

NUTS & BOLTS



'Every man needs a shed'

Vol 6 | Issue 8 | June 2023



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Message from the Editor

Editor: Ray Peddersen

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I am sorry that too many late nights watching Wimbledon, the Ashes and then the Matildas, may have contributed to the rather tardy delivery of this issue of Nuts & Bolts.

However, thanks to all the great contributions of photos and stories there is plenty to enjoy.

"Facts are stubborn, but statistics are more pliable." - Mark Twain



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Carina Men's Shed valued supporters include:



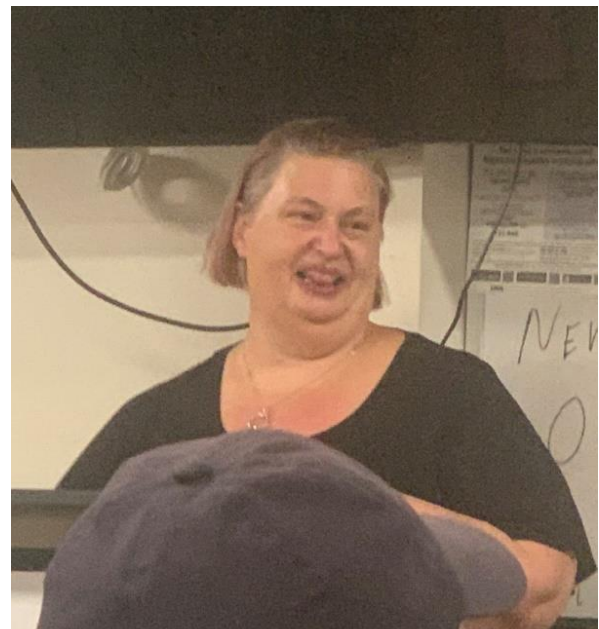
Member's News

Upcoming Dates	
Date	Activity
Sun 20 Aug	Kite Festival Minnipi Parklands
Wed 23 Aug	AGM - please consider nominating for vacant positions
Wed 06 Sep	Band Performs for the Shed 10:30am & Free BBQ Lunch
October	Bus trips to Amberly Air Base (Dates to be advised by Phil Allen)
Sun 03 Dec	Bulimba Christmas Markets



Shed Visit - Update on Women's Shed
Monday 01 May 2023

Lisa Atwood dropped into the shed with morning tea and a progress report on the establishment of the Women's Shed.



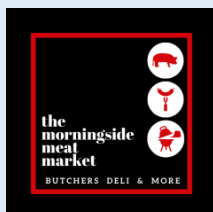
Guest Speaker AI Fall Detection
Monday 08 May 2023

Karen Coggan spoke about, Home Guardian's AI Device that can detect falls and automatically alert nominated emergency responses.

Bunnings BBQ Friday 12 May 2023

Another successful day with \$650 raised, thanks to the efforts of: John Lochel, David Clarkson, Gordon Bowler, Stephen Lock, Paul Gardiner, Roger Appleby, Eric Rountree, Peter Kucks and David Sim.

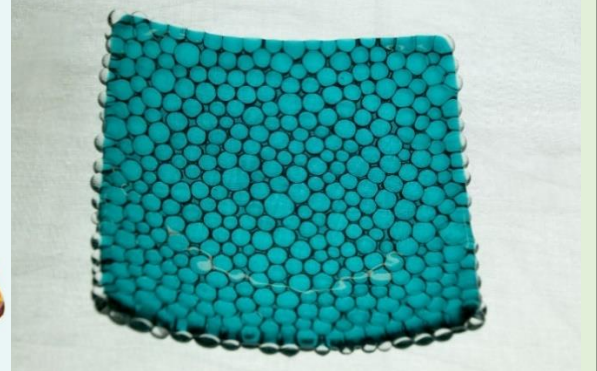
Carina Men's Shed valued supporters include:



Members News

Mother's Day Morning Tea and Raffle Wednesday 10 May 2023

The Mother's Day Morning Tea was very successful with 76 members and partners enjoying the raffle and refreshments. The sale of the glass, leather and wooden toys raised \$500 and the raffle about \$200.



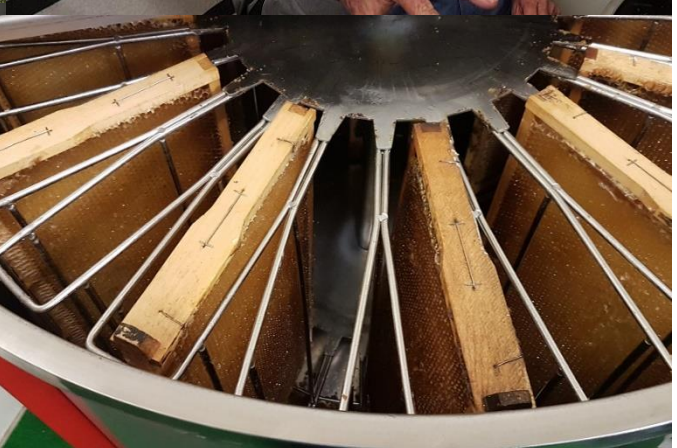
Editor's Note: Unfortunately, I do not have any photos of the great display of sale items that had been set up in the workshop, for the Mother's Day morning tea. Some typical examples of the glass work that would have been on display for sale.

Member's News



Georgina Hostel Hanging Basket Project *Wednesday 10 May 2023*

The residents of the Georgina Hostel appreciated the assistance provided by Syd Dempster, Ken Casey, Peter Kucks and Paul Gardiner with the Hanging Baskets project, sponsored by Bunnings.



Glampers Woodford Shed Visit *Thursday 11 May 2023*

Seventeen members of the Glampers group spent a couple hours before lunch at the Woodford Men's Shed meeting the members for a tour of their large and well-equipped shed. In the afternoon the Glampers visited Bevan's brother-in-law to view the initial stages of production for the shed's Honey Run.

Member's News



Ipswich Railway Museum Bus Trip Tuesday 16 May 2023

Members Bus trip to Tramways Museum was postponed and members went to the Railway Museum at Ipswich and had lunch at Redbank Plains Tavern, which went down very well.



Music in the Mulga Festival 18- 21 May 2023

Ray Carter announced at the Monday meeting, that the two belts crafted by the leather group and donated for the charity auction at the "Music in the Mulga Festival" were auctioned off for \$160.

Eddie Haselich Men's Health Week Friday 16 June 2023

The Men's Health Week program was split into four sessions from 10:00am – 12:00pm with Peter Everest leading an exercise break between sessions. Syd Dempster, Andrew Chapman, Allan Johnson, Gordon Bowler and Ray Carter, each spoke about why they had joined and the benefits they had received by joining our shed. Guest Speaker was the centre's Lewis Hayes who spoke about his own journey with personal health issues and how to recover from setbacks. Ian McCue, Norm Gray and Ray Carter spoke about the importance of being aware of safe work practices in the workshop and around the home and highlighted the talk with some amusing videos. Many thanks to David Douglas and John Rossberg and all the others involved in planning and presenting the program and to John Abbott and crew for the healthy lunch of mini quiches and steak sandwiches.



Member's News



Guest Speaker Monday 12 June 2023

Scott Green from ADA Australia (Aged and Disability Advocacy) a not-for-profit government funded community service that can provide advice on accessing aged care and disability services.
<https://adaaustralia.com.au>



Guest Speaker Monday 26 June 2023

Lucy Collier the new BCC councillor for the Morningside Ward introduced herself to the shed and wants to continue to provide support for the shed's community activities.



Workshop Ekka Entries- The glass and leather groups have again submitted multiple Ekka entries this year. John Rossberg's glass entry, which consists of 388 1mm strands of art glass depicting the Stewart Tartan, shows the exceptional quality of workmanship in this year's Ekka entries.

Poetry Corner - *The Poems of A. B. "Banjo" Paterson**Mulga Bill's Bicycle*

'Twas Mulga Bill, from Eaglehawk, that caught the cycling craze.
 He turned away the good old horse that served him many days.
 He dressed himself in cycling clothes, resplendent to be seen.
 He hurried off to town and bought a shining new machine.
 And as he wheeled it through the door, with air of lordly pride,
 The grinning shop assistant said, "Excuse me, can you ride?"

"See here, young man," said Mulga Bill, "from Walgett to the sea,
 From Conroy's Gap to Castlereagh, there's none can ride like me.
 I'm good all round at everything as everybody knows,
 Although I'm not the one to talk - I hate a man that blows.
 But riding is my special gift, my chiefest, sole delight.
 Just ask a wild duck can it swim, a wildcat can it fight.
 There's nothing clothed in hair or hide, or built of flesh or steel,
 There's nothing walks or jumps, or runs, on axle, hoof, or wheel,
 But what I'll sit, while hide will hold and girths and straps are tight:
 I'll ride this here two-wheeled concern right straight away at sight."

'Twas Mulga Bill, from Eaglehawk, that sought his own abode,
 That perched above Dead Man's Creek, beside the mountain road.
 He turned the cycle down the hill and mounted for the fray,
 But 'ere he'd gone a dozen yards it bolted clean away.
 It left the track, and through the trees, just like a silver steak,
 It whistled down the awful slope towards the Dead Man's Creek.

It shaved a stump by half an inch, it dodged a big white box,
 The very wallaroos in fright went scrambling up the rocks,
 The wombats hiding in their caves dug deeper underground,
 As Mulga Bill, as white as chalk, sat tight to every bound.
 It struck a stone and gave a spring that cleared a fallen tree,
 It raced beside a precipice as close as close could be.
 And then as Mulga Bill let out one last despairing shriek.
 It made a leap of twenty feet into the Dean Man's Creek.

'Twas Mulga Bill, from Eaglehawk, that slowly swam ashore:
 He said, "I've had some narrer shaves and lively rides before.
 I've rode a wild bull round a yard to win a five-pound bet,
 But this was the most awful ride that I've encountered yet.
 I'll give that two-wheeled outlaw best; it's shaken all my nerve,
 To feel it whistle through the air and plunge and buck and swerve.
 It's safe at rest in Dead Man's Creek, we'll leave it lying still.
 A horse's back is good enough henceforth for Mulga Bill."

The Sydney Mail, 25 July 1896.

Photos of the Month

April Photo of the Month 1 – Theme Anzacs

Photo was taken by Paul Esdaile of Light Horse in New Zealand in 2016



April Photo of the Month 2

Theme Curves

Photo was taken by Darryl Timms at GOMA

Photos of the Month

May Photo of the Month –Theme Fauna
Photo was taken by Darryl Timms at a Botswana Game Reserve



June Photo of the Month
Theme Cold
Photo of ice-blocks on mirror
taken by Paul Esdaile.

"Gasps And Giggling from Gardening" - submitted by Freddie Butler

Imaging sitting in the lounge in the lazy days of Autumn thinking of doing nothing in particular when a feminine voice intrudes.

We all recognize this as a warning, don't we? Or at least most of us do since whenever the voice has silky dulcet tones it indicates something is about to be sprung upon you.

Far too often in my neck of the woods, that something has to do with gardening. Very soon the dulcet tones have become somewhat commanding, noting numerous ideas about how the garden could be improved. No need for a list, herself has memorized and now recalls things that must be done.

Does the owner of this voice appreciate the dangers that are inherent in gardening, to a city man born and bred in a modern metropolis? There are dangers in being too liberal with potting mix. Any number of nasty coughs and sneezes can result even when getting a whiff of the fumes. Back ache will result from moving the heavy bags from the garden supplier's premises into the car, then from the car onto the chosen spot in the garden. There will inevitably more than one spot in the garden. There is also the dangerous task of cutting stakes and making labels. Imagine, a slip of the knife can mean a cut, which will pick up some germ, and turn your finger septic. Do not expect sympathy. "You're a big boy, stick your own plasters on the cut". Then come the pictures on a scrap of paper. "It would be very nice to have some potting beds like these. I'm sure you can do the job with the bits and pieces in your shed".

How does she know what's in my shed? My bits and pieces have reasons to be there, none of which are remotely connected to gardening. However, in the interest of getting dinner that evening, and keeping the peace, an area will be chosen and marked, and some ground will be prepared. Does this lady not understand that brainpower is needed to make and install the formwork, using bits and pieces from my shed? The best thing is to report to "Madame Concierge" also known as 'she who must be obeyed', that much has been accomplished. Tea and biscuits can be anticipated and a return to the chair in the lounge.

Devious are the wiles of people of the feminine persuasion. Following the tea and biscuits in the lounge, comes the next gardening chapter. "The garden does look neat and tidy, but there should be flowers and bushes. Let's go to Bushman's nursery and get some". A wise man, married for many years, instinctively knows where he will be for the entire morning of next Saturday. Not just any old Saturday, but the 'Plants and Shrubs choosing Saturday' which requires a decent breakfast and a calm demeanour.

First thing is to park the car near Bushman's entrance, being a convenient place for when the shoppers return with boxes, pots, stakes. Next, quietly follow the plant selector whilst the entire premises are inspected. Be extremely cautious when being asked for an opinion. This can be a pleasant conversation, but which can quickly morph into a situation where the indifference and ignorance of one person becomes apparent to the other person. Once the bill is paid and the receipt received, only one guess allowed for who carries the load of about half of the nursery's products, to the car.

Arriving at the newly 'neat and tidy garden', talks of bedding the plants and shrubs begins. And here the male of the species goes into survival mode. Never question the colour, size, species, or position of whatever is decided. You will inevitably be wrong and overruled.

Nevertheless, at some time in the future there may be complementary comments received on the nice garden, getting embarrassed but happy giggles from one person, and gasps of pure amazement from another, who should be in the lounge thinking of doing nothing in particular.

Don't even think of a vegetable patch!

"The Australian Flying Corps (AFC) in the Holy Land" - submitted by Bob Ikin**Arrival**

If a man knew about aircraft rigging, or internal combustion engines his entry into the AFC was assured. Woodworkers, pattern makers, boat builders, metal workers, coppersmiths, were some of the trades sought by the AFC.

On the 16th March 1916 airmen and mechanics of No. 1 Squadron AFC left for overseas on the HMT Orsova. This was the first complete Australian flying unit to deploy overseas. Apart from learning how to swing a propeller, the first ground crews left Australia without working on aeroplanes and when they arrived in Egypt they were attached to local British squadrons for further instruction. Having never been taught gunnery, photography, bombing and some had never flown, most of the airmen were sent to England for further training. When they finally reformed the three flights were sent to widely separated stations in north-eastern Egypt, from which they patrolled the deserts on both sides of the Suez Canal.

Already disadvantaged by their inexperience, the novice airmen flew markedly inferior aircraft compared to the German Fokkers and Aviatiks being used on the front. Described by flying officer Fysh as "that poorest of all offensive, or defensive aircraft" the Australian BE2c's were so stable in the air that it was difficult to coax them out of straight and level flight. Against a faster, more maneuverable enemy, such reliability was a curse. The Australians depended mainly on luck.



German Fokker Aircraft



The BE2c Aircraft

Patrols

In November 1916, the AFC Number 1 Squadron was at last brought together. By then, the British armies, including the Australian light horse, had crossed the Sinai to the Palestinian border. Beginning with photographic flights over Turkish lines, Number 1 Squadron's operations soon took a more aggressive turn when they bombed Beersheba on the 11th of November. Despite the superiority of their machines, the Germans rarely challenged the Australians as they reconnoitered and raided, sometimes deep behind Turkish lines.

Bravery

Before the first attack on Gaza, Number 1 Squadron pilot Reg Baillieu and his observer Ross Smith landed and picked up a downed British flier behind enemy lines. Both were awarded the military cross.



Pilot Reg Baillieu

A day later Frank McNamara performed a far more daring feat. In a damaged plane, with blood pouring from a deep wound in his leg, he saw Douglas Rutherford's aircraft on the ground. McNamara chanced a landing, and racing against Turkish cavalry also charging towards the scene, he taxied his aircraft towards Rutherford, who climbed onto the cowling, grabbing the rigging wires as they tried to take off. But damaged by anti-aircraft fire, carrying the weight of two men and with an injured pilot at the controls, the Martinsyde crashed. The airmen abandoned the broken aeroplane and made for Rutherford's BE2c. Just as the Turks began shooting, the biplane struggled into the sky. On the point of fainting from blood loss, McNamara fought unconsciousness for 110 kms before making a safe landing and passing out at the controls. For this death-defying rescue McNamara received the AFC's only Victoria Cross.



Pilot McNamara and Rutherford's Escape

****Source: Australian Flying Corps – Australians in World War 1 published by the Australian Government Department of Veterans' Affairs 2010***

Great Moments in Science with Dr. Karl Kruszelnicki



A Slip of the Tongue

G'day, Dr Karl here. Have you ever noticed that when some people concentrate really hard, they stick their tongue out of their mouth? Mind you, there's heaps of times when your protruding tongue has nothing to do with concentrating. Sticking your tongue out can mean that you are being rude or cute, mocking or flirtatious, disgusted or playful, or taunting or teasing. Culturally, Maori warriors do it as a sign of defiance and strength, while Tibetans do so as a greeting, or as a sign of respect.

Babies stick their tongues out for many reasons – they're hungry and want more, or they're full and want nothing, or they're teething, or they're just copying you. As they get older, over two-thirds of children between the ages of five and eight will poke their tongue out.

Concentrating is when most people do this as well. You can see it when a primary school student is learning how to write their letters of the alphabet, or when an adult is doing fine mechanical work – threading a needle or carrying out a specific series of delicate manoeuvres to make jewellery. And of course, the fabulous basketballer, Michael Jordan, was famous for poking his tongue out as he set up for yet another amazing shot.

But, why do so many people gently immobilise their tongue by either sticking it straight out of their mouth, or by gently grasping it between the lips or teeth? It seems that there is a powerful link between two specific parts of the brain – that happen to be right next to each other. One part controls fine movements with your hands – such as chipping a stone tool, making jewellery, or sewing. The other is the Broca's Area, which helps turn thoughts into speech, by controlling the many muscles needed to make intelligible sounds – including the mouth and the tongue.

Originally, the neuroscientists thought that these two locations in the brain were relatively separate – but now they think they are intermingled, and in fact, overlap with each other. One study got four-year-old children to play games – using both fine motor movements (like playing with tiny toys) and gross motor movements (like slapping the table with their open hand). You guessed it – the kids poked their tongues out more often when playing with the tiny toys.

Another study gave adults the task of picking up different sized objects, sometimes with their hands, but sometimes with their mouths. A strange “mirroring effect” became obvious. When they picked up a big object with their mouth, their hands would open wide, but for a small object, the hands would open only a little. When they did it the other way, and picked up an object with their hands, the mouth would mirror the hands – opening wide for big objects, and much less for smaller objects.

Now this makes sense, from an Evolutionary point-of-view. When you pick up a bit of food in your hand, you will have to open your mouth wider to eat a big item of food - and less so, to eat a smaller food item. One currently popular hypothesis about tongue protrusion says that we started communicating with each other millions of years ago with hand gestures, and gradually evolved into speech. That fits in with the areas for hand movements and speech being right next to each other, intermingled in the brain.

Now one thing that is special about each of these areas, is that when they are active – they are very active. They fire like crazy, and the electrical signals can leak from one area to the other. Speaking of busy, the tongue is very busy. It swallows about one-and-a half litres of saliva each day, makes words, and massages and moves your food when you eat. But nearly always, your tongue keeps out of the way of your teeth. Under normal conditions, there's a huge, and steady, stream of information, back to the brain, from the nerve endings and taste buds on your tongue.

So here comes the hypothesis of Neural Overload. Sometimes, there's just way too much happening in your brain – right now, all you want to do is pop that basketball into the basket. So if you immobilise your tongue, it stops sending so many signals to the brain. You free up some brainpower, or in computer terms, some processor cycles, and bingo, you thread the needle.

Perhaps a few million years ago, making stone tools – and then petroglyphs – that's images chiselled into stone – was the essential step to making speech and language. But I wonder what would be the petroglyphic image for keeping your tongue immobile while you concentrate

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


Puzzles, Jokes & Trivia



I think senility is going to be a fairly smooth transition for me.



SENILITY AIN'T BAD
 I wrap my own Christmas presents. I never watch reruns. I can hide my own Easter eggs and I get to meet new people everyday.



www.cafepress.com/GeezerShop

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

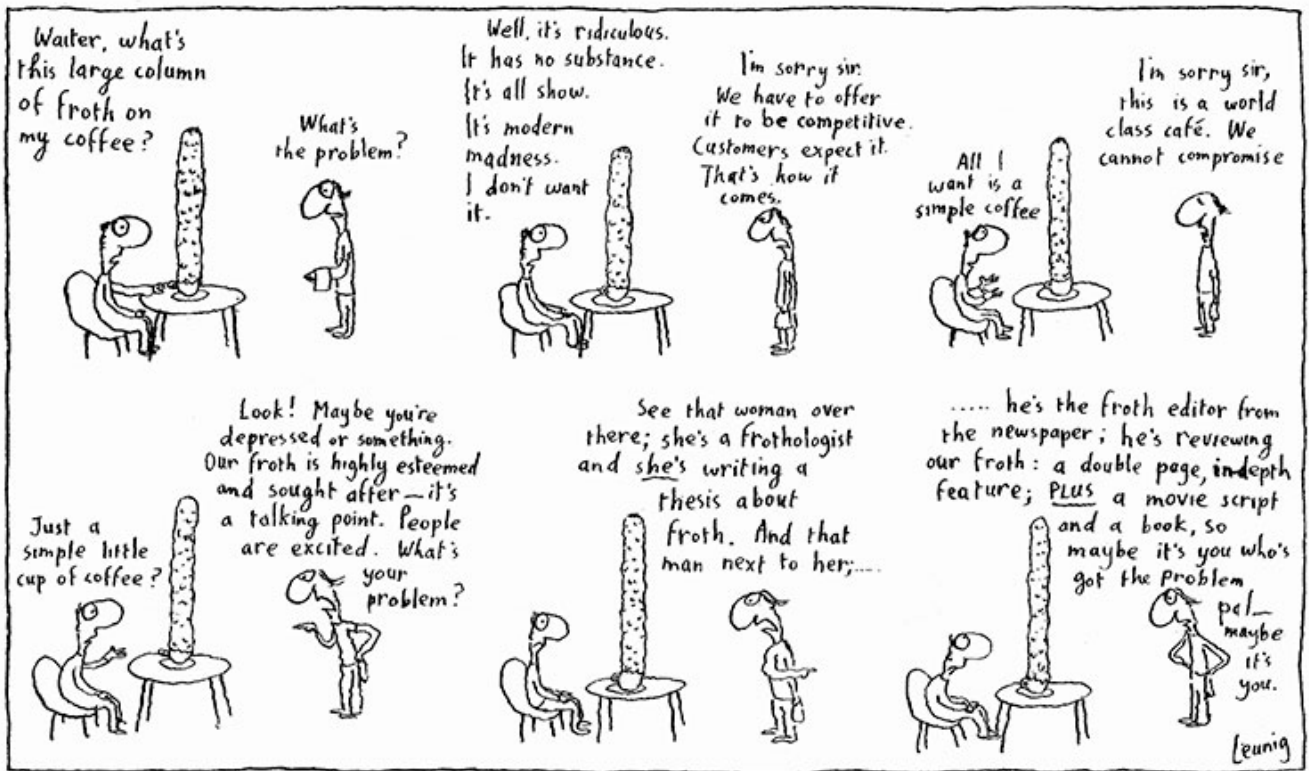
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Quiz & puzzle solutions next page

- Trivia Quiz**
1. In which Australian state is Wineglass Bay?
 2. What element is most abundant in carbon dioxide?
 3. The name of what Japanese garment means "a thing to wear"?
 4. What descriptive name is given to all baby marsupials?
 5. What style of poker is played at World Series Poker?
 6. What two meats traditionally go on a club sandwich?

Puzzles, Jokes & Trivia

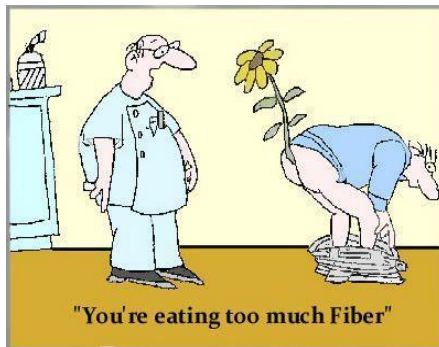


The secret of enjoying a good wine:

1. Open the bottle to allow it to breathe.



2. If it does not look like it's breathing give it mouth-to-mouth.



Irish Craic and Humour

I haven't been able to make a decision since July 8, 1998...

Irish Craic and Humour

which coincidentally is the day I married my wife.

irishcraicandhumour.com

I ASKED MY GRANDPA, "AFTER 65 YEARS, YOU STILL CALL GRANDMA DARLING, BEAUTIFUL, AND HONEY. WHAT'S THE SECRET?" HE SAID, "I FORGOT HER NAME 5 YEARS AGO AND I'M SCARED TO ASK HER."

Irish Craic and Humour

Twice a week, we go to a nice restaurant, have a little beverage, good food and companionship...

She goes on Tuesdays, I go on Wednesdays.

irishcraicandhumour.com

- Trivia Quiz Answers**
1. Tasmania.
 2. Oxygen.
 3. Kimono.
 4. Joeys.
 5. Texas Hold'em.
 6. Poultry (chicken or turkey) and bacon.

Visual Puzzles solutions

**See Eye to Eye
I before E except after C**