

NUTS & BOLTS



*'Every man needs
a shed'*



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***"NUTS & BOLTS" IS A LIFE MEMBER OF THE "NO BULLSHIT ASSOCIATION"**

Message from the Editor

Editor: Bob Ikin

Another AGM done and dusted!! Congratulations to the new (or renewed) Executive and Management Committees and a big Shed thank you to retiring members; particularly Brian O'Rourke who has put in a lot of work over the past couple of years.

To paraphrase our Prime Minister, "it is an exciting time to be a member of Carina Men's Shed." I recall my first Mens Shed Carina AGM in 2011 and there were 8 members present and look at us now. Lots of interesting stuff in this edition; Tiger Tim is back and I have started a new column called "Trains, Boats, Planes and Trams".

The next edition will be hitting the newsstands late November, early December.

ENJOY!!

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MEMBER NEWS

Vale Peter Woods

Members were saddened to hear of the passing of Peter Woods on the 24th August 16.

Our thoughts are with Peter's family at this time.

Rest in peace Peter.

Carina Men's Shed AGM

15 August 2016

Another year, another AGM.

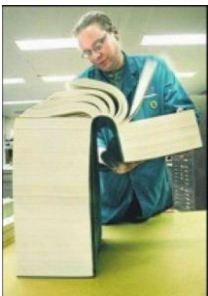
Congratulations to all members who volunteered to work on the Executive and management committees.

If you want to know who has been elected there is a list on the notice board adjacent to the shed office.

President Dennis Beck delivers his report



BREAKING NEWS | THE NEW MEN'S SHED MANUAL HAS BEEN RELEASED



I think I will wait for the paperback version!!

BCC Waste Management - Deana Nichols

4 July 2016

Deana gave the members an excellent presentation on BCC's approach to waste and how they manage it.

Did you know?

- Of the 7% of resources that become a product, 80% are used only once before becoming waste.
- 93% of resources are consumed before becoming saleable products.
- 99% of all products become waste within 6 weeks of sale.
- Australians are among the highest producers of waste, per person in the world. The average amount of waste generated per person in Australia in 2010 was 2.1kgs daily.
- After the Brisbane floods more than 400,000 tonnes of waste was sent to landfill - more than than the equivalent of one year's worth of waste.

MORNINGSIDE FESTIVAL – 31 JULY 2016



What a great day! We had lots of interest in our stall and we handed out many brochures. We made a few dollars too. Thanks must go to the members who participated, in particular Chris Davidson who organised the day.

BRIDGE TO BRISBANE – 28 AUGUST 2016



Chick Magnets!



"Patched" members congregating in a public place

Great weather, great challenge and a fun event.

Fourteen of our members participated in this year's B2B and raised money for the shed along the way.

Well done lads!

GREEN HEART FAIR – 11 September 2016

Similar to the Morningside Festival the Green Heart Fair was a great success for our shed.

Thank you to all who volunteered on this great day.

Apparently, they enjoyed themselves too!

Where there is a WILL THERE'S A WAY - Geoffrey Cameron Public Trustees

19 September 2016



Geoffrey Cameron gave a very interesting talk on wills, enduring power of attorney and the role of the Public Trustees department.

The shed members appreciated the information very much.

Thank you Geoffrey.

The Shed Singers Sing for Di Farmer



26 September 2016

The dulcet tones of the Shed Singers rang out on the 26th September. Great shed supporter Di Farmer was very impressed with the standard of singing - *even if she wasn't she was too polite to say so.*

Thanks Di - good to see you.

You can take the "boy out of the plaster but you can't take the plaster out of the boy"

Jim lends a hand to the glass blokes.



System Reform - Ageing Well for Seniors Reform *(article provided by Mal Weier)*

I attended this on behalf of Queensland Men's Sheds.

It was quite enlightening and I had great opportunity to inform the group of the fantastic work in which Men's Sheds are involved and the great benefits to the Mental, Physical and Social Health and Wellbeing of our members and the wider community.

The stimuli for this forum was the survey on older people that many of our members completed some months ago. It obviously had some influence and will continue to do so into the future.

"System Reform - Ageing well for Seniors Week

Older people make a valuable and often underestimated contribution to the community and economy. It is during this life stage however that community attitudes and expectations play a significant influence on the mental health and wellbeing of older people.

We held the first Age Well Working Group meeting last week – bringing both government and non-government partners together to support implementation of the Early Action Plan by focusing on the mental health and wellbeing needs of older people in Queensland.

The Working Group discussed:

- Strategic priorities of the Queensland Government with implications for how we support the mental health and wellbeing of older Queenslanders
- Clinical perspectives on the mental health and wellbeing of older Queenslanders
- Building the evidence base for supporting healthy ageing
- What we are doing well and what we could do better."



Men's Sheds meet Mates4Mates

26th September 16

Kevin Searle and Mal Weier visited Mates4Mates at Milton for the Monday night bbq and get together.

Kevin spoke about both the RSL and Carina Men's Shed and Mal gave a talk on men's sheds in general.

Kevin and Mal report that they were impressed with the facilities and the veterans who attended their talks.

Drawing and Art Interest Group

This interest group continues to go "gang busters."

David continues to get talented artists to visit our shed and provide inspiration for our members.

The latest visit was from Neil Herbert, a watercolour artist on the 14th September 16.

His theme was "How to make painting with water colour easy and fun."

From all reports his visit was a great success.

Thanks Neil.



MOVEMBER 2016

Bob Ikin, David Spillane, Graham Ward, Harry Davis, Brian O'Connor, Allan Johnston and Kevin Searle have put their names down for the first Carina Men's Shed moustache/beard growing fund raising effort.

Please see Bob Ikin if you want to join the "**MO BROS**".

THE TIGER'S ROAR

by Tiger Tim



I am retired, It's a Tuesday, I can relax and enjoy my morning coffee, the kids are working in Melbourne, the grandchildren are at school or at child care, the lawn doesn't need mowing, time to enjoy the peace and quiet, then the phone rings, so answered it.

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THE TIGER'S ROAR

by Tiger Tim



Continued

It was our son and his first words are “we have a crisis,” my brain immediately runs through a multitude of horrible possibilities but before it finishes our son continues, “Mr. Stripes is missing presumed lost”.

Who the hell is Mr. Stripes is my immediate thought? He must be important and I don't know who he is, I panic, clearly I should know who he is, what do I say? So I utter the best response I could manage after an unconvincing gasp, “What happened?”

Our son explains at length: “We were out shopping and Oliver must of threw Mr. Stripes out of his pram and we have retraced our steps many times and we can't find Mr. Stripes and Oliver will not go to sleep or go to day care unless he has Mr. Stripes and you have to get him another Mr. Stripes because you gave him Mr. Stripes.”

Instant relief, I can stand down. Mr. Stripes is the soft toy we bought for Oliver when he was born 18 months ago. My relief was quickly followed by a hint of confusion. We have to buy another Mr. Stripes? Our son's reasoning was plausible but lacked some logic. In summary, we bought Mr. Stripes, he is lost, so we have to buy another one, the crisis is our crisis, and we must deal with it now!

Action stations. Mr. Stripes was purchased from an Indooroopilly gift shop and a quick telephone inquiry confirmed that they no longer stock soft toys so the hunt was on at our local shops for a Mr. Stripes look alike. After a frantic search we found a blue striped monkey. The stripes were the right colour but Mr. Stripes was a bunny not a monkey and he had longer legs.

The shop assistant was a mother so she fully understood the urgent need to locate a suitable replacement. A quick phone call to our son in Melbourne with a verbal description of what we found resulted in a maybe? Can we send a photo of the striped monkey? This task involved everyone in the shop, shoppers and the shop assistants; they all became involved in the complexities of taking a photo with an iPhone and sending a text. The wait for a response was agonizing long so the understanding shop assistant suggested a coffee break.

While enjoying our coffee we received a response. Our daughter in law had to be consulted so we must send the photo to her as well, more waiting and a second cup of coffee. Then we had our second response. The monkey with the blue stripes and short legs will have to do and if rejected by master Oliver we will have to try again.

With much relief and some joy we returned to the shop frantically waving our credit card. What luck the post office was in the same street so with the right packing and a stout postal box Mr. Stripes the monkey was off to Melbourne by express post as a replacement for Mr. Stripes the bunny.

What a relief, what a day, that night it was the perfect time to open that single malt that the kids gave us for Christmas.

Ah retirement? As a wise man once said when explaining the meaning of life, there is this thing and then there is the next thing.

PS Mr. Stripes the monkey arrived safely. Master Oliver was unconvinced but curious. It seems Mr. Stripes the monkey with the short legs has been accepted but it will never be as good as Mr. Stripes the bunny with long legs.

TRAINS, BOATS, PLANES & TRAMS *(article provided by Bob Ikin)*

Trams in Brisbane

In 1883 the Metropolitan Tramway & Investment Company Limited was formed and immediately placed a proposal before the Municipal Council for a tramway of some considerable length. The proposed route went from the fiveways intersection at Woolloongabba back towards the city via Stanley Street, where it terminated at the southern end of the Victoria Bridge.

From the northern bank of the river the line would run along Queen Street to Centenary Place then into Wickham Street, through Fortitude Valley and on to Breakfast Creek Bridge.

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TRAINS, BOATS, PLANES & TRAMS

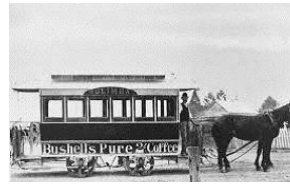
(article provided by Bob Ikin)

Trams in Brisbane - Continued

Two lines would branch from this main route, one running to the suburb of New Farm and the other to the Exhibition Building at the corner of Bowen Bridge Road and Gregory Terrace.

In February 1884 the Council accepted the company's plan and very soon construction began in earnest. The official opening of the first route took place on 10 August 1885 with the usual ceremonies and a trip by an official tramcar from the Victoria Bridge to the Exhibition Building and from there to Breakfast Creek.

The initial fleet of eighteen horse drawn cars supplied by the Brill company and the Stephenson company, both of the USA, featured both single deck and double deck cars, the latter being open topped.



HEALTH & WELLBEING CORNER

Five Things to Know About Your Prostate

1. What it is

The prostate is a small but important gland (organ) in the male reproductive system. The main role of the prostate is to make fluid that protects and feeds sperm.

The prostate makes about one third of the fluid that is ejaculated (released) from the penis at orgasm (sexual climax).

2. It gets bigger as you get older

"BPH" or Benign Prostatic Hyperplasia is the non-cancerous enlargement of the prostate. The male sex hormone testosterone makes the prostate grow in size.

As men get older, the prostate grows larger. At puberty, testosterone levels in boys start to increase and the prostate grows to about eight times its size. It continues to grow, doubling in size between the ages of 21 and 50 years, and almost doubles again in size between the ages of 50 and 80 years.

The reasons for this ongoing growth are not fully understood. BPH is the most common prostate disease. Having BPH does not increase the chance of getting prostate cancer. However, it is possible for men who have had treatment for BPH to still get prostate cancer.

3. It can interfere with urination

Men who have symptoms of BPH usually find that there are noticeable changes to their urination because BPH affects the part of the prostate that surrounds the top part of the urinary tracts. "LUTS" or Lower Urinary Tract Symptoms is a common term used to describe a range of urinary symptoms.

LUTS in men is most often caused by BPH, but it is not the only reason.

4. It can get inflamed

Prostatitis is inflammation of the prostate gland, which means the prostate can feel sore and irritated. Prostatitis can be caused by a bacterial or non-bacterial infection, and it can be very painful and have a major effect on quality of life.

5. It can get cancer

Prostate cancer is a problem where cells within the prostate grow and divide abnormally so that a tumour forms. Prostate cancer cells often grow very slowly and may not cause any problems or symptoms, or become life threatening.

However, less commonly, the cancer cells grow more quickly and may spread to other parts of the body. It is not known why cancers grow at different rates and why some tumours spread to other parts of the body.

Prostate cancer is diagnosed mainly in men over the age of 50 years.

Remember:

1. Prostate diseases, including prostate cancer, can usually be treated.
2. If you have any concerns, see your doctor.

More Information Andrology Australia fact sheets:

www.andrologyaustralia.org/prostate-problems/

Video "What is the prostate?" with Dr Jeremy Grummet:

www.youtube.com/watch?v=II4TSXGKR-o

Article sourced by Kevin Searle from Andrology Australia

PUZZLES, JOKES & TRIVIA

Believe it or Not

The SAS Survival Handbook has the following interesting tip on termites:

Termites are nutritious and tasty. Flying termites and flying ants, often take wing during thundery weather.

Remove the wings from large termites before eating.

They can be boiled, fried or roasted but are more nutritious eaten raw.

Their eggs have good food value too.

Quotes of the Month

“Never trust a special effects man with an eye patch.”

“Never trust a skinny cook.”

“Two dangers constantly threaten the world - order and disorder.”

“Marriage is a wonderful institution; but who wants to live in an institution?”

Does This Apply to You?

As I was lying around, pondering the problems of the world.

I realized that at my age I don't really give a rat's arse anymore.

If walking is good for your health, the postman would be immortal.

A whale swims all day, only eats fish, drinks water, but is still fat.

A rabbit runs and hops and only lives 15 years, while a tortoise doesn't run and does mostly nothing, yet it lives for 150 years.

And you tell me to exercise?? I don't think so.

Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do, and the eyesight to tell the difference.

Now that I'm older here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, then where the heck is it?
7. It was a whole lot easier to get older, than to get wiser.
8. Some days, you're the top dog; some days you're the lamp post.
9. I wish the buck really did stop here; I sure could use a few of them.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The world only beats a path to your door when you're in the bathroom.
14. If God wanted me to touch my toes, he'd have put them on my knees.
15. When I'm finally holding all the right cards, everyone wants to play chess.
16. Its not hard to meet expenses . . . they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter . . . I go somewhere to get something, and then wonder what I'm "here after".
19. Funny, I don't remember being absent-minded.

Some Fishing Stories

(provided by Noel Hohenhaus and Like All Fishing Stories They Are True!!)

1. Some years ago my brother Barry and myself were fishing off the sand hills at Moreton Island. Fishing for whiting we had caught quite a few. I was fishing with two rods, one being my favourite rod and reel made by myself. The reel was made of silky oak and a prized reel.

I had the line baited and cast, with the rod resting on the back board, while I was baiting up my other rod. Unexpectedly some type of fish took the bait and headed off. Rod and all went into the sea. We dragged for it for about fifteen minutes but to no avail. I was angry, no fish, no rod.

2. About ten years ago I was fishing with my daughter in the Coomera River at Hope Island. We had caught some nice bream and we decided we would move to another spot. I picked the spot near some mangroves, anchored and we began to bait up. This day I took with me my wife's rod as a second.

Would you know I was baiting up my second rod when my wife's rod went overboard also. Will never know what type of fish it was. Maybe a stingray or a large flathead. Two rods lost. I was not popular when I told my wife what had happened. It cost me a new rod and reel for her.

3. Again my brother Barry was fishing with his late father at night on the Broadwater at Southport. He had cast his line and having failed to hook the fish after the bite, he started to wind in the line when the line snagged onto something. But he was able to keep bringing it in.

When it had reached the boat, with the aid of a torch he saw it was a rod and reel (no, not mine). As the line was still attached he wound it in and would you know the fish was still hooked to the line. An extra fish and rod and reel for a nights fishing.

**"NUTS & BOLTS" IS VERY HAPPY TO PUBLISH FISHING STORIES IN THE FUTURE BUT THEY MUST BE FACTUAL.*