

# NUTS & BOLTS



*'Every man needs a shed'*

Vol 5 | Issue 8 | April 2021



## In This Edition

- Page 2** NBN Guest Speaker  
Corrugated Shedders Bulimba
- Page 3** Terri Buttler Shed Visit  
Peter Carter's Farewell
- Page 4** Caboolture Warplanes Museum  
QIMR Berghofer - Guest Speaker
- Page 5** Monday Morning's Snippets
- Page 6** State of Origin Jersey Raffle
- Page 7** Poetry Corner
- Page 8** Grey Nomads Cairns- Mossman
- Page 10** Drill Squad -Freddie Butler
- Page 12** Contract Bridge Corner
- Page 13** Great Moments in Science
- Page 14** Health and Welfare Corner
- Page 15** Puzzles, Jokes & Trivia

## Message from the Editor

Editor: Ray Peddersen

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

It's great to see, as the 2020 restrictions on travel and numbers at venues are being relaxed, we can start to feel more confident in planning our holiday breaks.

Paul Gardiner's, report on his trip to Cairns and Port Douglas, is the first Grey Nomad's report in Nuts & Bolts for 12 months, please enjoy.

*"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe". - Albert Einstein*



## Carina Mens Shed Inc.,

Clem Jones Centre  
56 Zahel Street  
CARINA, QLD, 4152

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

## Carina Men's Shed valued supporters include:



Member's News

NBN Guest Speaker **Monday 01 March 2021**

Keir Tierney, NBN Community Ambassador explained how the basic role of the NBN is to build a broadband network accessible to all Australians, where- ever they live and to maintain and update the infrastructure of the network and provide the wholesale access to the internet service providers.

Corrugated Sheddners Bulimba Community Centre  
**Wednesday 03 March 2021**

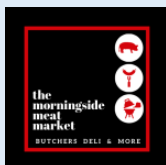
The Corrugated Sheddners recruited new members during 2020 and now has 14 members. They started their 2021 road trip at Bulimba Community Centre and their diary is booked out till the end of the year. They are now on the lookout for an old kombi van or bus to transport their gear between gigs.



Bunnings Stocktake Staff BBQ **Monday 8th & Tuesday 9th March 2021**

Thanks to Adrian Paulucci, Tom Kenney, Klaus Binder, Freddie Butler, Peter Kucks and Mike Lyons who manned the Bunnings Stocktake BBQ. The BBQ was set up with food ready to go and required 3 shed members to serve the staff undertaking the stocktake, between 6- 7 pm each night and the shed received \$300 for the two nights in the form of Bunnings vouchers.

Carina Men's Shed valued supporters include:



Member's News



Terri Butler's Visit *Monday 08 March 2021*

Terri Butler, MP visited the shed to see how the participants in the Veterans Grant program had been instructed and mentored by the glass, woodwork and leather sections in the workshop. A delicious morning tea of ham, cheese and crusty breads was provided for the shed to share.



Peter Carter's Farewell *Tuesday 16 March*

Fortunately a week before Peter's farewell service at Hemmant Crematorium Chapel, the numbers allowed at funerals was lifted from 50 to 100, allowing all of Peter's family and friends to attend.

The service was attended by 33 members of the shed who formed the guard of honour after the service and a number joined the family and friends for refreshments at the Carina Leagues Club.



## Member News

Caboolture Warplane Flight Heritage Museum *Thursday 18 March 2021*

Seven members from our shed joined John Abbott's local Probus Club for bus trip to the Caboolture Warplane Museum. We enjoyed a delicious home-made morning tea in Caboolture before visiting the museum. The museum volunteers were extremely informative, as all were involved in the restorations. We had a senior's lunch at the Caboolture RSL and enjoyed a live music show. This was the first bus trip allowed for the Probus club and the bus driver since March 2020!

QIMR Berghofer Guest Speaker *Monday 12 April 2021*

Clare Blake from QIMR Berghofer, told us how the QIMR started in a broken down old Army Supply Hut in Victoria Park in 1945 and now has a new building with 66 labs at the Royal Brisbane Hospital, Herston.

The primary aim of QIMR has been to improve health outcomes for all of us, by delivering new methods of detection, better treatments and prevention strategies. Clare updated us on some of the amazing new clinical trials happening right now in Brisbane at QIMR Berghofer.

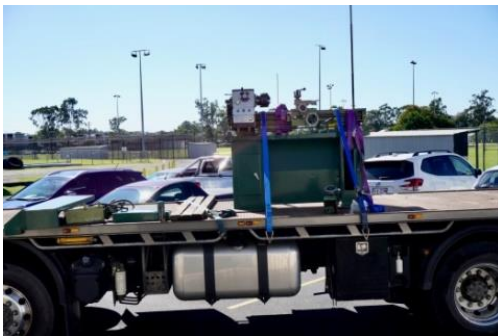
- QIMR is collaborating with the world on COVID-19 research to find out why only some people experience severe complications
- A trial in which some very brave volunteers were given worms and why most of them refused to give them up!
- Possible treatments for glaucoma blindness.
- How mini brains and mini hearts developed by QIMR are used to safely test new treatments.
- Hope for breakthroughs so those in regional areas have better access to diagnosis and treatment in their home towns.

## Monday Morning's Snippets

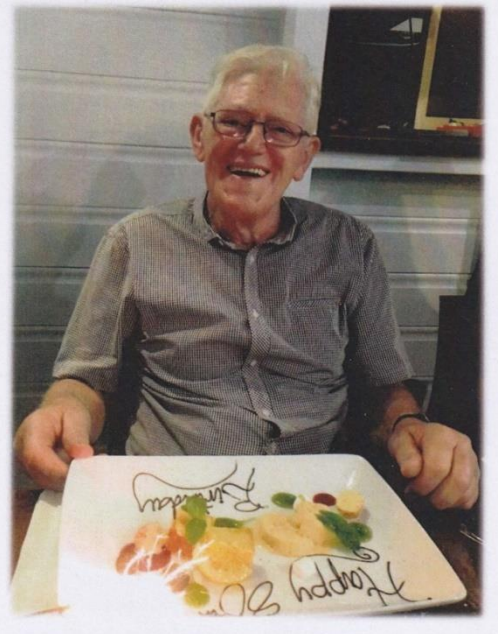
- Our website is currently in the process of being updated and a members-only area has been added to post relevant info and the archive of older copies of the Nuts & Bolts has been expanded.
- Good numbers are being maintained for gym and aqua aerobics.
- The Photography Appreciation Group was established in March. The purpose of the group is to provide a meeting opportunity for all members with an interest in photography to share knowledge and experience and assist other members by sharing technical skills and knowledge.
- Grant of \$9000 from Gambling fund has been used to replace the old drill press, and provide a sewing machine for leather group and will be used to replace the old metal lathe.
- The Glampers group next trip will be to Esk from Monday May 17 to Friday May 21.
- The new shed shirts being sourced by David Sims have now arrived.
- Tickets for the Rugby League Jersey Raffle are now available and all member of the shed are requested to assist in the selling of tickets as all tickets need to be sold before Friday June 25.
- The Golf day at the Bulimba course was on Thursday 27 April was enjoyed by all that attended and looks likely to become a regular event on the shed calendar.
- The Bridge to Brisbane will be held on Sunday 29 August.
- COVID – please remember to wipe down tables and chairs after use. Also maintain all the other standard requirements like sanitise hands when arriving, social distancing, washing hands, not coming to shed when not feeling 100% etc.

*The Old Lathe Going, Going Gone.*

Ross Coates, put an add on Gumtree with details of the metal lathe and it was sold within 24 hours and picked up by the new Gold Coast owners, only a few days later.

*Vale Graham Ronald Schumann*

27<sup>th</sup> April 1937 – 10<sup>th</sup> April 2021

Bunnings BBQ *Saturday 17 April 2021*

Thanks to morning crew of Gary Potter, Adrian McDonnell, David Bastian, Ken Casey, Gordon Bowler and Ian McCue and afternoon crew of Bob Head, David Sim, Paul Gardiner, David Clarkson, John Gormley and Bill Ekland who volunteered for the Bunnings BBQ, raising over \$900 dollars for the shed.



# MAJOR RAFFLE



Dimensions: 850mm high x 1050mm wide

## “A NEW ERA” MAROONS 2020 STATE OF ORIGIN CHAMPIONS.

It's a new era of greatness for Queensland! Against the odds, seemingly outnumbered and outgunned, the Maroons capped off the most stunning upset of the modern era - ending the Blues winning streak and starting a New Era. Down 10-0 at halftime of Game I - and fielding eight debutants - many tipped this young Maroons outfit to fold, but what we saw next was the stuff of Origin legend. The mighty Maroons took the momentum of their inspiring comeback into Game III to shock a heavily favoured Blues outfit, and celebrate State of Origin's 40th anniversary in style.

**A must for any loyal Queensland Supporter.**

Retail Value: \$2200.00

**Carina Men's Shed Inc. 2020 Maroons State of Origin Jersey Display  
Authenticated Number 66 in a limited edition of 100.**

**Raffle Price: \$5 per ticket**

**Raffle closes 2pm Friday 25 June 2021 Drawn 11am Saturday 26 June 2021**

## Poetry Corner – from “Voices in Verse” soldier/poets record their memories.

*Wear a Poppy*

"Please wear a poppy", the lady said  
 And held one forth, but I shook my head.  
 And I stopped and watched as she offered them there,  
 And her face was old and lined with care;  
 But beneath the scar the years had made  
 Their remained a smile that refused to fade.

A boy came whistling down the street,  
 Bouncing along on carefree feet.  
 His smile was full of joy and fun,  
 "Lady", said he, "may I have one?"  
 When, she'd pinned it on he turned to say,  
 "Why do you wear a poppy today?"

The lady smiled in her wistful way  
 She answered, "This is Remembrance Day,  
 And the poppy there is the symbol for  
 The gallant men who died in war.  
 And because they did you and I are free  
 That's why I wear a Poppy you see.

I had a boy about your size,  
 With golden hair and big blue eyes.  
 He loved to play and jump and shout,  
 Free as the bird he would race about.  
 As the years went by he learned and grew  
 He became a man - as you will, too.

He was fine and strong, with a boyish smile,  
 But he seemed with us such a little while.  
 When war broke out and he went away  
 I still remember his face that day.  
 When he smiled at me and said Goodbye,  
 I'll be back soon, Mum, so please don't cry.

But the war went on and he had to stay  
 And all I could do was wait and pray.  
 His letters told of the awful fight,  
 (I can see it still in my dreams at night).  
 With the tanks and the guns and cruel barbed wire  
 And the mines and the bullets, the bombs and fire.

"Till, at last the war was won - And that's why we wear a poppy, son."  
 The small boy turned as if to go,  
 He said, "Thanks, lady, I'm glad to know.  
 That sure did sound like an awful fight,  
 But your son - did he come back all right?"

A tear rolled down each faded cheek,  
 And she shook her head and, but didn't speak.  
 I slunk away in a sort of shame,  
 And if you were me you'd have done the same,  
 For thanks, in giving, is oft delayed,  
 Though our freedom was bought –and thousands paid!

And so when we see a poppy worn,  
 Let us reflect on the burden borne,  
 By those who gave their very all  
 When asked to answer their country's call  
 Then wear a poppy! Remember - and give!

## Grey Nomads - Cairns and Port Douglas Trip-submitted by Paul Gardiner

Now I don't know if you have been up north lately, but things have certainly changed since I lived there 30 years ago. The place has grown so much I hardly recognized the town. Sadly, a lot of the shops are closed due to COVID and there are no tourists around. We made the mistake of taking the train up to Kuranda, which was a lovely trip, but once we arrived, we quickly realized that half of the shops were closed and the only way back to Cairns was by train many hours later. The Skyrail cableway only operates from Thursday to Sunday. So after wandering around the town several times we settled for a leisurely lunch at the German Sausage Hut and tried to fill in the day until the train departed.

We stayed at the Hilton in Cairns which had a lovely view over the inlet. In the afternoons we could sit on the balcony enjoying a glass of wine and watching the world go by. We could see that most of the big cats that used to take tourists out to the reef were securely tied to the docks and going nowhere. I enquired of one of the few operational tourist boat captains that it must be very hard for all the unemployed skippers and crew, but he informed me that most of them are backpackers who left town when COVID hit.





After a few days, having visited Mission Beach and Cairns central, we made our way north to Port Douglas. Got to be one of the most scenic drives in Australia. The car we hired from Wicked Campers was a tiny Mitsubishi with fantastic fuel economy and a pleasure to drive. I was very impressed how well it went. All of the hail damage to the body did not seem to affect the economy. Our destination was a resort called Thala Beach Nature Reserve Resort. What a mouthful but a very nice spot. Gail found the deal on the internet and we paid less than half of the normal rate for a lovely cabin in the rainforest. In all, there were about 100 cabins surrounding the main building and pools on top of a hill overlooking the Coral Sea. We were 20 minutes south of Port Douglas, so a car was essential. We stayed about a week. During that time, we wandered around Port Douglas, visiting all of the shops and markets. Sometimes, these things must be done.

A highlight of our trip was aboard a Sailaway Lagoon 560 catamaran (56 foot long with about 20 passengers) out to the Low Isles. Once out of the harbor, the sails were hoisted and off we went under wind power. Very eco minded. Arriving at the Low Isles, we snorkeled on the reef and saw all the beautiful corals, turtles, sharks and colorful fish. It was an all-inclusive day and very enjoyable. Coming back in to Port Douglas late in the afternoon, the sea started to rise and the cat rode the swell very well. I am just glad the return trip was not any longer as my sea-legs may have failed me. Another afternoon we had a sunset cruise on the same cat. We sailed out into a very calm ocean, had a few drinks and snacks and a few laughs with our fellow passengers.

I think the hardest part of the whole trip, was having to wear a mask in the airport terminals and on the plane. But the trip itself was fantastic. There are some great travel deals out there and for us it was fun to revisit Cairns after so many years and check out old haunts and locations.



## Drill Squad for you lad it's your turn... - submitted by Freddie Butler

The bane of just about every technically trained young person in uniform, (any uniform) was a JNCO telling you that you had been selected for the drill squad. This disconcerting news was also conveyed by the Drill Sergeant, and emphasized by the W.O. If either of these two guardians of squadron reputation were displeased with preparations or performance, a young airman could see a lot more of the cookhouse 'tin room'. (the cleaning room in the mess kitchen for big and dirty equipment that chef and his crew had used that day.)

Oh the shame of it, having to return to maintenance duties with a bad case of 'dish pan' hands. You were a marked man for at least ten days, and you did not get much sympathy from other young airmen. Aircraft could be seen and heard, but the ill-fated young technician would spend hours not doing technical things.

The preparations for the big day were in addition to normal duties, so drill sessions were held towards the end of the working day. This was an implied threat that the drill sergeant could keep the squad pounding the parade ground until he was satisfied, which, quite often, he wasn't. "Why am I suffering like this" the young airman would say to himself. I am supposed to be maintaining magnificent machinery and aircraft, not prancing around a parade ground. However, the W.O. having been in the service some 20 years, thought a bit of 'square bashing' was character forming for young airmen.



Another nonsense that young airman suffered was the dreaded "dress rehearsal". In this situation, and in addition to the marching and filing, each member of the drill squad was lined up in 'open order' and inspected by the Drill Sergeant.

The parentage of the Drill Sergeant was frequently given critical evaluation, as well as his intelligence. Who else could discern two shades of air force blue in a rarely used "Best Blue" tunic? How would he allow anyone to have boots where the toecaps were not of identical brightness? How could he know the density of white blanco on belts? All this detailed attention "just-in-case" the Reviewing Officer stopped to talk to you or glance at you as he walked past. On the sympathy side though, the Reviewing Officer had marched around many parades and drill squads in his time, so a fresh, pimply faced young airman trying to look smart was not his ideal duty of the day.

But usually all the huff and puff, and all the polishing and pressing, and all the pounding of boots on gravel had it's reward.

At the end of the review, the Reviewing Officer may have said something complimentary to the Squadron Officer, who made appropriate comment to the Drill Sergeant, and all's well that ended well as they say. Especially the Long Weekend Pass issued to the drill squad participants, and it was considered a justly earned reward.



## Card Players Corner - Submitted by Darryl Sims

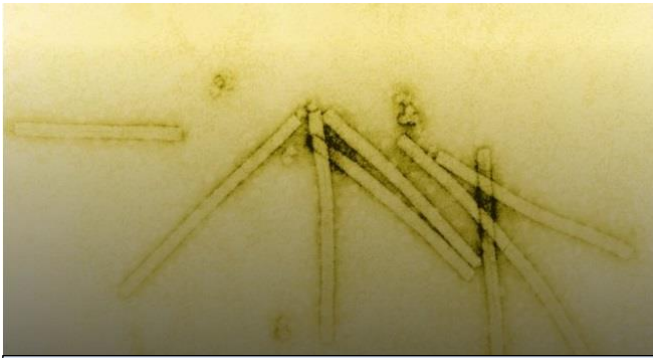
**A DECK OF CARDS**

The Chinese invented playing cards in AD 1000.

Some interesting facts and observations

1. The Traditional Deck of the Playing Cards is a coherent form of a Calendar.
2. There are 52 weeks in the year and there are 52 Playing Cards in a Deck.
3. There are 13 weeks in each Season and there are 13 cards in each suit.
4. There are 4 Seasons in a Year and there are 4 Suits in the Deck.
5. There are 12 Months in a Year. There are 12 Court Cards (Those with faces namely Jack, Queen, King in each suit)
6. The Red Cards represent Day Black Cards represent the Night
7. If you let Jacks = 11, Queens = 12, and the Kings = 13, add 1 (ace) + 2 + 3 + up to 13 = 91. Multiply this by 4, for the 4 Suits,  $91 \times 4 = 364$ . Add 1 for the Joker and you get 365 being the Days in a Year.
8. The sum of the letters in all the names of the cards, i.e. add up the letters in "ace, two, three, four, five, six, seven, eight, nine, ten, jack, queen, king" = 52.
9. The Spades indicate ploughing or working.
10. The Hearts indicates Love thy crops.
11. The Clubs indicates flourishing and growth.
12. The Diamonds indicate reaping the wealth.
13. In some card games 2 Jokers are used: Indicating the Leap year.

## Great Moments in Science with Dr. Karl Kruszelnicki



*Tobacco Mosaic Virus 160.000 X magnification*

### Viruses

G'day, Dr Karl here. This COVID-19 pandemic is the first one for 102 years. The last pandemic was the 1918-1920 influenza pandemic, that killed some 50-100 million people.

But, how's this for really weird? Today, we all know that pandemic as the Spanish Flu, but back in 1918, we hadn't even discovered the germ that today, we call a "virus". So, back then, no-one knew what was actually killing people. However, the concept of germs already existed.

We had already seen a bigger germ called a "bacterium" way back in the late 1600s. Antonie van Leeuwenhoek used primitive microscopes that he built himself. Bacteria were big enough (a few millionths of a metre across) to be seen. But viruses are about a hundred times smaller – which makes them much too small to be seen by a light microscope.

In the late 1800s we suspected there was another kind of germ, much smaller than a bacterium. Around that time, a disease of plants, called tobacco mosaic disease, appeared. The scientists collected the sap and juices from the affected plants and passed them through a porcelain filter with very tiny holes – smaller than a bacterium. This gave them a perfectly clear liquid, with absolutely no cells visible with a light microscope. But when they injected these transparent liquids into healthy plants, the plants promptly got sick with tobacco mosaic disease. So, the germ causing this tobacco mosaic disease had to be something much smaller than a bacterium or a fungus.

In 1898 the Dutch scientist, Martinus Beijerinck, called this clear fluid a "contagious living fluid". In fact, he was so convinced that there was some kind of invisible germ in the clear liquid that he called this unknown germ a "virus" – which is the Latin word for poison.

By the early 1930s, pathologists had become skilled at growing these unseen viruses in various living cells – such as guinea pig cornea cells, chicken kidney cells, fertilised chicken eggs and more. But it took the invention of the electron microscope in 1931 before we got the first crude actual images of a virus. The wavelength of light is bigger than a virus – but the wavelength of an electron is much smaller – so can image a virus.

The next step sounds quite sci-fi – we had to turn the virus particles into a crystal, and blast X-rays through the crystal to get a strange pattern of repeated dots. Doing some mathematics gave us more information about repeated shapes inside the virus.

The very first virus to get the full electron microscope and X-ray diffraction treatment was our old friend, the tobacco mosaic virus. It turned out to have a core of genetic material (RNA in this case), that was wrapped in protein. So today, we think of a virus, as having a central core of genetic information - either RNA or DNA – which is the code for making proteins. Our human DNA can make over 20,000 different proteins, but SARS-CoV-2 can make only 29.

Now the important thing to realise is that viruses have been around for a long time - and are not our enemy. In fact, about 8% of our human DNA is made of viruses that invaded us in the past – and surprisingly, without viruses inside our DNA there would be no human babies. So I'll talk more about that, next time ...

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

## Health & Welfare

### The Importance of Iron



Do you feel tired all the time? Are you having trouble sleeping? Or do you struggle to find the energy to exercise? You may be mistaking these symptoms for a 'busy lifestyle', however it is possible you could be one of millions of people who are not getting enough iron.

#### Why do you need iron?

- For energy: Iron is essential for producing energy from food.
- For your brain: Iron carries oxygen in the blood to the cells around the body, including the brain.
- To fight infections: The immune system depends on iron to work properly.

#### How much iron do you need?

- Men 8mg/day
- Women (19-50) 18mg/day
- Women (51+) 8mg/day
- Requirements vary during pregnancy and lactation



#### Understanding Iron in food

There are two types of iron in food: Iron from animal foods (called haem iron) and iron from plant foods (called non-haem iron). Haem iron is taken up by the body about 10 times better than non-haem iron.

#### Haem Iron

Meats are the best source of haem iron. The redder the meat, the higher it is in iron. This means beef, lamb & kangaroo are higher in iron than pork, chicken or fish. Coloured flesh fish, such as tuna and mullet, are higher in iron than reef fish, such as barramundi.

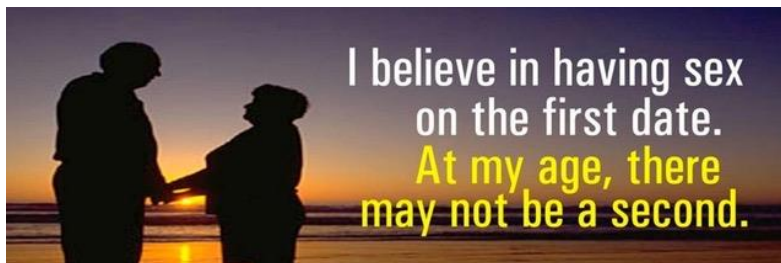
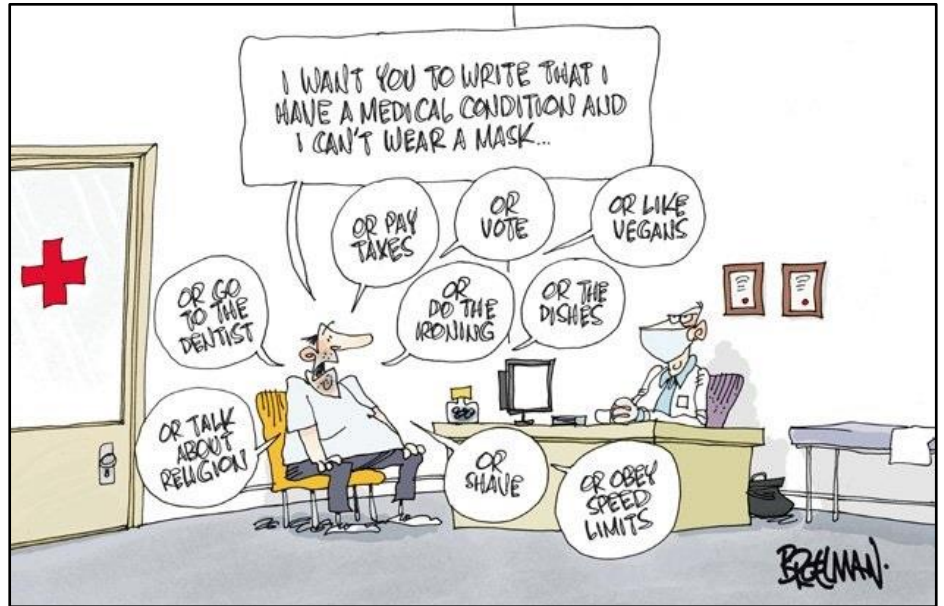
#### Non Haem Iron

This type of iron is found in some plant foods such as wholegrain breads and legumes e.g. kidney beans, green leafy vegetables, nuts and dried fruit. As the iron from these foods is not absorbed well, you will need to eat more of these foods if they are your only iron source.

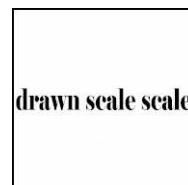
#### 4 Steps to an Iron Rich Diet

1. Try to include foods high in iron at meals.
2. Follow the Australian Dietary Guidelines and eat red meat 3 to 4 times a week; otherwise high iron replacement foods may be needed.
3. Combine non haem sources of iron with vitamin C rich foods (berries, oranges, tomatoes, capsicum) or foods containing haem iron to maximise absorption.
4. Avoid drinking tea, coffee and cola drinks with your meals as this can inhibit iron absorption.

Puzzles, Jokes & Trivia



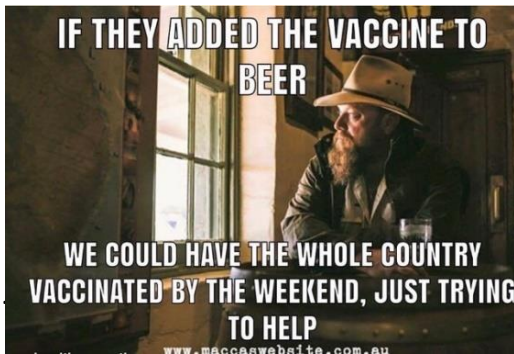
Can you work out the phrase, word or meaning represented by these visual puzzles?



- Trivia Quiz**
1. What colour label is Johnnie Walker's best-selling whiskey?
  2. In which decade did Australia's first pizzeria open in Carlton, Melbourne?
  3. What chocolate bar first sold in Australia in 1958, contains peanuts?
  4. What was Lawrence of Arabia's first name: David, Lawrence or Thomas?
  5. Which is a metamorphic rock; Granite or Marble?

Quiz & puzzle solutions next page

## Puzzles, Jokes & Trivia



Classified ads, which were actually placed in U.K. Newspapers:  
Submitted by Allan Johnson

**FREE YORKSHIRE TERRIER.**  
8 years old,  
Hateful little bastard.  
Bites!

**FREE PUPPIES**  
1/2 Cocker Spaniel,  
1/2 sneaky neighbour's dog.

**COWS, CALVES: NEVER BRED.**  
Also 1 gay bull for sale...

**JOINING NUDIST COLONY!**  
Must sell washer and dryer 100...

**WEDDING DRESS FOR SALE .**  
Worn once by mistake.  
Call Stephanie

**FREE PUPPIES.**  
Mother is a Kennel Club  
Registered, German Shepherd.  
Father is a Super Dog, able to  
leap tall fences in a single bound.

**FOR SALE BY OWNER**  
Complete set, 45 volumes Encyclopedia Britannica.  
Excellent condition, £200 or best offer.  
No longer needed, got married,  
And wife knows everything.



- Trivia Quiz Answers**
1. Red Label.
  2. 1960's (1961).
  3. Picnic.
  4. Thomas.
  5. Marble.

Visual puzzles solutions

**Drawn to scale  
There's no end to it**