

# NUTS & BOLTS



*'Every man needs a shed'*

Vol 5 | Issue 1 | May 2020

[Covid-19 Edition 2]



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## Message from the Editor

Editor: Ray Peddersen

[cms\\_editor@carinamensshed.org.au](mailto:cms_editor@carinamensshed.org.au)

Thanks to all members of the shed for your continuing emails of funny, beautiful, informative and sometimes just plain weird videos, thanks also for your photos of what we are doing in our home workshops and your stories and photos of your travel adventures.

Special thanks to Colin Gillies for his excellent production of the Carina Men's Shed song.

*Cheerfulness is contagious, but don't wait to catch it from others.*



***"Nostalgia isn't what it used to be."***

Mens Shed Carina Inc.,  
Clem Jones Centre  
56 Zahel Street  
CARINA, QLD, 4152

Ph: 07 3395 0678  
E: [cms\\_admin@carinamensshed.org.au](mailto:cms_admin@carinamensshed.org.au)  
W: [www.carinamensshed.org.au](http://www.carinamensshed.org.au)

Carina Men's Shed valued supporters include:



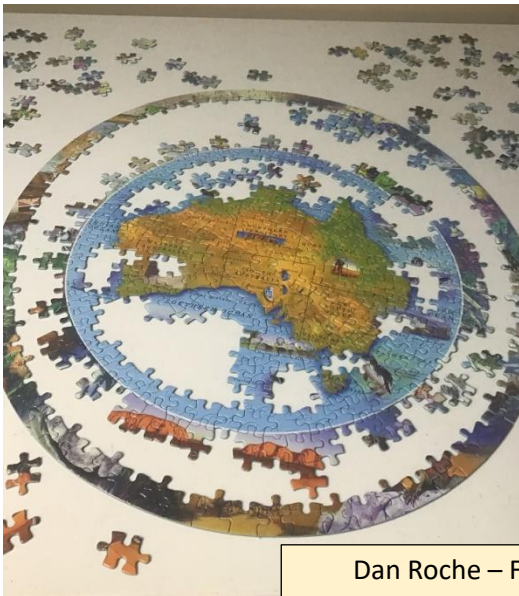
Carina Men's Shed - Working from home



Ray Carter – Belt made for mate



Steve Clarke - for grandson's Truck Fleet



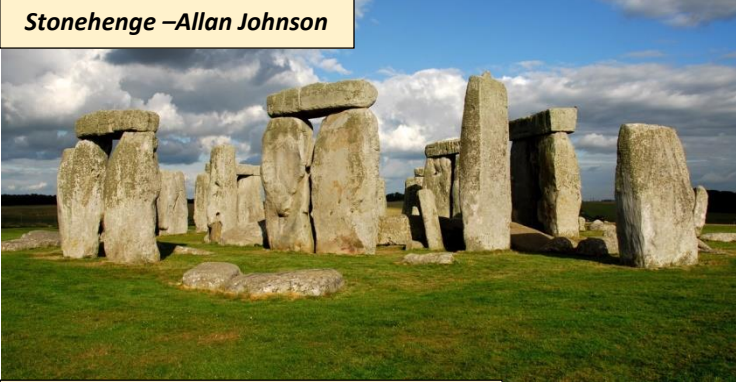
Dan Roche – Finally completes 1000 999 piece puzzle!



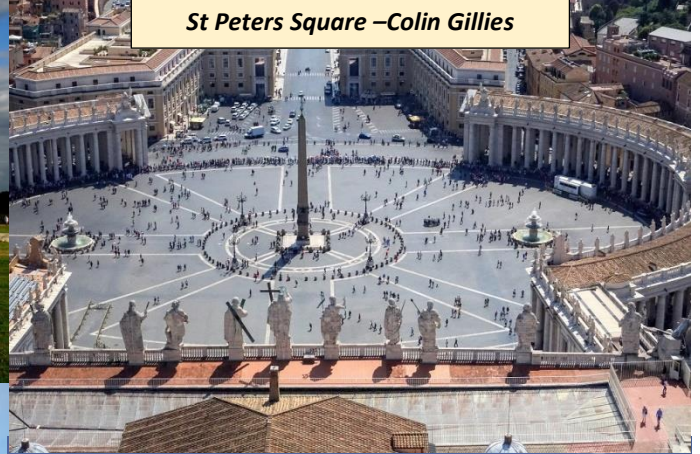
***If you are missing the shed***  
Click on the link below for a virtual visit, as you listen to the Carina Men's Shed Song as written and performed by Corrugated Shedder Colin Gillies, congratulations Colin for this great morale booster.  
<https://youtu.be/09Yja-NgCx8>

*Sorting thru the travel snaps*

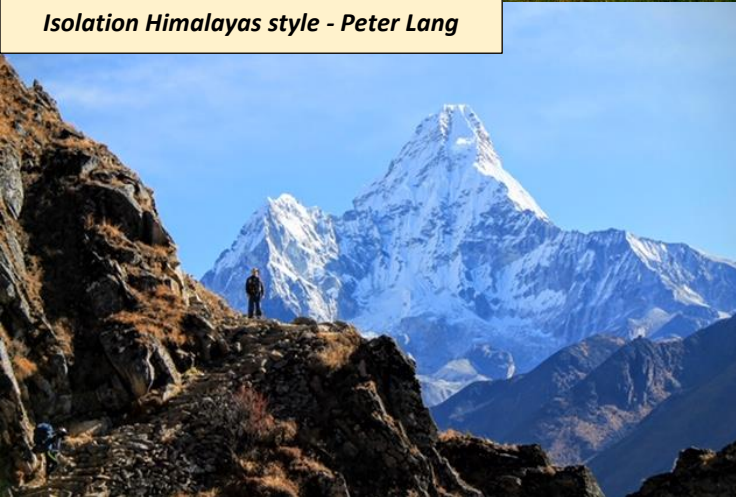
**Stonehenge –Allan Johnson**



**St Peters Square –Colin Gillies**



**Isolation Himalayas style - Peter Lang**



**Hot Air Balloons Cappadocia Turkey – Roger Millar**

**Police Station, Cappadocia Turkey –Bob Ikin**



***Mystery Shed Member***

Who is this shed member aged 19 standing beside his trusty Beetle, about to hit the surf in the icy waters of Bass Strait, at a beach south-east of Adelaide in 1969.

***Answer: Puzzles, Jokes & Trivia Page***

## Replacement of the Dust Extractor System



Members from the Rosewood Mens shed arrived at our shed on Friday 24 April to pick-up the dismantled old dust extractor system and also picked up excess tools and bits & pieces. The pictures taken by Allan Johnson on Wednesday the 6 May show the progress made on the new dust extractor.



### *It's Time for a bit of Perspective*

*It's a mess out there now. Hard to discern between what's a real threat and what is just simple panic and hysteria.  
For a small amount of perspective at this moment, imagine you were born in 1900.*

*On your 14th birthday, World War I starts, and ends on your 18th birthday. 22 million people perish in that war. Later in the year, a Spanish Flu epidemic hits the planet and runs until your 20th birthday. 50 million people die from it in those two years. Yes, 50 million.*

*On your 29th birthday, the Great Depression begins. Unemployment hits 25%, the World GDP drops 27%. That runs until you are 33. The country nearly collapses along with the world economy. When you turn 39, World War II starts. You aren't even over the hill yet. Between your 39th and 45th birthday, 75 million people perish in the war.*

*Smallpox was epidemic until you were in your 40's, as it killed 300 million people during your lifetime. At 50, the Korean War starts. 5 million perish. From your birth, until you are 55 you dealt with the fear of Polio epidemics each summer. You experience friends and family contracting polio and being paralysed and/or die.*

*At 55 the Vietnam War begins and doesn't end for 20 years. 4 million people perish in that conflict. During the Cold War, you lived each day with the fear of nuclear annihilation. On your 62nd birthday you have the Cuban Missile Crisis, a tipping point in the Cold War. Life on our planet, as we know it, almost ended. When you turn 75, the Vietnam War finally ends.*

*Think of everyone on the planet born in 1900. How did they endure all of that? When you were a kid in 1985 and didn't think your 85 year old grandparent understood how hard school was. And how mean that kid in your class was. Yet they survived through everything listed above. Perspective is an amazing art. Refined and enlightening as time goes on. Let's try and keep things in perspective.*

***Your parents and/or grandparents were called to endure all of the above –  
you are called to stay home and sit on your couch.***

Submitted by Allan Johnson

"A Tribute to Man's Best Friend" - from video submitted by Gordon Bowler



*So God Made a Dog*

"And on the 9th-day, God looked down on his wide-eyed children and said, 'They need a companion.'

So, God made a dog.

God said, 'I need somebody willing to wake up give kisses, pee on a tree, sleep all day, wake up again, give more kisses, then stay up until midnight, basking in the glare of a television set

So, God made a dog

God said, 'I need somebody willing to sit, then stay, then roll over. Then with no ego or complaint dress in hats they don't need and costumes they don't understand. I need somebody who can break wind without a first care, without a second thought, who can chase tails, sniff crotches, fetch sticks, and lift spirits with a lick. Somebody who no matter what you didn't do, or couldn't take, or didn't win, or couldn't make, will love you without judgment just the same.'

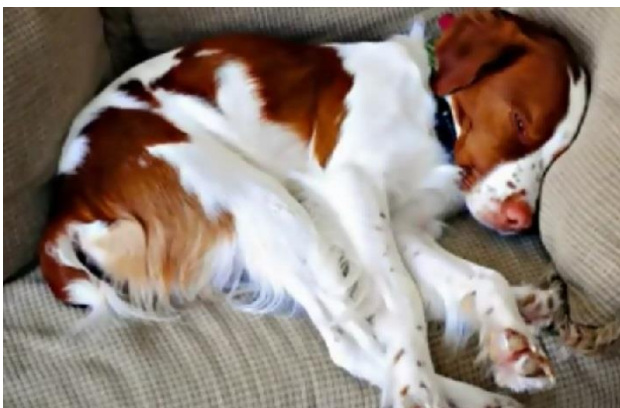
So, God made a dog.

God said, 'I need somebody strong enough to pull sleds and find bombs, yet gentle enough to love babies and lead the blind, somebody who will spend a day on a couch with a resting head and supportive eyes, to lift the spirits of a broken heart.'

So, God mad a dog.

It had to be somebody who remained patient and loyal, even through loneliness. Somebody to care, cuddle, snuggle, and nuzzle, and cheer, and charm, and snore and slobber, and eat the trash and chase the squirrels. Somebody, who would bring a family together with the selflessness of an open heart. Somebody who would bark, and then pant and they reply with the rapid wag of a tail when their best friend says, 'Let's go for a ride in the car.'

So, God made a dog."



**Retired Sargent Major "No names, No pack drill"**

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



### MAINLY SOCKS

Army issue socks are first class. They are made of wool, so they are hard wearing, soak up the sweat well and stand to attention by themselves, without being told, after several weeks in the jungle.

However, many a barracks inspection has gone awry because of socks, that is, army socks need to be placed in a locker in a regimental manner or a soldier will wear the wrath of the inspecting officer. Most inspecting officers carry a "swagger stick" which can flick socks a great distance out of the locker if they are not placed in a regimental manner.

***So serious is the socks situation that I used to spend Saturday, nights just sorting out my socks rather than going to town with the lads for a few beers.***

As a single soldier you can manage your socks very well but once you get married your socks system goes out the window. You put a pair of socks out for washing and sometimes only one sock comes back and the missing sock may never come back. So this is where the paperwork begins. The soldier fills out a loss and damage report which goes to his commanding officer who then orders "soldier to pay". The soldier goes to the quartermaster and gets a new pair of socks which he takes home and puts out to wash. You can see where this is heading.

Yes, socks are important but when I joined the army I was issued with a pair of long johns (***complete with trap door***). My first posting after initial training was to Queensland so I used the long johns to polish the car.

Talking about Queensland, I remember whilst serving in north Queensland the transport officer requisitioned for some items for the land rover fleet. The army had an "in lieu" system at the time which meant you would get another item if the requisitioned item could not be provided. The army sent him some snow chains.

That's all for now.

Roger, wilco, out.

***"no names, no pack drill"***

## The Onsen Experience submitted by Freddie Butler

**The Onsen Experience –Hot Stuff**

You haven't lived sumptuously, or sampled the delights of Japan, if you haven't done the ONSEN experience.

A recent holiday travel promotion mentioned an ONSEN. Having lived in Japan for many years, I know of, and have participated in, this cultural activity. As with many things in the Japanese culture, this activity has a very long history. My experience was of a somewhat shorter period 1970's to 1990's, and in that time I never failed to accept a chance to luxuriate in the ONSEN experience. It was always money well spent in my opinion.

As with many things in Japanese culture, changes are made to keep up with changing lifestyles. But the ONSEN is not one of them. The Onsen behavior pattern has records dating back some two thousand years. It would therefore be interesting to understand this activity, and it's modern place in 2020.

These days an ONSEN is a special type of resort / hotel, not shy to charge as much as the market would bear. There being little difference between Summer or Winter tariffs. Such places are usually situated in a valley in a mountainous and /or volcanic location. On the ground floor of the building is a very large bath of various shapes (with room for 50 or more bathers) filled with hot (about 40<sup>o</sup> C) mineral water, sourced from underground springs. The mineral water is **claimed** to have curative properties, but **it will** certainly relax the stressed and tired body.



*Tsurunoyo Onsen*

The bathing procedure is always surprising to non-Japanese people. First pay at the entrance lobby a not insignificant number of Yen. However, the saving grace is that you can stay in the bathroom for several hours. Proceed to the changing room, remove all clothing and stow it in your assigned and lockable cupboard. You will be given a large towel and small modesty cloth, and then move into the large often cavernous bathroom.

Now this is an experience that will be remembered. There you are, Lilly White covering your modesty with this minuscule piece of cloth, and being looked at by numerous men already in the bath! Probably the only foreigner in the place, and therefore an object of interest. Around the bathroom walls will be many mirrors, showers and shower stools, and an array of soaps and shampoos and shaving gear. All of which must be used before even thinking of getting into the bath.

NEVER ever enter the bath without first giving yourself a thorough scrubbing, and always ensure that you enter the bath cleansed of soap suds.

NEVER attempt to jump or dive into the hot water, because (a) there are steps into the pool and etiquette demands they are always used, and (b) the water level is never higher than waist deep on a short man.

Once in the bath walk around very slowly, choose a spot and gently sit down. The water level will come up to your armpits. It is the ultimate in bad manners to splash another bather. There are numerous elderly gentlemen who will vigorously point out your errant ignorance. It is most disconcerting when some can do so in excellent English!

A bather can stay in the bath for as long as he likes. It is normal to stay in the water for about 10 - 15 minutes, climb out, have a cool down on stools or seats, and then go into the bath again. Most people in my experience manage two or three such brief periods, before they finish. And it is not unusual to have another shower before you get dressed and depart.

There is also a similar experience named ROTENBURO, and this is an ONSEN open to the wind and snow, where your lower half is rosy pink and your upper half is cold and you have a runny nose ! It is an interesting experience for you, for the bottom half to be very hot, and the head and shoulders getting rained or snowed upon.

In my experience lots of people do their ONSEN thing in the afternoon or evening, following a day of roaming / lazing around the locality, followed by an excellent dinner and more than usual drinking. The day ends by retiring for the night, thoroughly cleansed and fully replete, and at peace with the world and the family.

In modern housing it is often the case of having an OFURO in the bathroom, usually of a square design. It uses tap water, and is again temperature controlled quite hot water. Mothers are known to scream at their offspring, "for #@\* sake", get out of the bathroom.

Up until the middle 1960's there were district community baths named OSENTO, where for a very modest fee anybody living in the district could take a bath. The growth of wealth and housing, have brought about the demise of the public OSENTO.

I have often seen and heard local families clattering and chatting on the way to or from the OSENTO. And, whether summer or winter weather, going to or from the OSENTO was in dressing gown and open toed wooden clogs.

**You haven't lived, or seen Japan, if you haven't done the ONSEN .**



*Kuurokawa Onsen, Kyoshu*



## Great Moments in Science with Dr. Karl Kruszelnicki

**Spider Intelligence**

**G'day, Dr Karl here** and even though I'm an arachnophobe, I can definitely appreciate how incredible spiders are. If it wasn't for our little friends with eight legs, we would have no agriculture. That's right - according to the evolutionary biologist, Miquel Arnedo, from the University of Barcelona, we humans would have no food crops without spiders because "... insects would eat them all". So, spiders have a reflex to eat, and we humans accidentally benefit. But recent research shows that spiders are more than just a bundle of reflexes. They can plan for the future, they make and use tools, and -- amazingly - they can count. And unfortunately, most of us respond to spiders with our own reflex - by trying to kill them.

Even so, spiders are very successful. There are more than 48,000 different species of spiders, and on average, there are about 130 spiders on each square metre of dry land. Now spiders have been around for a very long time. They have been making silk for almost 400 million years. This silk comes out of specific organs on the body called spinnerets. Silk is a good starting point to appreciate just how smart a spider really is. Spiders can make a web that is incredibly efficient in terms of filling the space, avoiding obstacles and catching food and yet most spiders are almost completely blind. So how do they map out the space they need to fill with their web?

Well many spiders start their web by throwing out a horizontal line across the gap, and then they map out the space for their web by descending and ascending from many locations on this horizontal line. This is surprising, because until recently, we thought that only birds and mammals could mentally represent a space, and make what is technically called a "cognitive map". Nope, arachnids are in this mental map-making club as well and it also seems that spiders can think ahead.

They will alter the size and shape of their web, for example, if they are running low on silk, or if the temperature drops. And based on past experience, they will adjust the tension and stickiness of specific strands in the web, and even lay down extra strands if something big broke through the web last time. So the web is not something that is simply built automatically, by primitive reflexes, in the same way every time, but rather, a web is continually being changed and improved. This is amazing behaviour, especially when you consider how small the brain of some spiders really is! Some orb weaver spiders weigh less than one thousandth of a gram, and the brain is a tiny fraction of that.

One Jumping Spider in the genus *Portia* can do amazing stuff with its brain. Now these spiders are small -- usually less than one centimetre long. And they don't wait around in webs to catch food. They are "attack spiders" -- they attack and eat other spiders -- up to twice their size! Like microscopic cats, they silently roam the landscape, looking for something to eat -- so unlike other spiders, they have great eyesight and they couple that eyesight with some impressive memory and counting skills.

In one remarkable study, scientists put a single *Portia* spider on a tower on a tiny island in a tiny lake, (ok ... a puddle!) surrounded by dry land. Now *Portia* spiders hate getting wet. So the experimenters put two floating pathways across the lake. And outside the lake, on dry land, they put another spider for the *Portia* to eat on another tower. But (and here's a bit of clever design) when the *Portia* went down its tower, it lost sight of its potential dinner. So it had to use its memory.

**First experiment-** One floating pathway led to dinner, while the other did not. The *Portia* could see this from its tower. And after it had climbed down its tower, it always remembered which was pathway led to dinner. Yup, the *Portia* remembered its mind map.

**Second experiment-** This time, both floating pathways led to dinner, but one was shorter. And, yep, *Portia* chose the shorter pathway. Again, *Portia* could remember the map.

**Third experiment-** and this is to do with "counting". Now this experiment relies on something well-known to psychologists: a sudden pause in activity is an indicator of "confusion" or "surprise". So, getting back to our *Portia* spider, up on its tower, it sees a few spiders waiting to be eaten over on the other tower. So it comes down from its tower, crosses the water, arrives at dinner -- BUT in the meantime, the experimenters have changed the number of spiders waiting to be eaten. There might be more, or there might be fewer -- but the point is, the number is different. And get this: the *Portia* spider suddenly pauses. It expected a certain number, but didn't find them. Yes, this really suggests that spiders can count.

So if you ever see a spider and have a reflex urge to thwack it -- try and resist. As well as protecting our crops and being artisanal builders, it probably knows where you live ...

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

## Health & Welfare

This is advice given to hospital staff. Explains the virus and how to prevent the virus. Please share with family, friends and work colleagues. Internal email for RBH (Royal Brisbane Hospital) staff:

### **Virus Detection:**

The simplest way to distinguish Coronavirus from a Common Cold is that the COVID-19 infection does not cause a cold nose or cough with cold, but it does create a dry and rough cough. The virus is typically first installed in the throat causing inflammation and a feeling of dryness. This symptom can last between 3 and 4 days.

The virus typically then travels through the moisture present in the airways, goes down to the trachea and installs in the lungs, causing pneumonia that lasts about 5 or 6 days. Pneumonia manifests with a high fever and difficulty breathing. The Common Cold is not accompanied, but there may be a choking sensation. In this case, the doctor should be called immediately.

Experts suggest doing this simple verification every morning: Breathe in deeply and hold your breath for 10 seconds. If this can be done without coughing, without difficulty, this shows that there is no fibrosis in the lungs, indicating the absence of infection. It is recommended to do this control every morning to help detect infection.

### **Prevention:**

The virus hates heat and dies if it is exposed to temperatures greater than 80°F (27°C). Therefore hot drinks such as infusions, broths or simply hot water should be consumed abundantly during the day. These hot liquids kill the virus and are easy to ingest. Avoid drinking ice water or drinks with ice cubes.

Ensure that your mouth and throat are always wet, never DRY. You should drink a sip of water at least every 15 minutes. WHY? Even when the virus enters water or other liquids through the mouth, it will be flushed through the oesophagus directly into the stomach where gastric acids destroy the virus. If there is not enough water, the virus can pass into the trachea and from there to the lungs, where it is very dangerous.

For those who can, sunbathe. The Sun's UV rays kill the virus and the vitamin D is good for you.

The Coronavirus has a large size (diameter of 400-500 nanometres) so face masks can stop it, no special face masks are needed in daily life.

If an infected person sneezes near us, stay 10 feet (3.3 meters) away to allow the virus fall to the ground and prevent it from falling on you.

When the virus is on hard surfaces, it survives about 12 hours, therefore when hard surfaces such as doors, appliances, railings, etc. are touched, hands should be washed thoroughly and/or disinfected with alcoholic gel.

The virus can live nested in clothes and tissues between 6 and 12 hours. Common detergents can kill it. Things that cannot be washed should be exposed to the Sun and the virus will die.

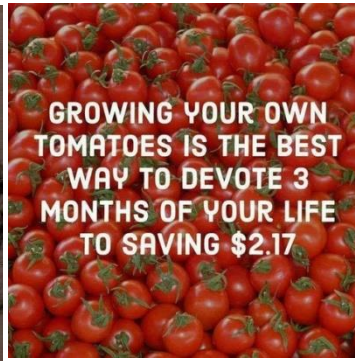
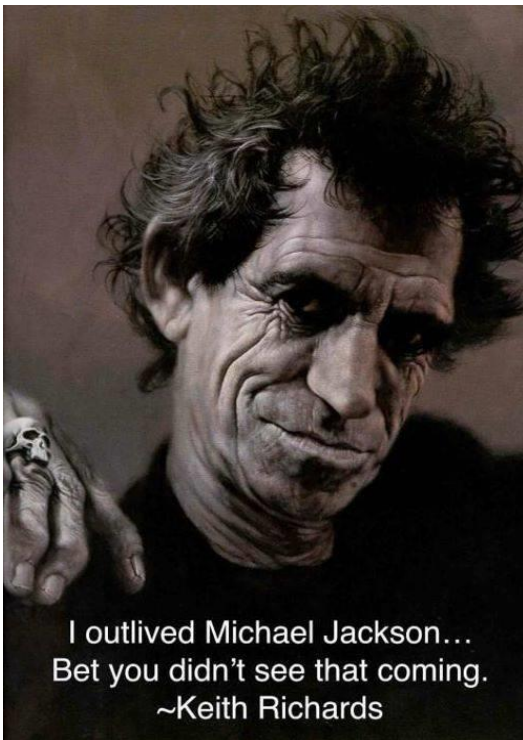
The transmission of the virus usually occurs by direct infection, touching fabrics, tissues or materials on which the virus is present. Washing your hands is essential.

The virus survives on our hands for only about 10 minutes. In that time many things can happen, rubbing the eyes, touching the nose or lips. This allows the virus to enter your throat. Therefore, for your good and the good of all, wash your hands very often and disinfect them.

You can gargle with disinfectant solutions (i.e. Listerine or Hydrogen Peroxide) that eliminate or minimize the amount of virus that can enter the throat. Doing so removes the virus before it goes down to the trachea and then to the lungs.

Disinfect things touched often: cellphone, keyboard, mouse, car steering wheel, door handles, etc

## Puzzles, Jokes & Trivia



### A Day at the Races

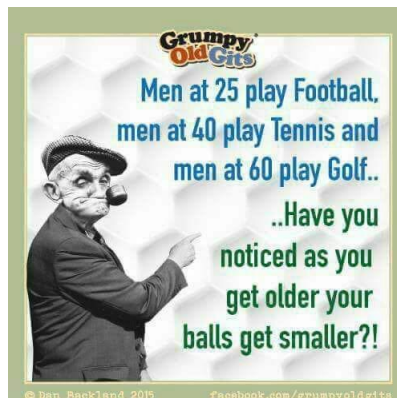
Two female teachers took a group of students from grades 1, 2 and 3 for a field trip to Flemington Racecourse. When it was time to take the children to the 'bathroom', it was decided that the girls would go with one teacher and the boys would go with the other.

The teacher assigned to the boys was waiting outside the men's toilet when one of the boys came out and told her that none of them could reach the urinal. Having no choice, she went inside, helped the little boys with their pants and began hoisting them up one by one, holding on to their 'wee-wees' to direct the flow away from their clothes and shake them dry.

As she lifted one boy up, she couldn't help but notice that he was unusually well endowed. Trying not to show that she was staring at his equipment the teacher said, 'You must be in Grade 3?' "No ma'am", he replied.

'I'm riding Black Caviar in the next race, but I really appreciate your help.'

*Submitted by Graham Ward*



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



### Trivia Quiz

1. Litchfield National Park is in which Australian state or territory?
2. What is the name of Australia's tallest single-drop water fall?
3. The town of Horse Shoe Bay is located on which Queensland Island?
4. In July 2018 which Queensland town unveiled the 10 metre-high Big Thermometer?
5. What is the gemstone emblem of Queensland?

**Quiz & puzzle solutions next page**

## Puzzles, Jokes & Trivia



1969

*Mystery Shed Member*  
 Congratulations if you were able to recognize the 19 year old John Tihverainen ready to hit the surf in South Australia.

Mahatma Gandhi walked barefoot most of the time, which produced impressive callouses on his feet.  
 He ate very little, which made him rather frail and because of his odd diet, he suffered from really bad breath. This made him:-  
**“A super-calloused, fragile, mystic, hexed by halitosis”**  
 Submitted by Freddie Butler with apologies to Marry Poppins



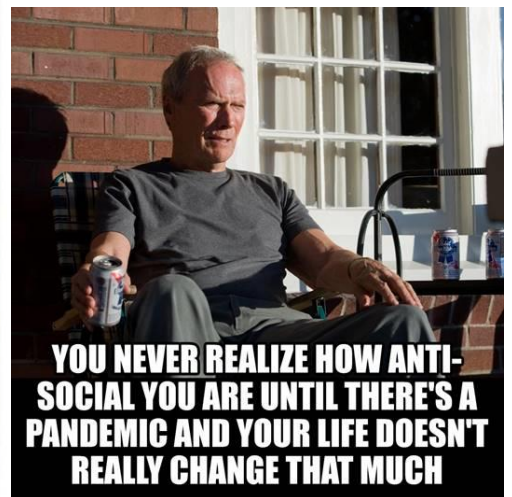
Working from home, but missing the train trips.



2020



“The 6 feet of safe distance makes things tougher for all of us.”



- Trivia Quiz Answers**
1. Northern Territory.
  2. Wallaman Falls, Queensland.
  3. Magnetic Island.
  4. Stanthorpe.
  5. The Sapphire.

Visual Puzzles solutions  
**Monkey on your back**  
**Doctor Dolittle**