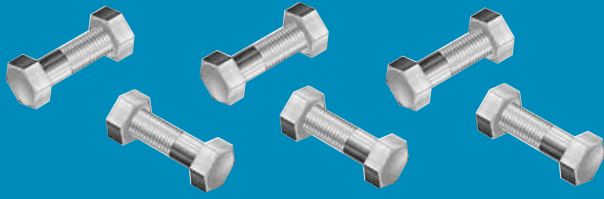


# Nuts & Bolts



December 2014  
Volume 2 Issue 6

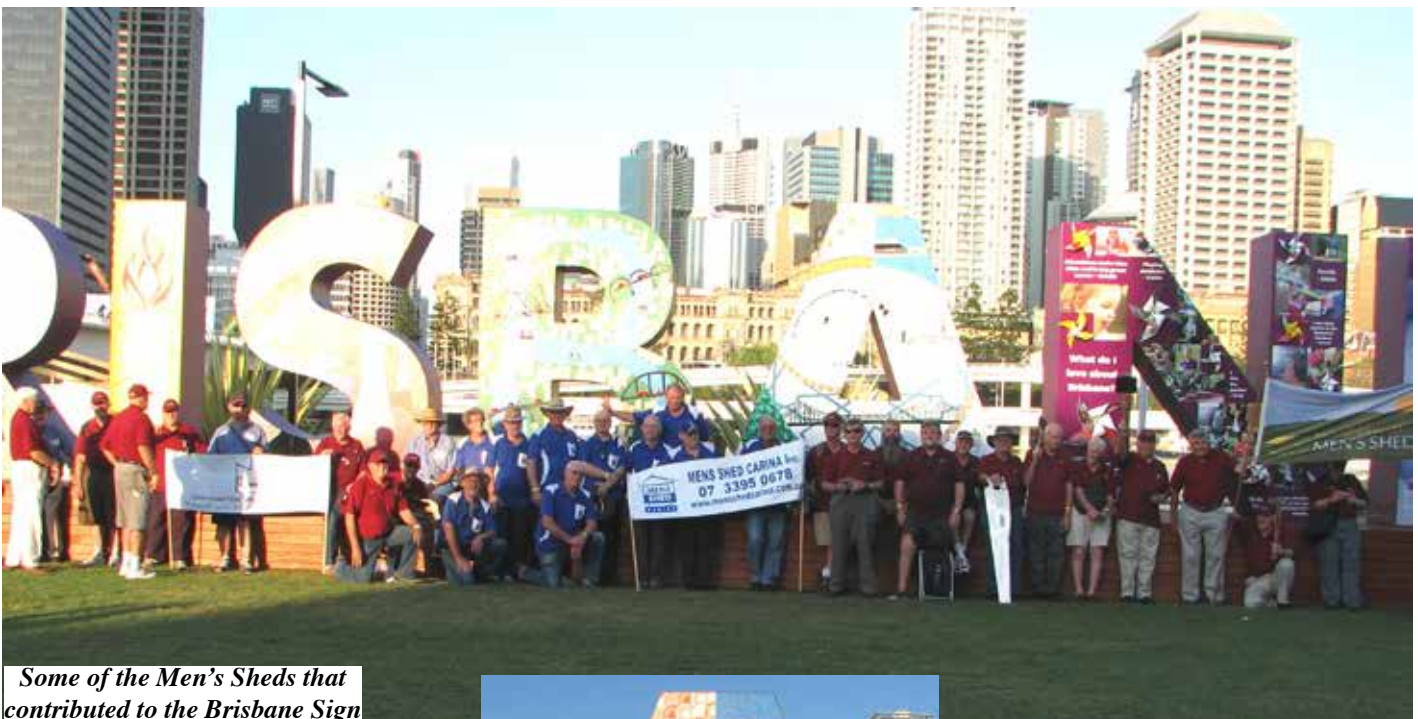
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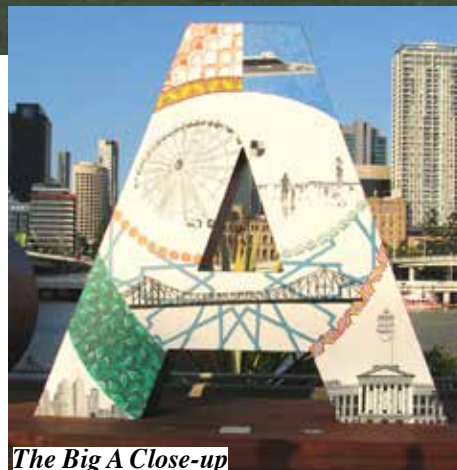
*Brisbane on parade March*



*Our lads admiring their handy work*



*Some of the Men's Sheds that contributed to the Brisbane Sign*



*The Big A Close-up*





## MEMBER NEWS

### Page 1: Brisbane on Parade

Twelve of our members represented Mens Shed Carina at Brisbane on Parade on 1 November 14. By all accounts it was an excellent day and enjoyed by our representatives. Well done lads!!

### Mens Shed Carina Wellness Program

(an important message from our Vice President, Mal Weier)

“We have a fantastic arrangement with the Clem Jones Centre for our members to take advantage of the fitness/wellness program for \$5.00 per guided instruction hour in the gymnasium and the pool.

This is a fantastic program with real results in fitness, wellness and health.

The last couple of programs have been poorly attended. This is a real concern. The whole process was a trial funded by the Clem Jones Centre on our behalf. If we do not have sufficient members taking advantage of this fantastic offer the program will stop.

I encourage all members to get involved with this program as it will help your physical health, no matter what your skills or abilities are at this point in time. Do you wish to live longer and feel better about yourself? If you do get involved in this program otherwise this opportunity will close because of apathy on the part of our members.

Get involved or miss this great opportunity.”

### Lourdes Hill College Presentation

Mal Weier gave a presentation at a Lourdes Hill College Fathers and Daughters night on 17 October 14. Mal reports that it was a very enjoyable evening and he was very happy with his presentation. The Lourdes Hill families donated \$408.00 to our shed in appreciation of Mal's efforts.



*Lourdes Hill College Cheque Presentation*

### CSIRO Energy Savers Visit 20 October 14

Jo Toia from the CSIRO visited our Shed to present Session 3 of the Energy Savers program on 20 October 14. A number of our members have benefited greatly from this program. A number of tips have been included in the “Helpful Tips” section of this edition.



## MESSAGE FROM THE EDITOR

I remember when we first started Nuts & Bolts someone told us that the newsletter would fizzle out after a couple of editions. Well three years and 18 editions later Nuts & Bolts is still going strong. This is the last edition for 2014 and the Nuts & Bolts staff would like to thank members for their support this year and to wish all members and their families a very Merry Christmas and a Happy New Year. See you in 2015!

Bob & Neil

Editor: Bob Ikin

Publisher: Neil Smith

### Norm Ensor's Talk on Leatherwork 20 October 14

John Abbott's mate Norm Ensor dropped into the Shed and gave the members an insight into leather work. It was a very interesting demonstration and much appreciated by the members.



### Melbourne Cup Day Lunch

An enjoyable day was had at the shed on the first Tuesday in November. Congratulations to John Abbott, Peter Carter and Brian O'Rourke for organising a great day.





Brian, Rob and Barry



Brian O'Rourke



Rob Cousins

### Golf Day 23 October 14

Brian O'Rourke, Bob Ikin, Rob Cousins and Barry Olive played golf at Bulimba on 23 October 14. Rob Cousins retained the Mens Shed Carina Champion status and an enjoyable day was had by all. Brian O'Rourke retained the sledging champion status.

### Eric Koh the Harpist

Not only is he a Shaolin Kung Fu Grand Master (8<sup>th</sup> Level) but Eric Koh has recently returned from a trip to Jerusalem where he played the harp. Good to see you back at the Shed Eric.



### 'If I Didn't Come to the Shed, I'd be Alone, Watching TV

Men's Sheds, a communal woodworking project that started in Australia, has taken off in the UK and is helping men to combat isolation and loneliness.

*Les Leahy in the Camden Town Shed with Mike Jenn, who suggests men tend not to recognise their need for social interaction*



"I thought I was too old for this," says Les Leahy, 87, as he brandishes a half finished table lamp and a toolbox. "When I first came here, I hadn't touched my tools in 25 years. I thought I couldn't use them anymore – I was planning to throw them all away."

A retired woodwork teacher, Leahy is part of a growing project to improve the mental health of older men through a simple solu-

tion: sheds. Three months ago, Les joined a local group in Camden, north London, who meet to mend and create woodwork in a communal space. sheds. Three months ago, Les joined a local group in Camden, north London, who meet to mend and create woodwork in a communal space.

Men's Sheds first started in Australia in 2006 to provide support to men who have experienced mental health issues, problems with the transition to retirement or a lack of social interaction. There are now more than 1,200 sheds in Australia and the scheme has gone global. On Friday, leaders from Australia, Ireland and the UK will gather in Havant, Hampshire, to discuss and celebrate the growth of [Men's Sheds across Britain](#). A shed is opening every week; there are now more than 100; three in Havant alone.

Mike Jenn is carving a sculpture in tribute to The Scream, a painting by Edvard Munch. Jenn is chair of both the UK Men's Sheds Association and the Camden Town Shed, which he started in 2011 after retiring from a career in the voluntary sector. Although the first Men's Sheds were launched here by Age UK, Jenn's project was the first to be led by the community.

"I saw there was a social need and I wanted to demonstrate you could do something about it without money," says Jenn. The Camden shed costs £5,000 a year to run and is 95% self-sufficient, funded by members' donations, product sales and by running training for the local community. Almost all of the wood and tools are either scrap that has been found or donated by closing businesses and local people.

"At the beginning, when we needed tools, all it took was four lines in the Camden New Journal. We received six car loads – almost all of it from widows, who wanted their husband's tools to 'go to a good home'."

Jenn thinks the 20 or so people who use the shed, which is open two days a week, roughly fit into two groups – those who come on occasion to get a job done, and those who come regularly for the interaction. He remembers one member who came after experiencing suicidal thoughts.

"He was 54, he couldn't find a job and his benefits had been cut; he was losing weight. When he came along he just talked and talked – he didn't do much mending of anything! After eight weeks, he told one of the men who used to be a GP how bad things had become," remembers Jenn.

According to a [2014 survey by Age UK](#), more than one million people over 65 in the UK are often or always lonely, an increase of 38% on the previous year. Two-fifths of respondents said that their main form of company is the television.

The project in north London is open to women one day a week, but only one woman comes regularly. Jenn believes that men are less likely to recognise their need for social interaction and are less well provided for by the community sector.

"The offer is wrong and made in the wrong way," he says. "Men are programmed to believe they can look after themselves. They don't directly see that their life could be enriched by being with



others so they end up hiding away watching TV. If you want a man to do something, don't ask him to volunteer, tell him there is a problem and it needs fixing."

Ray Caplan first came to the shed after he was struck by lightning on a golf course six years ago, an accident that forced him to retire from his career as a dentist. He still struggles with his memory but says it is improving. He says he comes for the simple reason that it "is something to do; something to think about".

Leahy is the oldest member of the group. He lives on his own and has no children. He tries to see his niece once a fortnight. Although adamant that he "absolutely does not believe in the good old days", Leahy is convinced that people now interact less with their neighbours than they used to. "Forty years ago I knew everyone on my street. Now I don't know any of the people in my block."

The UK is among the most socially isolated countries in Europe, according to [research published in June 2014 by the Office for National Statistics](#). Asked whether they feel close to people in their local area, 42% said they did not – the highest proportion after Germany.

Jenn nods: "There has been a huge trend in society in recent decades towards individualism – it's the result of affluence and commercialisation. Companies want us to live in one-bedroom flats, with our own washing machines and computers. We are boxing off people and sticking them in open plan offices to stare at screens. On the factory floors there was banter, there was interaction. That's what the men miss here."

The Campaign to End Loneliness, a national network set up in 2011, believes the issue is a "public health disaster" waiting to happen. [Scientific research](#) shows that for older people, loneliness is twice as unhealthy as obesity, as it is linked to high blood pressure, strokes and a weakened immune system.

Laura Ferguson, the director of the campaign, says: "This needs to be a top priority for every local health and care service. We need national leadership and investment on this issue or we may end up pushing already stretched services to breaking point."

With two hearing aids, Leahy struggles to hear me, but it is obvious he is happy just to talk. "If I didn't come here I would just be sat at home watching the TV on my own. But here, I have made friends."

### **BUILDING PHOENIX III (the first in a series of articles by Roy Gellweiler)**

Last Christmas, my wife Eileen & myself spent a month in Melbourne visiting our daughter and her family who live there. We stayed in an apartment overlooking Port Philip Bay and seeing the little sailboats whizzing around the bay was the inspiration for me to decide to build my own boat.

When I announced this to Eileen, she was a bit surprised (to say the least) as we will have been married for 40 years next month, and I had never mentioned anything about building a boat before! My sailing experience is also limited to sailing Sabots around Tinaroo Dam near Cairns when I was a kid.

*The first Phoenix 3 built by a guy from Caloundra.*



However, learning to sail has always been at the back of my mind, and I had intentions of doing so when we moved to Newcastle about 10 years ago. I went so far as to go for a trial sail on Lake Macquarie, but that turned out to be a very off putting experience. Lake Macquarie, for those who are not familiar with it, is a very busy waterway with all sorts of boats, large and small. The skipper allowed people with absolutely no experience (like myself) to steer the boat, and that would have been OK if he supervised, but he spent his time smoking at the other end of the boat, while huge motor boats roared past in all directions, missing us by only metres. It was a kind of scary experience.

Anyway, not being someone to let grass grow under my feet when I get an idea in my head, I did a lot of research on the Internet and decided to build a 15' sailing dinghy called Phoenix III.

The boat is designed by a local guy (Ross Lillistone from Esk) and one of the reasons I decided to build this particular boat is that he had recently written a series of three articles for Wooden Boat Magazine, an American publication, on how to build this particular boat.

I purchased copies of the 3 magazine issues involved, and while the magazine articles give you enough information (and also the right to build one boat for personal use), I did eventually buy a full set of plans from the designer, as they are not that expensive and I decided that would maximise my chances of success. Another reason I decided on this boat is that it has an outboard well which can take a very small outboard and also can be easily rowed (if there is such a thing).

Not being sure of how committed I would be to the project, I decided not to rush out and start building the hull, (which would take up most of my workshop) but instead make all the smaller bits and pieces, which take a lot of time, and need a lot of workshop space.



I started with the oars, as I thought even if I never built the rest of the boat, they would still look good on the wall. I made each oar out of old VJ boards (laminated together) which I had lying around, and they turned out pretty well. The plans included details of the shape of the oars, and



while I have done a fair amount of woodworking, most of it has been square furniture type stuff. The oars were my first introduction to the curves involved in boat building, and took me about 30 hours to make.

I decided to forge ahead, and the next step was to make the bulkheads, rudder, centreboard etc. The boat is mainly plywood, and I decided to use the local product - Hoop Pine Marine Ply, which is made on the Sunshine Coast. This is a premium product and costs a bit more, but I'll only ever be building one boat, so I want it to be as good as it can be.

Boat plans generally use a grid system to show the shape of curved and complex pieces, and the usual method is to reproduce the grid and use offsets from the grid to mark out the pattern on the ply, and then cut it out with a jigsaw. This works OK, but there is plenty of room for inaccuracies to creep in. For many years, I have used a free CAD (Computer Aided Design) program called Sketchup to draw up woodworking projects. My first thought was to make full size paper patterns using Sketchup, stick this to the plywood, and then cut it out with a jigsaw. This eliminates one source of inaccuracies, and I did get one printed out as a test, and it worked pretty well.

However, I did some more research, and discovered some kind person had written an extension for Sketchup that could produce files readable by a CNC routing machine. These are \$50k to \$250k machines, so obviously I don't have one myself, but you just email files to workshops that have them, and then go and pick them up. I'm not a traditionalist, and get jobs done using any means and tools available to me. Apart from the time savings, the big advantage of this approach is accuracy, as the CNC machine is accurate to better than 0.1mm.

### AMSA News

- A new information-sharing collaboration between NPS MedicineWise and Lab Tests Online Australasia means consumers and health professionals will have access to additional, reliable information on medical tests and conditions. Pathology tests are essential to modern medicine. They provide the information needed to make diagnoses, screen for illnesses and monitor treatment and medication. You can now access some of this really important information via NPS MedicineWise. For NPS MedicineWise information about medical tests visit [nps.org.au/medical-tests](http://nps.org.au/medical-tests)
- Whether it's losing weight, giving up smoking or planning a holiday, setting goals – and achieving them – is essential for our health and happiness. So why do some of us dislike them so much?

- Goals can be defined as an “internal representation of a desired state or outcome” but they are just a mental picture of what you'd like to achieve. So reflecting on how you think about goals can only help get you closer to quitting for good or feeling less frazzled. Goals can be the pathway to change, not goals that restrict and imprison you. Read more at [ABC online](#).
- Sitting around a campfire at night enables social bonding that rarely occurs during daylight, say researchers.
- The evolution of fire may have had major social impacts, as well as transforming our diet, according to new research. Research among the Bushmen of the Kalahari has found sitting around a campfire at night enables conversations, storytelling, and social bonding that rarely happens during daylight.
- Study author Dr Polly Wiessner, professor of anthropology at the [University of Utah](#), analysed the content of 174 recorded or documented day and nighttime conversations among the Bushmen, as well as 68 other translated texts.
- While daytime talk tended to focus on economic matters and gossip, at night around the campfire, the conversation shifted away from the day-to-day tensions and towards singing, dancing, religious ceremonies and storytelling, and chat about common acquaintances. Read more at [ABC Science](#).
- Whisky making requires three ingredients: water, yeast, and a grain. However, only 10 percent of those products end up as whisky, the remaining 90 percent is wasted during distilling. These waste products are either released into the sea or turned into animal feed. Celtic Renewables Ltd is a start-up company in Scotland that is working to reuse the waste products from the Scottish Malt Whisky industry to develop biobutanol – an advanced biofuel that can be used instead of fossil-derived fuel. Read more at [ScienceAlert](#).
- Forget farm kids as gate openers, the robotics team from Australian universities were challenged to design and build robots capable of guiding themselves through a “farming area” obstacle course. The course included distributing seeds accurately in a designated sowing area and making their way back to home base. The event's theme, held at Macquarie University, was dubbed. Learn more at [theland.com.au](http://theland.com.au).

### Executive News

- Chris Davidson's resignation from the Events and Members Wellbeing management committee has been received. The executive with regret accepted the resignation and the executive expressed their appreciation for Chris's effort and contribution.
- Applications from 2 new members were tabled and approved. John Kirkwood, and Murray Frampton.
- A notice of the AGM for the Camp Hill Carina Welfare Association was received and noted. A MSC report will be prepared and submitted before the due date.
- On the 10 Nov the shed members at the shed were given the opportunity to discuss their preferred venue for the 2014 Christmas party. The vast majority requested the Carina Bowls Club. The \$20 attendance fee to cover the catering costs was agreeable and acceptable.
- Requests are being received to rent space at the shed. To take advantage of this opportunity a rental fee structure is required.
- A detailed contact list of the associated clubs at the Clem Jones Centre was tabled and it is available on request.
- MSC emails received during the month were discussed and where necessary they have been sent on to the shed



members for their information, action or attention.

- Induction for all members is a necessity. Current shed members and new members will be inducted. An induction process for all current members has been scheduled for the 24 November. New members will be inducted as required. Attendees will acknowledge their attendance and their understanding by completing a tick list and their signature. Current focus is as follows: Shed layout, Power needs, Paths of travel in the workshop, PPE boxes, Fire extinguisher locations, Safety Signage, Responsibilities for Shed Managers, Electrical leads.
- Approval given to purchase safety material needs.
- Shed Members attended the “Brisbane on Parade” event for G20, on the 1 November. The event was successful and well supported by the community. Photographs are available.
- An order for more MSC shirts will be placed. A stock of 10 to 20 shirts is necessary with a focus on XL size.
- An application has been submitted for the Seniors Christmas grant.
- An update on the current projects was given.
- A request from the Belmont School for a quote to manufacture and paint 32 chess pieces approximately 600mm high was tabled. The School has already received a quote. (\$30 for each individual piece) It would be difficult for MSC to submit a lower quote.
- A request from an aged care home to manufacture an activities board has been received. More information from the occupational therapist is required.
- A self-supporting, lightweight, portable, screen is required for the shed entrance door. Several ideas were discussed.
- The walls of the workshop need to be sealed to control dust

### Local History

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

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

(Information extracted from “Where have all the creeks gone? Camp Hill heritage drive tour, Brisbane East Branch of the National Trust of Queensland Compiled by Judy Gale Rechner)\*Judy Gale Rechner has kindly given us approval to reproduce her work in “Nuts & Bolts”

### Camp Hill

Pioneers started establishing farms in the area in the mid 1850s, but it was not until the 1970s that vacant house blocks became a rarity. A newspaper article of the 1930s remarked that Camp Hill was one of the newest and at the same time one of the oldest suburbs in Brisbane, and that it had recently developed with houses dotting the hillsides. For many years up to World War 11 the most popular agricultural enterprise in Camp Hill was dairy farming, with dairy farms along and off Old Cleveland and Bennetts Road, and others near the plethora of creeks that used to drain the area.

During the late 1880s much of the Camp Hill land was subdivided by entrepreneurs and offered for sale. The area was usually described as healthy with all blocks having magnificent views and often the land was said to be well drained. However, the land was not close enough to public transport to attract many home builders, with most settling near either Old Cleveland or Bennetts Road. With the extension of trams to Coorparoo in 1915, Camp Hill in 1925 and finally Carina in 1948, more and more houses began to appear, schools and churches were built, roads constructed and services such as electricity and water became available.

### The Befana – the Feast of the Epiphany

(article provided by Dante Ballarino)

Throughout Italy January 6<sup>th</sup> is a national holiday to mark the end of the traditional 12 days of Christmas. It remembers the visit of the Magi (three wise men) who came to visit the Christ child. In eastern orthodox churches the baptism of the baby Jesus is also celebrated on this day.

This day is also called the “Befana”. Who or what is the Befana? Legend has it that the three wise men were following a bright star which would ultimately lead them to Bethlehem.

They knocked on the door of the house of an old woman seeking directions to Bethlehem where a special child was born. This old woman “La Befana” could not help them and they went on their way.

After the wise men had left La Befana thought about them and decided to go and see for herself. Unfortunately she never did find the wise men or the infant Christ child.

From that day to now La Befana still searches every evening of the Epiphany. Whenever La Befana sees a house where a child lives she calls in to see if it is the one she seeks. It never is but La Befana leaves a small gift anyhow. She recognises that all her searching has not been in vain because in a small way the Christ child can be found in all young children.

Legend has it that where children have been misbehaving the gift could be a lump of coal. Perhaps this explains why she is referred to as a kind old woman or in some regions a “Donna Brutta” (an old hag or old witch).

### BRIDGE AND BACKGAMMON



Members would be aware that Darryl Timms has an interest in bridge and backgammon. Darryl has started a bridge interest group and they meet on Thursdays at the Shed.

### Bridge News from the Mens Shed Carina Bridge Players

The great benefit of playing bridge is that the game requires the players to use their brains, remember a lot of bidding data, and to practise card playing to maximise the number of tricks taken.

This result is greater memory function and aids in the fight against Alzheimer’s and degenerative brain disorders that are becoming more common as the Australian population ages. Social bridge playing gets you involved in social interaction and relationship building with people our own age. However, people of any age and ability can play, passing many happy hours together.

One can begin to play bridge at any age, and the benefits start to flow virtually immediately.

We urge you to take advantage of the bridge lessons being offered at the Men’s Shed on Thursday mornings.

In fact, if you want to play seriously, there are so many bridge

clubs, internet sites and reading resources readily available that you can spend all day, seven days a week, just using them. But there is a warning as can be seen by this true story.

### Kansas City USA

It was in 1931 when John Bennett and his wife sat down with another couple for a game of bridge. John's wife became furious with the way John was playing. An argument broke out about his playing ability and ended when John's wife called him a "bum bridge player." John decided to leave and as he left the table he told his wife that he was going to spend the remainder of the evening alone in a hotel room. John's wife pulled out a gun and shot him, dead.

Understandably John's wife was arrested and charged. At her trial for murder several expert bridge players were called in her defence. There was sufficient evidence from the expert's testimony to convince the court that John was truly a "bum bridge player." The jury retired and returned to deliver their verdict. John's wife was acquitted of murder and in due course she collected the proceeds of John's life insurance policy.

There could be a message here. Bridge lessons at the Mens Shed Carina may be your best choice if you want to learn or play. Time to make a start?

The card game "Bridge" is believed to have its origins in the Middle Ages. There are many source documents, books, etc, saying that it could have originated in the Middle East, China (on the invention of paper), but all are contentious. The only thing that most people agree on is that the word bridge is derived from the game "biritsch", another name for Russian Whist.

In the 1920's the American Vanderbilt wrote about the scoring/playing of contract bridge, whilst Goren and others debated bridge-bidding systems in London. Cuthbertson in the 1930's led a boom time for the playing and development of contract bridge.

The actual game of bridge can be split into several versions: -  
Auction bridge (being played from 1904 onwards)

Contract bridge (being played from mid-1920's with current rules)

Duplicate bridge, where different teams at different tables play the same hands.

The common theme between the different types of bridge game is the "bidding". The scoring of Duplicate Bridge is different from Contract Bridge and from Auction Bridge.

The actual game of bridge is played with 52 cards, ace being high, and between 2 pairs of players. Conventionally, these partnership pairs are named after the cardinal points of the compass, namely North/South and East/West. The object is to win tricks, and to forecast the number of tricks that each pair can win. This is achieved by following a bidding "system" which has rules and conventions. Each player in turn, clockwise from the dealer, "bids" on the number of tricks that he/she thinks can win. The player sitting opposite the bidder evaluates their hand and replies according to the bidding system being used.

In actual fact, the game is similar to the Australian game "500", except the full pack is used and there are no "wild" cards in bridge.

From the 1920's various systems and conventions have been recorded to help the bridge players "bid" their particular hand of specific cards and inform their partner of what cards they have in their hand. The partner uses that information to deduce how many winning "tricks" can be made in a stated card suit, after evaluating their own hand, and then replies to their partner by giving a response "bid". Nothing is compulsory in the bidding. If one has no good cards in one's hand, the convention is to "pass", which tells their partner, and the other team, that the hand is a poor one.

One way to look at the bidding system is to think of it as a code you use to tell what your partner what cards you hold.

From the 1920's the 'Precision Club', 'ACOL', Gerber, Standard American, 5 Card Major and other "codes" or bidding systems were standardised, so that now the most popular universal bidding system is the "Standard American". This system can be further refined by utilising "conventions", another word for refined bidding codes. There are many, many conventions that are very specialised, and only used within certain bidding systems.

It has been said that once you play bridge you will have no further interest in any other card game.

### LET'S TALK ABOUT WINES (an article by Dennis Beck)

There's a certain synergy between bubbles and festivity. However, if your bubble experiences have been limited to surfing, spa baths and beer, you've been missing out badly and should read on!



There are no other wines that are more synonymous with luxury and celebration than champagne and other sparkling wines at any special occasion or celebration. What follows is a very brief introduction to the world of sparkling wines, focusing on lower priced "entry level" opportunities. To the wine-buffs: please forgive the rudimentary nature of this article.

**Sparkling Wines** This is the generic description for wines of different colours – white, pink (rose) and red, regardless of the winemaking technique and country of origin. All production methods for sparkling wines have one thing in common: they introduce enough carbon dioxide in the wine to make it effervescent – to produce those delightful tiny bubbles that tingle on the tongue.

Sparkling wine can be made using four distinctly different methods, of which I'll describe only two – starting briefly from the bottom, and then leaping quickly to the top:

**Carbonation** The simplest and least expensive production method involves the injection of carbon dioxide (CO<sub>2</sub>), a similar process to that used in soft drinks. Let me assure you, though, that some very acceptable wines are produced this way!

**Champagne** The most labour-intensive, traditional, and expensive way to make sparkling wine is employing the method used by producers in Champagne, France. This is, fittingly, called the *méthode champenoise*, but EU rules have begun to restrict the use of that name to wines sold in Europe, so more and more producers are using the term *méthode traditionnelle* as a synonym. *Méthode champenoise/méthode traditionnelle* wines are made by creating a still wine (white or rose) by primary fermentation, then bottling that still wine and adding yeast and sugar to the bottle before it's closed off with a crown seal (beer cap). The added yeast and sugar affect a secondary fermentation, a by-product of which is carbon dioxide and since the bottle is closed off, the carbon dioxide cannot escape and dissolves into the wine.

The wine is aged thus for a minimum of a year and a half, after which time the bottles are riddled (either manually or



Mechanical Riddling



mechanically), meaning the yeast and other sediment in the bottle is slowly worked into the neck over the course of several days or weeks.

During the riddling process the bottles are inverted over time, positioning them so that the yeast and sediment can be easily removed in a process called disgorging. This process involves freezing the wine in the neck of the bottle (containing the yeast and sediment) and then using the inherent pressure of the wine to expel this frozen plug from the bottle when the crown seal is removed.



Disgorging

Immediately after disgorging, the bottle is topped up with some wine and a little extra sugar, then corked and wired. Because all wines correctly identified as Champagne are imported from France, they tend to be pretty expensive (generally \$40 plus). I must concede, though, that for a special occasion there is something pretty special about indulging in a quality French champagne – typically characterised by very fine, persistent bubbles and a delightful yeasty smoothness.

Champagnes are classified as Vintage, from grapes of a single vintage, or Non Vintage (NV) from a blend of grapes and vintages. While some Vintages produce outstanding wines (at outstanding prices), from my experience the NVs generally represent better consistency and value. Also, the less popular brands are generally less expensive and better value.

In spite of the warning about price, by shopping around you can still get some very good value French bubbles – for an excellent value special treat try Saint-Hilaire Blanquette de Limoux (a blend of Mauzac, Chardonnay and Chenin Blanc), currently available for less than \$20.

**Bubbles in General** Excellent quality and reasonably priced non-Champagne sparkling wines are now available from countries including Australia, USA, Chile, Argentina, France, Spain and Portugal. Some of my favourites include:

**White** Prosecco –love the Italian variations of this very drinkable and affordable wine. Not too sweet, not too dry. Try Borgo San

**Pink** There are lots of excellent Australian options. Try the Yellowglen Pink – a delightful drop with a hint of sweetness and for about \$10 a bottle.

**Red** As a “red wine tragic” I’ve been critical for many years of the “traditional” sparkling red offerings (I’m sure that many of us can still remember when, as teenagers trying to impress one of the finer sex, the offer of a sparkling burgundy was considered to be almost infallible). Today, though, there are many sparkling reds which really do exhibit a red wine taste – without the sweetness! For instance, try a Wyndham Sparkling Shiraz – available for about \$10.

My sincere best wishes for an enjoyable festive season,

**Dennis**

## STAIRCASES (photos provided by Darryl Timms)

Have you ever had to install a staircase but couldn’t decide on the style? Check these options out!



## SAFETY TALK

(provided by our Safety Adviser Ross Weaver)

### Don’t take LPG for granted

How dangerous is LPG?

A violent explosion and fire which effectively destroyed a block of units at Owen St, Ballina, and killed 47-year old Michael Karel was caused by a build-up of gas from an open gas cylinder, police say. A nine kilogram gas cylinder was the source of the explosion that also left many others homeless.



Faulty barbecues can also cause gas fires. Gas leaks are typically caused by worn or damaged gas regulators or hoses. The gas leak is rarely from the gas cylinder itself and an actual gas cylinder explosion, resulting from a BBQ fire, would be very unusual.

The fire will self-extinguish when the gas cylinder runs dry, so barbecues should always be placed safely away from other flammable materials

Myth:-Claims that you can only use certain types and certain Coating Classification Codes of gas cylinder for use on caravans



**BUSH POETS SOCIETY**  
(provided by Kevin Searle)

**Christmas in Australia**

It's Christmas in Australia,  
The snow it doesn't fall,  
The middle of our summer,  
Quite hot one can recall.

No pine trees on the mountain,  
Its gums where they would be,  
Looking up into the leaves,  
A koala you may see.

Driving in the country,  
Is another thing to do,  
Deep within the bush you find,  
That old man kangaroo.

Some diggers in their proud slouch hats,  
Tail feathers – just a few,  
Collected in the outback,  
From our famous great emu.

Go down to the beach,  
With zinc upon the nose,  
Watch the waves a breaking,  
Feel the sand between the toes.

There'll be no hot baked turkey,  
The cooking not so grand,  
A steak upon the barbie,  
And stubbie in the hand.

The family do all gather,  
'Tis joy and gifts they bring,  
As we celebrate together,  
Christmas carols we may sing.

Some things we do are different,  
But the same thing we do say,  
Have a very Merry Christmas,  
And a happy Christmas Day.

There are four Coating Classification Codes in this manufacturing Standard. Depending on the Classification Code, the number 1, 2, 3, or 4 will appear within a 10mm circle. The lower the number, the more durable the finish.



The inspection date (the month / year the cylinder passed its inspection and test) must accompany the test mark – eg 5/1992

Gas Safety Gauge is designed to monitor the normal flow of gas and sense a sudden change in the flow rate through the gas line from the gas cylinder to the appliance. Under normal conditions, the Gas Safety Gauge allows the gas to pass through uninterrupted. However, in the event of a major leak, the Gas Safety Gauge is designed to sense a sudden change in the rate of flow and when it does, it will immediately shut the gas off



The nicks in the nut denote left hand thread

and that the use of the wrong gas cylinder could void your insurance. There is not, nor has there ever been a prohibition regarding the use of any Classification Code gas cylinder on a caravan.

**Care for LPG Cylinder**

**Requirements:**

In Queensland, cylinders when not in use must be fitted with a screwed plastic cylinder plug

Gas cylinders must be tested by a qualified person at least every 10 years from the date of manufacture

The regulator and hose assembly should be checked for leaks, using the soapy water leak test, every time you disconnect and reconnect the regulator.

Replace any cracked, split or damaged fittings or hose

Check the O-ring and replace if damaged

**Do's:**

Gas cylinders should be secured in an upright position and cyl-

inder valves should be turned off and plugged for transportation.

Fit a gas safety gauge

Store cylinders in an upright position away from direct sunlight and ignition sources

Connect or disconnect cylinders away from a naked flame or ignition source

Turn the cylinder off at the valve when supply is not required

**Don'ts:**

Do not ever use oil, Vaseline, lube, grease or any lubricant product on threads or o-rings.

The pressure relief valve should have a special fitted plastic plug inserted in it and never be interfered with

Do not fill domestic LPG cylinders with automotive LPG

Do not carry more than 13.5kg of gas cylinders in a passenger vehicle and only transport cylinders in the boot

For more information contact Ross Weaver or contact Origin:- Ph 133574, ELGAS:-Ph 131161

Reference: - ELGAS, ORIGIN & AS2469-2005



Check O-ring for any damage.

**Never use lubrication on the O-ring or thread**

**ALL THINGS NAUTICAL**

Given we have so many members interested in boats and all things "nautical" we have decided to run a couple of articles on nautical items. If you have any stories you wish to pass on to other members "Nuts & Bolts" is happy to publish your stories.

Lighthouses in Australia (information extracted by Bob Ikin from John Ibbotson's book "Lighthouses of Australia – a Visitors Guide". John Ibbotson has kindly given us permission to reproduce this material).

One of the common traits of Australian lighthouses, a carry-over from the British influence, is that most of the lighthouse towers are round: cylindrical towers may be needed for the wave washed lights of the Atlantic Ocean but not for those that are high and dry.

Another group of towers that is quite different is the prefabricated group made by Chance Brothers in England, which were imported and erected on site. (Bustard Head and Sandy Cape 1868 are examples).

Fittings in light houses generally came from Chance Brothers

in England e.g. stairways, lantern rooms, lenses, pedestals, burners and the clockwork mechanisms for rotating the mechanism.

As a result of Gustav Dalen's inventions keepers were no longer required to operate new lights. Only three manned lights were built after 1915. Also after 1915 the tower construction methods changed significantly. Instead of the classical towers, most new towers were made from angle iron or were unimaginative concrete boxes. By the 1960's the new towers were often just glass reinforced plastic (GRP) cabinets with solar panels and an acrylic lens on the top.

## HEALTH AND WELFARE CORNER

(article "Going with the Grain" written by Melanie McGrice, (AdvAPD, MNutr, Advanced Accredited Practising Dietitian) in Diabetes Australia Conquest Magazine Spring 2014 (September Edition)). Diabetes Australia has kindly given us permission to reproduce this article in "Nuts & Bolts".

What are Wholegrains?

Wholegrains are grains that incorporate all parts of the seed: bran, germ and endosperm. The grain may be ground, so even though a slice of wholemeal bread may not contain any actual 'whole' grains, it is still considered a wholegrain food because it contains all three parts of the grain that we need for good nutrition. The bran is the outer layer of the grain and is rich in fibre important for a healthy digestive system, the endosperm provides carbohydrates and B vitamins for energy, and the germ is rich in nutrients from the seed: further B vitamins, vitamin E, antioxidants and unsaturated fats.

Common wholegrain foods include many breakfast cereals and rolled oats, wholemeal and wholegrain bread, brown rice, popcorn, quinoa, hulled barley, wholemeal flour, bulgur wheat and wholemeal pasta. It is recommended that we aim to consume at least three 16 gram serves of wholegrains per day to optimise our health, for example a 30 gram bowl of oats for breakfast and two slices of wholemeal bread for lunch.

Heart Health

Consuming the recommended intake of wholegrains is associated with a reduction in the risk of developing heart disease. Wholegrains are rich in nutrients beneficial for cardiovascular function, such as antioxidants to defend the body against free radicals, plant sterols, fibre and resistant starch to decrease cholesterol levels; and 'good' unsaturated fatty acids to increase our protective HDL cholesterol. In particular, oats are extremely rich in beta-glucans, with research finding that 3 grams of beta glucan per day can decrease 'bad' LDL cholesterol by about 10%.

Blood Pressure

People who consume 1-4 servings of wholegrains per day may decrease their risk of developing high blood pressure compared to those who consume less than one serve per day.

Diabetes

Studies suggest that consuming three servings of wholegrain foods per day is associated with a 30% reduction in the risk of developing type 2 diabetes. Furthermore, by swapping from processed cereals to wholegrains, people with type 2 diabetes may improve their insulin sensitivity.

Gut Health

A diet rich in wholegrains is associated with a reduced risk of bowel cancer, and may help reduce symptoms of inflammatory bowel disease, decrease the risk of constipation and improve immunity.

Weight Management

Contrary to popular belief, a diet rich in wholegrains is associated with a lower Body Mass Index (BMI) and waist circum-

ference. Wholegrains may assist with long-term weight management, not just quick weight loss. They help manage appetite hormones and some have a low Glycemic Index to keep you feeling full for longer.

## HELPFUL TIPS

(information extracted from the CSIRO Energy Savers Program Booklet "Session 3 Focus on your Home")

Low cost ways to reduce your energy bill.

DIY fridge audit!

What is your fridge temperature?

The safest and best energy saving temperature for your fridge is between 3 and 5 degrees Celsius. If you are unsure what temperature your fridge is running at, you can buy a fridge thermometer for as little as \$5.

What is your freezer temperature?

The safest and best energy saving temperature for your freezer is between -15 and -18 degrees C.

Check the space around the sides and back of your fridge

Make sure there is roughly a 5cm gap around the back, top and sides of the fridge. A gap will let hot air vent and help it run more efficiently.

Slide a piece of paper through the seal. Does the paper stay put?

If you can pull the piece of paper out easily you may need to replace your seals. If your fridge door seals are worn and deteriorating the fridge will leak warmth into the fridge and waste energy that should be used for cooling.

Useful Websites for Energy Tips and Extra Information

The CSIRO Home Energy Saving Handbook –

[www.csiro.au/energy-saving-handbook](http://www.csiro.au/energy-saving-handbook)

Living Greener website – [www.livinggreener.gov.au](http://www.livinggreener.gov.au)

Tips from Queensland's Ergon Energy and Energen –

[www.yourpowerqld.com.au](http://www.yourpowerqld.com.au)

Energy saving tips and information –

[www.sa.gov.au/subject/Water%2C+energy+and+environment](http://www.sa.gov.au/subject/Water%2C+energy+and+environment)

Energy tips and tools – [www.switchon.vic.gov.au/home](http://www.switchon.vic.gov.au/home)

Government technical guide for sustainable homes –

[www.yourhome.gov.au/technical/](http://www.yourhome.gov.au/technical/)

Tariffs for Queensland homes –

[www.dews.qld.gov.au/energy-water-home/electricity/prices/current-prices](http://www.dews.qld.gov.au/energy-water-home/electricity/prices/current-prices).

## PUZZLES, JOKES AND TRIVIA

### Mystery Location



Answer on back page. (Hint: Check the flags).



**Brain Teaser (this is an ancient puzzle dating from 1850 BC from the ancient Egyptian Rhind papyrus, written by Ahmes).**

Seven houses each have seven cats. Each cat kills seven mice. Each of the mice would have eaten seven ears of wheat. Each ear of wheat would have produced seven bags of flour. How many bags of flour were saved by the cats?

Answer on back page.

### Aussie/Kiwi Competition

Rugby Union, rugby league and cricket are well known competitions where Australia battles with New Zealand. Check this photo out. It shows a fierce contest in Dumfries, Scotland during World War 2. The records don't indicate which team won the contest.



*DUMFRIES, SCOTLAND. 1943. ANNUAL AXEMANSHIP AND SAWING COMPETITION BETWEEN NEW ZEALAND AND AUSTRALIAN FORESTERS IN THE UNITED KINGDOM*

### Short Selling Monkey Business (provided by Darryl Timms)

Once upon a time in a village, a man appeared and announced to the villagers that he would buy monkeys for \$10 each. The villagers seeing that there were many monkeys around, went out to the forest, and started catching them.

The man bought thousands at \$10 and as supply started to diminish, the villagers stopped their effort. He further announced that he would now buy at \$20. This renewed the efforts of the villagers and they started catching monkeys again.

Soon the supply diminished even further and people started going back to their farms. The offer increased to \$25 each and the supply of monkeys became so little that it was an effort to even see a monkey, let alone catch it!

The man now announced that he would buy monkeys at \$50! However, since he had to go to the city on some business, his assistant would now buy on his behalf. In the man's absence, the assistant told the villagers. "Look at all these monkeys in the big cage that the man has collected. I will sell them to

you at \$35 and when the man returns from the city, you can sell them to him for \$50 each."

The villagers rounded up with all their savings bought all the monkeys. Then they never saw the man nor his assistant, only monkeys everywhere! Now you have a better understanding of how the stock market works.

### Quote of the Month (provided by Allan Johnson)

Do not trust atoms, they make up everything!!

### Believe it or Not

A southern African beetle stays alive in the rainless wilderness of the Namib Desert by drinking fog. About one day in five, thick sea mists roll inland from the desolate Skeleton Coast of Namibia, creating a "fog zone" that sustains a surprising variety of plant and animal life; including *Onymacris unguicularis* (look that up in your FUNK & WAGNALL!!!!).

Contrary to popular belief, the camel does not store water in its hump. The hump is a food reserve composed mainly of fat. Although water is produced when the fat is broken down, the oxygen used in the process causes an additional loss of water through the lungs. This more or less cancels the amount of water gained from the hump.

### Upcoming Events

Christmas Lunch: 12 noon - 10 December 14 - Carina Bowls Club

Shed Closure: 23 Dec to 4 Jan 15 (Last Monday 22/12/14)

Shed Open: 5 Jan 15

Business Plan: 1.30pm Mon 9 Feb 2015, Venue The Shed

Bunnings Sausage Sizzle: 8 March 15



**Answer to Brain Teaser**

The solution is the geometric progression of five terms, of which the first term is 7 and the multiplier is also 7:

Houses 7

Cats 49

Mice 343

Ears 2,401

Flour 16,807 (the answer)

**Answer to Mystery Location**

Korean War Memorial, Washington DC, USA