

NUTS & BOLTS



'Every man needs a shed'

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[Covid-19 Edition 5]



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Message from the Editor

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One unexpected outcome during the shed shutdown was that John Abbott found the full digital archive of Nuts & Bolts from Issue 1, when checking the office computer. We will place a copy of this archive on the Rec Room computers for members to access.

I will be including extracts from this archive in Nuts & Bolts.

"Kindness is the language which the deaf can hear and the blind can see." Mark Twain

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Carina Men's Shed valued supporters include:



Member's News

AGM of Carina Men's Shed Inc. 24/08/2020

This year's AGM run very smoothly as all vacant positions had nominations accepted, before the meeting. Retiring President Bob Ikin thanked all members of the shed for the support he has received during his tenure and how the shed has been able to adapt to the covid-safe restrictions. Our Shed continues to support the local community but completed projects were down on previous years due to the covid closure.

Thanks also to the Carina Bowls Club for providing the covid-safe venue for this year's AGM and a delicious morning tea.

Elected Member	Position
Paul Gardiner	President
Peter Lang	Vice President
John Kirkwood	Vice President
Adrian McDonnell	Treasurer
Roger Appleby	Secretary
Ray Carter	Workshop Manager
Ian McCue	Safety Advisor
David Sim	Committee Member
Ross Coates	Committee Member



Member's News

Some travel photos for wine appreciation group and the leather group –Bob Ikin

Henry VIII had a wine fountain at Hampton Court Palace and the photo is me waiting for opening time. The following information tells the story when the fountain replica was opened in 2010. And yes, you can sample it (in both red and white) for £3.50 on weekends and bank holidays starting May 1!

From The Independent:

The "fountain" is being installed in the main courtyard, the so called Base Court, and it is conceivable that a similar alcoholic facility stood there on special occasions in Henry VIII's time. Last year, archaeologists excavating in the Base Court discovered the foundations of what was probably a drinking fountain. But whether the installation was purely for water or occasionally for wine as well is unknown.

The excavation team, led by archaeologist Ben Ford of Oxford Archaeology, revealed that the original Base Court fountain was an octagonal structure, very similar in ground plan to the wine fountain in the Field of the Cloth of Gold painting, although substantially smaller.

At Ann Boleyn's coronation, wine fountains were set up in Gracechurch Street, Cheapside and Fleet Street, and similar facilities were installed at Queen Elizabeth I's coronation. In Oxford and Cambridge, the university colleges set up wine fountains when entertaining royalty.

The newly installed Tudor-style wine facility at Hampton Court is 4.3 metres high and can hold up to 320 litres. "We've used original Tudor images of wine fountains and Hampton Court's wealth of surviving architectural detail to recreate something truly unique," said the Historic Royal Palaces historian in charge of the project, Dr Kent Rawlinson, curator of Historic Buildings at Hampton Court.

The wine is being imported from the same area King Henry got most of his wine: Gascony. Certainly Henry's court had a taste for the stuff. The monarch had up to 15,000 gallons of wine in his cellar at Hampton Court at any one time. It must have been a substantial item in the royal accounts because in Tudor times, ordinary wine was, in relative terms, around three and a half times more expensive than it is now

The photos below show how they colour leather in Morocco. The smell was INCREDIBLE.



Member's News



Lisa O'Donnell Visit *Monday 31 August*

Lisa O'Donnell Labor Candidate for Chatsworth in the upcoming state election had a tour of the workshop before speaking to members. Lisa also provided a batch of her delicious home-made scones for morning tea. Thanks for meeting with the shed Lisa.



MONTHLY TIP (Nuts & Bolts July 2012)

How to Fix a Plasterboard Crack

Due to vibration and movement joint cracks tend to occur at the corners of windows and door openings, the weakest points of the house frame. Find the tools, compounds and tapes in the plasterboard section of the hardware store.

TO FINISH smooth with 150 grit plasterboard abrasive paper pre-cut to fit a hand sander.

Seal with plasterboard sealer, apply an undercoat then paint to match the wall.

TIP A slightly damaged wall can be skim-coated using thin layers of jointing compound with fibreglass tape



MAKE A V-SHAPED NOTCH about 10mm deep along the crack using a utility knife and a steel rule for the filler to adhere, wiping away the dust.



APPLY BASECOAT along the length of the crack using a spatula then position fibreglass tape directly over the crack, pressing into the basecoat.



ADD ANOTHER BASECOAT LAYER over the tape with a broadknife, leaving to dry then adding a topcoat, feathering the edges and leaving to dry.

Health Warning

I did not know this...

- When you drink vodka over ice, it can give you kidney failure.
 - When you drink rum over ice, it can give you liver failure.
 - When you drink whiskey over ice, it can give you heart problems.
 - When you drink gin over ice, it can give you brain problems.
- Apparently, ice is really bad for you.

Warn all your friends.

(Nuts & Bolts July 2012)

Poetry Corner

Reflections of a Boomer

I've seen fire and I've seen rain.
I've been through the desert on a horse with no name.

I've gone to Kansas City, I've sang in the sunshine.
I've been on the road again, with Georgia on my mind.

Like a rolling stone, I've given peace a chance.
I've put my camel to bed, and danced the last dance.

Mr. Tambourine man played a song for me,
I've whispered words of wisdom, let it be.

I've fell into a burning ring of fire, and walked the line,
To all the girls I've love before, you were always on my mind.

I've been everywhere, I've been so lonesome I could cry,
I've driven my Chevy to the levee when the levee was dry.

I've been to Itchycoo Park in a yellow submarine.
I've made the scene in a time machine.

I've done the Hokey Pokey and turned myself around.
I've welcomed baby back to the poor side of town.

I've followed the tracks of my tears down a long and winding road.
I've kept on searching for a heart of gold.

I've sought shelter from the storm, I've sat on the dock of the bay.
I've rocked around the clock, on a sunny day.

I've knocked on Heaven's door, blowing in the wind.
Joy to the world, those were the days my friend.

Lay lady lay, in crimson and clover.
It's been a hard day's night, the party's over.

Uncle Joe

Glamper's Report Ingenia Holiday Park, Torquay - submitted by Bruce Murray
Monday 10th to Tuesday 18th August 2020

Monday Fourteen happy glampers, Alan and Lyn Peiniger, John and Brenda Abbott, Klaus and Sylvia Binder, Bevan and Margaret Guttormsen, John and Michelle Tihverainen, Julian Collis and Ellen Barratt, Bruce and Jan Murray, travelled to Torquay and set up the caravan or settled into a cabin and then to happy hour for a social time, evening meal and a discussion about the weeks program.



Tuesday Whale watching for four of us (Peinigiers and Murrays) while the others had a free day.



Wednesday Tour to Childers to visit the Back Packers Memorial, unfortunately the Memorial was closed due to Covid, as were a number of attractions in town, signs on their doors depicting inability to obtain volunteers. Found a lovely cafe for lunch and visited the Kingaroy Peanut van and really enjoyed the Mammino Icecream. Back to Hervey Bay via Howard and Burrum Heads, Happy Hour then to The Boat Club for the evening meal. Some played the pokies.

Thursday Alan and Lyn, John and Brenda, Klaus and Sylvia, Julian and Ellen went on a tour of Fraser Island which was enjoyed by all. Some went for a plane flight from the beach to tour the Island and Brenda went for an unexpected dip in the creek to every ones enjoyment. Bevan, John Tihverainen and Bruce visited the Hervey Bay Men's Shed, whilst our ladies enjoyed some retail therapy. Happy hour again for those who didn't go to Fraser Island and then dinner at Maddigans Fish & Chips, some very tired glampers that night.



Friday Goodbye to Klaus and Sylvia, Alan and Lyn who only stayed 4 nights. A day of rest with happy hour and the RSL for dinner, with John Abbott and Bruce winning a bottle of red each and Jan a win on the pokies.

Saturday Goodbye to Julian and Ellen who stayed 5 nights. We visited Urangan Pier Markets in the morning had lunch at Arkarra Tea Gardens then Happy hour and dinner at the Camp kitchen.

Sunday Goodbye to Bevan and Margaret who stayed 6 nights. An easy morning, then a visit to the Historic Village Hervey Bay in the afternoon, with working demonstrations, then happy hour and dinner at the Camp Kitchen.

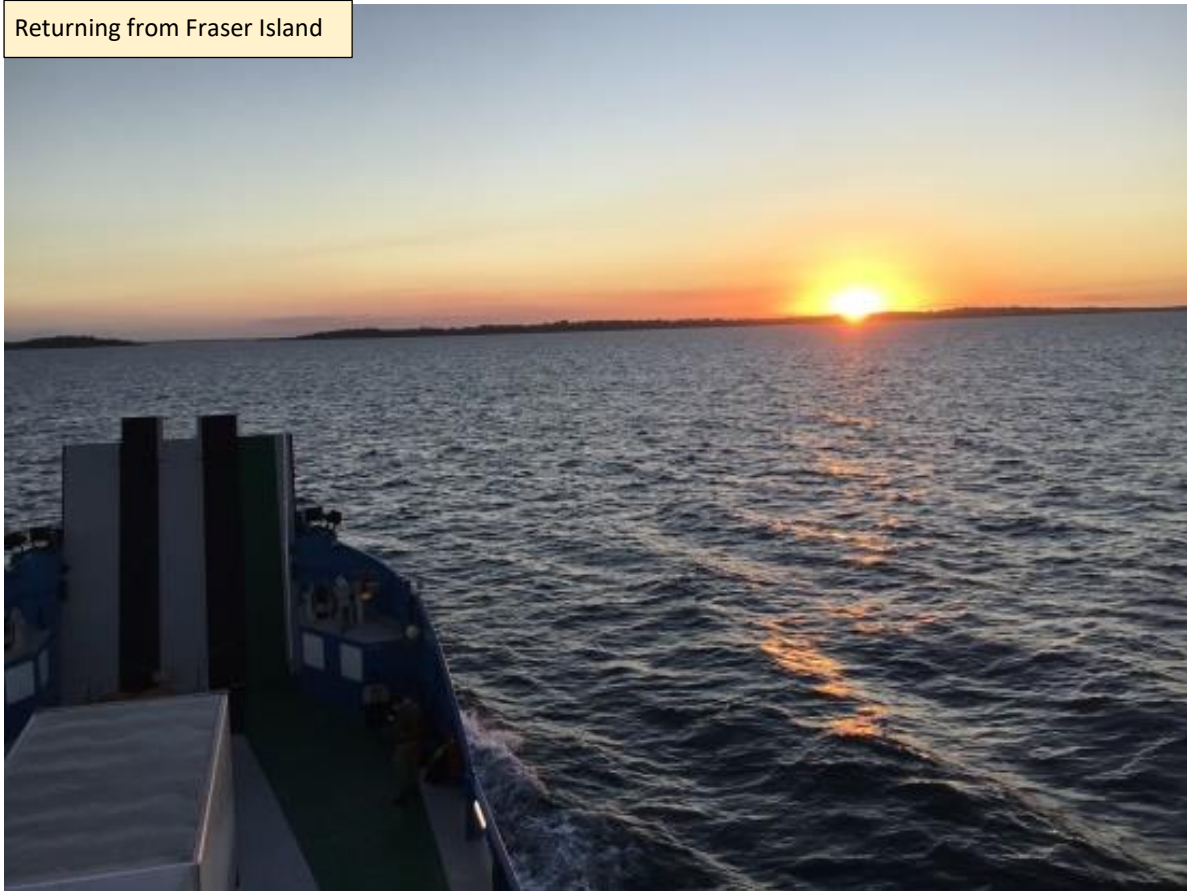


Monday Goodbye to John and Michelle Tihverainen who stayed 7 nights. John Abbott and Bruce visited Burrum Men's Shed, Howard for a tour of the Shed and a cuppa. Happy hour with Bruce and Jan.



Tuesday Abbott's and Murray's departed after staying 8 nights. Happy hour every night consisted of a beverage and nibbles then a meal previously prepared or cooked in the Camp Kitchen. A fantastic trip with likeminded people and a big thank you to Peter Carter for organising another great Glamping Trip, **Bruce Murray** -Host in Peter's absence.

Returning from Fraser Island



“Rakugo- Sit Down Comedy” submitted by Freddie Butler

On your knees.

When you visit Japan, go to a theatre for a very interesting experience. You don't have to visit one of the major cities.

The entertainment industry in Japan has many components, many of which have a very long history of accomplishment. Significant among them is the skill of RAKUGO, a comedic skill. Naturally enough, a person who is good at this art form has many attendees at performances, can fill medium size auditoriums, and it is not unusual to find that the 'big names' have financial supporters - Fame by association?

Equipment needed for a Rakugo performance is minimal. A well-padded cushion of very generous proportion called a Zabuton. The artiste will be sitting on their knees for a long time. The performer will usually have a large hand fan. There will be small but suitable stage lighting to highlight the performer, and there is often a microphone if the theatre is of great volume. If you or your organisation has enough money, the Rakugo performance can also be in smaller chosen locations for a select audience.

The performer will always be in traditional attire, HAKKAMA for the men, and KIMONO for women.



What do these artistes do for their audience and for their fee? Would you believe that they just sit and talk? They do, and they can hold your careful attention and have you in fits of laughter. And they can perform for a couple of hours!

Their great skill is to sit (on their knees) on the Zabuton and use body language, verbal skills and a variety of gestures. The Rakugo performance is always a single person, and their activity is a mixture of jokes, familiar stories, a great range of gestures and body movements.

Mother in Law jokes are there of course, plus references to the activities of politicians, pointed and sometimes ribald references to daily dealings with friends and acquaintances, all of which is skilful entertaining for a couple of hours and is worth the price of admission. A performance can be over by 9 pm, just the right time for a decent dinner in a nearby restaurant before going home happy with the world.

(Some Modern day performances can be in English, which helps non-Japanese to better appreciate the nuances and the jokes.)



Great Moments in Science with Dr. Karl Kruszelnicki

*The Faults in our Bodies*

Dr Karl: My first university degree was in Physics and Mathematics – but it included absolutely nothing on any form of life, whether plant or animal. As far as I knew, the human body was filled with chunky red salsa, which would leak out when the movie hero got shot in the shoulder by the bad guys. But further down the line, I ended up studying Human Physiology, and I was absolutely astonished by the sophisticated engineering that exists within our bodies – such as the amazing filtering mechanisms in the kidneys. But the longer I studied the human body, the more I saw room for improvement.

Take the eyes for example. You have two of them. They're about the size of a golf ball, and lining the back of each eye is a thin layer called the retina. The retina turns incoming light into electricity, which then gets processed to give you that full glorious 3D colour vision that we love so much. It turns out that the retina is one of the most oxygen-hungry tissues in the body, so of course, it needs a very rich blood supply. And where are these blood vessels located? In front of the retina, inefficiently blocking the incoming light, the sensible location would be behind the retina. Now evolution has invented the eye that works like a camera at least twice – once for the vertebrates, and once for the cephalopods like the octopi and the squid. And you guessed it, the cephalopods have the blood vessels for their retina in the sensible position: behind the retina.

Consider too the common condition called sinusitis. Now a sinus is a cavity in the bone with just one single opening to the outside, so sinusitis literally means inflammation of the sinus. As a result of this inflammation, gunk can build up inside one of the several sinuses in your head. In an ideal world this gunk would drain out through the single opening. But wait for it - in humans, the opening is near the top of the sinus, not the bottom. So the gunk just sits there, and festers, and we suffer.

As another example, look at the nerves that control the larynx (and therefore our ability to speak). These nerves come from the brain. Now the larynx itself is pretty close to the brain, in your neck. So how come the nerve that controls your larynx takes a long and hazardous pathway down into your chest, underneath the arch of the aorta, and then all the way back up to your larynx? You can blame that messy wiring on our early vertebrate ancestors living in the ocean, way back when a straight path from the brain to the gills zipped past the heart.

Let's look at the skeleton. From an engineering point of view, the hip joint is a nice little joint. It's a ball-and-socket arrangement, and so it is inherently stable. But the knee joint looks like it was designed by an amateur. It's like two shallow soup bowls sliding over each other. They're held together by gaffer tape (OK, ligaments) on the left and the right, and the front and the back. And there's even a bit of gaffer tape coming straight through the middle from the top to the bottom. As a result, knee injuries are frighteningly common in so many sports.

Then there's the immune system. The immune system is absolutely essential in protecting us from attack by external bad guys. But according to the National Institutes of Health, about 23.5 million Americans (that's about seven per cent of the population) suffer from some kind of autoimmune disease. Now an autoimmune disease is one in which your immune system, instead of defending you, starts attacking you. Autoimmune diseases include myasthenia gravis where the muscles become progressively weaker, and then the more well-known diabetes and hypothyroidism. Graves' disease, which is an autoimmune hyperthyroid disease, affects 0.5 per cent of men and about three per cent of women in the USA.

Now, thanks to the forensic TV shows, we've all heard of DNA testing. Turns out about eight per cent of human DNA is made up of dead viruses that have tried to attack us in the past. Their dead carcasses have been in our DNA for hundreds of millions of years. They have been pointlessly passed down from our ancestors, and we will pointlessly pass them on to our descendants. Now there's a link between DNA and cancer. We humans have one copy of an anti-cancer gene called p53. But elephants have 20 copies – and as a result, hardly ever get cancers. I wish we had a hundred copies.

I guess the lesson for all of this is that evolution doesn't have to be perfect – just good enough. In any case, it's our flaws that make us wonderfully human, after all.

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

Health & Welfare

Heart Foundation recipe for Shutdown Survival.

Apple and Cinnamon Muffins

30 minutes (15 minutes)

Serves Makes 12

Ingredients

- Oil spray
- 2 ¼ cups wholemeal self-raising flour
- 2 teaspoons cinnamon
- ¾ cup sultanas
- 2 apples, peeled and grated
- 2 tablespoons reduced fat margarine, melted
- 1 ¼ cups reduced fat milk
- 4 tablespoons honey
- 1 egg, lightly beaten
- 1 teaspoon vanilla essence

Method

1. Preheat the oven to 180°C. Lightly grease with oil spray a 12 hole non-stick muffin pan.
2. Sift flour and cinnamon into a large bowl.
3. Stir in sultanas and grated apple.
4. In a separate bowl, whisk the margarine, honey, milk, egg and vanilla. Add to the flour mixture and stir gently until the mixture is just combined; don't overbeat or the muffins will become tough.
5. Spoon mixture into prepared muffin tins. Bake for 20 minutes or until lightly browned.

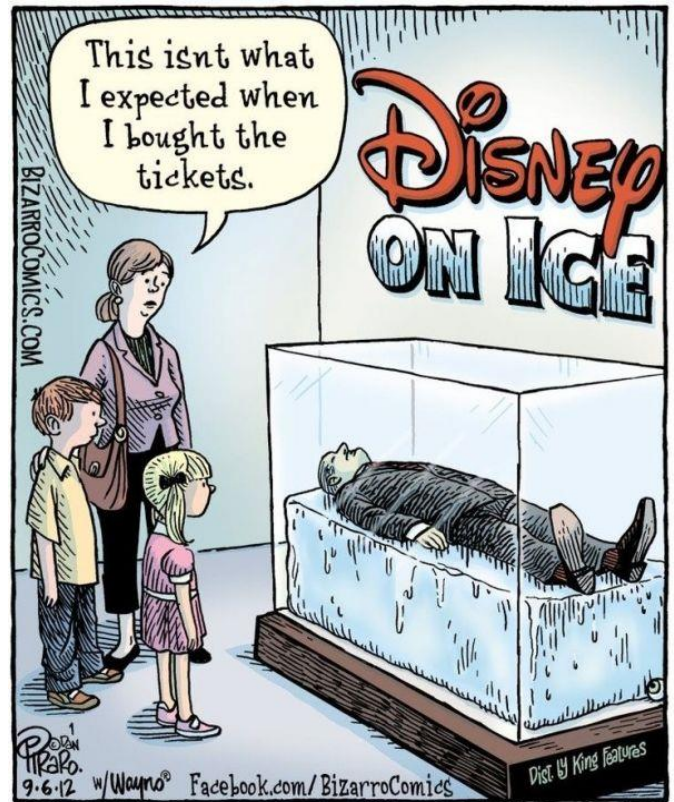


For more recipes visit: <http://www.heartfoundation.org.au/recipes>

Puzzles, Jokes & Trivia



“Do you want to hear another exciting thing that happened today?”

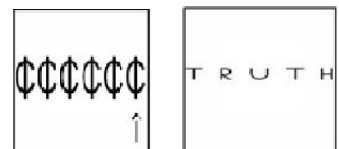


**Old age comes at
a bad time,
You finally know everything
just in time to forget it.**

Just for Jokes and Fun
www.facebook.com/dailyjokes247

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

- Trivia Quiz**
1. What is Australia's largest skink lizard?
 2. How many rings are on the logo for car manufacturer Audi?
 3. With which sport would you associate Australian Minjee Lee?
 4. In what time zone is the NSW town of Broken Hill?
 5. How many kangaroos are there on a standard \$1 coin?

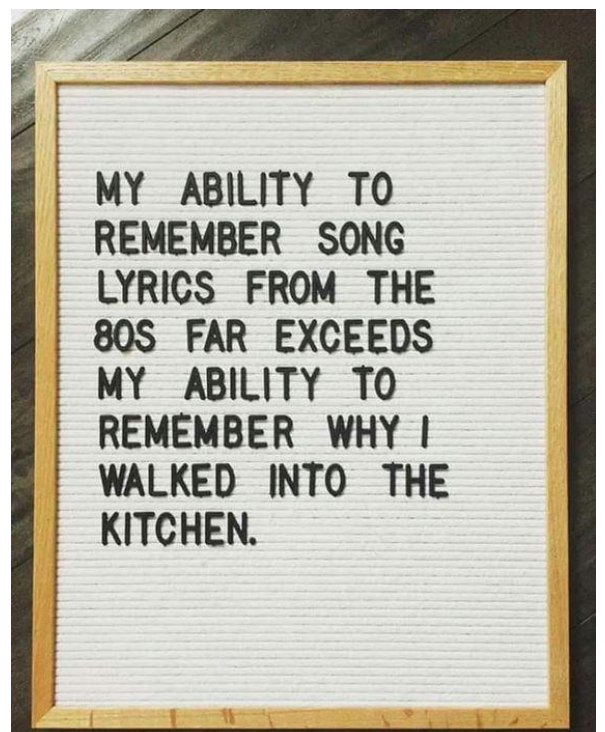


Quiz & puzzle solutions next page

Puzzles, Jokes & Trivia



“You want I should cleanse your palate before I serve the wine?”



- Trivia Quiz Answers**
1. Blue Tongue lizard.
 2. Four.
 3. Golf.
 4. Australian Central Standard Time.
 5. Five.

Visual Puzzles solutions

**Sixth Sense
Stretching the Truth**