



MEMBER NEWS

Mens Shed Carina Wellness Program (an important message from our President, Dennis Beck)

Recognising the immense value of the program - and its potential to benefit a far larger proportion of our members than it has to date - I've negotiated with Steve Heald (who's also very keen to continue with the program) and gained his acceptance of a "trial" extension.

Having explored a range of alternative formats, including morning sessions, we've agreed on the following:

Gym:

- The sessions will continue to be held at the same place and time (12:00 noon) on Mondays. Morning sessions are not available due to gyms being fully booked
- Our regular instructor, Vesna, has left the CJC. With regard to a replacement, I've expressed a preference for a "mature" female.

We'll be advised next week of instructor availability.

Pool:

- In response to my claim that the reduction in numbers has been largely due to the shift from indoor to outdoor pools - particularly in the midday sun - I was advised that we can return to the indoor pool at the same time (12:00 noon) on Wednesdays.
- I've expressed a preference to retain Marg as our instructor. Subject to her confirmation - she's not yet returned from her European adventure - we're hopeful that she's available.

It is imperative that members boost their support for this program in order to allow its continuation.

Kind regards,
Dennis Beck

Mens Shed Carina Christmas Lunch

A great day was had by all who attended the Shed Christmas lunch on 10 December 14. Thanks go to everyone who helped with the day with particular thanks to Brian O'Rourke.

Carbatec Visit

John Madden and Candice from Carbatec visited the shed on 12 January 15 to bring the members up to date on Carbatec and to inform members on some new initiatives for men's sheds. Great news and we look forward to furthering our relationship with Carbatec.



MESSAGE FROM THE EDITOR

Welcome to 2015. I have just finished reading the latest Executive Meeting Minutes and the shed certainly is motoring at the moment. 2015 promises to be another great year. My word our shed has changed over the last three years. We can now offer a range of activities to our members. Who would have thought three years ago we would offer woodworking, lead lighting, bridge, backgammon, cooking, golf, fitness, boat building (full size and model), and singing in the future?

Given the success of our Men's Health Expo in 2014 our management team want to have another Expo this year so if you can help please let management know. Also in this edition and at great expense to *Nuts & Bolts*, celebrity chef and graduate of the Jamie Oliver Ministry of Food, Peter Carter, has provided his famous corned beef recipe. Enjoy!

Editor: Bob Ikin
Publisher: Neil Smith

Labor Candidate for Chatsworth Visit on 19 January 15

Paul Keene came and introduced himself to the members on 19 January 15. Paul told the members of a personal experience he and his family have had with a friend's depression and he explained that he is a strong advocate for the men's shed concept.



Australia Day BBQ

In spite of the oppressive heat, our Australia Day celebration was unanimously rated as highly successful!

After some socialising and a few drinks, Brian's mate Ian rendered a gripping "story" about Ozzie Spirit, followed by some entertaining banter - climaxed by his "SHORTY" brag. Dennis followed up with a few of his favourite Banjo Patterson poems.

John Abbott, with strong support from Peter Carter (and others) presented an impressive "gourmet BBQ" - assorted meats, salads and dessert - reinforced by cakes, pie and "massive" lamington contributed by Neil and Coralie Smith. We were extremely fortunate to have steaks and sausages donated by Balmoral Rotary, and delighted to host those Rotarians who joined us after their Citizenship Ceremony

The Blue Gum Activity Board



Bevan Guttormsen and Robert Tritchler have been working hard on the activity board and it is now complete. Well done lads.

The Metal Lathe

Robert Tritchler reports that the metal lathe restoration project is nearing completion.

Executive News

- The scheduled executive members meeting date, 9 February, for the 2015 dot point business plan was confirmed. Shed IT requirements and marketing will be important.
- Metro South QMSA meeting scheduled for 3 February at MSC. Representatives from 22 Brisbane south side sheds are expected. MSC will be the host. Mal will chair the meeting and Darryl will take the minutes. MSC members will be required to welcome guests, signing in, catering, etc.
- A detailed inventory of the shed's library resources was tabled using the following headings: Books, Music, Movies, and Games. Owen Cary compiled the inventory. This is an excellent start for the MSC Library. The Executive expressed their gratitude and a "thank you" to Owen Cary. The MSC Library will be given a space in the shed and a computer. Library assistants will be required.
- Package received from NPS has been received. The aim of the package is to promote safer and better use of medication.
- An address book listing those people and organisations that support MSC has been created. It will be used regularly to maintain contact.
- A MSC account with "Umart on line" has been created to purchase IT. Access is available to those MSC members wishing to make a purchase.
- Letter has been sent to the Australian Business Register to update MSC details. Will require a follow up.
- Letter from Premier of QLD received thanking MSC for their involvement in the G20.
- A register of those MSC members holding a blue card is required.
- Workshop layout, housekeeping and ongoing shed management will be the focus for 2015. Control of goods received and disposal of surplus materials, resources etc., will be important issues.
- A shed maintenance team is required.
- Shed Garage sale scheduled for late March early April 2015. Shed managers and skills assessors require regular

meetings. Induction programs are ongoing. Assessment records will be maintained.

- A distinctive vest is required for shed store man.
- Nursing home activities board nearing completion.
- One more pony club task to complete.
- School chess set is progressing.
- Metal lathe is working but tooling is required.
- Work area for metal work is being established.
- Focus on electrical needs prior to the suspended ceiling in the activities area.
- Tasks such as jigs, refurbish toys, and Myna bird traps have been identified.
- Cold water is now available.
- Cleaning roster is starting to work successfully.
- Planning for the Morningside Fair is required.
- Bunnings BBQ scheduled for 8 March. Roy will take the lead role, volunteers required.
- Christmas party was a successful event.
- Proposal to visit the Marine Museum.
- Shed raffles are proving to be popular.
- Based the success of the 2014 Men's Health Expo the QMSA Metro South will be invited to be involved and support from the C J Centre will be requested.
- Delivery of workshop training has started.
- A training program for shed maintenance team will be initiated.
- Card games and board games scheduled every Thursday morning are proving to be popular.

AMSA News

- Win a copy of "Men's Shed Men" for submitting a member's article. The Member Articles section is one of the most important places on The Shed Online. It's a space where you can share your writings, your opinions, your anecdotes, your reviews, whatever you want. You can write about anything that interests you. As an extra encouragement we are offering a copy of "Men's Shed Men" to the next 50 authors who submit an article. It's as simple as putting pen to paper (or fingers to keyboard) and sending it to us via email to: webteam@theshedonline.org.au

We publish every Member Article that is submitted to us, providing it meets The Shed Online's Community Rules and Guidelines.

BUILDING PHOENIX III

(the second in a series of articles by Roy Gellweiler)

One of the most complex pieces of equipment to make on the build is the centreboard. The main purpose of the centreboard is to stop the boat moving sideways in the water. Sometimes it is called a daggerboard, as in the early days it was simply a thin sheet of ply or metal that was stuck down to inhibit sideways movement. Later, it was discovered that a wing shape works better.

In the 1920's and 30s when aviation was still being developed, a US Govt. agency called NACA (which was later folded into NASA) did a lot of experiments on what was the optimal shape for an aeroplane wing. They developed a series of equations that told how to calculate the leading edge radius, and the thickness of the wing at every point across its cross section. One key point is that if you are looking at a wing in cross section, the thickest part of the wing should be 30% of the way back from the leading edge, at which point the thickness is about 15% of the wings width. It was soon found that these equations apply equally to

of new skills, some new, from fibre glassing to pouring lead, to bending and machining bronze. It was a very satisfying object to make. The centreboard and rudder assemblies took about 50 hours work altogether.

MAKING THE SPARS

The other big job was making the mast and other spars. The plans for the boat show 3 different sorts of rigs. I have chosen what is called a “Balanced Lug” which is a single 4 sided sail. I decided on this for several reasons. The first is that this sort of configuration works well with a mast that is shorter than the length of the boat, and can therefore be stored inside the boat. It also set a good sail area for its height, and is supposedly very easy to rig,



The mast itself is hollow and is made from eight pieces of timber with a 45degree cut at the end using what is called the bird's mouth method. A picture is worth a thousand words, and this picture (of the end of the yard, in this case), illustrates the method very well, and you can see why it is called birdsmouth technique.

Just to make things more complicated, the mast is tapered too, so you have cut get the 8 staves and both taper them and cut the



birds mouth along the length. Gluing it all up is a bit tricky, and you really need two people (Bevan gave me a hand). Once you get it all aligned, you use a hose clamp to pull the pieces tight and then hold them with cable ties. I used a laser level which I just happened to have lying around, (see photo) to align it in both directions.

The ends need to be plugged too, and in the photo of the finished bottom of the mast, you can see the original eight pieces around the outside. The part in the middle is a solid plug, (which is itself made of 3 laminations) that goes up the mast about 700mm.

There is a plug in the top too - one big advantage of a hollow mast is that it floats - always a good thing in a boat.



water as well as air, especially for relatively slow speed boats. It was also found that both a boat's rudder and centreboard function most effectively when they are shaped like a wing.

Now the instructions in the plans for the centreboard were reasonable is specifying how to make a crude wing out of the centreboard – it was things like “shape the leading edge to a 30mm radius” and similar, and that is how I did the centreboard, shown here, complete with lead weight cast in and the bronze lifting bracket. You can see the pattern revealed by the ply laminations, which are used when shaping as a guide to keep your work accurate.

By the way, for those with keen eyes, yes, that is a mistake where I put the centreboard lifting bracket on the wrong end! Darn! Oh well, you soon get to realise that life isn't perfect, and neither is this boat.

When it came to the rudder however, the entire instructions were “shape to a hydrofoil section”. Hence my research above on what the optimal shape of a hydrofoil is.

Now the engineers at NACA who developed these equations were probably using slide rules and pencils, but with our modern technology, you can perform a million calculations in a second. Therefore, it was in fact relatively easy to generate the optimal rudder shape, using spreadsheets and Sketchup.

The rudder (shown after being shaped and fibre glassed) was made to the NACA equations.



Now one thing I know for certain is that all of this will not make the slightest discernible difference to the performance of the boat. I do it because I'm a techno geek and I enjoy this sort of stuff and it's a free country and I can.

The centreboard was also duly constructed, and involved lots

Then it was on to the hand planes. After all the work, there is no way I would put an electric plane on this as one slip and you could ruin it. 12 hours work with the hand planes and spoke shaves turned the octagon into the round mast you see here.



Peter Carter's Corned Beef

Ingredients:-

- Corn beef
- ½ lemon
- ½ cup brown sugar
- 24 cloves
- 3 bay leaves
- 1 cup chicken or beef stock
- 1 cup water if needed
- 2 onions cut into wedges
- Potatoes and carrots to cook in the slow cooker with the corned beef

Method:-

- Peel potatoes and carrots and place in slow cooker.
- Toss in onion wedges.
- With a sharp knife put points into both sides of beef and insert one clove in each cut.
- Put the lemon and bay leaves in slow cooker with the sugar and stock.
- Put in corn beef on top of veggies. Add water just to come about ½ way up the beef but no more.
- Put on the lid and start the slow cooker on low and cook for 8 hours.
- The veggies will not overcook and you can use the onion to add to your white sauce.
- If you do not wish to use stock you can substitute with water only.
- Chop the onion up well though or use different onions to make onion sauce if you like. I sometimes do but then sometimes I make parsley white sauce. Your choice.

ENJOY

Grey Nomads Column (article provided by Eric Koh)

The City of Jerusalem, as called Yerooshalayem in Hebrew, is the Capital of Israel. Jerusalem is the possession of PEACE. It is derived from the Arabic word 'Salem' which means peace and the Hebrew word 'Shalom'.

Jerusalem is a very 'hot' and 'much sought after' city in the world by the Arab (Islamic) world. It is not only a holy city for the Jews but also the whole of the Middle East Muslim nations. The four big religious groups - Jews, Armenians, Christians and Muslims - live harmoniously in Israel since its inception as a nation on 14 May 1948. From my two visits to Jerusalem in 2011 and 2014, I

can boldly say it is a very beautiful, unique city. From the point of view of those who have not visited this city, I can strongly say it is a very peaceful one or 'the safest' place in the world. The reason being that it is in the Holy Land, of God, the Creator. The Western Wall is a very important place of worship for the Jews, The Dome of the Rock for the Arabs (Muslims) and the Christian Church for the Christians built within the city wall of Jerusalem. Besides, Israel is a very blessed and prosperous country. People of other parts of the world pour in every year to visit the holy places in the Holy Bible where Jesus once trod. It has a very up-to-date, efficient and sophisticated

Israel Air Force (IAF) to provide safety for its citizens and tourists. The Arab country and the Islamic countries around have been very determined to wipe Israel out of the map of the world. This can be seen in the two wars - The Six Day War on June 5, 1967 and The Yom Kippur War (The Day of Atonement) on October 6, 1973. These two wars were contained victoriously by Israel Air Force.

As a matter-of-fact, it is a good destination city to visit if one has not been. The walls and floors/pavements are made of global Jerusalem rocks except the public road and highways which are 'tarred'. The walls have ceilings which have double the height ordinary houses. When wet the floors and pavements can be slippery. Rain is very common. The mountains and hills are very high and sandy. Transport is excellent except the streets are narrow. So is the busy, crowded traffic. Horning of vehicles - cars, trucks, buses - is frequent and can be too loud at times.

Jerusalem was built on high ground and could be very cold in winter. The locals - Jews and Arabs - eat very healthy food and are normally vegetarian. Four (4) types of fish are being served. Meat is being served except pork. The food is 'kosher' for the Jews and 'halal' for the Muslims - kosher or halal means being prayed for and blessed by the believers.

There are two (2) things that struck me most when I was there. The first is the City of Jerusalem. It is surrounded by a 5-km solid rock wall called the Jordan Wall with 6 entrances called Gates - New, Damascus, Herod's, Dung, Zion and Jaffa Gates. During 6-day stay - 30 October to 5 November 2014 - stay at the Mount Zion Hotel, I managed to do two morning round the wall in slightly over an hour. The narrow solid rocky road can be slippery when wet. Another way of going round this wall is to walk on top of the Jordan Wall built during the Six Day War with openings for guns. This wall of Jerusalem was destroyed twice by the Romans and the Turks. Within the wall are housed the Western Wall where the Jews pray in their holiest place and above it the Dome of the Rock where Muslims pray. The centre of the City of Jerusalem is the most part where



the Jews, Arabs and others do their business with locals and tourists. The Western Wall is always open. The Jews pray there even till 10.00 p.m. The Dome of the Rock or Mosque for the Muslims is restricted by time.

The second striking place of visit is the Dead Sea. The Dead Sea is 70 km long and 2 km wide. I had the blessing of staying with a friend at the Leonardo Plaza Hotel not far from Syria. We spent four nights and I had the opportunity of climbing on two occasions the mountain across the highway. The Dead Sea is 30 meters below sea level. Even when I reached the top of the mountain I could find coral shells. Looking down from this top and across the highway, I could see dykes built across the Dead Sea to help prevent salt water being evaporated each day into the atmosphere. It is interesting and fun to swim in the 75% salt water. The water is so dense that one can float on his/her back reading a book/newspaper without sinking. One can even use his/her hands to paddle across to Jordon two km away. When I was swimming in the Dead Sea my hands were 'slippery' like a fish. Nothing can survive in the water which is so bitter and very salty that one will spit it out quickly. The water stings your eyes. When out of the water one has to shower under 'sugar' water. There is salt everywhere on the edge of the beach. There is an indoor pool of sea water which is good for the whole body. There is also a shower of 'sulphur' water which is good and healthy for the body. Tourists and locals rub 'green mud' from the Dead Sea and swim in it.

I loved exploring the City of Jerusalem on foot from Mount Zion Hotel where I stayed. I walked everywhere to the city and even to the Hebrew Mount Scopus to the Hebrew University of Jerusalem where I learned biblical and Modern Hebrew and Aramaic language which Jesus spoke. It took me five hours to walk and also to learn about the Arabic towns I passed through.

In conclusion, I enjoyed every day and all the places mentioned in the Bible, namely Samuel Mountain, City of David, Mt. of Olives, Sea of Galilee, Garden of Gethsemane, Garden Tomb to name a few. I could feel the anointing in these places.

LET'S TALK ABOUT WINES

(an article by Dennis Beck)

Fortifieds - Port

Types of Fortified Wine

Fortified wines are a unique classification of wine. They start life as a "regular" still wine and then are "fortified" with alcohol – often brandy. This fortification process preserves the wine and allows a range of sweetness and flavours, depending on the stage of fermentation at which the alcohol is added. This enables them to be enjoyed with different foods, while offering a bit of flexibility in storage options.

The most common categories of fortified wine include: Port, Sherry, Madeira and Marsala. In this edition I'll focus only on my favourite, and probably the most common in Australia: Port

Aside from being the world's most notable fortified wine, Port generously offers a remarkable history and fascinating geography lesson, all in a single glass. To understand Port, it's essential to know a bit of its compelling history, along with what it is and how it's made.

The History of Port

Made for centuries in the rugged region of northwest Portugal's Douro Valley, Port is a fortified wine that leans heavily on the sweeter spectrum and comes in a variety of styles ranging from youthful Ruby Port, to aged Tawnies, and Late-Bottled Vintage

Ports (LBVs) up to the distinguished character (and pricing) of Vintage Port.

Port wine, though correctly associated with Portugal, owes at least part of its invention to England as a direct (and delicious) by-product of the Brits battling France through the 17th and 18th centuries. Essentially, the English boycotted French wine in the late 17th century as a result of continuous conflict and began sourcing their red wine from Portugal, just around the bend from Bordeaux (the esteemed producer of England's first love, Claret). They found it necessary to add a wee bit of brandy to the still wine to help sustain it during the voyage back to England. This brandy addition, not only served to give the fragile still wine the fortitude to make the long trip on a rocking boat without spoiling, but it also provided an opportunity to make the wine considerably sweeter by adding the brandy early enough to halt fermentation and leave residual sugar levels on the higher end. As a result, Ports have a reputation for being higher in alcohol (typically around 18%), noticeably sweeter, with more body and palate density than other still wines.

Fans of rich cheese and decadent desserts appreciate Port's pairing versatility, while we "portaholics" admire its uncanny ability to make dessert entirely superfluous.

What is Port - Traditional?

Portugal's Douro Valley, situated in the country's northwest corner, and is the key viticultural region for growing more than 50 different local red and white grapes used for making Port.

While the majority of Port is made from red wine grapes, there is a lesser known category called "White Port" which, as the name implies, is made from white wine grapes.



The name "Port" is derived from the coastal city of Porto, Portugal's second largest city, strategically located at the mouth of the Douro River, where for centuries merchant ships loaded with casks of Port began their journey back up the coastline to England.

How is Port Made?

Port starts off similar to other still wines as far as the production process goes. Grapes are harvested in the autumn after a season of significant struggle in low nutrient, dry schist soil conditions in the spectacularly beautiful patchwork of Douro Valley vineyards.

Next, the grapes are pressed to extract the juice and initiate fermentation. Many Portuguese Port producers still embrace traditional foot-treading in open air lagares (large stone or cement tanks) for pressing the fruit, though recent years have seen the advent of mechanical treaders, fashioned after the human foot. After treading, the grape *must*, which contains all of the fresh-pressed grape juice - including the seeds, stems, and grape skins - ferments for one to several days until the alcohol level reaches around 7%.

At this point, the young wine is fortified with brandy to bring the fermentation process to a sudden stop, while capturing the wine's youthful fruit nuances, and preventing the grape sugars from continuing their classic conversion to alcohol. This fortification will leave the residual sugar levels considerably higher than most still wines.

Finally, the batch of baby Port is pumped into large oak casks, and transported down the Douro River to Porto in purpose-



built boats. Here it is stored in large warehouses, typically for 18 months or so of aging, after which these young Port wines are blended with other lots of Port wine to find



complementary components that will ultimately deliver a delicious wine with well-defined fruit, friendly palate appeal, and over-arching balance. At this point and at the discretion of the winemaker the young Port may either be transferred to bottles for early consumption or further aging, or allowed further time in a cask depending on the style and range of Port production in process.



Types of Port:

In broad terms, Port can be split into two distinct categories: Wood Aged or Bottle Aged.

Wood-aged Ports are typically ready for early enjoyment, designed to be consumed while still relatively young, whereas the bottle-aged beauties, like Vintage Port, and are built to go the distance - often requiring another decade or two to reach full maturity.

Ruby Port

Ruby Ports, so named for their distinct ruby colour, are young, approachable wines with fresh, fruit-filled aromas. These wines are wallet-friendly, entry level Ports, made from a blend of different grapes and vintages, aged for a total of about 3 years. Ruby Ports are intended to be consumed young and enjoy remarkable food-pairing versatility.

Suggested Foods with a Ruby Port: Blue cheese, milk chocolate and berry-based desserts.

Tawny Port

A Tawny Port is a blend of older vintage wines, displaying a rich amber colour. Tawnies typically lie on the slightly sweeter side of the spectrum. As a tawny port spends more time in oak, its colour starts to fade from ruby red to more ruby-orange or a "brick red," often reaching deep amber or mahogany by the time it's matured. As the aging process continues, a Tawny's taste will become nuttier and the flavours develop the rich characters of caramelized figs, dates and prunes compared to the fresh fruit factors found in a Ruby Port.

Suggested Foods with a Tawny Port: Aged cheddar cheese, caramel apples or apple pie, dried fruit, milk or dark chocolate, cheesecake, tiramisu, pumpkin or pecan pie.

Vintage Port

A Vintage Port is a Port that is made of blended grapes, usually from various vineyards, which are all from the same vintage year. Historically, Vintage Ports are only declared every three out of ten years on average - the best grapes, from the best vineyards in the best years come together to create a quality Vintage Port.

These Ports typically spend about 6 months in oak and then go unfiltered into a bottle for further ageing. This extended ageing is typically another 20 years or more! As a direct result of long-term aging, a heavy layer of sediment forms that requires decanting and a good bit of aeration to take place prior to consumption.

A classification that is common to mistake with the "Vintage Port" designation is the "Late Bottled Vintage" (LBV) Port.

This particular style of Port is made with grapes from a single vintage, but it has only aged 4-6 years in oak before it is bottled and released.

Suggested Foods with a Vintage Port: Blue and Stilton cheese, almonds and walnuts, chocolate and chocolate-based desserts and puffed-pastries.

White Port

As the name implies, White Port is derived from white grape varieties and can be made in both the very dry to semi-sweet styles. White Port is typically fruitier on the palate and a bit fuller-bodied than other fortified white wines.

While relatively uncommon in Australia, this wine can be served as a very acceptable aperitif.

Storing and Serving Port

Vintage Ports traditionally have used cork "closures" and should be stored on their sides - in a dark, cool environment like their still wine counterparts. Ruby and Tawny Ports are ready to drink once released and



can either be stored upright or on their sides.

Once opened, Ports can last from a day (Vintage Port) to several weeks for Ruby Ports and several months for Tawny Ports. Serving Port wine with

a slight chill - not cold - will lift the aromatics and focus the innate fruit and flavour components.

Today, various renditions of Port are made outside of Portugal in several wine-producing countries, including Australia. However, these Ports often lack the depth and remarkable "finesse" that comes with the original.

I must confess, though, to a couple of personal indulgences:

My favourite storage is in a twenty litre "living" cask. This, when required, is rehydrated

with cask Port but periodically enhanced with "left-overs", including "dregs" from quality bottles of Port or Brandy. I have been assured, though, that enrichment with Irish Whisky or Rum adds considerable "interest" to both flavour (and potency).

I recently liberated a 1979 Lindeman's Vintage Port from my cellar. After the ritual of removing a crumbling cork, straining and decanting - WOW! who needed cheese or dessert? Fortunately, my "cultured" guests understood that, once opened, a vintage Port must be consumed without delay!

My sincere wishes for a healthy, happy and fulfilling New Year

ALL THINGS NAUTICAL

Viking Ships (article provided by Bob Ikin)

"My mother said to me,
That they would buy for me
A ship and lovely oars
To go away with Vikings,
Standing in the stern,
Steering the glorious ship,
Then putting into ports,
Killing a man or two."

Egil Skallagrimsson (10th century)



Osebergskipet



On a recent trip to Scandinavia I visited the Viking Ship Museum in Oslo Norway. The trip to Scandinavia had particular significance because of my father in law's Danish heritage. Apart from that I have always had an interest in history and the Viking Age. The Viking Age (c. AD 800 – 1050), was the period in which the countries of Denmark, Norway and Sweden emerged as a result of the unification of several smaller kingdoms under strong royal authority.



Gokstadskipet

Viking ships and boats, in varying degrees of preservation, have been found in Scandinavia, France, Scotland, Ireland and the Isle of Man, and related but distinct types in England, Germany, the Netherlands and around the Baltic.

A fact I didn't know until my visit to the museum was that there were several types of Viking ships, most notably warships (long-boats), cargo ships and general purpose ships. The photos are of early general purpose ships.

There was little room for anything on board a warship apart from the crew, personal weapons and equipment, and very limited supplies. Additionally, there were small and large warships.

Trade was an important part of Viking life and one of the driving forces behind Scandinavian expansion and colonization in the Viking Age. This growth demanded that a fleet of cargo ships be developed to carry livestock, timber and other necessities not to mention the settlers themselves.

HEALTH AND WELFARE CORNER (article provided by our Safety Adviser Ross Weaver)



Staying Hydrated - Staying Healthy

Did you know that if you're thirsty you are already dehydrated?

When the temperatures rise, getting enough to drink is important whether you're working in the shed, traveling or just sitting in the sun, if you don't drink enough fluid you can get sick or even die by getting heat stroke. This is when your body is unable to cool itself down.

The human body has its own built-in cooling system. When we get overheated, we get rid of the excess heat by sweating. Under normal conditions, even when it's really hot, this temperature control mechanism does the job. But sometimes even a heavy sweat won't do the trick, and the body begins to overheat. The process from this point goes from heat cramps to heat exhaustion and finally to heat stroke

You'll know you're having a heat stroke if you notice the following:

Hot, red and dry skin, Headache, Dizziness, Hyperventilation, Confusion, Nausea, Seizures, Hallucinations and Unconsciousness

Dehydration can be a serious condition that can lead to problems ranging from swollen feet or a headache to life-threatening illnesses such as heat stroke.

1 Don't wait until you are thirsty

Don't wait until you are thirsty to drink. If you are thirsty you are already dehydrated. Instead drink small amounts frequently at regular intervals. 250mls every 15-20 mins is the recommendation.

2 Monitor Your Number One's

Urine Colour is the easiest way to monitor your hydration levels. Check out the Urine Colour Chart in the mens toilet.

3 Avoid Ice Cold Drinks

Cold water causes the blood vessels in the stomach to constrict, reducing the rate of fluid absorption. Cool water is absorbed faster, which is important to keep you hydrated when working in the heat.

4 Limit Caffeine Intake

Avoid consuming caffeine before spending time in the heat/

sun (this includes coffee, tea, cola, energy drinks). Caffeine has a diuretic effect which increases water loss and contributes to dehydration

5 Avoid Alcohol

Alcohol is a diuretic and over consumption can cause severe dehydration.

6 Slip, Slop, Slap

When you're sweating for long hours out in the melting sun, you need to ensure your sunscreen is water resistant, long lasting and covers you with the highest possible levels of UV protection. ProBloc SPF 50+ sunscreen meets all of these requirements is designed specifically for Australian

7 Dress Appropriately

Choose clothing made from organic materials such as cotton. Organic fibres breathe better and promote airflow whereas synthetic fibres trap heat, increasing the likelihood of heat stress.



SAFETY TALK

(provided by our Safety Adviser Ross Weaver)

Safe Use of Potting Mix

The Department of Health has issued a reminder about the dangers of using potting mix, garden soils and compost following several recent cases of Legionella.

Potting mixes can be a source of a form of Legionella disease called *Legionella longbeachae*, which is a member of the Legionellaceae family. It's a naturally occurring bacterium that can be found in potting mixes, garden compost and even the soil.

Dr Robert Hall is Victoria's Chief Health Officer and he has studied the infection for many years. He says: "It's a natural organism that's always in the environment - we can't get rid of it. The bugs are needed in things like soil and potting mix to make plants grow, so what we have to do is to work out ways of handling the stuff safely.

"Legionella is a form of pneumonia. Technically it's known as an atypical pneumonia. It is caused by a bug that gets into the chest, and causes fever, pains in the joints and muscles. It can cause diarrhoea and headaches. It can be tricky to diagnose and so it's important to seek medical attention early, if these symptoms are not settling. Even with the best treatment people do die from the disease. Last year we had 153 cases in Australia and seven people tragically died," Dr Hall said.

Dr Hall says there are ways to prevent catching the disease. The germs live in dust, so controlling dust is a key thing. He suggests wetting the potting mix before completely opening the bag, to hold the dust down. Wear a mask so that any dust is filtered out before you breathe it in. And one of the most important things to do is to make sure that you wash your hands after you've been handling potting mix.

"One of best ways of controlling most infectious diseases affecting the chest, including *Legionella longbeachae*, is with good hand washing. Wearing gloves is also a good thing to do. It's not an alternative, but something that you need to do as well as hand washing."

Handling plants that have been grown in potting mix is also a risk because the germ lives in the soil in potting mix in all kinds of conditions.

Dr Hall says that the Standards Association has approved a warning label on bags of potting mix which explains the risks

and he suggests people take note of the warning. "These messages that we're talking about here are also on the labels on every pack."

But it's important that gardeners don't go away thinking they're going to get legionella because the chances are slim - **but they are there.**

PPE:- Gloves, Mask, Wash your hands after gardening

If further information is required, please contact your local nursery or garden centre.

Reference: - Gardening Australia

PUZZLES, JOKES AND TRIVIA

Great Fly Buys

In the 1980s and 90s, No 208 Sqn RAF were the real experts in ultra low-level under the radar nuclear strikes. During the

International

Air Tattoo

in 1993,

to mark

the squad-

ron's 75th

birthday, this

Buccaneer

S.2B was

flown at an

altitude of

just 5 feet for

the entire length of RAF Fairford's runway.



A USAAF

P-47 Thunder-

bolt at

extreme low

level.



Mystery Object

Answer Page 9



Quote of the Month

Seen on a sign at the Peter and Paul Fortress Russia:



Two Old Guys Talking

One said to the other: "My 85th birthday yesterday. Wife gave me an SUV"

Other guy: "Wow, that's amazing! Imagine, an SUV! What a great gift!"

First guy: "Yup. Socks, Underwear and Viagra!"



Believe it or Not

(article provided by Darryl Timms)

A true story from Associated Press

Not even Law and Order would attempt to capture this mess. This is an unbelievable twist of fate!

At the 1994 annual awards dinner given for Forensic Science, (AAFS) President, and Dr. Don Harper Mills astounded his audience with the legal complications of a bizarre death. Here is the story:

On March 23, 1994, the medical examiner viewed the body of Ronald Opus and concluded that he died from a shotgun wound to the head. Mr. Opus had jumped from the top of a ten-storey building intending to commit suicide. He left a note to the effect indicating his despondency. As he fell past the ninth floor, his life was interrupted by a shotgun blast passing through a window, which killed him instantly. Neither the shooter nor the deceased was aware that a safety net had been installed just below the eighth floor level to protect some building workers and that Ronald Opus would not have been able to complete his suicide the way he had planned. The room on the ninth floor, where the shotgun blast emanated, was occupied by an elderly man and his wife. They were arguing vigorously and he was threatening her with a shotgun! The man was so upset that when he pulled the trigger, he completely missed his wife, and the pellets went through the window, striking Mr. Opus. When one intends to kill subject 'A' but kills subject 'B' in the attempt, one is guilty of the murder of subject 'B.' When confronted with the murder charge, the old man and his wife were both adamant, and both said that they thought the shotgun was not loaded. The old man said it was a long-standing habit to threaten his wife with the unloaded shotgun. He had no intention to murder her. There-

fore the killing of Mr. Opus appeared to be an accident; that is, assuming the gun had been accidentally loaded. The continuing investigation turned up a witness who saw the old couple's son, loading the shotgun about six weeks prior to the fatal accident. It transpired that the old lady had cut off her son's financial support and the son, knowing the propensity of his father to use the shotgun threateningly, loaded the gun with the expectation that his father would shoot his mother. Since the loader of the gun was aware of this, he was guilty of the murder even though he didn't actually pull the trigger. The case now becomes one of murder on the part of the son for the death of Ronald Opus. Now comes the exquisite twist.... Further investigation revealed that the son was, in fact, Ronald Opus. He had become increasingly despondent over the failure of his attempt to engineer his mother's murder. This led him to jump off the ten-storey building on March 23rd, only to be killed by a shotgun blast passing through the ninth story window. The son, Ronald Opus, had actually murdered himself. So the medical examiner closed the case as a suicide.

Upcoming Events

- 8 March 15 – Bunnings BBQ
- Late March/early April 15 – Garage Sale
- June 15 – Men's Health Expo

Answer to Mystery Object

Ivel tractor invented by Dan Albone in 1902 discovered at the Forbes NSW Historical Museum.