

NUTS & BOLTS



'Every man needs a shed'

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[Covid-19 Edition 4]



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Message from the Editor

Editor: Ray Peddersen

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Congratulations to the management team and all those members that helped prepare for the reopening of our shed on Monday 22 June. Before the shed reopened it was difficult to see how it was all going to work. But we have adapted to the new procedures and it has been great to catch up with our mates and get back to our regular activities in the workshop, Rec room and the gym and the pool.



"Be kind to your knees, you'll miss them when they're gone."

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Carina Men's Shed valued supporters include:



Member's News

Some Management Team News

Bob Ikin and Eddie Haselich attended a Belmont Private Hospital Men's Health Week event on 18th June, both talked about the men's shed movement and our shed in particular. **See Health & Welfare page**

Bob Ikin, Paul Gardiner and Phil Binder attended the RSL SED Board Meeting on 30 June 20 and delivered a presentation regarding the recent successful DVA grant application **See next page**

Corrugated Shedders Colin Gillies and Bob Ikin have collaborated to submit three songs of the "country genre". A fourth song "City Boy" compiled by former band member Milton Scully is also being submitted to the V100.3 BayFM original song contest. Should we be successful then BayFM will work with us to turn the songs into professional productions. The final selections will be included a BayFM CD "Sounds of the Bay" later in the year.

The AGM is on Monday 24 August at Carina Bowls Club, remember all nominations and membership dues to be submitted by Monday 10 August.

Photos from the first Month

Steve Minnikin visit 20 July; Ray Carter reports the new dust extractor has improved the air quality and clean-up in workshop; social distancing in Rec room and Tom's latest creations.



Veterans and Community Grant

Carina Men's Shed successfully applied for a Veteran and Community Grant and have been granted \$78,485 to deliver programs which improve the health and wellbeing of members of the veteran community by providing weekly sport and social engagement activities. The veteran community is to include veterans, carers and their families.

Carina Men's Shed, the Clem Jones Centre and the RSL have formed a team to manage the implementation of the grant. The team comprises Bob Ikin and Paul Gardiner from CMS, Phil Binder representing the CJC and Stephen Dacey representing the RSL.



TERRI BUTLER MP
SHADOW MINISTER FOR THE ENVIRONMENT AND WATER
FEDERAL MEMBER FOR GRIFFITH

Message of Congratulations from Terri Butler MP!

Congratulations to Carina Men's Shed for their successful application under the Veterans and Community Grants program.

The federal grant worth \$78,485 will help Carina Men's Shed develop a series of weekly activities around sport and social engagements to help veterans, their families and carers.

I am so pleased this funding has gone to such a deserving group and wish Carina Men's Shed all the best in developing and implementing such a worthy program.

Yours faithfully

Terri Butler MP
Federal Member for Griffith

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Photos from Australia's Davis Station, Antarctica submitted by Ray Carter

I've attached a few photos taken at Australia's Davis Station in Antarctica. A relative of mine took the photos. He is a Doctor currently serving at the Station. That's him in the photo with the penguins. Thought a couple of them might be of interest to our members. The Station has a web site at:

<http://www.antarctica.gov.au/living-and-working/stations/davis>

If anyone is interested in following what happens down there. They update it with what is happening on a weekly basis. There is also a web cam. - *Ray Carter*



Bush Poetry

The Rain Forest a poem by Noel Hohenhaus, who passed away in February, first appeared in the August 2018 Nuts & Bolts. Noel's word pictures reminded me of photos I had taken at Binna Burra on a short break in 2014, with my late wife Bronwen and son Jorgen the waterfall was taken on the Obi Obi Creek walk at Maleny. **Ray Peddersen, Editor Nuts & Bolts**

THE RAIN FOREST

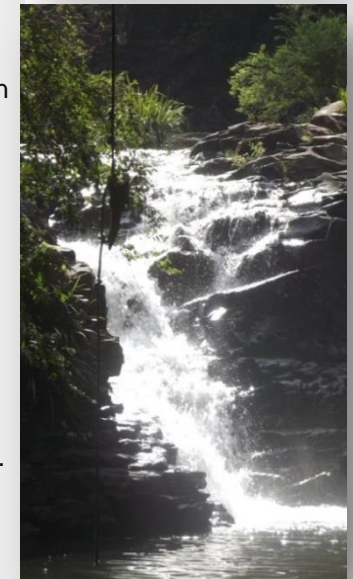
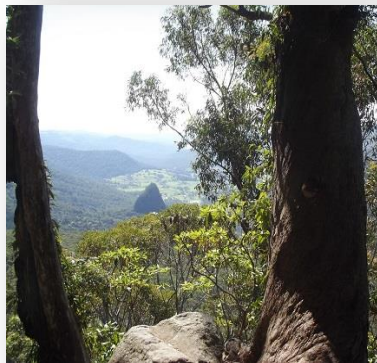
I like to walk on a well-trodden track,
under the canopy of the tall trees.
Just to hear ones footsteps as you walk along,
just a stick in your hand to help feel the way,
not looking back, but to see what's ahead.
To look up in awe and see the sun shining through,
to stand beside the tall palms and the vines entwined,
to listen to the breeze as it rustles through the leaves.
Truly this is a peaceful place.

Just to stand still as the leaves fall around and about,
as they help to build up the undergrowth,
the smell of which is so natural and so sweet.
You stop and look up and see the beauty of
the coloured orchids high up in the trees,
they seem to say do not disturb us
just let us stay for this is where we belong.
To touch and feel the soft fur on the trunk of the fern tree
look at the wavering of its fronds moving up and down,
backwards and forward like a large fan cooling the air.
Truly this is a peaceful place

You wander along but the friendly animals cannot be seen
but they are about and can be heard from time to time.
Then to hear the movement of water not far away
then further along you stand and watch,
as water cascades down in a powerful way,
from a high rock ledge above, into a deep pool below.
See the water glisten as the sun shines through,
just like the colours of a rainbow.
So sit for a while by a moss covered rock,
and touch and feel the coolness of the water.
You watch as the water tumbles and ripples along,
over and among the natural rocks,
and then it disappears into the streams and gullies below.
Surely this is a peaceful place.

Now you see a tortoise basking on a rock in the sun,
a frog unseen croaks nearby.
I see the movement of the large forest ants,
as they travel to and fro from their concealed nest,
they seem to be in a hurry and do not want to tarry,
maybe gathering food as they sense the rain that will
come,
for surely it will come attracted by the greenness therein,
just to replenish life back into this the wonderful place.
Just a peaceful place to be

by-- Noel Hohenhaus.



What's Up?

Up, an amazing two letter English word in the English language that can be a noun, verb, adjective, adverb and preposition. Read until the end ... you'll laugh.

This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP'. It is listed in the dictionary as an [adv.], [prep.], [adj.], [n] or [v].

It's easy to understand **UP**, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we **wake UP**?

At a meeting, why does a topic **come UP**? Why do we **speak UP**, and why are the officers **UP for** election and why is it **UP to** the secretary to **write UP** a report? We **call UP** our friends, **brighten UP** a room, **polish UP** the silver, **warm UP** the leftovers and **clean UP** the kitchen. We **lock UP** the house and **fix UP** the old car.

At other times, this little word has real special meaning. People **stir UP** trouble, **line UP** for tickets, **work UP** an appetite, and **think UP** excuses.

To be dressed is one thing but to be **dressed UP** is special.

And this **UP** is confusing: A drain must be **opened UP** because it is **stopped UP**.

We **open UP** a store in the morning but we **close it UP** at night. We seem to be pretty **mixed UP** about UP!

To be knowledgeable about the proper uses of UP, **look UP** the word UP in the dictionary. In a desk-sized dictionary, it **takes UP** almost 1/4 of the page and can **add UP** to about thirty definitions.

If you are **UP to it**, you might try **building UP** a list of the many ways UP is used. It will **take UP** a lot of your time, but if you don't **give UP**, you may **wind UP** with a hundred or more.

When it threatens to rain, we say it is **clouding UP**. When the sun comes out, we say it is **clearing UP**. When it rains, the earth **soaks it UP**. When it does not rain for a while things **dry UP**. One could go on and on, but I'll **wrap it UP**, for now . . . my **time is UP!**

Oh . . . one more thing: What is the first thing you do in the morning and the last thing you do at night?

U
P !

Did that one **crack you UP**? Don't **screw UP**. Send this on to everyone you **look UP** in your address book . . . or not . . . it's **UP to you**.

Now I'll **shut UP!**

Submitted by Bevan Guttormsen



Retired Sergeant Major "No names, No pack drill"

Has submitted some further advice to rally the troops!!!

Second Lieutenants and Lance Corporals

Second Lieutenants - one pippers - the source of a lot of army jokes.

Having said that a former Second Lieutenant recently retired as a Lieutenant General/ Chief of the Australian Army. Not bad for a kid that went to Inala High School and joined the Army as an apprentice bricklayer.

However, there are a lot of humorous stories about Second Lieutenants. A brand new Second Lieutenant was a troop commander responsible for building a camp at Shoalwater Bay. Nearing completion, he told his soldiers that the camp should be named after him and instructed his soldiers to make a sign for this purpose. The sign was completed but mysteriously changed each evening.

Camp Crowley became Camp Growl. (names have been changed to protect the innocent).

Patrolling in Papua New Guinea in the 1970's a Second Lieutenant joined the patrol straight out of officer school. The patrol was travelling by barge from point A to B when the Second Lieutenant spotted a sea turtle and decided he would capture the turtle and bring it on board. He was advised that this was not a good idea. Ignoring the advice from his Sergeant and not allowing for the speed of the barge he hit his head on the turtle and had to be rescued.

Lance Corporals like Second Lieutenants are at the beginning of their rank structures in the army.

Jock (he was a Scot) was a mate of mine in my early army days. An interesting bloke he was apprenticed with the Rangers Soccer Club in Glasgow in his youth. It goes without saying that he was the star of our squadron and Army Interservice Soccer teams. A good soldier Jock was promoted to Lance Corporal. He also liked a beer and after celebrating his promotion at the canteen he threw a beer bottle through the OC's window. He was busted back to Sapper (Private) the next morning.

That's all for now.

ROGER, WILCO, OUT.

no names, no pack drill

“Sumo Stuffing” submitted by Freddie Butler

Most people have heard of or seen a Sumo Wrestler. Many may have wondered at the wrestler's gigantic physical size, and the phenomenal amount of food and drink they consume on a daily basis.

In spite of the implied over eating and gluttonous quantities involved, believe it or not, the sumo wrestler's diet is generally quite healthy. It is designed to build up the young apprentice wrestler into a behemoth size person, big and strong enough to climb the ladder of success.



“Today a **Rikishi** (new entrant)- -Tomorrow a **Yokozuna** (Grand Champion)”. A Yokozuna is an athlete to whom just about everybody in the sport defers. This fellow is a grand champion in physique, technique and ability to become and remain “top dog” in the sport. At the time of his retirement from the sport, the Yokozuna is a man of influence and a very decent level of wealth. And of course, he is a man of immense physical size. What is this wonder food that enables a stripling of tender years to become a mighty Oak in the firmament of Sumo Wrestling?

It is the wondrous dish known as **Chanko Nabe**, and it is eaten every day with great gusto. A wrestler of any age, is thought to be a bit ill if he doesn't demolish his daily large meal of Chanko Nabe.



Into the cooking pot will go:- all kinds of vegetable, various types of fish, prawns, various types of meat and meat balls and the entire mixture is floating in fish broth. This mixture is brought to the boil and then simmered for an hour or so. The wrestlers will then fill themselves with multiple servings, accompanied by prodigious amounts of cooked rice.

This meal is eaten daily, for as many years as a person is active in the sport. Consider also, that these men are often sponsored by brewery corporations, whose products are available 'on barrel' rather than just 'on tap!'



Keep in mind that these wrestlers are athletes. They are not mountains of blubber, but ultra-well developed men of muscle. By all means go to watch the match, but never get closely involved !

Another matter not seen or appreciated by visitors is a winter food much appreciated by late night travelers. It is a dish known as **Oden**.

It is served by food cart operators at various stations (not all stations), it is served piping hot, and after a dish of Oden, you will not feel 'the stings and barbs' of the winter weather whistling about the station.

The cart is usually a two wheel affair, with the food tray across the length and breadth of the cart, and stylised canopy, providing some protection against the weather. Into the tray of soup are placed various vegetables, whole boiled eggs and fish cakes and ox tail. There are regional variations of the recipe, but the result is the same.



Under the tray is a heat source which keeps the food at a high temperature. Little dishes are used for serving the individual's choice of food, and a person can take as many or as few of the delicacies. You pay for whatever bit of food you choose to eat, very democratic really, since you will be fortified against the rigors of night time winter weather. The fact that the soup in the tray, contains a generous measure of Sake which does wonders to warm the inner person.

Some Oden vendors are more generous than others with the Sake. And it is not unusual to get on the train, doze off and wake up later and at the wrong station.

Great Moments in Science with Dr. Karl Kruszelnicki

The Wood Wide Web

Dr Karl: What sounds do you hear when you wander through a forest? You might hear the wind whistling through leaves, or birds chirping up in the branches, while the trees themselves stand solitary and silent.

But in reality, when it comes to trees, the opposite is true. Trees talk to each other, they share resources and even look after their smaller offspring. It's only recently been discovered just how closely the lives of trees are intertwined. It turns out that trees, like us, need to be connected, and are very social. And they do so via their very own Wood Wide Web.

But trees don't use words, or emojis, to talk to each other. Instead, they communicate by sending chemicals floating through the air, and filtering through the soil — but those aren't their only pathways. In fact, most of their connections are carried via an organic version of our World Wide Web — an underground network of fine threads. But these threads don't come from the tree, they belong to a completely different group of organisms — fungi.

For a long time, we've known that fungi and trees often have a mutually beneficial symbiotic relationship. Fungi brings in water, and nutrients like phosphorus and nitrogen to nearby trees, and in return, the tree gives carbohydrates to the fungi.

For the majority of people, mushrooms are probably the most recognizable fungi, but there are millions of other species of fungi in all sorts of colours, shapes and sizes. The fungi that make up the Wood Wide Web are in the form of thin threads, called mycelium. These threads do a very similar job to the metal and glass threads that make up our Internet. Twisting through the soil, they create a hidden mesh that links the roots of different plants.

Biologists do of course have a more scientific name for it — they call it the "Common Mycorrhizal Network". One of these biologists is Professor Suzanne Simard from the University of British Columbia, who back in 2007 showed that different species of trees used this underground network of fungi to help each other out.

Professor Simard looked at two species of tree — the Douglas Fir and the Paper Birch.

If a small Fir was growing in the shade of a bigger Birch and not getting enough sunlight, then the Birch tree would send some of its own nutrients to the smaller tree via the underground fungi network. But it's not a one-way transfer. The trees are constantly shifting carbohydrates back and forth, depending on who needs what and when. So in winter, when the Birch has lost its leaves and can't photosynthesise, the Fir (which is an evergreen) might send a carbohydrate care package its way.

Simard showed that the transfer of essential supplies could happen from one species to another, and also within a single species. She found that the bigger older trees would look after and nurture their younger smaller counterparts, all the way from sprout to tree.

Professor Simard said, "These plants are not really individuals...competing for survival of the fittest. They are trying to help each other survive."

And it's not just about food. If one tree is being attacked by insects, it will send out a warning signal to its neighbours. Once alerted to the threat, the other trees start manufacturing and releasing chemicals to fight off those insects — even though they have not yet been attacked. These warning chemicals can travel through the air or soil, but coolest of all, through the underground fungi network.

It has recently been discovered that about 90% of land plants use these thin threads of fungi in the soil to connect with each other. A forest of individual trees turns into "a single organism" by sending and receiving signals through the Wood Wide Web. If only us humans could branch out like that in our own social networks.

So next time you're strolling through the forest, remember that there's a whole lot of whispering going on beneath your feet, and who knows what the trees could be saying about you on the Wood Wide Web.

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

Health & Welfare

Men's Shed – Belmont Private Hospital newsletter excerpt

Adjusting our lives amid COVID-19 can be challenging – social isolation, social distancing and managing day-to-day life, generally, may make it difficult to cope. It's important to look after the mental health and wellbeing of yourself and your loved ones. As Queensland's largest mental health facility, we're here to help with extended, accessible mental health services and support during these uncertain times.

Check out our top tips to managing your mental health during and post COVID-19:

TIP #1 Stay connected

Social distancing doesn't mean losing contact with those you love. Stay connected with family and friends by phone, text, email, social media or video-chat

- Call, text, or video-chat with friends and family
- Share quick and easy recipes
- Start a virtual book or movie club
- Schedule a workout together over video chat
- Join an online group or peer forum.

TIP #2 Seek support

You are not alone. Mental health support is available to help you during these challenging times.

- Activate your support network
- Acknowledge feelings of distress
- Seek professional support early if you're having
- Call us on 1800 700 274 to discuss telehealth or telepsychiatry options

TIP #3 Random acts of kindness

Whenever you feel overwhelmed by difficult feelings, one way to move past this feelings can be to help other people who are in need. Check on a neighbour who lives alone, text a friend who works in a business that's been hit hard by the pandemic, or call an elderly family member to say hello. Practicing kindness and helping others are great ways to reinforce your own feelings and they have the bonus of making you feel empowered and connected.

TIP #4 Maintain a healthy routine

Having a healthy routine can have a positive impact on your thoughts and feelings.

- Focus on the activities you are still able to do
- Read a book or listen to a podcast
- Try a new hobby or skill

TIP #5 Limit news consumption

The situation is changing and developing by the hour which is keeping many of us glued to the news or to social media. However, it's extremely important to find a balance between keeping informed and not becoming overwhelmed. Minimise watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed. Seek information only from trusted sources. Ensure you are keeping up to date with accurate information from credible sources such as the World Health Organisation (WHO) and Australian Government Department of Health.

TIP #6 Keep your perspective

Right now it can be hard for any of us to see the light at the end of the tunnel. Adapting to a 'new normal' can seem daunting but this emergency situation will resolve eventually. Once daily life returns, **we'll emerge from this crisis having gained something of a great value, something that only true challenges can bestow — increased resilience, understanding and empathy.**

Are you or a loved on struggling with your mental health? Belmont Private Hospital is the largest private mental health facility in Queensland, featuring 150 beds with specialised mental health inpatient and day program therapy services. During these times, we understand you might not be able to visit us. At Belmont Private Hospital, we're proud to partner private health providers to provide remote, accessible mental health group therapy programs in response to COVID-19. To access our new, telehealth mental health services from your home over-the-phone or via video conferencing, call us today on 1800 700 274 or ask your GP for a referral.

Belmont
Private Hospital

Address:

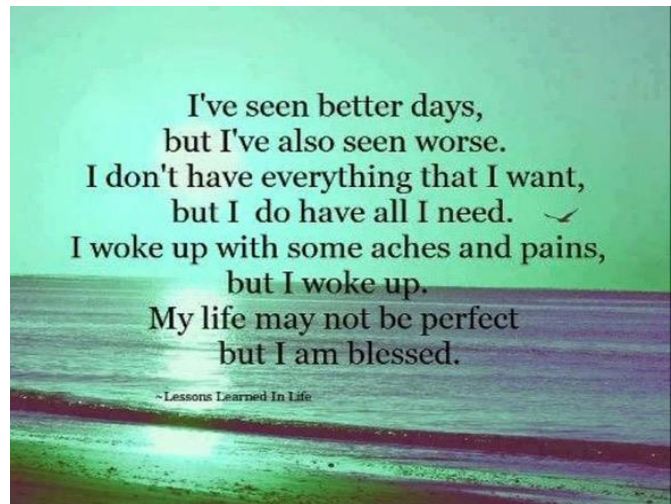
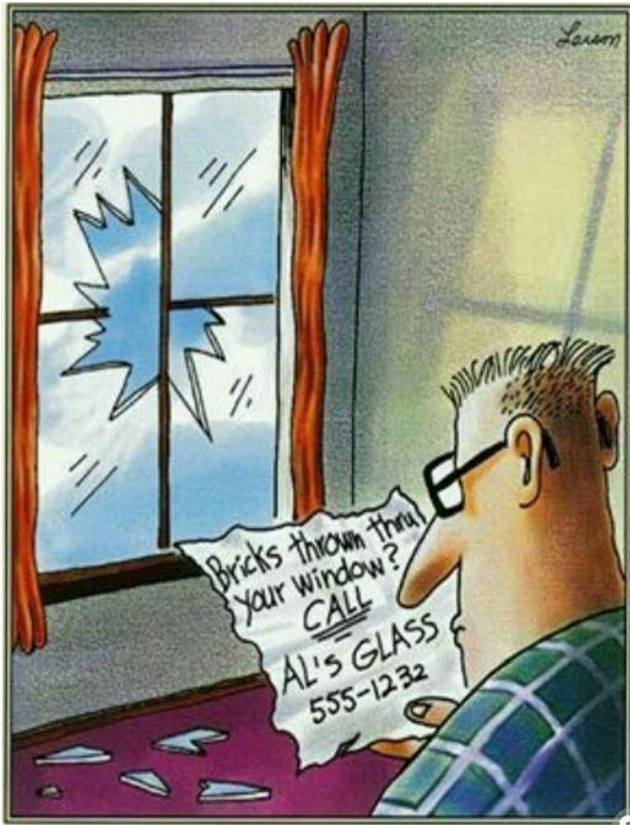
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Puzzles, Jokes & Trivia



It's been a great blessing to be at home with the wife these last few months. We've caught up on everything I've done wrong in the last 20 years.

For More Funny Quotes Visit: www.bizwaremagic.com



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

TRO BLE
TRO BLE
TRO BLE

LATE
LATE

Quiz & puzzle solutions next page

- Trivia Quiz**
1. Which golf course has hosted the most major tournaments?
 2. Who is the Governor-General of Australia?
 3. To the nearest decade how long was J Edgar Hoover the director of the FBI?
 4. Which two cities from neighbouring countries hosted the 1952 Summer & Winter Olympics?
 5. Name three US No 1 hits for the Beatles in which the first word is also the name of the song?

Puzzles, Jokes & Trivia



"I think he asked if you're sure about this diet plan."



"Here you go; a loaner vehicle of equal value to your car till it's repaired."

Trivia Quiz Answers

1. Augusta National (home of the US Masters).
2. General David Hurley.
3. 5 decades (48 years).
4. Helsinki (Finland summer) Oslo (Norway winter)
5. Help!, Yesterday and Something.

Visual Puzzles solutions

**Keeping You Out of Trouble
Too Little, Too Late**