

NUTS & BOLTS



'Every man needs a shed'

Vol 5 | Issue 12 | February 2022



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Message from the Editor

Editor: Ray Peddersen

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This Nuts & Bolts was due in mid-February but I've been a bit distracted by the Australian Open, the Ashes, ever changing covid rules, booster shots, bushfires and heat-waves in the west and flooding rains in the east.

However I would like to thank Ray Carter, Bob Ikin, Darryl Timms and the photography group for their contributions to this edition. So please enjoy.

“We have the best government that money can buy.” Mark Twain



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Carina Men's Shed valued supporters include:



Member's News

BBQ Saturday 29 January 2022

Thanks to the **Morning Crew** of Adrian McDonnell, Phil Allen, David Bastian, Paul Gardiner and Bret Strickland.

Afternoon Crew of David Clarkson, John Rossberg, Roger Appleby, David Sim, and Bill Ekland who manned the BBQ and raised about \$800 for the shed.

Some Recent Photos from Shed



Bridge Players



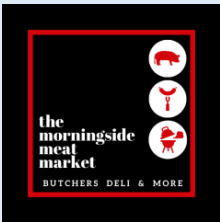
Leather Group



The WAGS



Art Group



Carina Men's Shed valued supporters include:



Member's News

February's Guest Presenter was our own Shed Member Ray Carter. Ray presented on his hobby of home brewing.

Ray brews beer from scratch starting with malted grains, usually a mix of barley malts and sometimes wheat. The malts go through the process of sugar extraction, boiling, adding hops for bitterness, flavour and aroma before temperature controlling the fermentation process. After fermentation the beer is then kegged and carbonated with CO2.



Step 1 – Mix brew ingredients



Step 2 – Monitor the magic of fermentation

Recipe building is an important part of the process and Ray gets his recipes from public sources and a couple of brewing books:

CAMRA's Brew your Own British Real Ale by Graham Wheeler and
6 O'Clock Brews - Home Brewing More Old Australian Beers by Peter Symons

6 O'Clock Brews - contains the original recipe for Coopers Sparkling Ale from 1953 - one of Ray's favourites.

Ray uses an all in one brewing system made by Grainfather, which is capable of brewing 23 litre batches which is usually enough for a 19 litre keg and a few 500ml bottles.

When not using an existing recipe Ray builds his own recipes using the software Brewfather. With this software it's possible to select the beer style that you want to brew.

This will then give you a range of parameters for that particular style. The recipe can be tailored so that you can be reasonably assured that the style is achieved. The parameters that are important to overall brewing e.g.

- The alcohol content
- The opening specific gravity (SG before fermentation)
- The final specific gravity (SG after fermentation)
- Bitterness and
- Colour

Rays last brew session was a clone of a James Squire 150 Lashes. At the time of going to print this had almost finished the fermentation phase which in this case is a little longer than usual at 14 days. It will be going into the keg soon and conditioned with CO2 for at least another 10 days. Better still if it can be left for a month before tapping. Hopefully some of this will go into a 5 litre keg for some taste testing one day at the Shed.



The Reward - Orange Marmalade Pale Ale

Thank You Note



Sailability Bayside Inc

PO Box 970 Wynnum, 4178
ABN 77 533 834 537



The Secretary
Carina Men's Shed Inc
56 Zahel St.
Carina Q 4152

20 October 2021

Dear Secretary

On behalf of the committee, volunteers, clients and carers of Sailability Bayside, I Thank You for the generous donation of a Radio Carry Tray built by your members recently. Our organization incurs substantial expense in maintenance, operational costs and training of our volunteers. Your generosity will assist us to continue to provide our service to people living with disability and training of our wonderful volunteers.



Sailability Bayside is an all-volunteer, not for profit organization dedicated to providing a sailing experience for people with disability, regardless of age, gender or disability. In the past year 20/21 we have only been able to operate occasionally due to the Covid pandemic though our equipment still requires constant maintenance and attention. We are hopeful that 2021 / 2022 will see an improvement in our ability to provide our service and your donation will assist us with operations.

Our best wishes to you and your club members and we look forward to a continuation of our relationship into the future.

Yours sincerely,

Geoff Grace – President SB
0408 874 654

Registered Charity 77533834537

Poetry Corner

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

Murphy's Law and Combat Operations

If it's stupid and it works it isn't stupid.
The enemy attacks on two occasions;
when he is ready and when you're not.
If you are forward of your position,
your artillery will fall short.

Never forget that your weapon
was made by the lowest bidder.
The important things are always simple;
the simple are always hard,.
Team work is essential; it gives the
enemy other people to shoot at.
Never draw fire it irritates everyone around you.

When you have secured the area
make sure the enemy knows it too.
Incoming fire has the right of way.
If the enemy is within range so are you.

Things that must be shipped together as a set; aren't.
Things that much better work together
can't be carried to the field that way.
Anything you do can get you killed, including nothing.

Military Intelligence is a contradiction.
Fortify your front; you'll get your rear shot up.
Sniper's motto; reach out and touch someone.
The one item you need is always in short supply.

If two things are required, to make something work,
they will never be shipped together.
If your Sergeant can see you, so can the enemy.
So he said, "Cheer up, it could be worse!"
So we cheered up. And it got worse.

There is no such thing as a blue sky during a company picnic.
There is no such thing as a cloudy sky when your unit
needs to infiltrate enemy territory.
Experience is something you don't get
until after you need it.

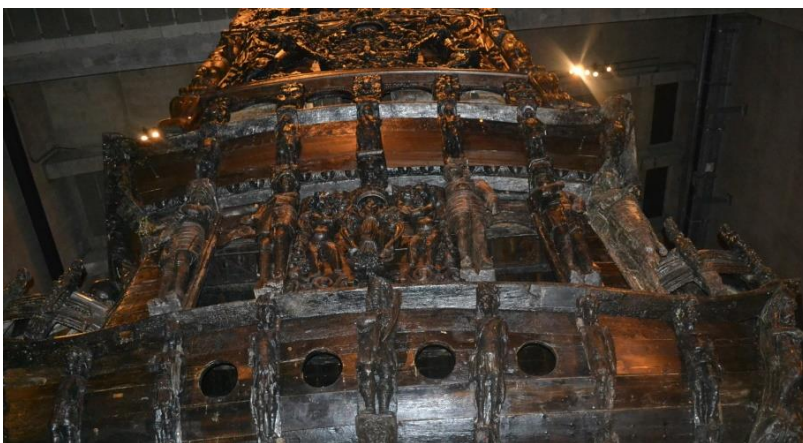
The Queenslander, 2/2 MG Bn Newsletter

"The Vasa Story" submitted by Bob Ikin

I have always been interested in sailing ships and this story is the result of a visit to the Vasa Museum in Stockholm, Sweden in 2014. The Vasa was the most expensive and richly ornamented naval vessel built in Sweden and in the summer of 1628 was ready for its maiden voyage in the Stockholm Harbour

For three years, carpenters, pit-sawyers, smiths, rope makers, glaziers, sailmakers, painters, box-makers, woodcarvers and other specialists had worked on building the Navy's new warship – the "Vasa". She was a "Royal Ship", the 17th century designation for the largest type of naval vessel. The Vasa was designed to be the foremost of Sweden's warships, with a hull constructed from one thousand oaks, 64 large guns with masts more than fifty metres high and many hundred gilded and painted sculptures.

Photo: Vasa Museum website



Bob's photos showing the incredible preservation of the ship's carvings

By Sunday 10th August 1628 everything was ready for the maiden voyage. The weather was fine and the wind light. On board were around a hundred crew members, but also women and children. This was to be a great ceremonial occasion, with pomp and circumstance, so the crew had been given permission to take their families on the first voyage out through the archipelago.

The sailors climbed the rig and set four of the Vasa's ten sails. The guns fired a salute and slowly, serenely, the Vasa set off on her first voyage. In a letter to the king, the council of the realm described the subsequent course of events: "when the ship left the shelter of Tegelviken, a stronger wind entered the sails and she immediately began to heel over hard to the lee side; she righted herself slightly again until she approached Beckholmen, where she heeled right over and water gushed in through the gun ports until she slowly went to the bottom under sail, pennants and all."

When the Vasa sailed forth on her maiden voyage Stockholmers stood along the shore to wish her good luck. They were eyewitnesses to the disaster, when struck by a powerful gust of wind the Vasa capsized and sank inside Stockholm harbour after a voyage of only 1,300 metres.

Over time her location was forgotten, but in the 1920s a group of divers applied for permission to blow up the wreck and salvage the black oak timbers. During the 1950s a private researcher, Anders Franzen began to search for her. He knew that wooden ships are preserved in the brackish water of the Baltic. In more salty water, wood is rapidly destroyed by the shipworm, *teredo navalis*.



Bob's Photo Showing preservation of Vasa's timbers

Editor's Note: I recommend a visit to the website below to get the full story about the maiden voyage of the Vasa in 1628 and its salvaging and restoration over 333 years later.

[https://en.wikipedia.org/wiki/Vasa_\(ship\)](https://en.wikipedia.org/wiki/Vasa_(ship))



Photo: Vasa Museum website - Scale model of the Vasa when she was launched.

Member's News

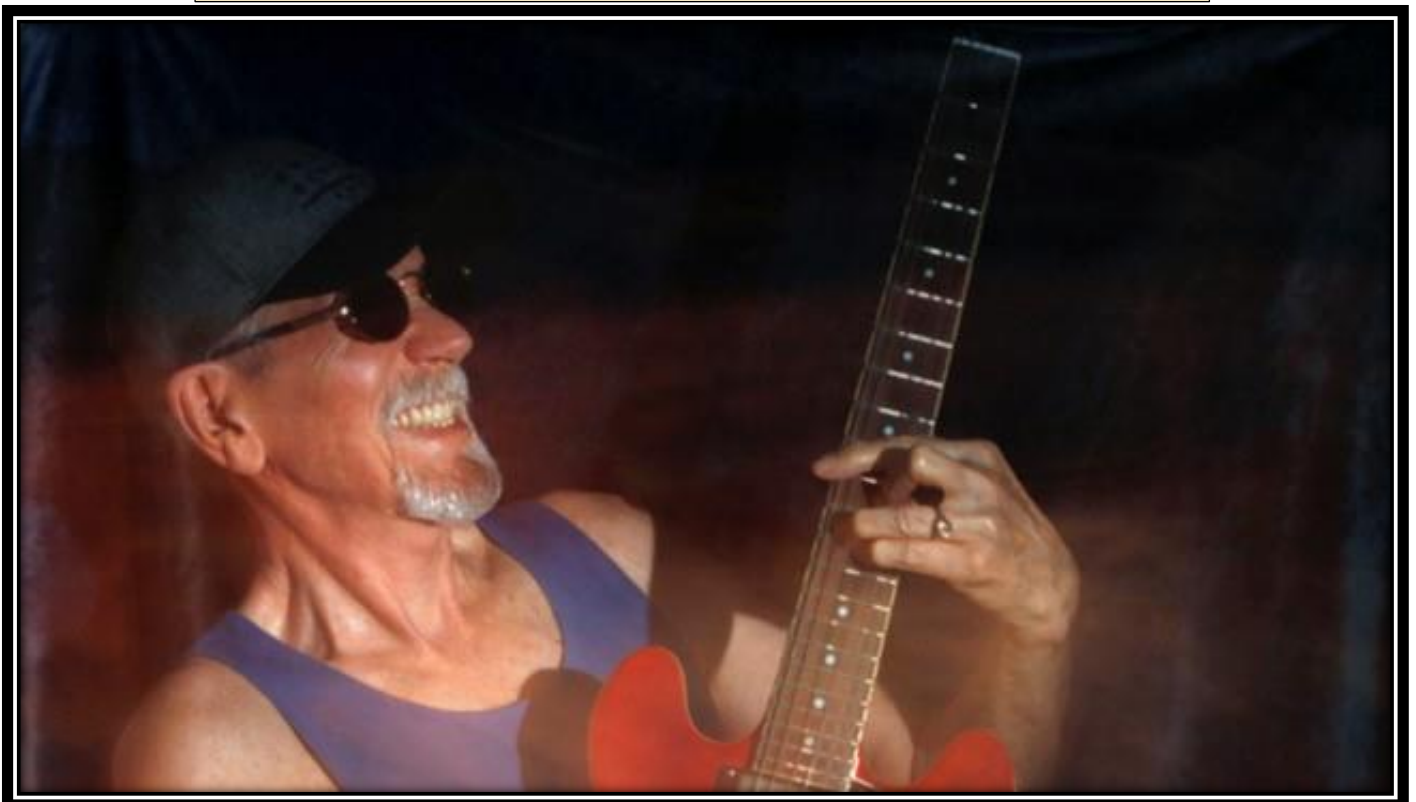
January Photo of Month - Theme Weather

Picture taken by Allan Johnson of approaching afternoon storm at Coonamble, NSW



February Photo of the Month - Theme Portraits

Self-portrait taken by, Corrugated Shedder Colin Gillies.



"The Pig Pen Code" submitted by Darryl Timms

The Pigpen Code is sometimes known as the Pigpen Cipher, Tic-Tac Cipher, Napoleon Cipher, or Masonic Cipher. It is a code which exchanges letters for symbols and it has been around since the seventeenth century. It is particularly useful for keeping information safe. Perhaps a bit of coding could be useful in this age of passwords and numbers.

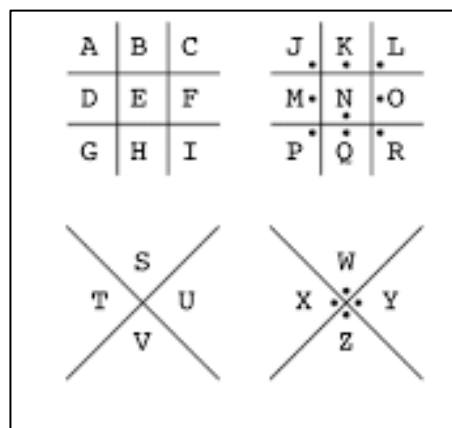
Start with a simple code for a 4-digit number, a pin number for example. Get yourself a piece of paper and draw a noughts and crosses frame. You will note you have 9 spaces. Enter the numbers one to nine in each space. The obvious, but not the ideal, is 1 in the top left space then 2 in the next space, 3 in the top right space, maintain this numbering until you end up with 9 in the bottom right space. Once complete number 5 will be in the middle square. Now you are in position to write a 4-digit number in code using symbols, for example, L followed by a square then another L and another square is code for 3535. Too obvious, try a different numbering system in the frame, number backwards, up and down, in a zig zag pattern, circular or something that only you would know. If you need to have a symbol for zero, make one up. A person with the right or wrong motive could break your code but it will take effort and time.

Back to the Pigpen. Time to get out that piece of paper. Draw that noughts and crosses frame again. Enter the alphabet in the frame starting at the top left putting two letters in each space. AB in the first, CD in the second and so on, ending with QR. Now draw a large X and continue the alphabet, putting two letters in each triangular space of the X starting in the top segment with ST and proceeding clockwise. You now have an angular shaped symbol for every two letters of the alphabet, a right angle for E and F, a square for I and J a vertical V for S and T. The second of the two letters will be identified in your coded message by a dot placed in the middle of the right angle, square or V. (right angle for E, right angle with a dot for F, vertical V for S, vertical V with a dot for T.) Now you are in a position to write a message in code using the symbol and the dot when you want the second letter.

Your grandchildren will soon tell you that those who know about the Pigpen code will find your coding is easy to decode given time, laborious perhaps, but easy because the obvious place to start decoding is with AB in the top left of the frame. Your answer will be impressive. Begin the alphabet somewhere else in the frame and carry on round the frame to where you started. If you want to be more devious, use initials, yours or someone else's, in place of the letters I and A. Why? Because code breakers will look at symbols in isolation and assume they are the symbol for an I or an a.

For those of us that remember the actress Diana Dors, when she died, she left behind a message in code using symbols. Her husband had the key but he died a few months afterwards. Her son noticed that the first part of her coded message was Pigpen. He managed to decode it to read "Locations and Names." The remainder of her message was a variant of the pigpen code, much more complex, it was eventually decoded by an expert Cryptologist and it was indeed, a list of names and locations.

Still curious about Pigpen, have a look on the internet for more. You will come across the many variations of the pigpen code and code that looks like Pigpen but different symbols



X M A R K S T H E S P O T

Member's News



“The Carina Men’s Shed, Repair Shop”

This 1890 Singer hand-operated rusty leather sewing machine was brought into the shed by Allan Johnson, who asked Mal Baldock if he could clean it up a bit.

Mal carefully pulled the machine apart and cleaned up all the individual pieces then painstakingly reassembled it. The photo below shows the machine restored to full working order with a new paint job and a sample of its stitching. Another, great restoration job Mal.



Editor’s Note: I have re-discovered an email sent by Graham Ward with pages of interesting facts which I will include in future Nuts & Bolts.

Did You Know?

Submitted by Graham Ward



DID YOU KNOW?

Rainbows appear as full circles when you're in the sky. They only appear as half circles from the ground because there's no rain below the person viewing it.



DID YOU KNOW?

Bananas are curved because they grow against the pull of gravity. They start off hanging downwards, but as they get bigger, they start trying to grow upwards to get more sun and end up having a curved shape.



DID YOU KNOW?

Once a Tractor Company Owner was insulted by the Owner of Ferrari. Enzo Ferrari's Words were- "You may be able to drive a Tractor but you will never be able to handle the Ferrari Properly".

Today that Tractor Company is known as the "Lamborghini".

"If Noah Was Alive Today"

Early in the year 2022, the Lord came unto Noah, who was now living in Brisbane, Australia and said: **"Once again, the earth has become wicked and over-populated, and I see the end of all flesh before me. Build another Ark and save two of every living thing along with a few good humans."**

He gave Noah the blueprints, saying: **"You have 6 months to build the Ark before I will start the unending rain for 40 days and 40 nights."**

Six months later, the Lord looked down and saw Noah weeping in his yard - but no Ark. **"Noah, he roared I'm about to start the rain! Where is the Ark?"** "Forgive me, Lord", begged Noah, **"but things have changed."**

"I needed a Building Permit, I've been arguing with the Boat Inspector about the need for a sprinkler system. My neighbours claim, that I have violated the Neighbourhood By-Laws by building the Ark in my back garden and exceeding the height limitations and we had to go to the Local Planning Committee for a decision."

"Then the Local Council and the Electricity Company demanded a shed load of money for the future costs of moving power lines and other overhead obstructions, to clear the passage for the Ark's move to the sea, I told them that the sea would be coming to us, but they would hear nothing of it."

"Getting the wood was another problem. There's a ban on cutting local trees in order to save the Greater Spotted Barn Owl. I tried to convince the environmentalists that I needed the wood to save the owls - but no go!"

"When I started gathering the animals the RSPCA took me to court. They insisted that I was confining wild animals against their will- They argued the accommodations were too restrictive, and it was cruel and inhumane to put so many animals in a confined space. Then the Environmental Agency ruled that I couldn't build the Ark until they'd conducted an environmental impact study on your proposed flood."

"I'm still trying to resolve a complaint with the Human Rights Commission on how many minorities I'm supposed to hire for my building crew and Immigration are checking the Visa status of most of the people who want to work."

"The trades unions say I can't use my sons. They insist I have to hire only Union workers with Ark-building experience and to make matters worse, the Tax Office seized all mv assets. Claiming I'm trying to leave the country illegally with endangered species."

"So, forgive me, Lord, but it would take at least 10 years for me to finish this Ark."

Suddenly the skies cleared, the sun began to shine, and a rainbow stretched across the sky. Noah looked up in wonder and asked **"You mean you're not going to destroy the world?"**



"No", said the Lord. **"The Government beat me to it."**

Great Moments in Science with Dr. Karl Kruszelnicki

Sleep Update



G'day, Dr Karl here. There's plenty of folk living out there who want to have fun now, and sleep when they're dead. But nope, not a good plan. You're better off getting your regular seven-nine hours of sleep each night – so you can live longer and better.

So let's update our Sleep Knowledge Databank. How about starting with how much sleep we really need. It varies a little. But once you start sleeping less than six hours at night you're much more likely to get various cancers, Alzheimer's Disease, diabetes and fat.

There are several different ways that too little sleep makes you heavier. Looking at hormones, not enough sleep will simultaneously increase blood levels of a hormone that makes you feel hungry while at the same time suppressing another hormone that makes you feel full. Then looking the brain, the regions related to impulse control are turned down, or even off. To make things worse, at the same time, the activity of your amygdala (another part of your brain) is pumped up (the amygdala drives fun-seeking behaviour, and that includes eating fatty foods). Putting it all together, people who are sleep deprived will choose foods that increase their energy intake by up to about 50%.

But what if you are deliberately eating less to lose weight, while at the same time being sleep deprived? Very annoyingly, your metabolism will hang onto its stores of fat, and for energy, break down your muscles instead. In fact, some 60% of this weight loss (while sleep-deprived) comes from losing muscle mass. Sleep deprivation impacts kids as well. Now your average three-year-old child gets around 12 hours of sleep each night, but what about the three-year-old sleeping ten-and-a-half hours or less each night? Compared to the kid sleeping 12 hours each night, the short sleepers have a 45% increased risk of being obese by the time they get to the age of seven.

Now a global sleep study is accidentally carried out on over 1.5 billion people across 70 continents every year. We call it Daylight Saving. In the spring, as we roll into Daylight Saving, the day has only 23 hours so we lose a whole hour of sleep. The very next day there is a 24% increase in heart attacks around the globe.

Having inadequate sleep also affects male sex hormones. One study looked at healthy young men sleeping just four hours a night, for four nights. They ended up with testosterone levels of a male some 10 years older. In other words, in terms of hormonal virility, a few consecutive nights of inadequate sleep will age a male by about a decade. Similar changes in both female reproductive health and hormone profiles happen to young women who don't sleep enough. What about not enough sleep affecting a vaccine shot? Well, if you don't get enough sleep in the week leading up to your annual flu jab, your immune system will produce less than 50% of its regular antibody response – and your vaccine will be far less effective. In another pathway related to the immune system, if you consistently get less than seven hours of sleep each night, you are three times more likely to get infected by the common cold from a rhinovirus.

Besides interfering with your body weight and your immune system, inadequate sleep is turning out to be one of the most significant lifestyle factors related to getting Alzheimer's disease. For some time, we have known that people who sleep six hours or less each night, or people who have sleep apnoea or insomnia – well, they have a higher risk of getting Alzheimer's disease. First, a bit of background, as part of Alzheimer's disease, a sticky toxic protein called beta-amyloid builds up inside the brain. Luckily, deep sleep activates a massive flushing out of dangerous metabolic chemicals through what is called the "glymphatic system". Either missing out on the full 7-9 hours of sleep, or even a lack of deep sleep in the first few hours of the night, leads to a sudden jump in beta-amyloid – in blood, in cerebrospinal fluid, and in the brain.

Now here is where evolution has been very unkind to us. This beta-amyloid chemical accumulates in those very brain regions that generate deep sleep! You can see that this is a very nasty positive feedback loop – less deep sleep leads to more amyloid which leads to even less deep sleep, which leads to even more amyloid and it just keeps repeating. Interestingly, both Margaret Thatcher and Ronald Reagan both reckoned that sleep time was wasted time, and they both came down with Alzheimer's disease.

But the good news is that treating sleep disorders in middle-aged and older adults can delay the onset of Alzheimer's disease by 10 years.

So, if there's one golden rule in life it is to get enough sleep.

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

Puzzles, Jokes & Trivia



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

U can
1,2,3,...
IT

GOODNESS
GOODNESS
NEST

Quiz & puzzle solutions next page

Belated Australia Day Quiz

1. In what state is the Gibson Desert?
2. What are Australia's three true native birds?
3. What university's main campus is in the NSW town of Armidale?
4. Who founded Australian Geographic in 1986?
5. Which Australian State capital was founded most recently?
6. What colour are Emu eggs?
7. Which famous Australian town is named after the wife of Sir Charles Todd?
8. What animal features on the logo of beer company Toohey's?

Puzzles, Jokes & Trivia



"And now, to explain the format for tonight's political debate ..."

The difference between stupidity and genius is that genius has its limits.
- Albert Einstein

Cool Funny Quotes.com



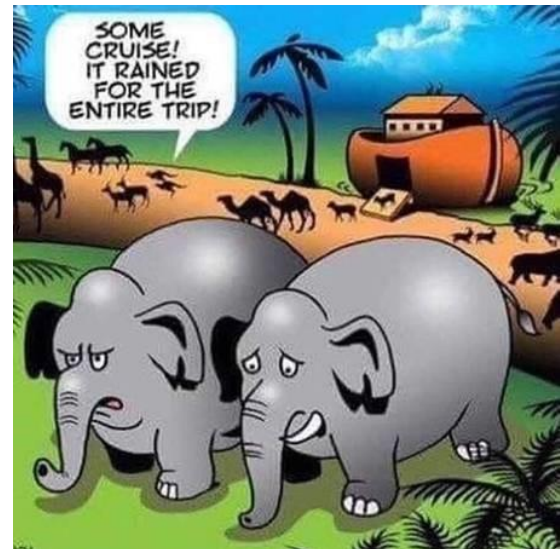
"I said, I won't complain about the broken air conditioning any more!"

DENNIS THE MENACE

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"CAN'T WE GO TO A RESTAURANT? I'M SICK OF EATIN' GROCERIES!"



Australia Day Trivia Quiz Answers

1. Western Australia.
2. Emu, cassowary and little (fairy) penguin.
3. University of New England.
4. Dick Smith.
5. Adelaide (1836).
6. Green.
7. Alice Springs.
8. Stag (deer).

Visual Puzzles solutions

You can count on it
Honest to goodness