

# NUTS & BOLTS



*'Every man needs a shed'*

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## Message from the Editor

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Please enjoy this year's final copy of Nuts & Bolts. I would like to thank all the contributors of photos, jokes, poetry and articles for publication this year.

As another successful and productive year for our shed draws to a close, I wish every member of the shed and their families a very **Happy and Safe Christmas** until our return in the New Year.



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## Carina Men's Shed valued supporters include:



*Member's News*

**Melbourne Cup Lunch *Tuesday 01 November 2022***

The Melbourne Cup lunch was well attended by members and partners with beer wine and punch flowed freely with sandwiches, quiches and nibblies followed by lunch of steak sandwiches and sweets delivered to the table. Many thanks to John Abbott who planned and organised the lunch and sweeps, assisted by David Sim, John Rossberg, Ian McCue and Paul Gardiner.



**Bunnings BBQ *Friday 11 November 2022***

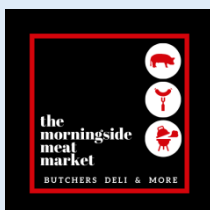
A very successful day thanks to the efforts of: John Rossberg, Adrian McDonnell, Ron Webb, David Bastian, Brock Shears, Phil Allen, Peter Kucks, Mike Arthur, Roger Appleby, and David Clarkson with \$1550, raised for our shed. A very good result for a Friday BBQ due to donated sausages and onions.



***Boggo Road Gaol - Guest Speaker***  
***Monday 21 November 2022***

Jack Sim, local author and Brisbane history tour guide, entertained the shed with his extensive knowledge about Brisbane's early settlement and the history and yarns about the inmates and guards of the infamous Boggo Road Gaol.

Carina Men's Shed valued supporters include:



*Family and Friends Market Day submitted by John Rossberg*

The Shed conducted a "Family & Friends Market Day" on Saturday 12th of November between 12 noon & 2pm. The main reason for the event was to create an opportunity for members to share with their family & friends the types of activities undertaken in the workshop. It was also an opportunity for family & friends to maybe pick up some early Christmas presents.

The event proved as great success with an estimated 100 guests visiting the Shed over the 2 hour period. To say the guests were amazed is probably an understatement on quality and variety of items made by the Shed members. There was a lot pride shown by family members on what their father or grandfather had made. There were also a couple of prospective new members for the Shed as direct result of the event. A half dozen members from the Fassifern Community Men's Shed also visited on the day to see what we had made. Di Farmer & Steve Minnikin also dropped in to show their support. And.....we sold \$2,000 in hand crafted items in 2 hours....not bad !! The success of the event will no doubt see us have a similar event leading up to Christmas next year.



*Members news*

***Bulimba Christmas Markets Sunday 04 December 2022***

John Rossberg, Rex Gelfius, Freddie Butler, Tom Kenney, Tony Paterson, John Kirkwood, David Sim, Adrian McDonnell, Adrian Paolucci, Graham Fraser and Matt Keally raised about \$1750



***Moving Out from Home Monday 05 December 2022***



Savannah and Susan from Retirement Care Solutions presentation to the shed, explained how it can be a time consuming and often a stressful process to assist a loved one into residential aged care. If you missed their visit you can find info at their website.

<https://www.retirementcaresolutions.com.au/>

***Bunnings BBQ Friday 09 December 2022***

Thanks to the efforts of: Bill Ekland, Rob Cousins, John Packer, Stephen Look, Denis Cush, David Clarkson, Allan Davey, Roger Appleby and John Forbes, \$878 was raised for our shed.

***Bunnings BBQ Saturday 10 December 2022***

Thanks to the efforts of: Phil Allen, Klaus Binder, Peter Kucks, Ken Gillard, David Clarkson, Mal Baldock, Gordon Bowler, Brian Daley and John Gormley and Ian McCue for setup, \$2278 was raised for our shed. Special thanks to Ken Casey who turned up on Friday and when asked, backed up on Saturday as well. He is a hero.



***Steve Minnikin MP Visit Monday 12 December 2022***

Steve Minnikin, the member for Chatsworth, dropped into the shed with some morning tea and acknowledged the bipartisan support for the contribution that Men's Sheds provide to their local community and to the physical and mental wellbeing benefits provided to the shed members.

*Poetry Corner***THE RED POPPY** submitted by Bob Ikin

In the lead up to 11<sup>th</sup> November each year, the RSL sells millions of red cloth poppies for Australians to pin to their lapels, with the proceeds going to RSL welfare work. Why a red poppy?

Canadian major John McCrae, a medical officer in the first world war, first described the red poppy, the "Flanders Poppy," as the "flower of remembrance."

Sitting on the back of an ambulance parked near the dressing station, just a few hundred metres north of Ypres, he could see the wild poppies that sprang up in the ditches in the nearby cemetery. McCrae vented his anguish by scribbling for 20 minutes in pencil in his dispatch book the 15 line poem that has come to be known as "In Flanders Fields" which described the poppies that marked the graves of dead soldiers.

McCrae's "In Flanders' Fields" remains to this day one of the most memorable war poems ever written. It is a lasting legacy of the terrible battle in Ypres in the spring of 1915.



***In Flanders' Fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.***

***We are the dead. short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders' Fields.***

***Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders' Fields.***



The RSL has kept up this tradition of selling poppies to mark the 11<sup>th</sup> November, even when the poppies were no longer obtained from France. The little silk poppies worn on Armistice Day are an exact replica in size and colour of the poppies that bloom in Flanders' Fields.

Poppies adorn the panels of the Australian War Memorial's roll of honour, placed beside names as a personal tribute to the memory of a particular serviceman; this practice began at the interment of the unknown soldier on the 11<sup>th</sup> November 1993.

***\*Information extracted from the Australian Army History Unit publication "Preserving Our Proud History – The Customs and Traditions of the Australian Army" by L.I. Terrett & S.C. Taubert.***

*The Pigman submitted by Darryl Timms*

## **The PIGMAN**

### **A True Story from the Seventies**

He was short and stocky, middle aged, 5 feet tall at a guess, not as wide perhaps, but close, with a large round face on broad shoulders without any visible evidence of a neck. Clear bright eyes but nothing to suggest any thoughts other than the task at hand. His red cloth hat was pulled down so tightly on his head it pushed his ears out at right angles. He always wore a sleeveless shirt, rugby shorts and thongs for shoes, standard attire for a working man in a North Queensland town during the nineteen seventies. He had a piggery on the outskirts of the town. He was well known in the town as the Pigman.

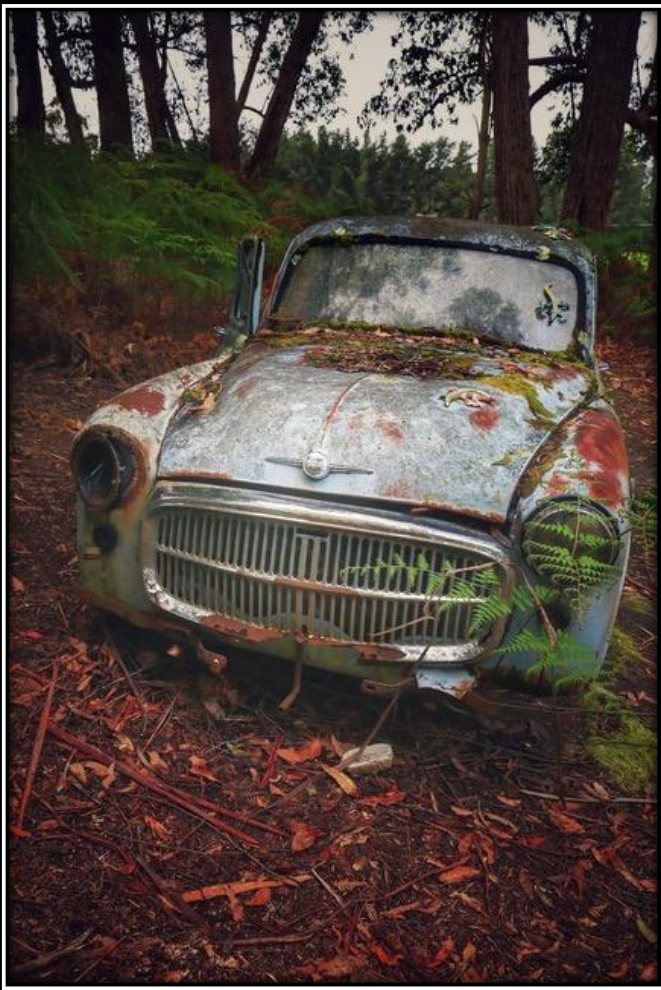
Every Friday he came to town in an old Bedford truck to collect food waste for his pigs. A large amount of food waste, from a variety of sources, all thrown together into the back of his high sided truck until it reached the top. Visits to his suppliers were predictable and without incident, no greetings or verbal exchange was necessary, convenient parking with adequate space to load was always available. Efficiency and his early departure were the priorities. As the temperature rose on a normal North Queensland day his truck was described by the locals as, "on the nose," a true indicator of where he was and where he had been. He was totally oblivious of the townsfolk's presence as he industriously went about his business. People would politely move out of his way, usually with a smile or a respectful nod.

By the end of the day the Pigman would have a full load of uncovered rather malodorous food waste attracting the attention of an impenetrable cloud of flies. This was his time to stop at the pub on the way home to enjoy an ice-cold beer. He would park his truck in the same place as any other thirsty worker on a Friday afternoon, as close as possible to the public bar. The stench from his truck was overwhelming. A cartoonist would describe the situation with human figures of various shapes and postures, all in a mad panic, rushing out doors, jumping out of windows, and off the second-floor verandah. Clearly the hotel patrons should have been doing something similar, but they didn't, they trusted their publican.

The publican would quietly and politely offer the Pigman a free beer together with almost fatherly advice that he should enjoy his next beer at the pub further down the road where the beer was better and colder. The Pigman always appreciated the publican's personal interest and his generosity. He would savour his free beer, accept the publican's advice, then leave to enjoy a beer at the next pub further down the road. There were several pubs between that North Queensland town and the Pigman's piggery and he enjoyed a free ice-cold beer at every one of them, every Friday afternoon. Clear evidence of country publicans protecting their customers interests and sharing their responsibilities to the local community.

Life in a North Queensland Country Town Hey

*Photos of the Month - November & December*



***November Photo of the Month –Theme Cars***

Photo above taken by Allan Johnson was voted photo of the month but was too small to be printed and the runner up photo (left) taken by Colin Gillies was printed for display.

***December Photo of the Month –Theme Bikes***

Photo was taken by Paul Esdaile at Penny-farthing race in Tasmania.



*Grey Nomads - UK Men's Sheds - submitted by Peter Finch****Wisbech Men's Shed***

Whilst I was in the UK last June & July I visited three Men's shed clubs, I chose these because they were near relatives whom I was going to stay for about one week. I went on the web and then contacted the clubs to check if it was OK to visit and the best day to do so.

The first club was Wisbech MSC, this town is a typical English market town, and is in Cambridgeshire with Norfolk border just down the road. Until the 17th century it was a major sea port, then the Dutch came and drained the Fens, and now the region is a major farming region, the coast was 4 miles from Wisbech before the draining took place it is now 11 miles from the coast.

Wisbech MSC is about a 10 minute outside the town, along what I would call a country lane, but it has some industry along it. The club members, there are about 20 maximum, were very friendly and welcoming. You can see the sheds and the covered area, some work is done outside, as it is at the other clubs I visited. They make items for other not for profit organisations. All of the clubs have a corner to make tea & coffee and that was my first introduction to each club.

***Bishop Stortford Men's Shed***

The second club was Bishops Stortford, located in Hertfordshire which was a Roman settlement, and a 3,000year old socketed spearhead has been discovered near the town. It got the added name of Bishop in 1060 when the Bishop of London acquired the town. The MSC meet in the back garden of a member's house, just off the London road and behind a row of shops.

Again they were very welcoming, to the extent that one member who is the Mayor had his chain of office with him so he could have a photo with me.

They also have around a maximum of 20 members, there were about 10 the day I visited and all work is done outside. But they are fitting out another shed for work that does not leave sawdust etc. They closed early in my honour, and we all went to a local restaurant for lunch, the weather was so good we sat in the outside area.





### *Rayleigh Men's Shed*



Rayleigh MSC was the last Men's Shed I visited, and it is just a couple of miles from where I grew up, and is located in Essex, very close to the Thames estuary, where I learnt to swim.

The market town and civil Parish is located between Chelmsford and Southend-on-Sea, 32miles from central London. There is evidence of Prehistoric and Roman times.

This club is located behind a small industry complex and the sheds are some containers, all fitted out and work equipment are set on a frame with wheels to get in and out of the containers and work is done outside. They do get some timber etc off cuts to make items from.

They have around 20 members, who have to look out for vehicles coming in on the entrance for delivery trucks. I can recommend you visiting a MSC when in UK, if you have time. At every club there were a few members who have relatives in Australia, and one of them told me he had more relatives in Australia than in England, they all were interested in what we do and Australia in general.



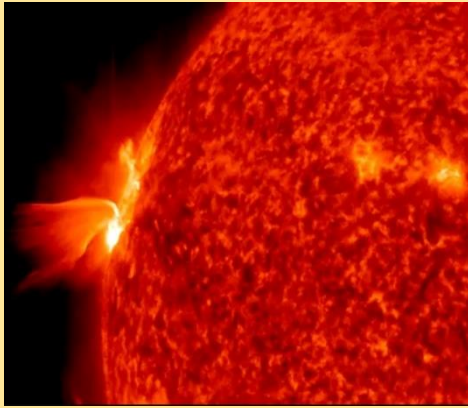
#### Gordon Bowler's Plumb Bobs

Under supervision from Mal Weier and Robert Tritchler work on the lathe, with Gordon Bowler and Michael Lyons, several metal turning activities are being conducted such as making metal plumb bobs with material generously supplied by our herb gardener Ron Webb.



*“You are old Father William; Can you ever keep up?” submitted by Freddie Butler*

This Father William poem by Lewis Carroll was a bit of a joke between a senior citizen and an over inquisitive and not particularly polite young man. This matter of age differences got me thinking about the many technical and scientific changes in life, occurring in a rather short time that affects all of us “Shedders”. In the last 70 years or so, there were many birthdays, many changes of governments and many inventions. Even the establishment of Men’s Sheds!



For example, how many of us even knew that in addition to our daily, planetary weather forecast, that there is a Space Weather Forecast service? Not many people know that! Obviously, the meteorologists have an interest and so do the military, as well as physicists who worry about signal security. Airlines have an interest too; it gives them another excuse for less than satisfactory service for the ticket price. Most of the population merely get angry when the ‘phone doesn’t work, or the TV refuses to broadcast programmes. But the radio and TV station operators can get very vexed when their multi-million-dollar investment collapses, and profits are reduced. The cause of this gross inconvenience is a Solar Flare from the Sun, which is one of the phenomena studied by people working in the Space Weather business.

Humanity has always had some system of forecasting the weather, and in times past weather was forecast from experience or from wetting a finger and holding it up into the wind. Well, times have changed considerably in the last several decades. Developments within societies and the exigencies of conflict between nations have brought into being several systems for forecasting the planetary and now inter planetary weather.

Space Weather Forecasting. Isn’t that a splendid addition to the knowledge and ability of humanity? Why do we need such a forecast? Because the Sun, an ever-tempestuous body, wreaks havoc on our planetary wellbeing by providing Solar Flares. It is well known that light takes about 8 minutes to reach earth from the Sun. But in the Solar Flares are Geo-Magnetic influences, and in addition, Charged Particles are also zipping about between the Sun and the Earth.



None of these phenomena add to the well-being of anything electrical, or to general happiness of people on our planet, especially the military or space programme operators. The military people need quick and accurate warnings and measurements. One, to gain advanced knowledge of weaponry and two, take care of military spaceships and crews, and three, to attack and destroy missiles. People operating a space programme, for commerce or tourism, need quick and safe flight plans and flight duration. Communication satellite operators pray that there are not too many Solar Flares.

Geo-Magnetic influences include-: induced currents where they are not wanted, interference to GPS systems, and bad effects on Satellite orbits. It doesn’t take much to create nasty problems. Charged Particles are particularly unwelcome because they can “fry” sensitive electronic equipment. Replacing “fried” satellites is not a cheap activity. The particles are also a Radiation Health Hazard for spacecraft and crew and the more recent Space Tourist Travellers. Such particles are also not welcomed by earth-bound high-altitude aircrew.

Modern forecasting equipment terrestrial and extra-terrestrial are State of the Art and can alert the military and the population of possible disaster, providing time to make decisions and take effective action. So, if the young man asking too many questions is reasonably good at math and can use a computer, get him into the Space Weather Forecasting business. A secure job for the future, and it will stop his incessant questions.

Father William may be old, but his retirement reading will keep him up to date. Modern weather forecasting will keep him comfortable. And that irritating inquisitive child, will be silenced by a knowledgeable grandfather. An intellectual grandfather? Life is good.

## Great Moments in Science with Dr. Karl Kruszelnicki

## Nuclear War would be Pointless



Now nuclear weapons are quite different from other weapons of war, because they carry enormous destructive power in a very small package. A nuclear weapon weighing about a quarter of a ton can release as much energy as exploding 1.2 million tons of TNT – that's a multiplication factor of about five million. TNT is a very powerful, but conventional, explosive, and is used as a baseline reference. A very small nuclear weapon has the explosive yield of about 1,000 tons of TNT (one kiloton), while the biggest nuclear detonation ever was about 50 million tons of TNT (50 megatons). The countries currently with nuclear weapons are the USA, Russia, China, France, the United Kingdom, India, Pakistan, North Korea and Israel. During the Cold War, the combined numbers of US and Soviet nuclear weapons reached about 70,000.

Today, that number has dropped to about 13,000 nuclear weapons globally, most of them held by the USA and Russia. That's still enough to end civilisation as we know it. These weapons are either ready to explode immediately, or they need a little work to fully activate them. Only two nuclear weapons have ever been exploded in war – in 1945 in Japan at Hiroshima (15 kilotons) and Nagasaki (20 kilotons). Some 200,000 people died as a result. Despite this terrifying impact, development of bigger nuclear weapons continued, and some 2,100 nuclear weapons have been exploded in tests, with a total yield of over 600 megatons of TNT. Australia wasn't immune. About a dozen nuclear tests were secretly carried out by the British government in Australia between 1952 and 1963.

Nuclear weapons are divided into two main categories – tactical and strategic. Tactical nuclear weapons are smaller, usually under 100 kilotons, and are intended for use on the battlefield. They can be used as nuclear artillery against ground targets such as bridges or dams, or against aircraft or submarines. The strategic nuclear weapons tend to have a higher explosive power. Their targets are usually military bases, economic and energy infrastructures, and civilian populations. So let's look at three real-life possibilities, and the possible fallout.

Let's start with a single so-called strategic strike of 300 kiloton nuclear weapon on a major city. The immediate release of gamma rays, neutrons and other radiation would instantly kill everybody within a kilometre or two of the site of impact, euphemistically called Ground Zero. About one-third of the explosive energy comes out as light and heat. People and places - up to 13 km away from the ground zero - would burn. Then there's the blast wave, travelling through the atmosphere, which accounts for about half of the explosive power. This blast wave would suddenly increase the atmosphere pressure by about a third, at distances up to about five kilometres from Ground Zero. This would destroy domestic houses, demolish city skyscrapers, and kill most people that it hit. Within a millionth of a second after the explosion, X-rays and gamma rays are emitted with such energy that the air itself would be superheated into a fireball so hot, that the very atoms would be broken apart into electrons, nuclei and subatomic particles.

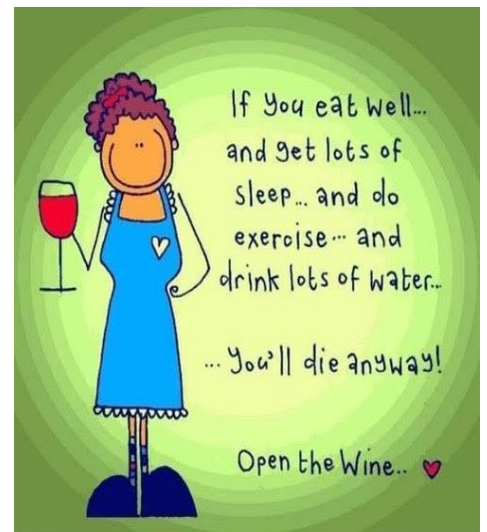
The fireball would rise - becoming the head of the terrifying mushroom cloud. Inside the mushroom cloud are very radioactive atoms, which will be carried downwind, until they eventually drop down to ground level. This nuclear fallout can contaminate thousands of square kilometres downwind of the detonation site. In summary, a single 300 kiloton nuke warhead over a major city would kill about a million people almost immediately, and another two million would be left with serious injuries by the end of the first day. Everybody within a few kilometres of the explosion site would be dead. Our second scenario is a local nuclear war, for example, between India and Pakistan. Let's assume that about 100 nuclear weapons, each about 15 kilotons are launched. Here we have a minimum of 27 million deaths.

But a full nuclear war between the USA and Russia would involve about 4,000 nuclear weapons, with an average yield of around 100 kilotons. The immediate deaths would total about a third of a billion people. The smoke from the enormous number of fires after a full-scale nuclear war could inject millions of tons of soot into the atmosphere, cooling the entire planet – the so-called nuclear winter. By itself, the soot from a global nuclear war could deplete 75% of all the ozone. This would lead to a tropical UV index at ground level higher than 35. To put that in perspective, when the UV index is 12, just 15 minutes of sun exposure, causes sunburn. The changed climate, and widespread radioactive contamination, would lead to the collapse of societies around the world. It's estimated that two years after a global nuclear war, famine and other flow-on effects could kill over half the world's population.

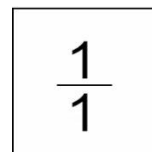
One would hope that human beings are smart enough to realise that such destruction is pointless –there are no 'winners' in a nuclear contest.

<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?



Trivia Quiz

1. What Australian brand's slogan was "More smart, more safe ..."?
2. How many squares on a Scrabble board?
3. What is papaya fruit called in Australia?
4. In what month of the year does Tamworth host the Country Music Festival?
5. A periorbital haematoma is more commonly known as ...?
6. The medical condition allergic rhinitis is more commonly known as ...?

Quiz & puzzle solutions next page

## Puzzles, Jokes & Trivia



### Trivia Quiz Answers

1. Mortein.
2. 225.
3. Pawpaw.
4. January.
5. A black eye.
6. Hay fever.

### Visual Puzzles solutions

One on One  
I overslept