

NUTS & BOLTS



*'Every man needs
a shed'*



Vol 4 | Issue 10 | FEBRUARY 2020

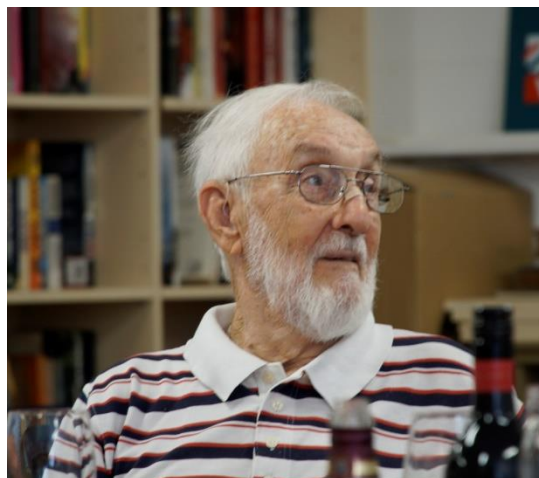
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Message from the Editor

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*Vale Noel Hohenhaus
1928-2020*



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Carina Men's Shed valued supporters include:



Christmas Lunch *Friday 20th December 2019*
Lots of smiling faces at our first Christmas lunch with partners
at the Chadwick Room at the Carina Leagues Club.





Carina Leagues Club - 2019 Trailer Raffle Winner

Thank you so much for getting involved with this year's Trailer Raffle! Our Lucky winner was Danielle E!!!!
 Tayla Neilen | Promotions & Marketing Officer

A very big well done, to everyone who bought and sold tickets in the Raffle. We were issued 700 tickets and sold 685 with 15 tickets lost in transit back to shed. Total return to shed is \$1,385. This greatly helps our finances.

Regards
 Roger Appleby

Final Bunnings BBQ for 2019, Wednesday 18th December

Congratulations to the members below, for the year's best return on a mid-week BBQ raising **\$850** for our shed.

Morning Session Crew: Graham Ward, Klaus Binder, Adrian McDonnell and Freddie Butler.

Afternoon Session Crew: Kenneth Casey, David Bastion, Graeme Fraser and Max Clarke.

CMS Bunnings Sausage Sizzle dates for 2020.

Remember Volunteers are always needed for these Sausage Sizzles.

Wednesday 15 th January
Wednesday 19 th February
Wednesday 18 th March
Saturday 28th March
Wednesday 15 th April
Wednesday 20 th May
Wednesday 17 th June
Sunday 28th June
Wednesday 15 th July
Wednesday 19 th August
Wednesday 16 th September
Saturday 26th September
Wednesday 21 October
Wednesday 18 November
Sunday 29th November
Wednesday 16 th December



Australia Day Lunch *Monday 27th January*



Many thanks to all shed members who helped provide another great Australia Day Lunch.

The Corrugated Sheddners entertained us with Waltzing Matilda, Raining on the Rock, Wood Chip and I am Australian, while Eddie Haselich, Ross Allan, Steve McGee and Allan Peiniger prepared the BBQ, salads and snacks and kept our glasses topped up. After lunch Dennis Beck recited some of his favourite Banjo Paterson & Henry Lawson and a bush yarn or two and Henry Lennie wowed the ladies with two Scottish love ballads.



Member News

Bunnings BBQ for 2020, Wednesday 18th January

Congratulations to the members below for manning the first mid-week BBQ for 2020, raising **\$525** for our shed.

Morning Session Crew: Garry Potter, David Sim, Syd Dempster and Garry Dean.

Afternoon Session Crew: Paul Gardiner, Ian McCue, Robert Maxwell and Allen Linning.

**PCYC Open Day *Sunday 02 February 2020***

Sgt Dave Beard thanked Eddie Haselich, Rex Gelfius and Henry Lennie for being part of the PCYC Open Day and for the continuing support our shed provides each year for the PCYC Youth Shed program.

Parkinson's Queensland Visit *10 February 2020*

Racheal Maher and Dawn Serle, explained that Parkinson's Queensland is a charitable organisation that provides information, education and encouragement and support to people living with Parkinson' disease and their families and carers. An extensive network of Support Groups has been setup throughout Queensland for people to meet and talk about their experiences.

Thanks again Racheal and Dawn.

***Vale Noel Hohenhaus
1928-2020***

Noel was born on 16/08/1928 at the Boonah Hospital. Noel's family moved from a farm in Boonah to a small farm at Buderim Mountain where Noel commenced school in 1933. Noel's family moved back to Boonah in 1942 and in 1943 aged 14 he began work as a motor mechanic apprentice at Abell Motor's, Boonah.

In 1956 Noel married his beloved Fay and moved to Brisbane where he worked in four Brisbane car dealerships progressing quickly from A-Grade Mechanic to various management roles in the Service, Personnel and Credit areas before retiring in 1995 aged 67 after 53 years of service in the motor industry.

Noel joined our shed in October 2015 and was always helping out in the shed kitchen and often would entertain the shed with his fishing yarns. Noel passed away on Wednesday 19th February and he will be sadly missed by his family and all members of the shed.

Yarns & Bush Poetry

Bevan Guttormsen wanted to share this poem with the shed



Flinders Chase NP Kangaroo Is, before the fires.

I Love a Sunburnt Country

I love a Sunburnt country, a land of sweeping plains.
But I've gotta tell ya mate, I like it better when it rains.
The countryside is dying and there's just no end in site,
and just to rub salt in the wounds, the bush has caught alight.

The landscape is on fire from Brisbane to the Gong
And everybody's asking "where the hell did we go wrong?
But we can get through this one if we help each other out,
take care of your neighbour, that's what Aussies are about.

The rain is going to fall again, the good times will return.
But living in Australia means at times it's going to burn.
So if you need a helping hand, just give a mate a call.
We're all here to help you out and catch you when you fall.

The RFS, the SES, the firey's, and police,
all put their lives upon the line to help to beat this beast.
So hats off to these heros and thanks for all you do
And I hope when this is over, we can make it up to you!



Flinders Chase NP after the fires in Jan 2020.



Australia Day 2018

Men's Health Week 2018

Shed members, Bob Ikin, Adrian Mc Donnell, Freddie Butler and George Wilson got together in November 2017, to improve their guitar skills with George Wilson as tutor and their initial goal was to be able to play a Slim Dusty song at the upcoming Australia Day lunch. Despite only having about four practice sessions at their debut performance they played *The Pub With No Beer, Duncan and Waltzing Matilda*. The Corrugated Shedders has rapidly expanded to nine members and the band is now in constant demand performing at local community events and promoting the benefits of belonging to a Men's Shed.

The Shed group started about 18 months ago as a sort of get together of blokes who wanted to play/learn/improve their guitar skills. It's developed from there to the point where they are beginning to be in demand!!!

The transition from 'hobby' to 'group' is all thanks to Bob Ikin, who first mooted the idea of the group performing for an Aged Care facility in Mt Gravatt. Since then they've played at functions in the Shed, notably two sessions for the Men's Health Week, as well as for the Wine Appreciation Group.

In October the band performed very successfully at a meeting of Carindale National Seniors, then on 6 November to a packed house for Bulimba Senior Citizens' Club - check out Bulimba Community Centre's Facebook page for very positive comments and photos!

In December they played at the Pacific Golf Club for the Holland Park Central Probus Club Christmas lunch and at the Rotary Carindale Christmas breakfast. The band will also play at the shed Australia Day event. This is a full diary for a small group!!

The name, "The Corrugated Shedders", was suggested by Adrian McDonnell, one of the founding members and was adopted pretty much immediately! It seemed to suit the general appearance of the line up! Current members are Bob Ikin, Milton Scully, Freddie Butler (percussion), Colin Gillies, Gerry Larkin, Allan Davey, John Von Seidel and George Wilson. Interestingly at least three of the group crossed over from the Mt Gravatt Shed.

It's a loosely democratic set up where all members propose songs they'd like to try and everyone then works on an arrangement. Usually if you put forward a song you're expected to sing lead vocals on it- but that's not set in concrete!

We're a friendly bunch and are always on the lookout for new talent - contact Bob if you'd like to have a go- all you need is an instrument and enthusiasm!!! Another positive spin off is the fact that it is getting the Carina Men's Shed name spread about.

(PS The photo was originally posted on the Bulimba Community Centre's Facebook page.)

Rock on!! George Wilson & Bob Ikin



History Corner- Rail Gauges in Australia

First Steam Railway in Australia, Melbourne 1854



Australia's first rail systems were mostly built when the country consisted of sparsely settled colonies, before they combined to form a Federation of States in 1901.

Until the middle of the 1800s, people travelled around the colonies of the Australian continent by horse-drawn transport and by coastal shipping services. **From 1854, when the first steam railway between Melbourne and Port Melbourne started**, the railway system of the various colonies developed rapidly. Initially all track and rolling stock was imported, although by the 1880s most of the equipment was being made locally.

While the railways were operated initially by private companies, a shortage of speculation capital resulted in the continued development of the railways being undertaken by individual colonial governments. The initial purpose of the rail development was to connect the hinterland with the major export seaports which, in most cases, were the capital cities.

Planners gave little thought to connecting their railways with the other rail systems. By Federation in 1901, all States except Western Australia were 'linked' by rail and more than 20,000 km of track had been laid. Sadly, those who envisaged a nation had not contemplated a national rail network. Three different gauges had been used.

New South Wales adopted the European **standard gauge of 1435 mm**, **Victoria and South Australia** built with the broad Irish **gauge of 1600 mm**, and **Tasmania, Queensland, Western Australia and parts of South Australia** used the **narrow 1067 mm gauge**. For many years, the different gauges handicapped the effective operation of interstate rail services. In 1917, a person wanting to travel from Perth to Brisbane on an east-west crossing of the continent had to change trains six times.

This incompatibility of the State rail systems was brought to a head during World War II when the war effort required large quantities of goods and personnel to be moved quickly throughout Australia. But it was not until June 1995 that trains could travel between Brisbane and Perth, via Sydney, Melbourne and Adelaide on a standard gauge track. . Three different gauges still exist in Australia, but the state capitals are now linked by one uniform gauge.

Standardisation of Australia's Interstate Track Gauge

The process standardising Australia's interstate track to a standard, 1435 mm gauge commenced in the 1930s, and was only completed in 1995.

- A standard gauge line connected Brisbane with the New South Wales system in 1930.
- Melbourne was linked to New South Wales by a standard gauge line in 1962.
- The standard gauges link between Perth and Kalgoorlie was completed in 1968.
- The Broken Hill to Port Pirie line in 1969 completed the standard gauge east-west transcontinental connection.
- Alice Springs was connected to the transcontinental line in 1980 with a line built from Tarcoola.
- Adelaide was connected to the transcontinental line in 1982 with the conversion of the line from Crystal Brook,
- Melbourne and Adelaide were linked by a standard gauge line that opened in June 1995.
- The standard gauge link between Alice Springs to Darwin was completed in January 2004

Health & Welfare Corner

Healthy Bones

From your 40s onwards, our bones gradually lose their density as a natural part of ageing. Osteoporosis is a condition that affects the bones, causing them to become weak and fragile and more likely to break (fracture). It has no symptoms so the first clue may be that you fracture a bone. Whether you have osteoporosis or just want to build strong bones for the future, there are several things you can do to maintain your bones.

Eat calcium-rich foods

Calcium is important for maintaining strong bones. Most people need at least 2-3 serves of milk, yoghurt and cheese and/or alternatives a day while women aged over 50 should have 4 and men over 70 should have 3 ½ a day. Calcium is found in a number of different foods including dairy foods, green leafy vegetables, and tofu. If you can't get the recommended amount of calcium from your diet you may need to take a calcium supplement. Talk to your doctor about whether you need a calcium supplement and what the right dose is for you.

Get your sunshine quota

Your body needs vitamin D to help it absorb calcium. Vitamin D is found in oily fish, liver, fortified spreads and cereals, and egg yolks. Your body also makes its own vitamin D when you're exposed to sunshine. To produce enough vitamin D most Australians only need a few minutes a day of sunlight during summer and a couple of hours of sun exposure spread over the week while during winter.

Visit the [Cancer Council website](#) for more information on vitamin D and safe sun exposure requirements.

Eat a balanced diet

Keep your diet balanced. Your meals should contain protein (meat, fish, eggs, nuts and seeds), fresh fruit and vegetables, and carbohydrates (bread, pasta, potatoes and rice).

Quit smoking

The more you smoke, the more likely you'll get osteoporosis. Aim to cut down or, better still, quit smoking altogether.

Cut out the salt

Salt is thought to speed up the body's loss of calcium. So try to limit your daily salt intake to the recommended amount. Australian adults are recommended to consume less than 2000 mg of sodium a day — that's less than a teaspoon of salt.

Try not to add salt to your food, flavouring with herbs or a squeeze of lemon juice can be a good substitute. Looking at nutrition labels can also help you reduce your salt intake. Look for foods with 120mg sodium or less per 100g. Crisps, ham, cheese, cooking sauces and processed foods such as pies, pizza and soups are all high in salt.

Be active

Bones get stronger when you use them. A great way to strengthen them is with weight-bearing exercise. This includes walking, running, dancing, golf or tennis. It doesn't include cycling or swimming (although swimming is good for staying flexible). Bones also benefit if you lift and carry things. Weight training is ideal, but carrying shopping, gardening and housework all count. If you are new to exercise it's a good idea to talk to your doctor before you take up any new exercise activity, to make sure it's right for you.

Drink sensibly

Alcohol, tea, coffee, cola and other soft drinks reduce the amount of calcium you absorb, and weaken bones. Stick to the recommended amounts of alcohol, and swap your caffeine-fueled drinks for water.

Maintain a healthy weight

Being underweight is a risk factor for osteoporosis. Losing too much weight too fast under a crash diet can increase your risk of osteoporosis.

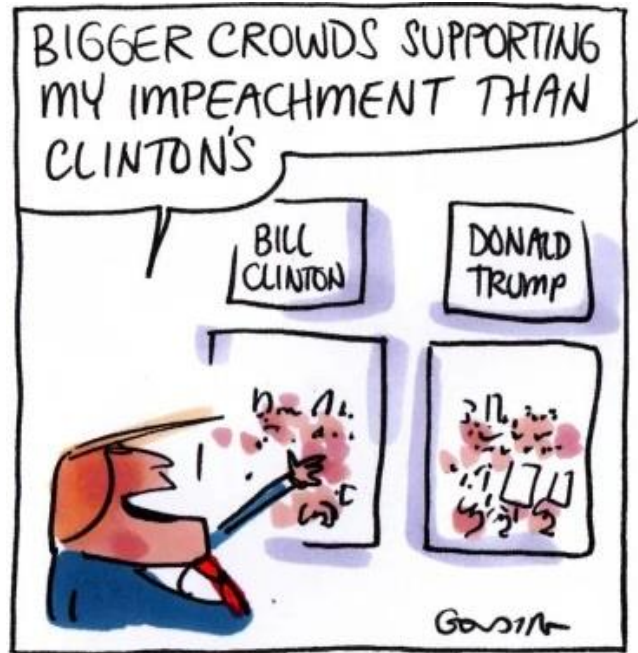
Sources:

[Osteoporosis Australia \(Exercise and bone density\)](#), [Osteoporosis Australia \(Supplementation\)](#), [NPS MedicineWise \(Managing osteoporosis\)](#), [Department of Health \(Australian and New Zealand Nutrient Reference Values for Sodium\)](#)

Puzzles, Jokes & Trivia



“Communication is a critical part of a successful marriage, so keep your pie-hole shut and listen.”



Most of the time...
 when you're crying,
 nobody notices your tears.
 when you're worried,
 nobody feels your pain.
 when you're happy,
 nobody sees your smile.
 But when you fart just one time..

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SUPPORT BINGO
 Keep Grandma off the streets.



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

CAJUSTSE

SFLIPEA

Trivia Quiz

1. What is the order of strokes in an individual medley swim race?
2. Which type of boat, a kayak or canoe generally uses a one-blade oar?
3. Which appropriately named muscle is the largest in the human body?
4. Which metallic element is often called quicksilver?
5. What were the two No 1 hits of Slim Dusty?

Quiz & puzzle solutions next page

Puzzles, Jokes & Trivia

A CAT'S WORKING WEEK

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



Trivia Quiz Answers

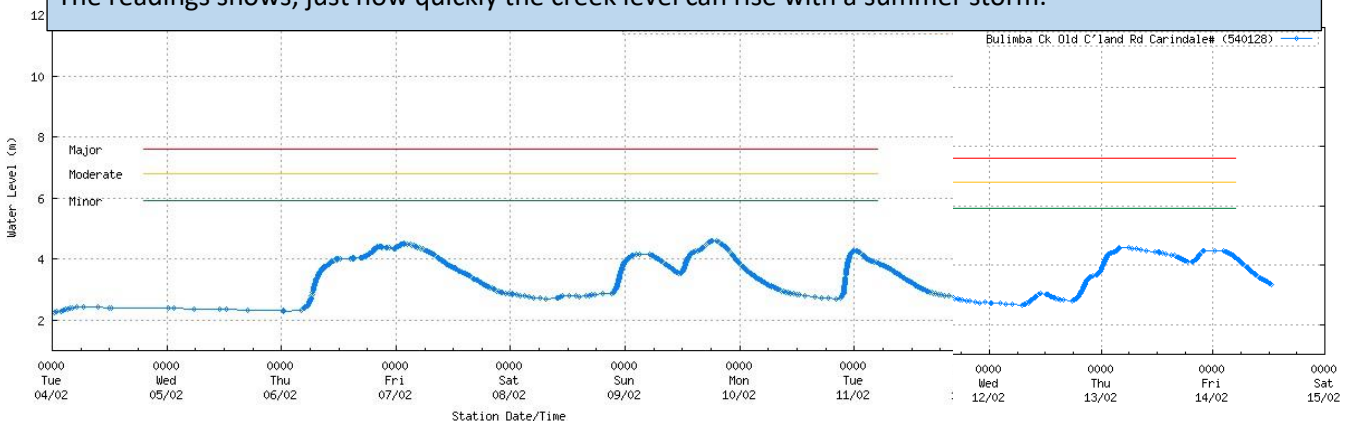
1. Butterfly, backstroke, breaststroke and freestyle.
2. Canoe.
3. Gluteus maximus (buttocks).
5. The Pub With No Beer (1958) and Duncan (1980).

Visual Puzzles solutions

Just in Case
Flippancy

Bulimba Creek Carindale Stream Gauge 06th –13th February

The Bulimba Creek Stream gauge is located on the walkway beside the creek behind the Carindale Shops. The readings shows, just how quickly the creek level can rise with a summer storm.



Australian Government Bureau of Meteorology

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