

NUTS & BOLTS



*'Every man needs
a shed'*

Vol 4 | Issue 11 | April 2020



In This Edition

- Page 2** Bunnings BBQ report
Fire & Emergency Services Visit
Steve Minikin Visit
- Page 3** Carina Police Station Badge
restoration project
- Page 5** Chair Restoration
GPH Cancer Wellness Visit
- Page 7** Glampers Report -Bongaree
- Page 9** Great Moments in Science
- Page 10** Health and Welfare Corner
- Page 11** Puzzles, Jokes & Trivia

Message from the Editor

Editor: Ray Peddersen

cms_editor@carinamensshed.org.au

Hi guys this Nuts & Bolts covers our sheds activities up until the shutdown of our shed (*and just about everything else*) at midnight Sunday 22 March.

I can keep on publishing a scaled down version of Nuts & Bolts every 3 weeks or so if shed members can email me jokes, reports about what they are doing, or grey nomad reports on past holidays, write a member profile, dig out some old photos of your misspent youth or just a good yarn about the fish that got away.

In the words of old paint add guys **Just keep on keeping on.**

*"Beer is proof that God loves us
and wants us to be happy".
Benjamin Franklin*



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Carina Men's Shed valued supporters include:



Member News

Bunnings BBQ Wednesday 19th February 2020

Many thanks to the members who volunteered for the mid-week sausage sizzle and raised over **\$500** for our shed.

Morning Session Crew: David Sim, Bill Eklund, Freddie Butler, Steve McGee and Graeme Fraser

Afternoon Session Crew: Roger Medland, Ken Carey, Ian McCue and Paul Gardiner.

**Bunnings Sausage Sizzles Fizzle**

Our valued supporter, Bunnings Cannon Hill, has showed its commitment to local community groups by providing gift cards to those groups effected by the sudden suspension of BBQs.

Hello Community Groups, Below is the latest directive from our Head Office regarding future BBQs & in-store events.

In the interests of our customers, team members and community members, Bunnings will suspend all Bunnings sausage sizzles and planned in-store activities until further notice, from 18 March 2020.

We've received concerns from community groups about availability of volunteers and BBQ materials. We know that our sausage sizzles provide an important fundraising opportunity for community groups and we'll be offering a \$500 gift card to any community groups that have a sausage sizzle booked over the next 4 weeks to ensure they are not disadvantaged.

Community groups with sausage sizzles booked until 12 April should make contact with their local store to obtain the gift card. For Community Groups who have multiple sausage sizzles booked over the coming 4 weeks, rather than offer multiple vouchers we will offer a \$1,000 gift card.

We know our customers will be disappointed and we sincerely apologise, but we believe it is in the best interests of the local community. It also provides certainty for community groups and customers and ensures consistency across our store network.

Bunnings will also be cancelling all other planned in store activities until further notice, including its Easter and Mother's Day Family Nights, school holiday workshops and trade breakfasts.

Kind Regards,
Christine Dittmann
Activities Organiser
Bunnings Group Limited
Cannon Hill Warehouse

**Qld Fire & Emergency Services Visit**

Monday 24th February 2020

Trevor Davis from Queensland Fire & Emergency Services provided plenty of practical tips for a Safer Home such as -

- House Number clear day & night.
- Secure garden tools in a shed.
- Store chemicals securely.
- Regularly check smoke alarms.
- Install grab rails in bathrooms.
- Have home escape plan prepared.

Thanks again Trevor.

**Steve Minikin Visit**

Monday 02 March 2020

Steve Minikin our local MP visited the shed to present a big cheque for \$27,903 a grant from the Gambling Community Benefit Fund providing for the upgrade of the workshop dust extraction system. Steve stressed that governments recognised the important role that Men's Sheds played in supporting men's physical and mental health.

Carina Police Station, Station Badge project - Senior Sergeant Brendan Jorgensen

It was almost 12 months to the day that an off-the-cuff remark to one of the members of the Carina Men's Shed led to the restoration of an important part of the Queensland Police Service's History and in particular, the origins of the Carina Police Station.



Station Badge at CMS workshop



During the 19th century, police stations were not identified in any way, so if you wanted to find one you needed some luck or local knowledge. In 1907, Police Commissioner William Cahill and the Deputy Queensland Government Architect designed the Queensland Police Station Badge based on the police cap badge of the time.

In 1911, 300 cast iron badges, each weighing 17 pounds (seven kilograms) and costing four shillings and 10 pence, were manufactured for the Police Department by Harvey & Son, Globe Iron Works, Brisbane and distributed as identification badges to every Police Station in the state.

On November 11, 1958 because of complaints that police stations were not readily identifiable, the Department of Works was asked to supply conspicuous illuminated signs showing 'POLICE' in black letters on a white background.

On May 5, 1959, a sample illuminated sign was erected at Holland Park Police Station and with that success, an order was placed with Albert Smith and Son to manufacture these signs. The rise of illuminated signs sealed the fate for the ever reliable station badge and soon they were resigned to the back of a storage shed to see out their days.

One of these badges was issued to the Camp Hill Police Station. The Camp Hill Police Station opened in 1938 and continued to serve the good people of that area until its closure as a general duties station on December 15, 2011. On the December 16, 2011, the Carina Police Station was opened in its place. It would appear that during the transition from Camp Hill to Carina, one officer thought it was prudent to bring the old station badge with them. However, due to years of neglect and poor storage, the station badge and its mountings suffered greatly.

The badge remained with the Carina Police Station in this state until early 2019 when a brief discussion with the Carina Men's Shed team, led to a wonderful restoration project. The badge and its mountings were then carefully inspected, measured and documented by a vast array of members from the Shed. It was a project that was taken on with great enthusiasm, **in particular by lead project manager, Ross Allan**. The badge was definitely in safe and caring hands

Carina Police Station, Station Badge - presentation 26 February 2020

On Wednesday, February 26, 2020, five members of the Carina Men's Shed attended a small ceremony at the Carina Police Station to formally return the fully restored badge. The badge was formally received by Acting Assistant Commissioner Brian Swan on behalf of the Queensland Police Service and the members of the Carina Police Station.

The badge will go on permanent display in the foyer of the Carina Police Station over the coming weeks and will be gateway into the rich history of the Queensland Police Service.



Member News



Chair Restoration

Local retired Carina resident Peter Hackett recently asked if we could restore a couple of kid's rocking chairs.

Pictured here with the before and after photos of the chairs are Peter and Jim who lovingly brought the chairs back to life. With, i should add, plenty of "help" and advice from other Shedders!

Peter collected the chairs on Monday 2 March and was going to take them to his Son and Grandsons later that week. He was so pleased with the result that he was leaving the Shed to deliver them straight away.

Thanks to Jim and all his "helpers" for another great job.

Photos and note provided by Ray Carter

From: GPH - Cancer Wellness Coordinator
Sent: 19 March 2020 To: CMS Secretary
Subject: Carina Men's Shed Visit - Friday 13 March

Hi Roger,

Thanks so much for your email! I have passed your details onto Richard for you. It was so wonderful to be welcomed by your kind and generous community of men last Friday! So very much appreciated, so thank-you!

What a wonderful bunch of men you have and I really love what you stand for. So grateful that communities like yours exist to help support physical and mentally men, whilst aiding to diminish social isolation.

We so appreciate the wonderful lunch you put on and hopefully we are able to provide this program in the future and have other men be able to visit the shed. Looking forward to working with you in the future hopefully!

Kindest Regards,

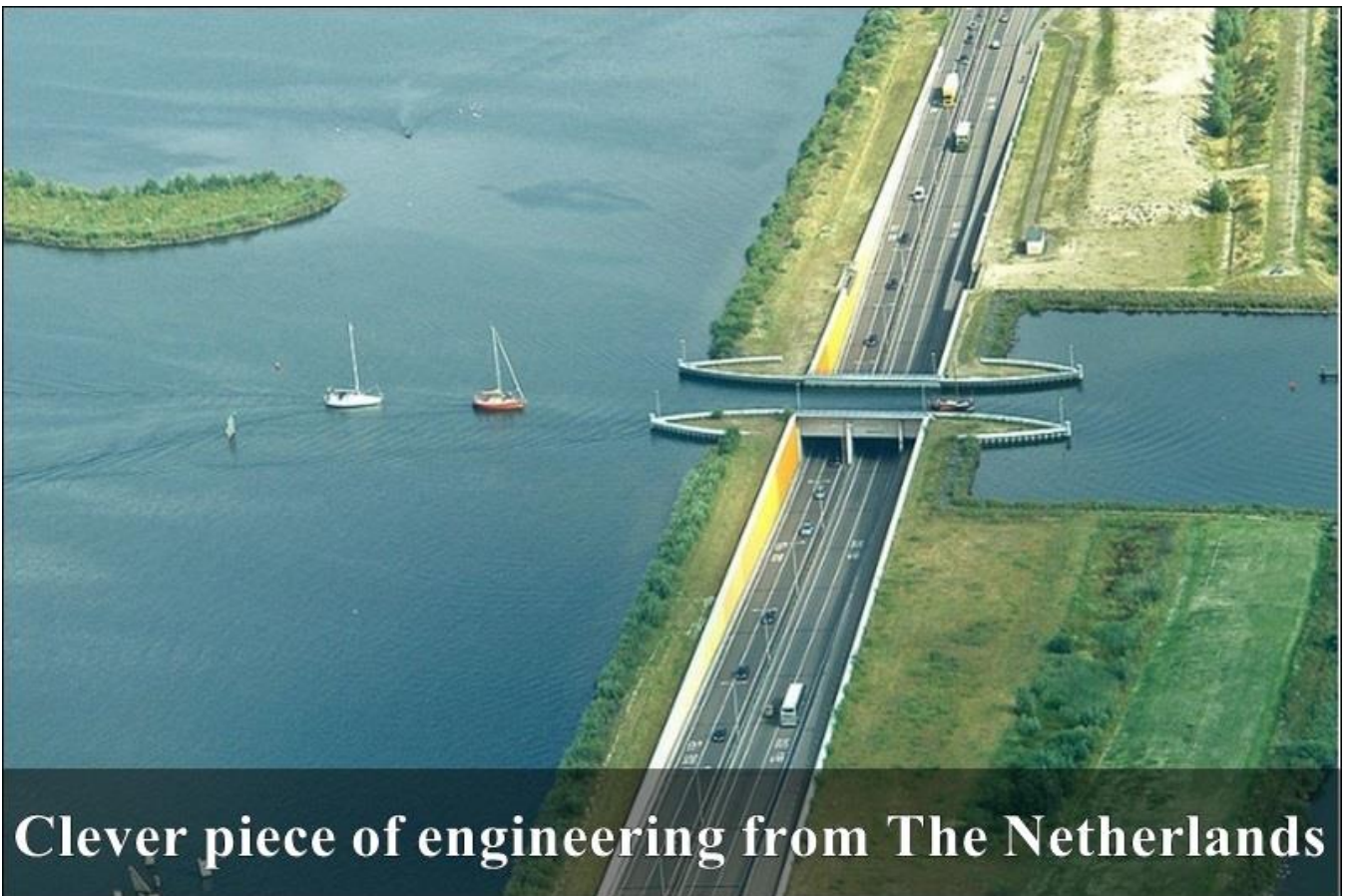
Ranee
 GPH - Cancer Wellness Coordinator



Member News



A big well done, to everyone who participated in this community event - Roger Appleby



Clever piece of engineering from The Netherlands

Glampers Report Bongaree 24-28 February - Text by Peter Carter, photos by Rob Tritchler

Eight intrepid travellers and their partners landed on the shores of Bribie Island on Monday 24th February 2020. They were John Lochel and Ricki, Bruce Murray and Jan, Alan Peiniger and Lynn, Robert Tritchler and Ruth, Ray Long and Felicity, Paul Meredith, Peter Carter and Barbara and Roger Medland and Margaret. Unfortunately Bevan Guttormsen and Margaret couldn't attend as Bevan was having a trip to Hospital. We kicked off the trip with happy hour on Monday afternoon in the Camp Kitchen to discuss the upcoming events. Some of us then had dinner in the Camp Kitchen. Others went back to their camp's for dinner.

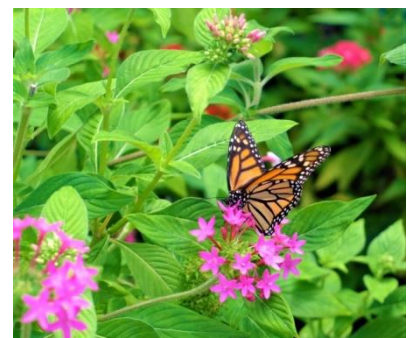


Tuesday dawned fine and this was a free day except for lunch at the RSL Club. John went for a surf in the morning. We tried to get the Courtesy Bus to pick us up to go to the club, but it didn't start until 2.00pm. We went under our own steam. The menu I got from the internet before I left Brisbane was different to the one presented to us on the day. A lot different. The food was not as good as we expected and some didn't like it at all. You can't win them all. Most went their own way after lunch. Some for a nap (Senior Citizen Afternoon Nap (scan)) while other went walking or driving. Of course happy hour at 4.30pm and then dinner. Poor Bruce couldn't get his sausages cooked on the hotplate but he finished them off in the frypan. Tuesday was intermittent rain but it did not dampen our spirits.



Wednesday was a pretty big day with a visit to the Bribie Island Seaside Museum in the morning followed by lunch of fish and chips at Saviges Fish and Chip shop on First Avenue then off to the Bribie Island Butterfly House. The owner and instigator of the butterfly house Ray gave us a talk on the ins and outs of the place which was very interesting. He is very passionate about this establishment.

They breed all their own butterflies as they only have a life span of approx. 1 month.



The display was very interesting if somewhat hot in the aviary. That little jaunt over we all went back to our camps to get ready for dinner at the Bowls Club. We could walk there as it is right next door to the Bongaree Caravan Park They had a table for 18 all set up. The food was excellent and plentiful. The beer and wine were cold and we all had a good time. Some lost their money on the pokies but not me.

Thursday was our big trip up the Pumicestone Passage with Ferryman Cruises. It was a 2 hour cruise with a meal for lunch. Food was very good and the salads were really good quality. We unfortunately ran into a storm and Ray and Felicity managed to get very wet. We had to return a bit early because of the lightning and storm. The trip however was very enlightening (no pun intended). Happy hour turned into a great event with most staying on in the camp kitchen to cook their dinner.



Great Moments in Science with Dr. Karl Kruszelnicki

To ward off the 'cabin fever' check out the website at bottom of this article for lots of crazy but true science articles.

Are you a mosquito magnet?

Why are some people mosquito magnets, while others seem to be blissfully bite-free? It's a two-part answer. Number one--it's chemistry! Number two--some people who actually do get bitten, don't notice, or even react to, the bite. Surprisingly, this can be a major health concern.

Let me explain by starting with the mosquito. It's only the female mosquito that bites you. No hard feelings, it's just business--she needs the protein in your blood for her babies. This is probably the time to mention mosquito repellents. Most of us have heard of DEET. DEET works to repel mosquitoes in two ways--by its odour in the air, and by direct contact when the mozzie (as we Australians call it) tries to land on your skin. By the way, the protection DEET provides lasts for hours, while that from citronella lasts only minutes.

But let's assume you have no mosquito repellent. If the female mosquito merely jabbed you, took a microscopic amount of blood and left no scars or mementos of her visit--she wouldn't even be an annoyance. However, on occasion, your immune system reacts to her visit and you might be left with an itchy swollen lump on your skin. But it can get really nasty when the mosquito herself is infected--and can pass that infection on to you.

Thanks to evolution, different mosquitoes can carry different germs. *Aedes aegypti* can carry the Dengue virus and the Zika virus. A different species of mosquito, *Anopheles gambiae*, can carry malaria, which is a parasite, not a virus. Malaria continues to be a major health problem. In 2015, malaria infected 214 million people, and killed 306,000 of them--and the vast majority were children younger than five. *Aedes vigilax*, the saltwater mosquito, carries the Ross River virus.

When it comes to finding their next nibble, mosquitoes are first attracted by heat and carbon dioxide. Once the mozzies get really close, they can be either attracted--or repelled--by any of the several hundred chemicals you exude. These chemicals can come from your diet, from bacteria on your skin, and from your genetic inheritance. This is a complex and poorly understood field, so it's still early days for learning about the several hundred chemicals you emit. Some of the chemicals you release are programmed by your DNA--your genes. One study looked at identical twins, whose DNA is virtually the same, and non-identical twins, whose DNA is partly the same and partly different.

Mozzies were equally attracted to each identical twin in a pair, but this didn't happen with the non-identical twins. So your genes affect how much mosquitoes 'love' you. At least one species of mosquito loves blood group O, but we don't know how all the other species feel about blood group O--or, indeed, any other blood group. But it's not just your DNA that affects your odour, it can be your diet. Sorry to say, but eating garlic or vitamin B1 does not repel mosquitoes.

We know that the *Aedes aegypti* mosquito loves the smell of lactic acid. So if you happen to be in her wetlands, don't do any sweaty exercise. Mosquitoes love people who drink beer, and they prefer pregnant women to non-pregnant women. We also know that men are more attractive to mozzies--because their greater body mass is linked to more heat and more carbon dioxide emission. Darker coloured clothing can absorb heat better than lighter colours, so making you more attractive to mozzies. Hairy arms or legs can be a physical deterrent to mozzies. So Miss Mozzie might be expected to make a move on a smooth-skinned beer-drinking bloke wearing dark clothing.

Sure enough, the mozzies can be fussy. As an example, the malaria mosquito, *Anopheles gambiae* is attracted to Limburger cheese. By an unfortunate coincidence, the bacteria that make this cheesy smell are closely related to the bacteria on some people's feet--which mozzies will happily jab with their pointy proboscis.

Mosquito saliva is complicated. Some people react very strongly to certain chemicals in the saliva--and so complain bitterly about being bitten. But other people can get bitten and don't react. However, not reacting is very different from not being bitten. These people could still get bitten, but would not know it. They might think that they are unattractive to mosquitoes, but they'd be wrong. In that case, they might not apply the mozzie repellent DEET, could get bitten and not know it, and then suffer the mosquito-borne infection (Dengue fever, malaria, Zika virus, etc.).

So mozzies can make you sick--even without making you itch.

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

Health & Welfare Corner *What our members are doing to stay sane*



With Bevan it's always boats



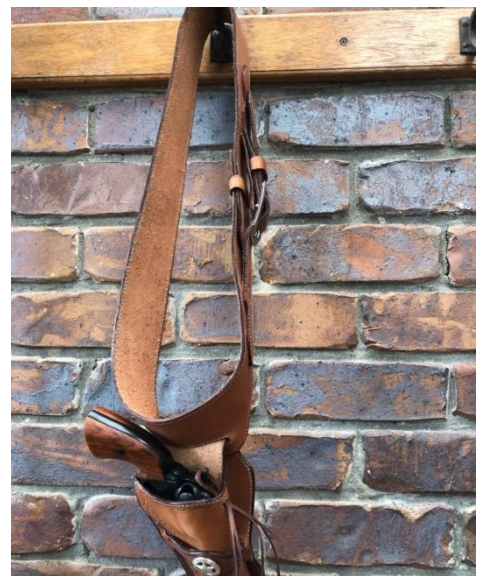
Alan Peiniger's, the WAGs solution



A Corrugated Shedders practice session now!!

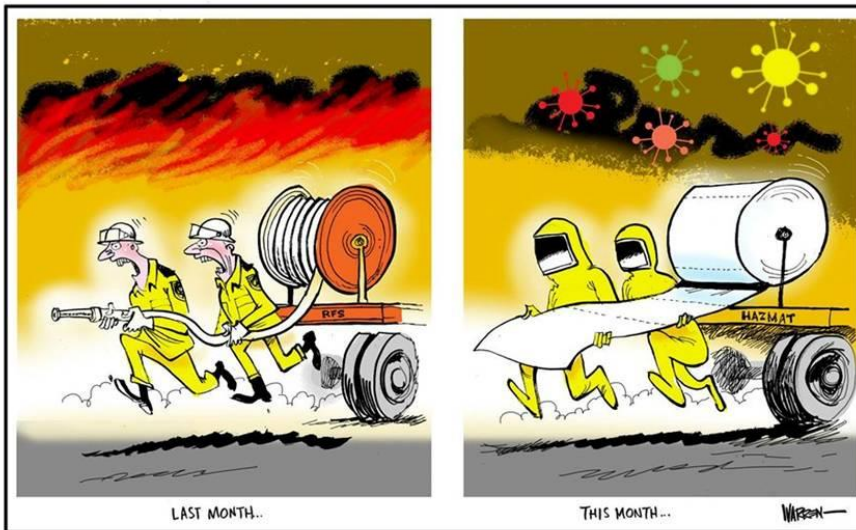


Ray Carter's requisitioned Patio table



*Ray's nifty social distancing tool.
(just kidding the gun is not real)*

Puzzles, Jokes & Trivia



Yea...

I still haven't decided where to go for Easter



debating between the bedroom or the living room

Guys I need your help. I'm in the middle of an argument with my wife and she just told me that I'm right. What the hell do I do next?!



A college class was told they had to write a short story in as few words as possible. The instructions were: The short story had to contain the following three things:

- (1) Religion
- (2) Sexuality
- (3) Mystery

Below is the only A+ short story in the entire class.

"Good God, I'm pregnant; I wonder who did it."



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

XQQQME

POD
POD
POD

- ### Trivia Quiz
1. How high is the Story Bridge?
 2. How many gondolas does the Wheel of Brisbane have?
 3. The area that is now the Suncorp Stadium was originally the site of what?
 4. Jacaranda trees are native to which continent?
 5. What was Brisbane City Council's first public pool?

Quiz & puzzle solutions next page

Puzzles, Jokes & Trivia



The Perils of Queue Jumping

I was in a long line at 7:45 am today at the grocery store that opened at 8:00 am for seniors only.

A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane.

He returned and tried to cut in again but an old man punched him in the gut, then kicked him to the ground and rolled him away.

As he approached the line for the 3rd time he said,

"If you don't let me unlock the door, you'll never get in there."

This cautionary tale provided by Patricia Pledger

Okay, now tape up the sides



And write "To: Tuna Factory"



Trivia Quiz Answers

1. The Story Bridge is 74m high.
2. 24 gondolas.
3. A cemetery.
4. South America.
5. Spring Hill Baths built in 1886.

Visual Puzzles solutions

Excuse me
Tripod



"I gave in and let him have a man cave."