

NUTS & BOLTS



*'Every man needs
a shed'*

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Message from the Editor



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This is the last "Nuts& Bolts" for this year so please enjoy, and as another successful and productive year for our shed draws to a close, I would like to wish every member of the shed and their families a very **Happy and Safe Christmas**.

"If you tell the truth, you don't have to remember anything."
Mark Twain



Mens Shed Carina Inc.,

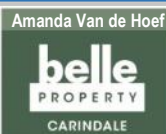
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Member's News



Mystery Shed Member?

Can you recognise our mystery shed member out to dinner with his beautiful fiancé, picture taken in 1976.

Answer: Puzzles, Jokes & Trivia page

Norm Pledger, 92 Years Young

Norm, an elder statesman of the shed, turned 92 on the 18th October and the shed celebrated with a cake on Wednesday 24th October.



The last Bunnings' Sausage Sizzle for 2018 *Saturday 27 October 2018*

Shed members were kept busy in October with BBQs on three separate week-ends. The last BBQ was held on the 27th October and raised about \$1600. Many thanks go to all those members who turned up at all three events.



Estate Planning-Visit *29 October 2018*

Lauren McDonnell, from Coronis Estate Planning, emphasised the following documents should always be included in your estate plan

- . **Will** – your will, specifies who is to control your estate and who inherits your wealth, it's important to review your will if you or any of your beneficiaries divorce, pass away or get married.
- . **Enduring Power of Attorney** – A Power of Attorney authorises another person(s) to act on your behalf – eg. while you're in a coma and unable to make decisions.
- . **Death Benefit Nomination** – It is important to direct your superannuation fund as to how to distribute your entitlements upon death. For more information follow link.

www.coronis.com.au/coronis-estate-planning

Thanks again Lauren.

Shed's Drought Relief Donation

05 November 2018

Colleen Orange, the President of Balmoral Rotary pictured accepting a cheque for \$1427, the proceeds from the shed's 14th October, Bunnings sausage sizzle. The donation goes to the Rotary District 9630 Drought Appeal with a focus on the Rotary clubs of Roma, Mitchell, St George and Charleville. The Rotary relief effort is designed to assist not only the farmers but also their local communities by providing vouchers that can be used for purchases at local businesses, who then request payment for these purchases from the local Rotary Club. The local Rotary clubs also put on family Days with BBQs, games & activities.



Member's News



Melbourne Cup Day Photos *06 November 2018*

Cup Day celebrations at the shed were scaled down to a BBQ lunch in Hickey's Hideaway. Gordon Bowler and Henry Lennie attended the Carina Seniors Citizens Club Cup day function at Carina Bowls Club, Gordon won a prize for his outfit and Henry looked quite dapper in his lucky red hat and bow-tie.

Sailability Bayside Inc. Report *12 November 2018*

Sailability Bayside Inc. is a self-funded, volunteer staffed, organisation that provides a sailing opportunity for people with all types and levels of disability. Shed member, Freddie Butler, has been a volunteer with Sailability Bayside for number of years and gave a presentation to the shed about its activities. It is located at Manly Boat Harbour and weather permitting, provide a sailing experience for up to 80 clients per day, on Mondays & Thursdays, during each school term. They operate 14 Access 303 sailing dinghies and a 7.4m Payne yacht named 'Faith', all of which are designed specifically for the disabled and have great stability. In 2017 they provided a record 4475 sailing experiences for their clients.

Thanks again Freddie and congratulations on your contribution.



Member's News

**Ian Healy Visit 19 November 2018**

Ian (Heals) Healy was born in Spring Hill in April 1964, and growing up in the 70's he was inspired by his boy head hero Rod Marsh to concentrate on his wicket keeping when playing school cricket. He was selected as Australia's wicket keeper for the test tour of Pakistan in 1988. In October 1998 Healy broke Rod Marsh's record of 355 test dismissals and ended his test career in 1999, with 395 dismissals from 119 tests.

"Heals" dropped in as a Mate of the shed, to share his behind the scenes stories both on and off the cricket field as one of Australia's best Test Cricket wicket keepers. He also had a few funny stories about what can go wrong in the commentary box.

**Corrugated Sheddners visit Mt Gravatt Aged Care****19 November 2018**

The Corrugated Sheddners spent an hour or two performing for the residents at Mount Gravatt Aged Care Home. Guest soloist, Henry Lennie sang a few golden oldies, backed by the band and was a big hit with the audience. The band must have impressed, as they have been asked to return for another show.

**Late Breaking News****Mater Foundation Queensland Visit 03 December 2018**

Greg Beard a volunteer with Mater Foundation outlined the history of the Mater in Brisbane from the establishment of the first Hospital in 1906 to the latest in robotic surgery. Visit the website for stories & photos tracing the Mater story.
history.mater.org.au/

**Aged Care Assistance Qld. 10 Dec 2018**

Imogen Bizilis, outlined the benefits of ACAQ Personal Mobile Alarms for seniors that live alone. The alarm is activated automatically if the wearer falls or wanders out of a defined area. For more information visit the website-
www.acaq.com.au/

St John the Baptist Church, Bulimba Christmas Craft Fair Sunday 9 December 2018

Thanks go to shed members John Kirkwood, Eddie Haselick Graeme Fraser, Graham Ward, John Carmody, Harry Davis and Roger Appleby who manned the shed stall, selling shed produced Christmas crafts and raised an impressive \$675.

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

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

MY BIG FRIGHT.

Now look I've got to tell you, about this fright I had,
Was enough to stop a lessor bloke, that's if his heart was bad.
I was shearing in the Kimberley's, was back in '51,
Work was over for the day, for the cook and everyone.

I'm laying there upon me bunk, when as happens nature called,
It's a thing that comes to all of us, so don't look so appalled.
Now, the toilet if you'd call it that, was a pit dug in the ground,
And the seat a length of four by two, quite adequate I found.

The back and ends were made of tin, the corners nicely curled,
But the front, well look believe me, she was open to the world.
In daylight what a shocking sight, to see before your eyes,
And besides the mob, she's patronised, by umpteen million flies.

It was night time when I had to go, a night as black as hell,
At least I wouldn't see it, which was probably just as well.
Now I'm perched upon this four by two, and you couldn't hear a sound,
Not a leaf was fluttering, not a cricket chirping 'round.

A night of utter silence, a night as black as sin,
Even the flies had left this place, with it's splattered walls of tin.
Now, quite unknown to me, I tell you, 'cause he never made a sound,
Not a single footstep did I hear, as he walked upon the ground.

I'm sitting there quite peaceful, like I'm telling you before,
When all at once this donkey, let go this deafening great 'Heehaw'.
Good job I had me dacks off, or I'd have been in strife,
I've never had such a fright before, in all my ruddy life.

I'm hanging to that four by two, and me hearts going pitter pat,
I don't believe it settled down, for a fortnight after that.
Right against the end wall, half a metre from my face,
I'll never forget the fright I had, while sitting in that place.

Now I don't mind donkey's really, but as I said before,
There's a time and place for even them, and their ruddy great
'HEEHAW'.

Member's Snippets

This section is for any funny, frightening, embarrassing stories, you may wish to share with the rest of the shed.

Some more Travellers' Tales - submitted by Peter Finch

Aborted Take-off

We were taking off after a stopover in the Middle East and as we hurtled down the runway everything shut down, engines, lights etc. and we stopped well down the runway and then taxied back to the terminal. The pilot announced that the fault light on the reverse thrust on one engine showed it was not working.

We sat in the aircraft in very hot weather for an hour or so, as the engineers checked out the problem. When we were ready to set off again we were told it was the fault light that had failed, but to be sure the reverse thrust was disconnected on two engines. When we used up all of the runway when landing at Singapore airport, I was glad to be changing planes, as I was flying onto Townsville.

The Joys of Hitch Hiking

Hitch-hiking around England in the late 1950's my mate and I, were picked up outside London by a panel van. The driver and his mate put us in the back of the van, where there was a coffin, "It's OK they said there is no one in it" and we did not check.

On another hitching trip we were trying to get from London to Devon. Sometime in the night we saw hundreds of what we called shooting stars, now known as a meteor shower, it was spectacular and lasted several minutes. Soon after we were picked up by a guy in a Jaguar car, he at first just drove past us, then backed up and said he would give us a lift as we were on a back road and not likely to get another lift. We were told to get in the back and if we tried anything funny he would crash the car into a tree. The driver had been playing golf all day and must of had a few beers at the 19th hole. We did not move or say anything.

On the road in Europe

When we were driving across Italy from Sorrento to Brindisi we stopped at the general store in a very small village. All went well until we wanted some eggs, my then wife tried schoolgirl French and I tried a bit of German, all to no avail. We then did the "Chicken Tonight" dance to much laughter, but it got a sort of a result, several men came out with rifles and wanted to shoot pigeons for us. Eventually I found a part of an egg carton, more laughs and we got our eggs for breakfast. Much laughing all round and we were waved off.

I had stopped in a layby for a photo stop and a guy came up to me and asked if I was English. I should of asked him if he was stupid. I was driving a Humber Hawk with UK plates and a GB sign on the back of the car. He wanted to know if the petrol in Europe was of a lower standard than in UK. I asked him why as it was all the same and he replied,

"Well in England I only fill up every 10 days and over here I am having to fill up every 2 days", when I suggested that he might be doing more miles while on holiday, he looked at me blankly and walked off.

Some people should not be let out!

History Corner

Lest we Forget

Martin Place Sydney Armistice Day 1918 (AWM image H11563)



AUSTRALIAN WAR MEMORIAL

H11563

One hundred years ago, on 11 November 1918, the guns of the Western Front fell silent after four years of continuous warfare. With their armies retreating and close to collapse, German leaders signed an Armistice, bringing to an end the First World War. From the summer of 1918, the five divisions of the Australian Corps had been at the forefront of the allied advance to victory. Beginning with their stunning success at the battle of Hamel in July, they helped to turn the tide of the war at Amiens in August, followed by the capture of Mont St Quentin

and Pèronne, and the breaching of German defences at the Hindenburg Line in September. By early October the exhausted Australians were withdrawn from battle. They had achieved a fighting reputation out of proportion to their numbers, but victory had come at a heavy cost. They suffered almost 48,000 casualties during 1918, including more than 12,000 dead.

In the four years of the war more than 330,000 Australians had served overseas, and more than 60,000 of them had died. The social effects of these losses cast a long shadow over the postwar decades.



**Remembrance Day 2018 -
62,000 Handcrafted Red Poppies**

In 2013, Lynn Berry and her sister-in-law, Margaret Knight, set out to knit 120 poppies in honour of their fathers' service during the Second World War, but their small personal tribute soon became a massive community project that would capture the public imagination. Now, five years later, some 50,000 volunteers have made more than 300,000 poppies and devoted more than a million hours to the project, culminating in a display of 62,000 handcrafted, red poppies on the Australian War Memorial's grounds, symbolically representing

the Australian lives lost in the First World War, as the centrepiece of commemorations for Remembrance Day 2018 and the centenary of the Armistice. **Article: Sourced from Australian War Memorial website**

www.awm.gov.au/commemoration/remembrance-day

Health & Welfare Corner

Eye health tips for over-60s

Our eyesight changes as we get older, so many of us will need to wear glasses or contact lenses as we age. Here are some tips to help keep your vision clear.

Have regular eye tests

An eye test is not just good for checking whether your glasses are up to date. It's also a vital check on the health of your eyes. An eye test can pick up eye diseases, such as glaucoma, cataracts and melanoma, in the eye, as well as general health problems, including diabetes and high blood pressure.

How to keep your eyes healthy

As well as having regular eye tests and wearing the correct glasses, you can do several things to keep your eyes as healthy as possible:

Eat well — eating a healthy balanced diet is important for your eyes. Eating plenty of vegetables and fruit will benefit your overall health and may help protect against some conditions such as cataracts and age-related macular degeneration (AMD).

Wear sunglasses — strong sunlight can damage your eyes and may increase your risk of cataracts. Wear sunglasses or contact lenses with a built-in UV filter to protect your eyes from harmful rays.

Quit smoking—smoking can increase your chances of developing conditions such as cataracts and AMD.

Stay a healthy weight — being overweight increases your risk of diabetes, which can lead to sight loss.

Use good lighting — to see well, your eyes need 3 times as much light when you're 60 as they did when you were 20. Increase the daylight in your home by keeping windows clean and curtains pulled back. Make sure you have good electric lighting too, especially at the top and bottom of stairs so you can see the steps clearly. For reading or close work, use a direct light from a flexible table lamp, positioned so the light is not reflected by the page and causing glare.

Exercise — good circulation and oxygen intake are important for your eye health. Both of these are stimulated by regular exercise.

Sleep well — as you sleep, your eyes are continuously lubricated, clearing out irritants such as dust or smoke that may have accumulated during the day.

For more senior's health tips follow this link:

www.healthdirect.gov.au/seniors-health

Editor's Note: The information in this article was sourced from the Health Direct website. This is an excellent site for researching health topics and locating health service providers.

Puzzles, Jokes & Trivia

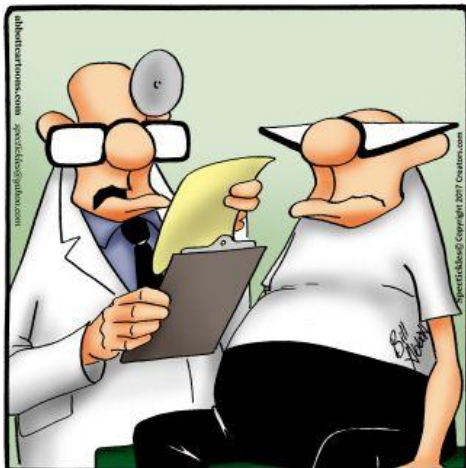
My Living Will

Last night, my kids and I were sitting in the living room and I said to them,

"I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

They got up, unplugged the computer and threw out my wine!!

The little bastards.

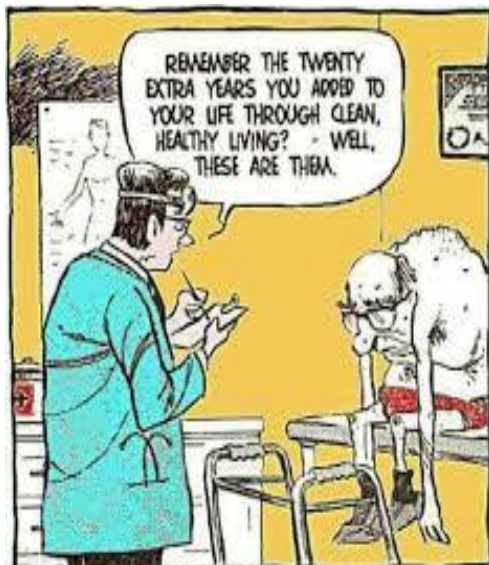


"You say it's your health insurance that's the cause of your ulcers which, ironically, aren't covered by your health insurance."



Two guys were sitting at a bar. One said to the other: "You look a bit down, everything okay?" "You see," said the other, "my dear old grandmother died yesterday morning, God bless her."

Still, at over ninety she'd had a good innings and she chose a lovely way to go. She just sat down in a chair, relaxed, closed her eyes and drifted off to sleep. She didn't wake up again. Mind you, she caused havoc in that dental practice."



Brain Teaser

Starting with a regular set of 15 pool balls in a triangular frame as a base, you build a pyramid ending with one ball at the top.

How many pool balls will there be in your pyramid?

Solution is on the next page.

A woman was at the undertaker's arranging her late husband's funeral.

"Do you have any special requests?" asked the undertaker. "Well," said his widow, "he was bald and never went anywhere without his wig but every time I put it on his head, it slides off." "No problem," said the undertaker. "I'll sort that out for you, come back in an hour and a half."

Ninety minutes later she returned and as promised, the wig was perfectly placed on the dead man's head. "Oh, thank you so much," she said. "Now you must let me pay you something for your trouble - and I won't take no for an answer."

The undertaker said: "Well, just give me \$2 for the nails then."

Puzzles, Jokes & Trivia



1976

Mystery Shed Member

Congratulations if you recognised me, the 25 year old version of Ray Peddersen, out to dinner with my always smiling and beautiful fiancé, Bronwen.

Bronwen and I enjoyed 40 wonderful years together, and she sadly passed away in 2015.



2017



Brain Teaser Solution

35 balls in the pyramid.

15 balls in base layer,
10 balls in second layer,
6 balls in third layer,
3 balls in fourth layer,
1 ball on the top.