

NUTS & BOLTS



'Every man needs a shed'

Vol 5 | Issue 9 | July 2021



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Message from the Editor
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In the July 2020 edition of Nuts & Bolts we were rejoicing in the fact that we were returning to our shed having survived three months of lockdown. At least the lockdowns last only three weeks now, the problem is they feel as long as last year.

Welcome home John Carmody from all your mates at the shed we are all looking forward to seeing you soon.

"Necessity is the mother of taking chances." Mark Twain



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Carina Men's Shed valued supporters include:



Member's News



Brisbane Kite Festival *Sunday 16 May 2021*

Thanks to Eddie Haselich, John Kirkwood, Freddie Butler, Ken Casey, David Sims and Harry Davis who manned the CMS stall at the Brisbane Kite Festival held at Murarrie Recreation Ground. The festival was well attended and returned \$1500 sales of shed items and included the sale of \$500 worth of tickets in the 2020 State of Origin Jersey Raffle.

Vale Terry Dwyer
1924 - 2021

Terry is pictured cutting the cake at the sheds 10th Birthday celebrations in August 2019.



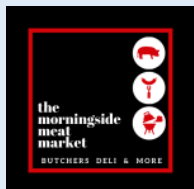
Carina & Carindale Library Visit

Monday 17 May 2021

Luke and Brian from the Carina & Carindale libraries, highlighted some of the additional services and activities now available at our local libraries. beyond the traditional materials of books and magazines available for loan.

- activities for children
- areas for craft activities
- meeting rooms available for local community
- meet the author events
- Media Conversion Station to digitise photos, negatives, slides, audio cassettes & VHS tapes

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Member's News

Steve Minnikin MP Shed Visit
Monday 31 May 2021

Steve visited the shed presenting the big cheque representing the Gambling Community Benefit Fund grant. This grant has contributed to the replacement of the band- saw, provided a sewing machine for the leather group and the replacement of the metal lathe.



Raffle Draw *Saturday 26 June 2021*

The 2020 State of Origin Jersey Raffle was drawn at the shed on Saturday 26 June and the winning ticket was held by Paul Esdaile's grandson Jack. Another successful raffle for the shed with nearly all tickets sold and the return to the shed was about \$2400.

Dr Chrys Michaelides Visit
Monday 14 June 2021

Thanks to Dr Chrys Michaelides for his information on living well with diabetes and how simple changes to diet and life style as we get older can help in preventing the onset of type-2 diabetes.



Bunnings BBQ *Sunday 27 June 2021*

Thanks to the **Morning crew** of Greg Feuerriegel, Ken Gillard, Rob Cousins, Ken Casey, Ian Mc Cue and Bret Strickland, and the **Afternoon crew** of David Clarkson, Dave Dennett Tony Paterson, Bob Head, John Gormley and Paul Gardiner who manned the Bunnings BBQ, raising over \$780 dollars for the shed.

Member's News

Photography Group Update

The striking photograph to the left has been chosen as the Photography Group's first photo of the month and was taken by Colin Gillies. Colin placed a glass container filled with cooking oil over scraps of coloured plastic and gave it a shake to create this winning shot. The photo below of Tom Kenney's train which was entered into this year's Ekka was created by David Douglas by taking individual shots of each carriage and then 'photo shopping' to create the final image.



New Lathe Arrives

After a few delivery delays the new lathe for the metal workers was delivered to the shed on Tuesday 06 July. Various components were individually packed to avoid damage in transit and had to be unpacked and re-assembled before the lathe was fully operational.



Department of Veterans Affairs - Veteran and Community Grant Update
Bob Ikin, Project Manager DVA Grant Project



Carina Men's Shed began a third veteran's wellness program at the shed on the 14th May 21. Seven veterans are participating in this program, with four doing decorative glass, two doing woodworking and one making a leather belt.

Twenty veterans have taken part in our programs since they started in November 2020 with the majority coming from Mates4Mates. The feedback from the participants and Mates4Mates has been very positive. Mates4Mates encourages veterans to get out into the general community and establish new relationships so we are assisting veterans to achieve this goal. The learning of new skills is just as important as the socialisation opportunities we are providing.

The programs have only been successful because of the input from our shed members:

Glass – Harry Davis and Graham Findlay.

Wood – Tom Kenney, Bevan Guttormsen and Norm Gray.

Leather – Mal Baldock and Ray Pardo.

Our shed also works closely with the Terry Mackenroth Gym management to advertise and facilitate veteran participation in physical fitness activities.



Poetry Corner

You should have asked Me Husband by Pam Ayres

You know this world is complicated, imperfect and oppressed
and it's not hard to feel timid, apprehensive and depressed.
It seems that all around us tides of questions ebb and flow
and people want solutions but they don't know where to go.

Opinions abound but who is wrong and who is right.
People need a prophet, a diffuser of the light.
Someone they can turn to as the crises rage and swirl,
someone with the remedy; the wisdom and the pearl.

Well . . . they should have asked my 'usband,
he'd have told'em then and there.
His thoughts on immigration, teenage mothers, Tony Blair
The future of the monarchy, house prices in the south
The wait for hip replacements, BSE and foot and mouth.

Yes . . . they should have asked my husband
he can sort out any mess.
He can rejuvenate the railways he can cure the NHS
So any little niggle, anything you want to know,
Just run it past my husband, wind him up and let him go.

Congestion on the motorways, free holidays for thugs,
the damage to the ozone layer, refugees and drugs,
these may defeat the brain of any politician bloke,
but present it to my husband and he'll solve it at a stroke.

He'll clarify the situation; he will make it crystal clear.
You'll feel the glazing of your eyeballs
and the bending of your ear.
Corruption at the top, he's an authority on that,
And the Mafia, Gadafia and Yasser Arafat.

Upon these areas he brings his intellect to shine,
In a great compelling voice that's twice as loud as yours or mine.
I often wonder what it must be like to be so strong;
Infallible, articulate, self-confident and wrong.

When it comes to tolerance – he hasn't got a lot.
Joyriders should be guillotined and muggers should be shot.
The sound of his own voice becomes like music to his ears
and he hasn't got an inkling that he's boring us to tears.

My friends don't call so often, they have busy lives I know.
But it's not every day you want to hear a windbag suck and blow.
Encyclopaedias, on them we never have to call,
Why clutter up the bookshelf when my husband knows it all!

Glampers Report on trip to Esk 17-20 May - Submitted by Klaus Binder

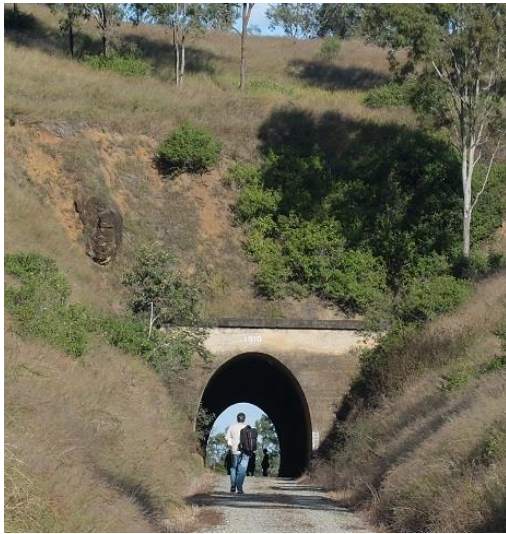
Monday Sylvia and I arrived early Monday at the camping grounds of Esk. Bevan and Margaret Guttormsen were already settling in with their caravan. We had it much simpler all we had to do unload our car and move in. The cabin was clean and very well equipped. Bruce and Jan Murray arrived a few hours after us. They occupied another cabin not too far from us. Robert and Ruth Tritchler started a bit later to set up their caravan and were ready just in time to gather for that all important happy hour at the centre of the camping place. A big pleasant surprise was the arrival of Roger and Margaret Medland. Roger had a health scare just a few days earlier. While we were discussing our program for the rest of the week Bob and Julie Head joined the assembled group. At about 6 o'clock we all had our dinner and retreated from the cold. It was much warmer inside.



Tuesday morning we shedders drove to Lowood and inspected the local man shed, whereas the ladies inspected Esk Township. In contrast to Monday a few more shops were open and I'm sure the coffee and cake was enjoyed. After lunch, back at the campsite, some of us walked part of the railway track close by. Again 4 o'clock happy hour was attended by all. This time, for dinner, most of us used the pizza ovens at the camp kitchen. We also got to sit a bit closer to the open fire.



Wednesday After breakfast we walked into Esk and Bevan booked a table at the pub. The food was very nice (at least from my perspective). Later in the day some of us were determined to walk through the tunnel on the railway track. This proved a bit tricky to find. Bevan decided not to walk. A fudge shop proved more attractive. The day ended at the Esk pub for very nice dinner.



Thursday Unfortunately early Thursday morning, Sylvia and I had to drive back to Brisbane. Despite a bit of fog it was a pleasant drive home. The rest of the group stayed for a further day.

Thanks to Bevan for organizing such a successful week.



It's a costly game to "keep em flying" - submitted by Freddie Butler

During time in uniform, a person was frequently reminded by those in the 'training and promotion' part of the business, that operating aircraft for the Defense of the Realm was EXPENSIVE.

As you climbed the promotional ladder of success, you were required to know things about costs. There would be many classroom hours spent on getting to know how to make your contribution to keeping down the cost. In your normal life, the subject would not cross your mind when doing your job.

The biggest cost was that somebody had to drive these magnificent machines, and such people had to be clothed, housed, fed and trained. An applicant for flying duties could walk in the Main Gate, and around three years later, he or she will have cost the government around a million dollars. The trained person will then be entrusted not to crash or damage an aircraft, which would cost a few more million dollars. Thus matching together air crew, ground crew, and an aircraft, could correctly be called a "stratospheric" cost.



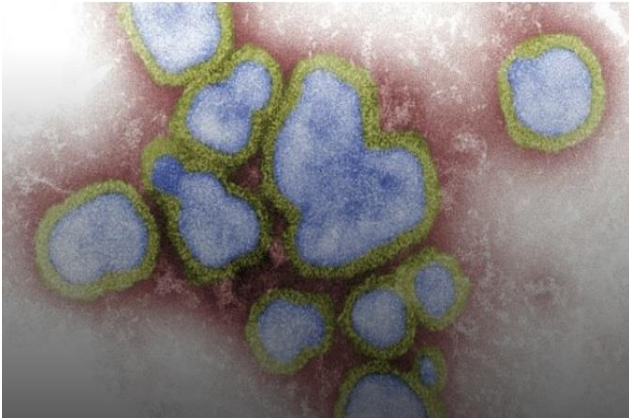
For the more down to earth essential maintenance people, a person needed to know detail. Fuel was used by the million litres, and it was not any old stuff from the local fuel farm. The fluid in the tanks was a specially refined grade of Kerosene. It remained fluid over a great range of temperatures such as ground level in North Queensland up to 45,000 + feet over any of the world's oceans or mountains. It had a good flash point, meaning it was safe to handle in great volumes during refueling and maintenance. The cry of "Fill 'er up" could mean \$5-10,000 cost for a one hour trip.

On a lesser scale but equally important were the many parts necessary to keep everything working safely. Parts in this category include tyres and brakes. Inspection was done visually with a gauge, out on the service apron, open to the wind and rain. Wherever you may have been in the world the task remained the same. Many were the days when this lowly young airman would get the good news "It's your turn son, gather the gear and get out there"

These inspections were done as soon as refueling was completed, which meant that tyres and brakes were not cold to the touch. Tyre tread and brake discs must be measured by specialist gauges, and if not within tolerance they should be changed. A retread tyre is cheaper than a blown tyre. Should a young person be unlucky and things did need to be changed, you then gather together wheel jacks (of generous size and weight) spanners and pliers. If you're lucky you would have found a pair of gloves. If all went well, the job took about 30 minutes and the duty tech sergeant inspected and approved the work. But he didn't offer to help or return the tools and equipment to storage. After all, he was a young airman once, and it was now his turn to stand back and say "It's character building son, but your turn will come"



Great Moments in Science with Dr. Karl Kruszelnicki

Viruses Part 2

G'day, Dr Karl here. Over the last few episodes together we have considered the difference between a virus and a bacterium, grappled with the intellectual problem of whether a virus is alive or not, and looked at just how we discovered these incredibly tiny critters. That was deep stuff, and I didn't even touch on where they came from.

But while mysteries surrounding viruses are intriguing, most people are pretty convinced of one thing – viruses are bad news. But that's only part of the story. In fact, without viruses, we couldn't have babies or even think.

Viruses are everywhere in our natural world. All the stars in the universe add up to a very big number. But, just on our planet alone, there's a hundred million times as many viruses – they're floating in the air, drifting in the seawater, and lurking in the soil. Just in one human body, there's about 380 trillion viruses. Wow! They are inside our gut, cerebrospinal fluid, blood, joints and even breast milk. If you live with another person, even if you are not related, you will share about one quarter of their viruses. And when I say "in our body", some viruses have even managed to get incorporated into our genetic material. Yes, they make up 8% of our DNA.

So we need to shift our thinking. Humans are not *infected* by bacteria and viruses. Instead, with our powers combined, we make a superorganism. And when it comes to making babies, viruses are essential. It turns out that some viruses, called Human Endogenous RetroViruses (or HERV, for short) can get into the DNA of our cells – and stay there. If they are lucky enough to get into the reproductive cells (such as eggs or sperm), they will get handed on, from parent to child, forever.

One such virus, called HERV-K, jumped into our DNA more than 30 million years ago. Amazingly, it acts to protect human embryos from other viruses. When the fertilised egg has reached the eight-cell stage, this virus sitting inside our DNA gets activated and pushes those eight little cells into making proteins that protect the potential baby from infection. Mind you, once these cells attach to the wall of the uterus, this HERV-K virus inside our DNA switches itself off.

You can see where I'm going. Other viruses, (yes, incorporated into our DNA) help the pregnancy. Ok, some background, here's some info on the placenta. It's a wondrous organ that blossoms into existence as a link between the mother and the growing baby. The placenta lets good stuff (like oxygen and food) reach the growing bub and takes waste products and carbon dioxide away. This complex organ (that comes and goes with each pregnancy) also has immune system activity, makes hormones, keeps bad stuff out, and lots more.

The placenta evolved in mammals around 150-200 million years ago. Without a placenta, babies hatch out of eggs. But how does a placenta attach to the inside wall of the uterus? You guessed it, millions of years ago, a few viruses ended up inside the DNA, and turned into permanent genes. The two genes (called syncytin-1 and syncytin-2) make proteins that are essential to building the placental membrane that sticks to the inside the uterus. Thanks to the placenta, a mother could now carry her growing babies safely inside her belly, instead of leaving them in a nest.

So that's pregnancy going viral. What about viral thinking? Yes, another virus does help with cognition and memory. About 400 million years ago, this virus jumped into our DNA. Eventually, this section of our DNA turned into the ARC gene which makes a capsule of protein – one that looks remarkably like the capsule of protein that wraps around viruses. But instead today, this capsule carries messages between nerve cells.

So thanks to viruses invading our DNA millions of years ago, the growing baby can fight off infection, the human placenta can attach to the wall of the uterus, and the human brain can think.

Maybe the next superhero movie will have a virus as the star.

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

Health & Welfare

Laughter Is Best Medicine: Words of Wisdom (?)

Every box of raisins is a tragic tale of grapes that could have been wine.

I finally stopped drinking for good. Now I just drink for evil.

I just got kicked out of the hospital. Apparently the sign "stroke patients here" meant something completely different than I assumed.

They say we can have gatherings with up to eight people without issues. I don't even know eight people without issues.

I have opened a can of worms. They just sit there, the worms. Hardly the chaos that's been advertised.

I went line dancing last night. Well ... it was a roadside sobriety test...same thing ...

Theme parks can snap a crystal clear picture of you on a roller coaster going 70 mph, but bank cameras can't get a clear shot of a robber standing still.

Did you know that people who look after chickens are literally Chicken Tenders?

The fastest land mammal is not a cheetah ... it's a toddler who has just been asked, "What's in your mouth?"

Dear paranoid people who check behind shower curtains for murderers .. if you do find one, what's your plan?

The more I get to know people, the more I realize why Noah only let animals on the boat.

Facial recognition software can pick a person out of a crowd but the vending machine at work can't recognize a five dollar bill with a bent corner.

Research has shown that laughing for two minutes is just as healthy as a twenty minute jog. So now I sit in the park and laugh at all the joggers.

When my wife is mad at me, I tighten all the jar lids so she has to talk to me.

Covid-19 Fact: 87% of gym members don't even know their gym is closed.

Every day, thousands of innocent plants are killed by vegetarians. Help stop the violence - eat bacon.

I never make the same mistake twice. I do it like, five or six times, you know, to make sure.

Someone just honked to get me out of my parking space faster, so now I just have to sit here until both of us are dead.

My wife knows it's time to clean out her purse when the car assumes it's an extra passenger who isn't wearing a seat belt.

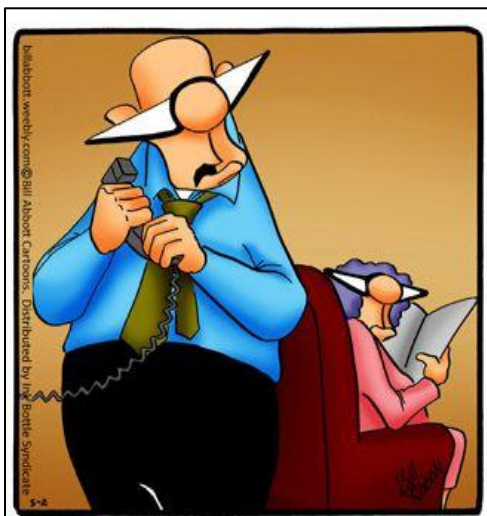
In the 1980s I fell off my bike and hurt my knee. I'm telling you this now because we didn't have social media then.

Some people seem to have aged like fine wine. I aged like milk ... I got sour and chunky.

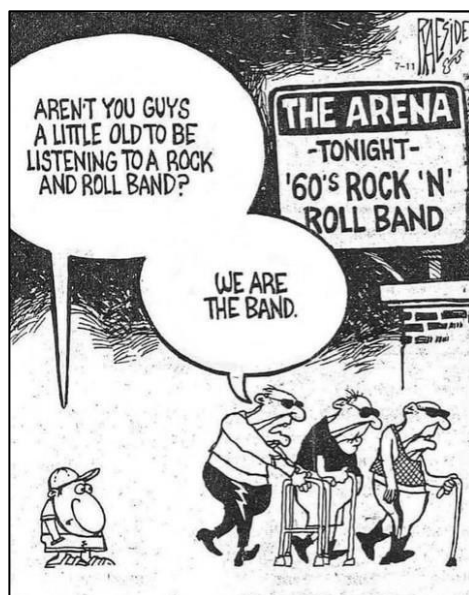
I still have a full deck, I just shuffle slower.

My train of thought derailed. There were no survivors.

Puzzles, Jokes & Trivia



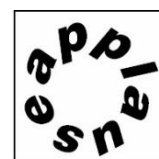
“Can you hold a moment? I’ve asked you before not to donate my organs till after I’m dead.”



Submitted by Bob Ikin



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



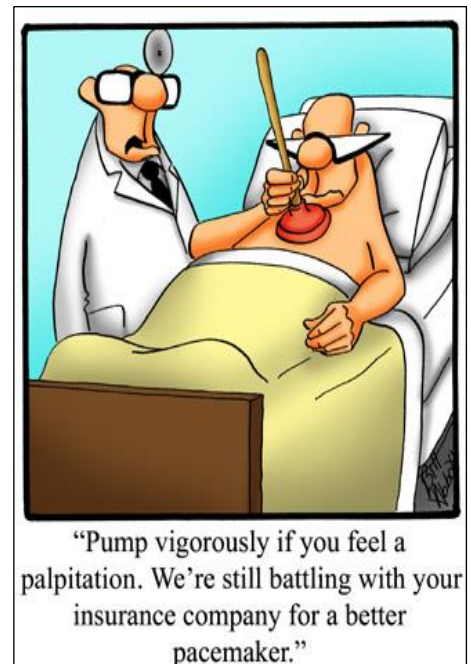
- Trivia Quiz**
1. The Daimler Reitwagen built in 1885 was the first
 2. To the nearest cm, what is the diameter of a golf hole: 11, 14,17?
 3. What Australian capital city's oldest building is a windmill?
 4. What type of corner on a racetrack is derived from the French word for trickery?
 5. What is sodium pentothal, colloquially known as?

Quiz & puzzle solutions next page

Puzzles, Jokes & Trivia



GETTING OLDER IS JUST ONE BODY PART AFTER ANOTHER SAYING, 'HA HA, YOU THINK THAT'S BAD? WATCH THIS.'



- Trivia Quiz Answers**
1. Motorbike.
 2. 11 cm.
 3. Brisbane (The Old Windmill).
 4. Chicane.
 5. Truth serum.

Visual Puzzles solutions

**Round of Applause
So long for now**