswell, who trained *Billie* to walk in a tight circle on a bed of soft clay so that we could make her paw prints in bronze.

In the centre of the memorial is a tear shaped stone. The tear stone and the paw prints symbolise the sadness and resolution of a dog's life passing. The memorial acknowledges the achievements of Military Working Dogs. Through their playfulness and curiosity, their intelligence and insight, their faithfulness and bravery, they have performed a great service in support of all Australians.

Military Working Dog 426 – known lovingly to his handlers as ***"Aussie"*** – was one such dog. An Explosive Detection Dog in the Australian Army, *Aussie* deployed to Afghanistan multiple times. *"Aussie* was an extremely energetic, dedicated dog," said his handler, Sergeant Alistair Le Lievre

"I feel honoured and proud that of all the dogs that have deployed and served, *Aussie* was the one that was chosen to represent military working dogs over 100 years of service," Le Lievre said.

"This monument is not only for Explosive Detection Dogs; it's not only for military dogs; it's for all those dogs that were smuggled over from the lancers and bushmen's regiments in the Boer War; it's for all those dogs that were used as messenger dogs in the First World War, but also the dogs that were adopted by the diggers and that lived in the trenches with no job but to provide company for all those diggers who were going through a very hard and unique challenge that no one had ever seen before.

"It's for all those dogs that were adopted in France and Egypt, or wherever Australian forces were deployed, but also for the scout dogs that deployed in the Second World War, the mine dogs that deployed in Korea, the tracking dogs that deployed in Vietnam, and the protection dogs and the patrol dogs that have served in army, air force, and navy.

"So although *Aussie* is here, I like to think that it is for all the dogs that have served in defence over the past 100 years, but that it is also for the handlers and their families to reflect on what those dogs did for them, and what those dogs did for army, air force, and navy.

"What *Aussie* provided for me, and the army, and also for my family, was quite unique and special, and I don't think I'll ever see that in a dog again.



"Aussie" on duty in Afghanistan



Article and photos sourced from Australian War Memorial website

<https://www.awm.gov.au/articles>



Kerry and I went on a Grand Pacific Tour to New Zealand recently. The tour was meant to run 9 March to 28 March but due to the Covid-19 pandemic the tour was cut short by a week.

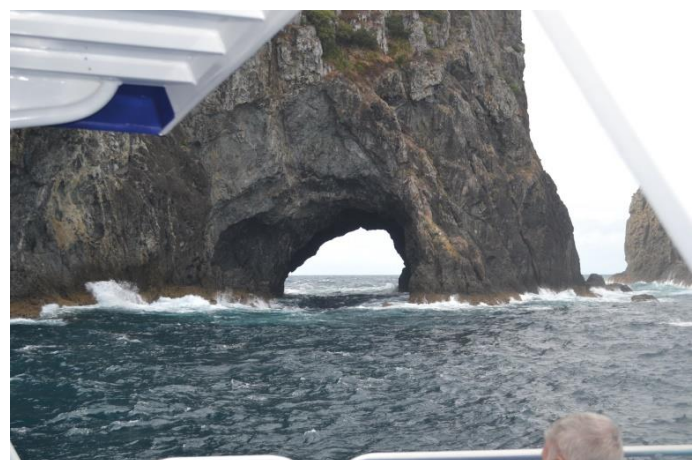
Despite the shortened tour we had a great time. The tour started in Auckland where we had a couple of days before starting the tour proper. We have been to Auckland before but it was good to walk the city centre once again. I went up the Sky Tower this time and the view of Auckland is spectacular.



We then travelled north to the Bay of Islands and along the way stopped at the **Kauri timber museum** which was fascinating. We also enjoyed a guided tour of the Waitangi Treaty Grounds where the treaty between the Maori tribes and the British was signed.



Whilst in this part of the North Island, we went on a tour to the northernmost point in New Zealand, Cape Reinga, where the Tasman Sea meets the Pacific Ocean. One of the options available is the sand dunes slide which I undertook – the hardest part was climbing up the dunes. I was absolutely exhausted by the time I got up there so once was enough. We then took a bus trip on the 90 Mile Beach which was interesting. We also enjoyed a catamaran cruise on the Bay of Islands to the famous Hole in the Rock. Apparently on a calm day you can sail through the Rock but due to the inclement weather we could not on this occasion.





So on we went to Rotorua home of the boiling mud pools and geysers at Te Puia. We also enjoyed a Maori Hangi and concert in the afternoon. The food was delicious, the concert was both educational and a load of fun (*apart from the part when a group of uncoordinated senior Australian men (me included) were asked up on stage to learn the haka*).

We really enjoyed Rotorua as it gives you a good insight into the Maori culture and heritage. Te Puia also hosts the New Zealand Maori Arts and Crafts Institute which I found fascinating. My description and photos will not do the Institute justice, but if members are interested the Institute has a great website. <https://tepuia.com/>

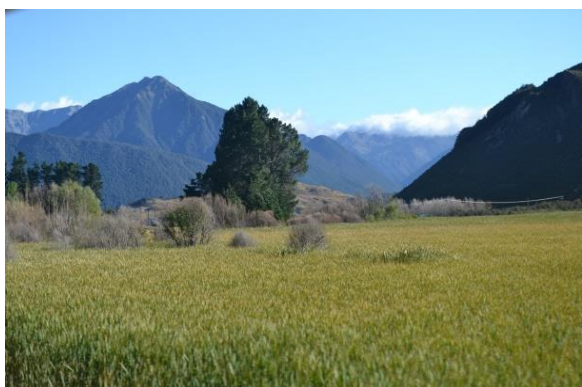


Our next stop was Wellington the capital of New Zealand. We enjoyed our visit to Te Papa, New Zealand's National Museum and the opportunity to explore the city with a city tour and some free time by ourselves. The next day we boarded the Interislander Ferry and crossed Cook Strait to Picton in the South Island. We then boarded the Coastal Pacific, a spectacular rail journey through the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other. Our tour group (all Queenslanders except for two South Australians) occupied a carriage and a Danish walking group occupied the next carriage. **The train ran out of beer before reaching Christchurch.**

Christchurch was a real surprise. We knew about the earthquakes but to see the damage first hand was a real eye opener. We were really impressed with the optimism of the Christchurch people and the amount of construction going on is incredible. Christchurch has a tram which is a great way to see the city. A highlight for us was the visit to the International Antarctic Centre in Christchurch. This is a must if you ever get the chance to visit New Zealand. I am a history buff and enjoy museums but this museum has something for everyone from the usual types of exhibits, a chamber where you can experience a minus 18 degrees blizzard and the care of penguins.



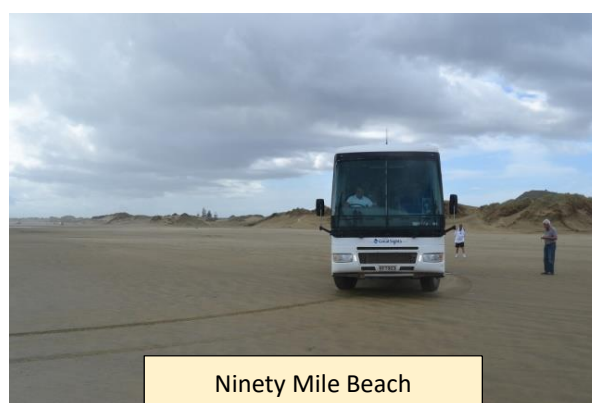
From here on the tour became a bit confusing, not the tour company's fault, it was because of the Covid 19 pandemic and Air New Zealand's need to cancel and reschedule flights. Thankfully, we still got to travel on the Transalpine train to Arthurs Pass. This is one of the great railway journeys in the world and the scenery is spectacular.



We then caught a bus to Hokitika on the west coast but this is where the tour stopped. We received word that we were to return to Christchurch and travel to Auckland the next day where we would join a flight home to Brisbane. So although the tour was shortened by a week we thoroughly enjoyed our time in New Zealand.



Te Puia Maori Arts & Craft Institute



Ninety Mile Beach

Great Moments in Science with Dr. Karl Kruszelnicki

Easter and the Equinox

G'day, it's Dr Karl here. Now if you're like most Australians, you enjoy your public holidays. Public holidays such as New Year's Day, Christmas Day and Anzac Day fall on the same day each year. But Easter happens anytime between March 22 and April 25. So what's going on?

The answer is a mixture of religion and astronomy.

Easter has been a symbol of new life and fertility for millennia. The early Christians took over that ancient festival and rebadged it as a celebration of the resurrection of Christ from his tomb, three days after he died. But back then the exact time to celebrate Easter varied across the world. Several centuries later, in 725 AD, the Benedictine monk known as St Bede, or The Venerable Bede, laid down the law on when to celebrate Easter. He defined Easter Sunday as, "The Sunday following the full moon which falls on, or after, the equinox."

But what is an equinox? The Latin roots give you a hint -- "equi" for "equal", and "nox" for "night". So the equinox is that day when there are equal hours of daylight and night-time. There are two equinoxes each year.

So when are those equinoxes? It's related to the terminator - which in this case, has nothing to do with Arnold Schwarzenegger being a killer robot from the future. In astronomy, the terminator is the line between day and night. And the equinox is when the terminator crosses both the North and South Poles simultaneously. This happens in mid-spring and in mid-autumn.

So getting back to The Venerable Bede, to work out when Easter will fall, we wait for the March equinox, which is when there are equal hours of daylight and darkness. Then we wait for the next full moon, which can be any time from one to twenty-eight days down the line. Then we wait for the next Sunday, which can be any time from one to seven days away. And that's Easter Sunday.

But wait, it's not that simple. An excellent example was the March equinox of 2019. The terminator crossed the North and South Poles simultaneously at 9.58 pm, Universal Time, on Wednesday, March 20. The full moon happened a few hours later, on the next day, at 1.43 am Universal Time, on Thursday, March 21.

So we've had the equinox, and the next full moon. Obviously, the next Sunday, March 24, should have been Easter Sunday. But it wasn't. Easter Sunday in 2019 was April 21.

What's going On. Well, even though astronomers are quite clear that the equinox can happen on March 19, 20 or 21, religion says that the equinox happens on March 21 -- and for religious celebrations, the religious definition takes priority.

So we had to wait for the next full Moon after March 21 -- which happened on April 19. And the next Sunday after that was April 21 -- Easter Sunday.

But there's another problem -- this time not a religious problem, but a science problem.

If you look at sunrise and sunset times, on March 20, 2019 (which the astronomers labelled as the equinox) there was about 6 minutes more sunlight than darkness -- depending on how far you were from the Equator. What's going on? Why is it not exactly 12 hours?

The first part of the answer is that the atmosphere bends the light of Sun. Around sunrise or sunset, when we see the whole Sun with the lowest part just kissing the horizon, in reality, the whole of the Sun is actually below the horizon. If there was no atmosphere, we would see no Sun at all. But the atmosphere bends the light and brings it to our eyes. By a nice coincidence, the atmosphere bends the light of the Sun by half a degree, which is the diameter of the Sun.

The second part of the answer is that the Sun is not a point with no size -- it's a disc about half a degree across. This would not be a problem if we defined sunrise and sunset to be when the centre of the Sun crossed the horizon. But in the distant past somebody (and we don't know who) chose a different definition. Sunrise and sunset happen when the tiniest sliver of the Sun is visible. So this adds a few extra minutes to the day.

Who knew that working out when Easter would fall is such a complex business?

No wonder the supermarkets hedge their bets with chocolate bunnies from February ...

<https://www.abc.net.au/radionational/programs/greatmomentsinscience/>

Health & Welfare

How to stay Healthy in face of the Corona Virus

Feelings of stress and anxiety stemming from the coronavirus outbreak are understandably on the rise. Even if you have no symptoms -there's no escaping thoughts of the virus- when it's the topic of every conversation and the focus of every news story.

The Mental Toll of a Crisis

It's normal to feel a lot of negative emotions during a crisis. Exposure to a constant stream of negative information takes a huge psychological toll on us. While we've done a lot to prevent the spread of the virus through social distancing, it's also important to care for your mental health before the negativity spreads too far. Here are some simple ways you can maintain a positive outlook and practise mental distancing in the face of current uncertainty.

Avoid too much media – Avoid social media posts and news stories that are extremely negative that lead to doomsday feelings. Keep informed of the situation, but don't be overwhelmed with it. When you seek information, stick to reliable news sources such as the Australian Government or World Health Organisation.

Eat well and keep active – Maintaining a healthy weight and keeping healthy will not **only strengthen your immune system**, it will help you feel better emotionally too. A balanced diet rich in fruit, vegetables, nuts, dairy and lean protein will help boost your immune system and avoid fast food and over processed foods high in fat added sugar and salt.

Keep a regular schedule – Even though things may seem disrupted right now, keep a routine as much as possible. If you're working from home, get up at your normal time, get dressed, and sit at a defined workspace. Ensure you stick to your normal workout schedule by keeping active at home, and eat regular, healthy meals to avoid comfort eating.

Stay busy – Ensure you're enjoying a range of fun activities even when social distancing. Craft and music are not cancelled! Playing in the backyard and gardening are not cancelled. Read, write, listen to a podcast, do an online course, or learn a language to utilise your downtime. Be productive and spring clean the house or finish odd jobs you've been putting off.

Seek help – People predisposed to depression and anxiety are particularly likely to be having a hard time right now. Don't be afraid to ask for help from a psychologist if you need help managing your thoughts or aren't coping with isolation. Many offer video or phone consults these days!

Check in on family – Be aware of the mental health effects on children and your family unit. Time off work and school, cancelled activities, and stricter hygiene can leave children feeling anxious. Honesty is vital in high stress situations, so make time for discussions with children and answer their questions. But make time for safe play and relaxation too!

Do something nice – Helping someone else will have a positive impact on your thoughts and feelings. Investigate safe volunteer work in your local community, or call your elderly neighbours to ask if you can help them in any way. Even a quick chat on the phone may brighten someone's day if they're feeling isolated.

Remain calm – we'll get through this

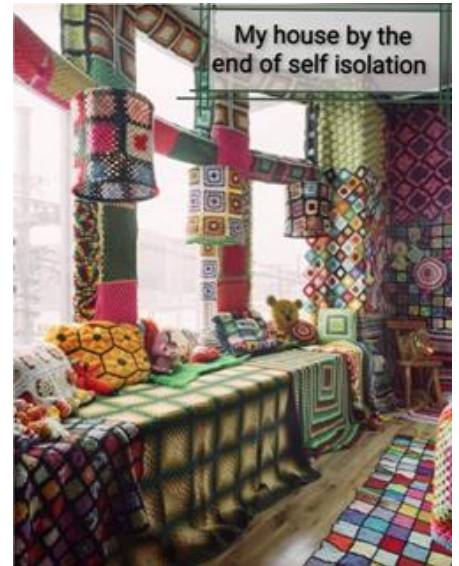
Remember that this unprecedented event won't last forever, and life will eventually return to normal. In the short term, following hygiene guidelines and recommendations will help you feel more in control of your own health.

The Australian Psychological Society President, Ros Knight states, *"As humans, we are hardwired to be afraid of the unknown and of something that appears random and uncontrollable. If you find yourself becoming anxious about coronavirus, try to remember that medical and scientific experts are following strict protocols to contain the virus and treat those affected."*

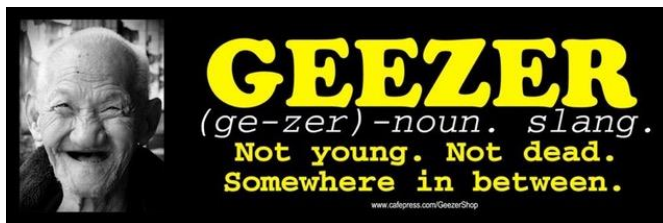
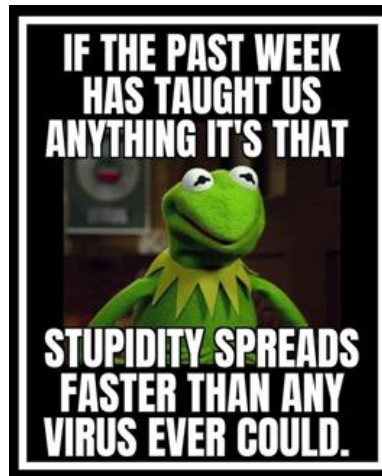
The best way to respond? Try not to become too overwhelmed, reassure loved ones, and don't panic!

<https://lifeshape.com.au/support/>

Puzzles, Jokes & Trivia



It's really not so boring being stuck at home. I do find it interesting though, that one box of rice has 8792 grains and another has 8873 in it.



Can you work out the phrase word or meaning represented by these visual puzzles?

- ### Trivia Quiz
1. What type of creature in Australia is a Jack Jumper?
 2. Which three South American countries have capital cities beginning with B?
 3. In the human head the tympanic membrane is better known as ...?
 4. How many balls are on a snooker table at the start of a game?
 5. Which two Thomas Keneally novels were adapted to film ?

I RIGHT I

CAN CAN

Quiz & puzzle solutions next page

Puzzles, Jokes & Trivia



1966

Mystery Shed Member

OK, I admit he wasn't self-levitating! I cheated a little bit by cropping out the sand burst as a youthful Bob Ikin completed his long jump in an Inter-Troops Athletics event, in 1966.



All smiles since the Louvre closed!

I was in Edinburgh, Scotland a couple of years ago and walking down the Royal Mile when I went into a shop.

It was one of those shops which attracts tourists. It had one of those books which you can track your "clan" and "tartan" and had clan tartan fridge magnets, key fobs, stubbie coolers etc. and genuine tartan cloth.

There was an American tourist browsing at the same time as me and when the sales assistant asked the American if he could help he replied "Oh no, I am just browsing. My surname is Dunlop and I do not have a Scottish heritage."

"Are you sure" said the sales assistant and he went out the back and came back with a bolt of McIntyre tartan.

"But that is McIntyre tartan" said the American, nothing to do with Dunlop.

But I am sure said the assistant "DUNLOPS BEEN MCINTYRES FOR YEARS".

Provided by Bob Ikin



2020

Trivia Quiz Answers

1. Ant.
2. Argentina (Buenos Aires), Brazil (Brasilia) and Colombia (Bogota).
3. Ear drum.
4. 22 (15 reds, six colours and one cue ball).
5. *The Chant of Billie Blacksmith* and *Schindler's Ark*.

Visual Puzzles solutions

**Right between the eyes
Toucan**