

NUTS & BOLTS



'Every man needs a shed'

Vol 5 | Issue 10 | November 2021



In This Edition

- Page 2** 2021 AGM
- Page 3** Guest Speakers and Visitors
- Page 4** Cup Day BBQ & South Passage Cruise
- Page 5** Market Day Memorial Park Bulimba
- Page 7** Photographic Group Update
- Page 8** CMS RNA's Champion, Tom Kenney
- Page 10** Vale Dougie Rudolph
- Page 11** Corrugated Sheddens Update
- Page 12** Eye Surgery Then & Now
- Page 14** Great Moments in Science
- Page 15** Puzzles, Jokes & Trivia

Message from the Editor

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I would like to thank Ross Coates, Bob Ikin and Darryl Timms who have all provided articles and photos for this edition of Nuts & Bolts.

Particular thanks go to Freddie Butler who provided an excellent account of the logistics of preparing for and setting up a community event, like the recent Market Day at Memorial Park, Bulimba.

*"A person with a new idea is a crank until the idea succeeds."
Mark Twain*

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Carina Men's Shed valued supporters include:



Member's News

AGM Monday 23 August 2021 at Belmont Bowls Club

The President Paul Gardiner thanked all members of our shed for helping to keep the shed covid safe and putting up with the frustrating delays and cancellation of some planned shed activities. He also thanked those members who had nominated for the vacant positions left by those members standing-down after many years of providing their outstanding contribution of valued service to our shed.

Candidate's name	Position on the management committee
Paul Gardiner	President
Peter Lang	Vice President
David Sim	Vice President
Adrian McDonnell	Treasurer
Roger Appleby	Secretary
Ray Carter	Workshop Manager
Ian McCue	Safety Advisor
David Douglas	Committee Member
Matt Keally	Committee Member

Bunnings BBQ Saturday 28 August 2021

Thanks to the **Morning crew** of Bret Strickland, David Sim, Klaus Binder, Ken Casey, David Bastian, Ian McCue and David Douglas.

Afternoon crew of David Clarkson, Roger Appleby, John Rossberg, Gordon Bowler, Bill Exland and Paul Gardiner who manned the Bunnings BBQ, raising over \$800 dollars for the shed.



Bunnings BBQ Sunday 26 September 2021

Thanks to the **Morning crew** of Peter Kucks, David Bastian, Tom Kenney, Gordon Bowler, Bob Head and Ian McCue.

Afternoon crew of David Clarkson, David Sim, John Rossberg, Tony Patterson, Allen Linning and Paul Gardiner who manned the Bunnings BBQ, raising over \$850 dollars for the shed.

Bunnings BBQ Sunday 31 October 2021

Thanks to the **Morning crew** of Peter Kucks, Adrian Mc Donnell, David Bastian, Klaus Binder, Mick Lyons and Paul Gardiner.

Afternoon crew of David Clarkson, Roger Appleby, Bob Head, John Gormley, Ian McCue and Ron Webb who manned the Bunnings BBQ, raising over \$900 dollars for the shed.

Carina Men's Shed valued supporters include:



Member's News Guest Speakers



2021 Men's RuOk Week Visits

Monday 06 September 2021

Dr David Colquhoun clinical cardiologist from the Wesley Hospital outlined the various types of heart disease and the best preventive lifestyle measures to protect yourself against developing heart disease, healthy diet, non-smoking and regular exercise.

Dr Richard Goodwin from Belmont Hospital gave some advice on surviving Covid 19 by maintaining your social contacts and by asking those around you "Are RuOK"?



Moreton Bay Shellfish Reef Restoration Visit *Monday 11 October 2021*

Robbie Porter from Ozfish, talked about the establishment of the Moreton Bay Shellfish Recycling Centre at the Port of Brisbane that intends to restore 100 hectares of Moreton Bay's shellfish reefs over 10 years, by using Robust Oyster Boxes (ROBS) as nursery areas for baby oysters.



Clinton Priddle Visit

Monday 01 November 2021

Clinton Priddle from Kings Patent & Trademarks Attorneys explained the advantages, limitations and costs of patents, trademarks and copyright.



CBA Community Check

Monday 08 November 2021

Sharon from the CBA bank presented the shed with \$500 in recognition of our Shed's role in supporting local community groups.

Member's News



Monday 18 October 2021

Norm Pledger celebrates his 95th birthday and Brian O'Conner celebrates his 75th birthday.

Tuesday 02 November 2021

Melbourne Cup Day, BBQ lunch at the shed.

Thursday 04 November 2021

The *South Passage* crew of seasoned sea salts enjoying their day on Moreton Bay.



Things we do for Money submitted by Freddie Butler

When we ask ourselves '*what things do we do for money*', we often surprise ourselves with the answers. Here in the principal Men's Shed of our City, we do things that others might profitably emulate. However, the things can be a source of enjoyment, amusement and of course attention to the task at hand

In our shed we have skills and abilities, that when properly pursued, can be - or are planned to be - profitable. Consider and applaud, if you will, the recent 'Market Day' efforts to boost our funds. Not often that we can gather together men and materials that create both appreciation and income!



CMS Shed Team, with Santa at Market Day Memorial Park Bulimba – Sunday 21 November 2021

Over recent months the people of the woodwork persuasion have been making splinters and sawdust. They have also carved, drilled, screwed, and assembled many and various shapes of wood into quite ingenious toys. Such are their skills that we wish them well with an apt quote that "Long may their sandpapers rasp".

The leatherworkers (wasters?) coincidentally have been doing unmentionable things to leather material. They have been seen to beat the sometime unruly material into shapes, hammered patterns into smooth surfaces and even seen to rivet buckles on lengths of material. The result is an object rejoicing in the name of Art. So long as the finished 'product is soft, shiny, and saleable, we indulge them their stools and benches.

The glassware people have been busy melting and manipulating various types and colours of glass. This cerebral activity results in desirable adornments for both the person and the dwelling. There are necklaces, pendants and dishes exemplifying the glass artiste's art, which will gladden the heart of discerning purchasers. The collections of jewellery and tableware thus produced are intended to entice people to part with large sums of money at our market sales.



The Craft Market is where -"What we do for money" takes place for all artists, Men's Shed or others, In our situation, the requirement is to assemble products, and have them labelled, identified and priced. Next to get undivided attention, is the furniture and equipment needed to provide a sheltered but visible display. It's necessary to delve into nooks and crannies around the Shed, to recover, and if found dust off, the marquee, the frameworks, tables, and display units. And for the very senior members of the sales team, there will need to be a chair or two.

At the Craft venue, our stalwart band of brothers will unload and assemble everything need for a successful sales day. They will encourage customer contact, regale them with mind boggling explanations of how things are made, and artfully encourage them to buy many things for themselves or others.

At the close of business this stalwart band of brothers will dis-assemble and pack up all the accoutrements of a successful day. At the first opportunity the accounts will be balanced, and the members will be informed of the stupendous profit to the Shed.

We shedders are indeed a Brilliant Band of Brothers



Member's News

Photography Group Monthly Photos

August Theme -Texture



August – Theme Texture

Photo was taken by Ray Peddersen on a walking track around the base of Uluru on a trip in 2016.

September– Theme Low Lighting

The grandparents meet their newborn first grandchild. Photo was taken by, Allen Linning using only the available light from window.

October– Theme Reflections

Paul Esdaile was lucky enough to capture the refracted image of the winery he was visiting, when having a tippie.

September Theme –Low Light



October Theme -Reflections



Member's News

Carina Men's Shed's RNA's Champion

submitted by Ross Coates

Tom Kenney joined the Carina Men's Shed about three and a half years ago. Initially Tom; who was a technical representative for a large electronics firm, liked to tinker with electronics which was a natural progression for him working for an electronics company. On joining the Shed, Tom started to turn his hand to woodworking, tentatively at first and has subsequently become very proficient at what he does.

Tom likes to tinker and formed a successful team with Klaus Binder, who has a placid nature as well. The two would work on various Shed projects together and it proved to be a very harmonious team, as they both have a similar disposition.

Tom Kenney
With Train

Tom, originally hails from middle America (Ohio), up near the great lakes area. After completing his school years found that the United States Army beckoned to him and he wound up in Europe for a while. His attention to detail which has become so apparent, in the models he makes, was probably instilled in him by the Army during this period. Tom enjoyed his stint in the US military and got to see a lot of places during his service years.

He told me once that when in Europe, his CO needed to fly a helicopter occasionally to keep his helicopter pilots licence hours up. So they used to 'borrow' a military chopper and take it up for a spin, barnstorming around the countryside, till eventually they would be lost. Not a problem for the intrepid adventurers; his CO would look for a prominent road junction, and descend the chopper somewhat, till they could read the road signs. Then they weren't lost any more, a simple and effective system; and they would use their present location to figure the way back to base. Any way I am reliably informed the US Military never actually lost a helicopter during this time. They always gave it back afterwards.

When I asked Tom how he came to now live in Australia, I commented that he probably met a 'skirt' somewhere overseas. Tom just smiled at this and told me that he did indeed meet his future Australian wife in Germany. They married and moved to Australia in 1972 and, with a couple of trips back home to the US occasionally, has lived here ever since; with his wife Terry.

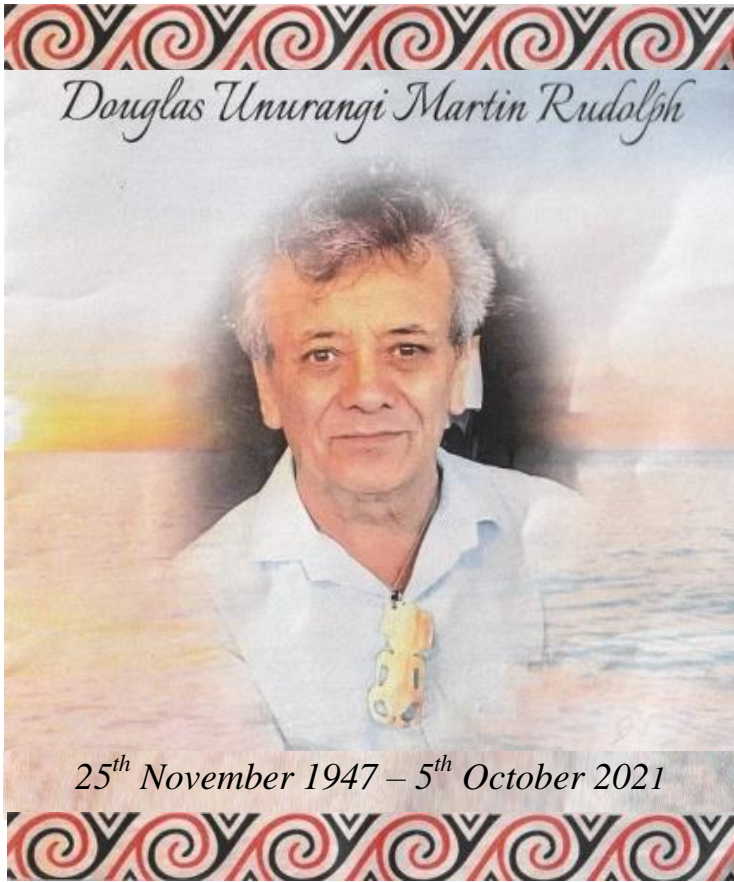
Tom has gained a high degree of confidence and proficiency in his model making efforts and deserves to be commended for his efforts. His experimentation with various materials, endless patience, and tinkering has resulted in the expertise he displays today. He also often helps out as cook at the Bunnings BBQ's the Shed does from time to time, and he really can cook.

Being a well-respected member of the workshop crew, he is never too busy to help someone in the workshop who needs some assistance. Workshop participants all know Tom and his ability to create something from nothing, and he is always striving to make something different. He richly deserves his award for his efforts in model making but he insists he is just tinkering; and 'having fun'....

Tom Kenny's train which was constructed entirely from recycled timber was entered into the Woodwork Section of Creative Arts & Craft in this year's Ekka and was awarded First Prize. Congratulations, Tom.



Shed Members Farewell Dougie Rudolph - 19 October 2021



"CORRUGATED SHEDDERS" - GO FROM STRENGTH TO STRENGTH submitted by Bob Ikin



It has been a busy year so far for the shed band having completed eight gigs so far. The band has grown to fourteen members and it seems our reputation is spreading throughout the community.

Band members nominate songs to be included in the playlists and the trend seems to be 50s, 60s and 70s era songs. We have found that audiences really respond and participate by singing, dancing and generally having a good time.

Through the generosity of the Shed and Terri Butler MP we have been able to buy a 12 input PA system (mixer deck, two main speakers, two stage monitor speakers and assorted cables). We all have our own microphones. The aim of this was to enhance the audience experience by way of better sound reproduction. It has certainly fulfilled its purpose but not without bringing challenges!

Heard at various gigs:

'Did you bring the speakers? Weren't you picking them up?....'

'Where are the microphone leads? In the green box. What green box? The one that XXXXX was bringing. Where is he? Isn't he here yet?...'

'The sound from that speaker seems to be muffled. Oh, OK I'll check it- it doesn't seem to work at all! Is it switched on? Ahhh....'

'I can't hear myself – turn up the volume on my channel. Which channel would that be? The one on the left – no, no other left!'

It's been and continues to be a steep learning curve but a lot of fun and that's what the Sheddens is all about!!

Corrugated Sheddens



Eye Surgery Now - and Then - submitted by Darryl Timms

For the past 3 weeks I have been the responsible person and driver for a cataract surgery patient, both eyes required surgery. There was an expectation verging on a 100% guarantee that the surgery would be painless, successful, minimal discomfort, and a quick return to excellent vision. And this is exactly what happened. But it wasn't always like that was it? I have a story. I would think you have a surgical story as well, a story from the past when success had an element of mystery and uncertainty. So, if Rory Gibson can write about an experience, why not me, or you?

Let me step back to 1973.

I was living in a NQ country town when the local GP told me that I should have that "pterygium" removed from my right eye and the best person to do it, and the only person in town that does it, was Henry. This took me totally by surprise because I was hosting a BBQ lunch at the time and apart from not knowing I had a "pterygium," I didn't even know what it was. We all knew Dr. Henry. He was a highly respected member of our community and a senior member of the Taylor family. The family owned Taylors Hotel and the picture theatre. Henry was old; he must have been 70. At that time I thought anyone over 50 was old. The local pharmacist who was also at the BBQ immediately informed me, and my BBQ guests, that Henry could be a nuisance. A prescription from Dr Henry may not be for a recognised medication. It was often a list of ingredients with specified amounts and a procedure on how they should be mixed, prepared and presented. Fortunately the pharmacist had kept his mortar and pestle. In later years I was told Henry's concoctions went on to be successful commercial products. The BBQ talk then moved on to Henry's success as an eye surgeon which was excellent, but sometimes things did not go the way he wanted. This was followed by stories about Henry's successes and other outcomes. But, all things taken into consideration in consultation with by my BBQ guests, it was agreed, it had to be done. Henry was the person to remove the "pterygium" from my right eye and it will go well, it should go well, shouldn't it, hopefully.

My recollections of my Henry's surgery, conveniently located next door to Taylors Hotel, were memorable. Old building, his consulting room was big, dusty, lots of stuff, test tubes, poor lighting, strange odours, brown was the defining colour, a lot of history in one place. If one had a good look they would find mysterious chemicals, unusual surgical equipment, specimens, human eyes in glass jars perhaps or gearbox parts from a Willys-Knight. Henry was very professional, it was confirmed in minutes, my "pterygium" was ready to be removed. I was booked into the Base Hospital on Thursday when Henry did his "list."

Let me try to describe the Base Hospital I knew in the early 70s. This may bring about memories and stories from fellow Sheddors. Low set weatherboard buildings on stumps with open, wide verandahs used as connecting walkways to consulting rooms, wards, administration, other services and for recovering patients. Nurses' living quarters a house for the medical superintendent and a house or houses for the registrar or resident doctors all on the same site. On the day of my surgery I was directed to a small operating theatre and told to wait. It was a small room accessed from an open wooden verandah going in two directions connecting two wards. The room had a large window from which I could see the river and it needed to be open for ventilation. A feature of the room was a huge set of washtubs, obviously very heavy; they looked like stone and could have been stone or reconstituted stone. I have been told since the room would have been a laundry and converted to an operating theatre. The removal of the tubs would have been deemed unnecessary, possibly useful and a cost beyond the hospitals budget.

Dr. Henry with his support team, all dressed in white and all in step judging by the noise they had made as they progressed as a group along the wooden verandah, arrived on time. My eye was anaesthetised with drops and Henry told me when to look up, down, right or left as he went to work.

Watching his instruments coming towards my eye and the occasional blood in my eye was unnerving but this was not the time to complain or be squeamish. Doing exactly what I was told was my best option. In due course the procedure ended and a piece of gauze was placed over my eye. With much chatter they all left as a group and they never came back. I waited and waited. I sat up, waited a bit more; no one came, so I jumped off the operating table and left.

Eye Surgery Now and Then - submitted by Darryl Timms

Further along the verandah and in the direction of the hospital entrance I passed the hospital pharmacy. I went in because I knew the assistant to the pharmacist. Her primary task was counting the tablets before placing them in labelled bottles. She used a triangular tray to count tablets, one tablet in the corner of the triangle followed by 2 more on top followed by more as they slid down the tray with the encouragement of a finger tap until the prescribed number was reached. Because it was triangular calculating the number of tablets in the tray was easy. She made me a cup of tea. We spoke about my recent experience and caught up with the gossip. With her assistance I rang my partner to tell her where I could be found, and I was taken home, eventually.

I wish someone had told me that light, any light, became unbearable soon after eye surgery. Medical folk never tell you what happens after a procedure do they!!! You will be fine they say, just take it easy for a while, back to normal within a few days, you won't have a problem. Not true is it!!! More recently I have been brave enough to ask the question. "Why won't you tell me truthfully what is going to happen, or may happen, after the procedure??" Answer: "because everybody reacts differently." Brilliant answer don't you think, vague but true, what can I say, useful for future use perhaps.

When I came home after my eye surgery I found a dark corner of my house and I wouldn't move until it was dark. Lunch is ready; just slide it under the door. Would you like a coffee, yes please pipe it in through the keyhole. What are you doing in there? I am estimating the distance between the door and me and I am getting different answers.

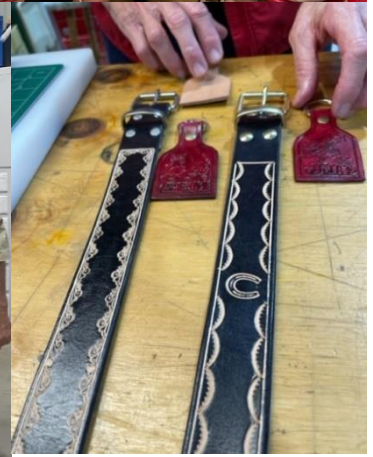
In the fullness of time and all things taken into consideration as Sir Humphrey from "Yes Minister" would say. I did recover from eye surgery and life in my NQ country town resumed normally.

Things have changed since 1973 haven't they? OK Carina Men's Shed Members, your turn, sharpen your pencils, what is your story? Ray needs our stories for our newsletter. Truth and but not necessarily the whole truth and nothing else but the truth is acceptable.



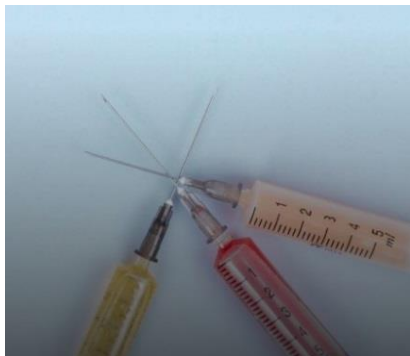
More Shed Activities

1. Rex Gelfius and Roger Medland with the display cabinet made for the San Sisto College Time Capsule.
2. The Bridge players enjoy a game.
3. Receiving certificate on the completion of veterans program.
4. Jim Wills and dolls house project.
5. Leather belts now made to order by the leather group.



Great Moments in Science with Dr. Karl Kruszelnicki

Development of Vaccines



G'day, Dr Karl here. Lots of things have surprised me over the last year, as COVID-19 swept around the world. One thing was how quickly a few vaccines were developed to protect you against COVID-19. Another was that not everybody shared my desire to get vaccinated as soon as possible.

Vaccines are not a new invention. One of the first effective vaccinations against disease came from China about 1,500 years ago, and was widely used there. This ancient Chinese vaccine worked against smallpox. Like many diseases, smallpox jumped across to us humans from animals – almost certainly from an African rodent. We have strong evidence of smallpox existing in China, Egypt and India some 3,000 years ago.

Today, smallpox has been eradicated, but between the years 1000 and 2000 AD, it killed at least 10% of the world's population. In the 100 years from 1880 up to when it was wiped out around 1980, it had killed about 500 million people. There were a few different varieties of smallpox, but the most common one had a death rate of 35%. And survivors had heavy scarring especially on the face, and other complications.

Now we humans do have an excellent and complex immune system that can fight off most diseases. In general, the immune system manufactures both chemicals and cells to specifically target, and wipe out, infections – whether it's a bacterium as in meningococcal disease, or a virus as in smallpox, or yes, COVID-19.

The problem is that our immune system needs time to respond in full force. It usually takes a few weeks to manufacture brand-new chemicals and cells in response to a new infection – and in that short time, you could be dead.

So vaccines are designed to give your immune a head start. They provide tiny a “taste” of the bad guy germ to trigger your immune system into making protective chemicals and cells, without you having to catch the disease first. Then your immune system quietly works away. In a few weeks or so, it has made chemicals and cells specifically that will target that germ. Then the immune system can sit back and relax, with that response memory safely stored away. Then whenever the actual harmful germ comes along that pathway swings back into action. Almost immediately, your immune system floods your body with protective chemicals and germs to fight the infection – and stop you from dying. You might not even notice that your immune system worked away in the background, and kept you alive.

In Europe, modern vaccination came from an English country doctor, Edward Jenner, in 1796. Back then, there was a disease closely related to smallpox called “cowpox”. Cowpox was very much milder than smallpox - much less scarring, with a much lower death rate. Jenner noticed that when the people who milked cows got cowpox, they nearly always survived, but most importantly, they also seemed to be permanently protected from smallpox. Jenner's idea was to give people a tiny dose of cowpox. He crudely got the scab material from the cowpox, dried it, smeared it over the tip of a needle, and simply pricked the patient's skin a few times with the needle – and it worked. Now the Latin word for “cow” is “vacca”, so this process came to be called “vaccination”.

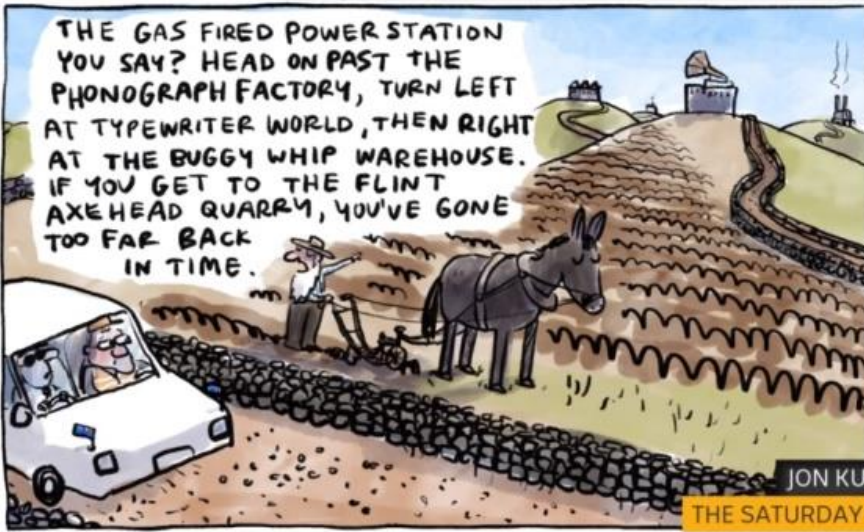
Chinese medical texts from the late 800s describe an early form of vaccination, which was called “variolation”. Smallpox caused visible raised small scabs (the “smallpox”) to appear on the flesh of those infected. The Chinese doctors of the day would scrape off the top layers of the scabs, and dry them. Variolation was the blowing of these dried particles (containing the smallpox virus) up the nostrils. It deliberately exposed the patients to a very low dose of smallpox virus particles.

Back then in China, medical quality control was not particularly good. If you were lucky, you would get a lot of dead skin and a tiny amount of smallpox virus, but if you were unlucky, you could get lots of smallpox virus. So the death rate from the Chinese variolation was about 1%. But that was much better odds than the 35% death rate from getting the actual smallpox virus. The 99% of those who survived the variolation had a far milder illness, than if they were infected naturally. The other upside is that they were then immune for life.

So for anybody who thinks that Ancient Chinese Medicines are the best option, then vaccines will 100% fit the bill.

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

Puzzles, Jokes & Trivia



Sometimes, I shock myself with the smart stuff I say and do. Other times, I try to get out of the car with my seat belt on.



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



- Trivia Quiz**
1. Is the Earth drifting closer to or further from the Sun..?
 2. What optical instrument has a stage, lamp and arm?
 3. What group of mammals have the longest whiskers?
 4. What brand of underwear's TV ad from 1989 featured the phrase "sic 'em Rex"?
 5. What company sells the most car tyres worldwide?

Quiz & puzzle solutions next page

Puzzles, Jokes & Trivia



"Can you believe how ridiculous people are getting over this virus thing?"



Trivia Quiz Answers

1. Further.
2. Microscope.
3. Pinnipeds (seals, walruses etc).
4. Antz Pants (by Holeproof)
5. Bridgestone.

Visual Puzzles solutions

**That's too bad.
All in all.**