

# NUTS & BOLTS



*'Every man needs a shed'*

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[Covid-19 Edition 6]



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## Message from the Editor

Editor: [Ray Peddersen](#)

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Our first Bunnings BBQ since February and the return of guest speakers to the shed is a reassuring sign that our shed is again able to engage with and contribute to the local community.

After eight months of being confined to barracks the Corrugated Sheddars are taking their show "on the road again" with two gigs in the last week with requests for return bookings.

*"Repatee is something we think of twenty-four hours too late." - Mark Twain*



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Carina Men's Shed valued supporters include:



Member's News



**Lisa Atwood Visit**  
*Wednesday 09 September*

Lisa Atwood, BCC councillor for the Dobby ward visited the shed providing a delicious morning tea of cakes and treats. After a tour of the shed she congratulated our implementation of a covid safe work place.



**RU'OK? Day**  
*Thursday 10 September*

Dr Peter Kennedy and Susan Bayne-Jardine from the Belmont Private Hospital visited the shed reminding us the importance of looking out for each other.

1. Ask are RU OK?
2. Listen with an open mind.
3. Encourage action.
4. Check in regularly.



**Bunnings BBQ Saturday 19<sup>th</sup> September 2020**

This was our first Bunnings BBQ since February and an introduction to the new covid operating procedures.

Many thanks to Di Farmer for posting a photo on her Facebook page encouraging support for the Carina Men's Shed Bunnings sausage sizzle.

Many thanks to the members who volunteered for weekend sausage sizzle and raised over **\$1000** for our shed.

**Morning Session Crew:** Tom Kenny, Klaus Binder, Ken Casey, David Bastian and Garry Potter.

**Afternoon Session Crew:** Ian McCue, Ken Gillard, Bob Head, Adrian McDonnell and David Clarkson.

Paul Gardiner and Roger Appleby.



*Vale Alex Hibberd 13/05/1959-12/10/2020*



Member's News



Visit to Wynnum Men's Shed.  
*Monday 21 September*

Ray, as our shed was closed for the week Bill Mackenzie, Peter Carter and myself visited the Wynnum Shed.

We were made very welcome and given a comprehensive tour of the Shed. We were impressed with the amount of equipment that they have, a lot of which was being used while we were there. Current projects were a boat and a steam train. We were invited for lunch but unable to partake as we had other appointments.

Note and photos, Allan Johnson





Member's News



*October Birthday Boys*

Norm Pledger and Brian O'Connor both celebrated important dates in October. Norm turned 94 years young and Brian 74 years young.



*Corrugated Shedders are "On the Road Again..."*

After eight months of being confined to barracks the Corrugated Shedders are taking their show on the road again.

Pictures are from Belmont Hospital Community BBQ on Wednesday 21 October. Rain forced the band inside.

The Shedders performed at Carina Seniors on Friday 23 October, both venues have requested return visits.





### From the Nuts & Bolts Archive

The text and photos on this page are from Nuts & Bolts Volume 1 Issue 1 (April 2012). The first issue of Nuts & Bolts reflected on the tremendous progress made in the six months after moving into the new shed building at the Clem Jones Centre, in October 2011.

#### Official Opening a Great Success!!

Fifty plus members and guests enjoyed the official opening of our Shed on 22 February 2012. Steve Heald, CEO Clem Jones Centre acted as Master of Ceremonies and speeches were provided by Vice President, Mal Weier and Steve Kilburn, MLA Chatsworth. President Georgie Hickey, Steve Kilburn and Di Farmer MLA Bulimba unveiled the official plaque. Special guests included the partners of members, sponsors, politicians and other club representatives from the Clem Jones Centre precinct.



## Poetry Corner

This poem is from "Voices in Verse" published by 31<sup>st</sup> Infantry Battalion Association Inc. – the poetry of soldiers who were moved to record in verse people, places and events in war and peace.

*Goodbye Grandad*

*Poor old Grandad's passed away, cut of in his prime.  
He never had a day off crook – gone before his time.  
We found him in the dunny, collapsed their on the seat,  
A startled look upon his face, his trousers round his feet.*

*The doctor said his heart is good – fit as any trout.  
The Constable had his way, 'foul play' was not ruled out.  
There were theories at the inquest of snake bite without trace.  
Of redbacks quietly creeping - and death from outer space.*

*No-one had a clue at all – the judge was in some doubt:  
When Dad was called to have his say as to how it came about  
"I reckon I can clear it up", said Dad with trembling breath,  
"You see it's quite a story - but it could explain his death."*

*This here exploration mob had been looking at our soil,  
And they reckoned that our farm was just the place for oil,  
So they come and put a bore down and said they'd make some trials,  
They drilled a hole as deep as hell, they said about three miles.*

*Well, they never found a trace of oil and off they went post haste,  
So I moved the dunny over it – real smart move I thought,  
I'd never have to dig again – I'd never be 'caught short'  
The day I moved the dunny, it looked a proper sight,  
But I didn't dream poor old Grandad would pass away that night.*

*Now I reckoned what happened - poor Grandad didn't know  
The dunny was re-located when that night he had to go.  
And you'll probably be wondering how poor Grandad did his dash:  
Well, he always used to hold his breath  
Until he heard the splash!!*



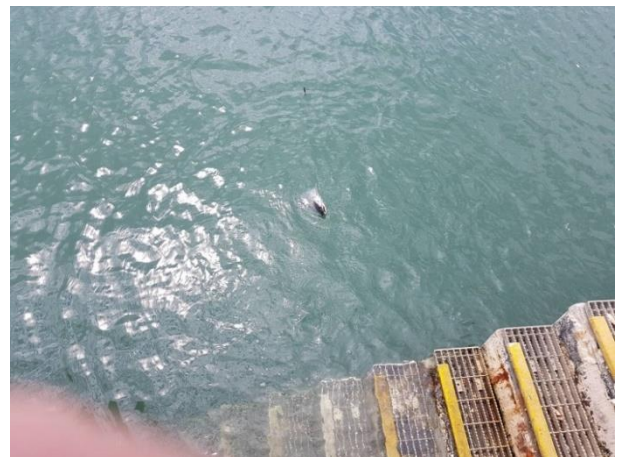
## Glampers Report - Scarborough Holiday Village Tue 20 - Sat 25 October

**Tuesday** Eleven happy glampers, Bevan Guttormsen and Margaret, Bruce Murray and Jan, Roger Medland and Margaret, Peter Carter and Brenda, John Lochel and Ricki and Paul Meredith travelled to Scarborough Holiday Village and set up the caravan or settled into a cabin and then enjoyed a happy hour or two before having BBQ tea at park kitchen.

**Wednesday to Saturday**

The Scarborough Holiday Village had excellent facilities and is located adjacent to Scarborough Boat Harbour and marina and a number of parks and a beach. Morgan's Seafood Market and take away was a popular lunch option for the glampers. Dinner on Thursday night was at the Moreton Bay Sailing Club and on Friday night at Redcliffe RSL. On Friday morning the boys were welcomed at the large and well equipped Redcliffe Men's Shed. Bevan took his fishing gear and caught a giant catfish.

The glampers returned home on Saturday morning before the afternoon storms.





Glampers Report Scarborough Holiday Village Tue 20 – Sat 25 October





**Matsuri- Japanese Summer Festivals - submitted by Freddie Butler****Summer is Here, Time for the Heave - Ho Festival!**

Every year around summer time all the world's people look for, and find, an excuse to have a party in a public place, doesn't matter if the public place is your back yard, the beach or an ornate community park.

Recognizing that Japan is short of land, it is unlikely that there will much back yard activity, and there are not too many decent beaches either. Thus, those people with an urge to celebrate will find a public space with enough room for them to do their celebrating. Quite often the only place with space to spare is the local main road in the town or village. But the celebrants are not deterred, and in any case, the local town or shire council supports the celebration.

Throughout Japan every City, Town and Village will hold their own **Matsuri**, meaning Festival. There will be months of local planning to ensure a wing ding affair, where 99.5% of attendees will have a good day out. Only a severe summer rain storm (In the TSUYU season) will cause a cancellation of the **Matsuri**.



Following the Shinto religion and with the culture being heavily influenced by agriculture, the Gods of farming are celebrated. The manner of celebrating is to carry a portable-shrine (assumed to contain the spirit of the God) through the streets. The portable-shrine is called a **Mikoshi**. This thing is built of wood, and with the trimmings can weigh up to a tonne.

It doesn't matter if the street is a major thoroughfare in a major city, or a weed lined pathway in some village in the mountains, there are procedures to follow. Pretty much the same thing as was done by the great-great grandparents!





The portable shrine is carried through the streets on the shoulders of a group of reasonably healthy people (men and women). There is a monotonous chant (Wai Shoi) helping the carriers to keep pace. The **Mikoshi** is built on a frame work of bearer bars, which extend from front and rear and both sides. This enables many people to 'shove a shoulder' and contribute to carrying the not inconsiderable weight. Naturally, being in Japan there has to be uniformity, which requires that everybody wears identical clothing with associated slogans. A **Fuundoshi** a kind of tennis shorts type of visible underwear, a **Hachi Maki** a sweat band and **Happi**, a very loose jacket. The clothing is such that getting really sweaty or wet or dirty is not a problem. The slogans shown are often trade names or product names from various sponsors and the local Chamber of Commerce.

Carrying the Mikoshi through the street can last for a couple of hours. There will be frequent changes of man and woman power, ensuring that the Mikoshi doesn't falter and the bearers exuberance remains strong. Naturally enough, such work in warm weather requires lubricating, which in many cases the water provided, is supplemented by gulps of Sake. (Sponsor provided , wouldn't you know it ?) By the time all this merriment ends, and the portable shrine is back in its shed, most of the Mikoshi carriers are not feeling any pain ! But many will have an urgent need for a toilet !

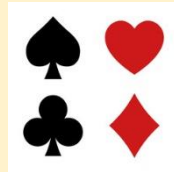
Who organizes and who pays, for all this merriment ? Supporters of the local Shrine do most of the organizing, and sponsors plus the local chamber of commerce members provide advertising and financing . They all consider it good marketing and value for their marketing money. The local people will continue to attend the main Shrine on special days, and they will routinely patronize all the local businesses.

A successful **Matsuri** gives everybody in the locality the chance to have a good day out, and the children go home tired but happy with their 'show bags'. Which of course, are full of all the sugary things that mothers try to confiscate !

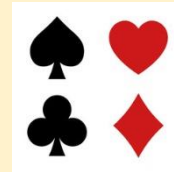
At the end of the activity, the portable Shrine is given a 'wash and polish', usually after a day or so damaged paintwork touched up, and the **Mikoshi** is safely stored until required for next year's **Matsuri**.







## Contract Bridge



Bridge is a game played with a pack of 52 cards by 4 players, 2 partners sitting North / South and 2 partners sitting East / West. Similarly to many other card games, the purpose is for players to win as many tricks as possible.

The game is a development of the card game whist, which was written about in 1742, by an Englishman named Edmond Hoyle – you may have heard the expression “according to Hoyle”, which means to stick to the rules. From there the game evolved with the first rule book dated 1886.

The modern version was created in 1925 by railroad heir and yachtsman Harold Vanderbilt. He was a passenger on a ship travelling to Havana by way of the Panama Canal, and while playing with three friends, he introduced several improvements including forcing players to accurately state the number of tricks they expect to win, a the prediction called a contract – hence the game is now called Contract Bridge. Just as in life, when you engage in a contract, there are dire consequences for failing to achieve your agreed goal. In the nineteen-forties, according to the Association of American Playing Card Manufacturers, the game was played in 44% of American homes. Times have changed with television and a myriad of other distractions, however millions of people still regularly play.

The Carina Men's Shed has a group of players of varying experience who meet on Thursday morning at the shed. Their main aim is to have fun, improve their knowledge of the game, and new players are very welcome.

If anyone would like to learn to play, it's easy to learn the basics. Beginner classes will be available on Thursdays at the shed and it's free.

So that notes can be prepared, **please contact Peter Lang** on 0428023414 or [plang438@gmail.com](mailto:plang438@gmail.com) for information



## Great Moments in Science with Dr. Karl Kruszelnicki

## Sharp Knives in the Dishwasher



G'day, Dr Karl here. "Does the dishwasher make your sharp kitchen knife blunt? Does it make the edge less sharp?" Well it's a surprisingly difficult question to answer. You see, to answer that question, you have to go through a whole bunch of hoops.

Part of the difficulty is that we don't have a really good standardised test to measure sharpness. One of the leaders in this field wrote in 2007 that "... to date, there is no standard definition, measurement or protocol to quantify blade sharpness". Really? Surely, "sharpness" is simply a measure of the force needed to cut through a standard test material? Yes, but think about trying to measure something different – say, the weight of a lump of steel. If you weigh the steel a dozen times, and all of your results are very close to each other, then all you have to do is take the average and you are off to a good start.

But that's not the case when you try to measure "sharpness" – because the blade gets less sharp with each test. Suppose that you are trying to measure "sharpness" by seeing how much force is needed for a blade to cut through a standard material, such as a string, or some bamboo skewers. The very first cut that you take, actually makes the metal blade significantly blunter! That means the second cut will need more force – and so on. You're kind of stuck with trying to measure "sharpness" with that very first measurement – which is not as good as averaging out a dozen measurements.

So what's happening to the sharp edge to make it blunt? Well it took some serious tech to work that out. Back in 2003, the Japanese engineers, Takekoshi and Gotoh, used a high-powered Scanning Electron Microscope to look at the edge of a kitchen knife, as it was rubbed across the surface of a woodblock made of Japanese cypress. They found that often with use, a groove would form inside a chip or nick along the length of the cutting-edge. The groove would be about five microns deep (that's five millionths of a metre), and about 200 microns long. As the knife was repeatedly used to cut, the groove would grow longer along the edge of the blade. But the more you used it, the sharp edges of the groove would break off, so the knife got blunter. That's one of the ways that using your knife makes it go blunt.

And there are two major ways to sharpen knives – either old-fashioned sharpening by hand with a whetstone, or using a powered mechanical sharpener. The powered sharpener works more quickly, but seems to overheat the actual cutting edge. It seems that sharpening by hand can give better sharpness, and that this sharpness lasts for longer than the edge you get by using a mechanical powered sharpener. OK we're ready to tackle our burning question: will putting our sharp knife in the dishwasher make it blunt?

The latest research into dishwashers and sharpness comes from a British student of Physics, Harry Close, which he carried out as part of his bachelor's degree. Like I said before, there's no standard measurement for sharpness, so Harry measured how much force was needed to cut a linen string. After 15 cycles through the dishwasher, the force needed to cut the string increased by about 50 per cent - with most of the increased force happening after the first dishwasher cycle.

Now there are many things happening inside a dishwasher. There are jets of water, high and low temperatures, humidity, and chemicals such as phosphates, bleaching agents, surfactants, alkalis, enzymes and salts. And looking at the knife blades with high-powered microscopes showed that deposits of various chemicals appeared on the blades after 15 cycles through the dishwasher, so the blades were now rougher. And rougher means blunter. So thanks to undergraduate physics student Harry we now know that yes, a single wash in a dishwasher makes your sharp knives blunt.

So just like sharpening by hand gives a better edge, it looks like washing up by hand keeps your carving knife sharper too. But dishwashers are so awesome – maybe we could tweak them so we could bung the knives in there and still cut tomatoes with them? We could try using different chemicals in the dishwasher, or perhaps we could make the knives from different materials?

Maybe there's an undergraduate chemistry or metallurgy student out there who's up for the challenge? One thing's for sure - it'll take a sharp mind to cut through the options and come up with the answers.

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



## Health & Welfare



### No you probably don't have Alzheimer's Disease!

At least some of us have experienced slight memory lapses or the occasional bouts of forgetfulness and have quickly jumped (wrongfully) to the conclusion that we're on the path to Alzheimer's disease. Fear not, it's quite normal and generally not something to get worried about. It seems that if you are aware of these "moments", you can be pretty much assured that your mental capacity is fine.

In the following simple analysis, Professor Bruno Dubois Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière Hospital Paris talks about the subject in a way that simplifies the issue and reassures the reader.

According to Professor Dubois, ***"If anyone is aware of his memory problems, he does not have Alzheimer's."***

#### But, but...

You may disagree, saying "But, but...I forget the names of friends or sometimes even those of my family members." Or, "I don't remember where I put things, or I find myself standing in a room wondering why I went in there in the first place and secondly, what was it I going to do?" As you'll see, you're not alone as these are some of the most common complaints that folks over 60 report:

- forgetting the name(s) of people
- going into a room in the house and not remembering why they were going there
- blank memory when trying to remember a movie title or who starred in it, or the title of a book
- the inability to recall where they left their glasses, wallet or keys

Apparently, this happens to all of us, especially after the age of 60! The problem is that when we begin to notice the frequency of these "memory lapses", we tend to jump to the conclusion that we are losing our ability to remember things – what we were doing, places, people – to name just a few scenarios. But it's normal. It's not necessarily the onset of Alzheimer's.

#### Forgetfulness Could Be a Good Sign

According to a new study conducted by the Centre for Addiction and Mental Health in Canada and published in the Journal of Clinical Psychiatry, being aware of forgetfulness is a sign that you're unlikely to develop dementia. It's those who are unaware of their forgetfulness, a condition called anosognosia, who are more likely to go on to develop the disease. "If patients complain of memory problems, but their partner or caregiver isn't overly concerned, it's likely that the memory loss is due to other factors, possibly depression or anxiety," said the study's lead author Dr. Philip Gerretsen.

#### Some More Reassurance...

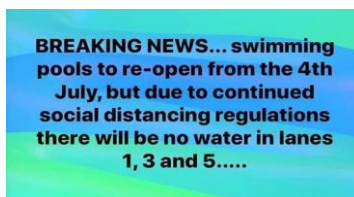
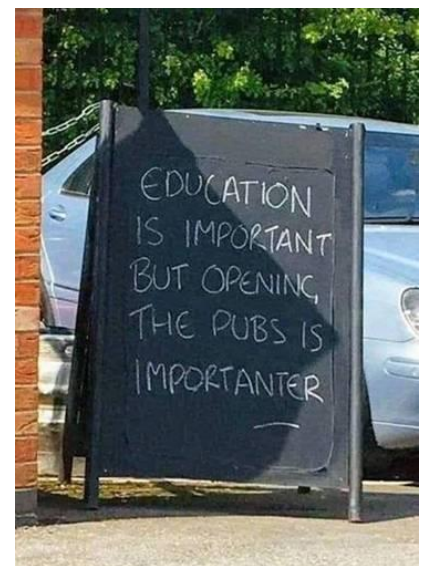
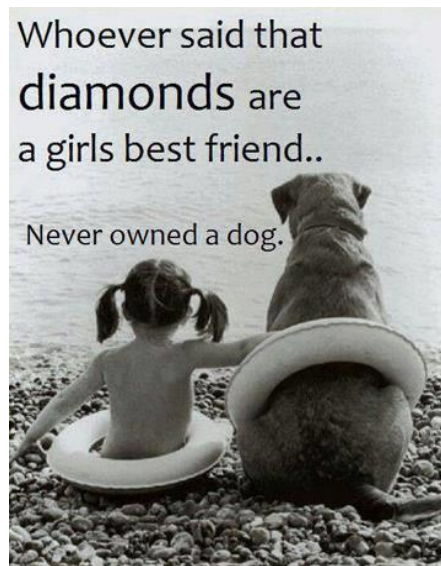
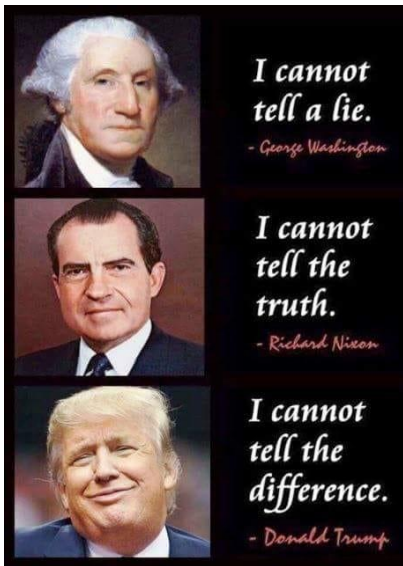
Many people are concerned about their so called 'oversights' despite evidence to the contrary. So, Professor Bruno Dubois does endeavour to reassure the majority of people who have these concerns by publishing the following important observations:

***"Those who are conscious of being forgetful have no serious problem with memory."***

***"The more we complain about memory loss, the less likely we are to suffer from memory sickness."***

***"Those who suffer from a memory illness or from Alzheimer's, are not aware of what is happening."***

Puzzles, Jokes & Trivia



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



- Trivia Quiz**
1. In which country did Phar Lap win his last race?
  2. In which Australian state is Barn Bluff?
  3. Which Australian state first introduced random breath testing in 1976?
  4. What is the Japanese word for "sour rice"?
  5. What type tooth is an elephant's tusk: canine, incisor or molar?

Quiz & puzzle solutions next page



## Puzzles, Jokes & Trivia

### DAFFY'S DAILY

By Annie Tempest.



"It's just that I find that having two glasses of wine at once stops me touching my face..."

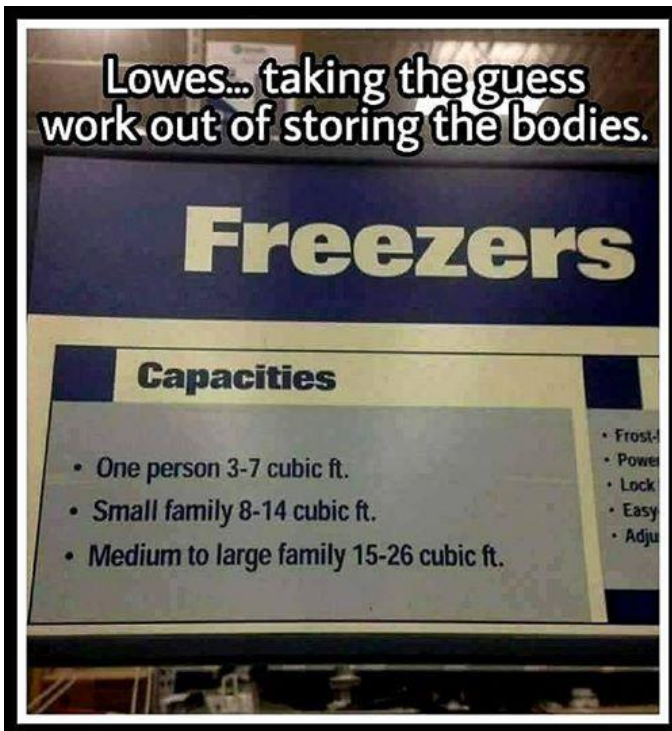
A woman was flying from Melbourne to Brisbane. Unexpectedly, the plane was diverted to Sydney. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft the plane would re-board in 50 minutes. Everybody got off the plane except one lady who was blind.

A man had noticed her as he walked by and could tell the lady was blind because her Seeing Eye Dog lay quietly underneath the seats in front of her throughout the entire flight. He could also tell she had flown this very flight before because the pilot approached her, and calling her by name, said, 'Kathy, we are in Sydney for almost an hour. Would you like to get off and stretch your legs?' The blind lady replied, 'No thanks, but maybe Max would like to stretch his legs.'

**Picture this:** All the people in the gate area came to a complete standstill when they looked up and saw the pilot walk off the plane with a Seeing Eye dog! The pilot was even wearing sunglasses. People scattered. They not only tried to change planes, but they were trying to change airlines! True story... Have a great day and remember...

THINGS AREN'T ALWAYS AS THEY APPEAR.  
A DAY WITHOUT LAUGHTER IS A DAY WASTED!!!

Submitted by Allan Johnson



#### Trivia Quiz Answers

1. Mexico.
2. Tasmania.
3. Victoria.
4. Sushi.
5. Incisor.

#### Visual Puzzles solutions

**Thunderstorm**  
Looking out for Number One