

# NUTS & BOLTS



*'Every man needs a shed'*

Vol 6 | Issue 9 | August 2023



Message from the Editor

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Another jam-packed edition with reports on the very popular shed bus trips that have been organised by Phil Allen and the great team at Transit Care.

Also reports on the latest Veterans Program, the Brisbane Kite Festival, the AGM and lots more to enjoy.

*The cardiologist's diet: if it tastes good, spit it out.*

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Carina Men's Shed valued supporters include:



*Member's News*

**Upcoming Dates**

<b>Date</b>	<b>Activity</b>
Tue 17 October	RAAF Amberly Bus Trip
Tue 24 October	RAAF Amberly Bus Trip
Tue 31 October	RAAF Amberly Bus Trip (Members & Partners)
Tue 07 November	Melbourne Cup Day Lunch
Sat 18 November	Family and Friends Open Day Sales
Sun 03 December	Bulimba Christmas Markets
Fri 15 December	Christmas Lunch -Belmont Services Club

***Ipswich Shed Visit Tuesday 27 June 2023***

A number of workshop members were welcomed by members of the Ipswich Men's Shed for morning tea with the members and then a tour of their facilities and the current projects they were working on.



Carina Men's Shed valued supporters include:





### **Shed Visit - Prostate Cancer Foundation**

**Monday 03 July 2023**

Ruth Logan of Prostate Cancer Foundation explained that there are no simple ways of diagnosing prostate cancer as often no symptoms are present in the early stages. The best defence is to establish regular routine with your GP to monitor your PSA levels and to know your number, as early detection of prostate problems provides the best outcomes.

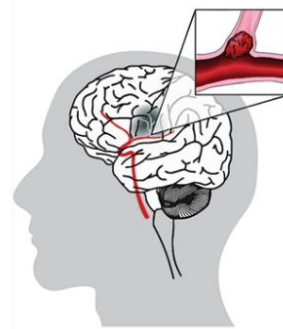
### **Stroke Foundation Guest Speaker**

**Monday 07 August 2023**

Neville Kerr had five strokes in 2010 and now works in a support service for stroke survivors. A stroke occurs when the brain does not get the blood it needs. There are two types of stroke: **Ischaemic stroke** occurs when a blood clot or plaque **blocks** an artery, **Haemorrhagic Stroke** occurs when an artery **breaks** or **bursts**.

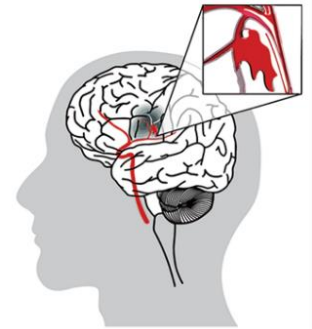
Everyone's experience of a stroke will be different be aware of the **Signs of Stroke**: **Face** has mouth drooped, **Arms** can they lift both arms, **Speech** is their speech slurred, **Time** is critical. Call triple zero (000) at the first sign of stroke.

### **Block**



**Ischaemic stroke**  
(embolic and thrombotic)

### **Bleed**



**Haemorrhagic stroke**  
(subarachnoid and intracerebral)

### **Bunnings BBQ Saturday 29 July 2023**

One of our busiest and most successful BBQ-day ever, serving up over 62kg of sausages to the hungry Bunnings shoppers. Thanks to the sustained efforts of: Adrian McDonnell, Eric Rountree, Wayne Williams, Mike Reader, Rex Gelfius, Roger Appleby, John Rossberg, Bruce Murray, David Sim, Freddie Butler, Bill Ekland, David Clarkson, David Bastian, Phillip McLafen and Ken Gillard, \$2356 was raised for our shed.

### **Bunnings BBQ Friday 11 August 2023**

Thanks to the efforts of Andrew Chapman, Stephen Look, David Bastian, Ron Webb, Rex Gelfius, Roger Appleby, David Clarkson, Peter Kucks, John Rossberg and Rob Cousins, \$500 was raised for our shed.

***Fox & Hounds - Christmas in July*** **Friday 16 July 2023** After brief stop at 10:30 for morning tea at Zaraffas Coffee, Eagleby, the Transit Care Bus arrived at the Fox & Hounds at 11:45. The 33 members and partners on the trip then enjoyed a hot Christmas lunch of roast beef and turkey and a great selection of English ales and ciders on tap in an old English Pub. A brief stop at Yatala Pies on the way home, before arriving back at the shed at about 3:30.



Members News

**Veteran's Wellbeing Program - Friday 19 July - Friday 11 August**

Thanks to the mentoring of; Mal Baldock, Peter Kucks, Allan Johnson, Graham Findlay, Ken Gillard, Norm Grey, Mike Arthur, Les Vear, Rex Gelfius, Bill Byers, Mal Weier, Henry Lennie and Kevin Searle, another successful Veteran's program was completed, with the Veteran's receiving certificates, for completing their leather and glass projects.



Ekka Results



2023 Ekka Results

- John Rossberg's - Stewart Tartan Exhibit *Grand Champion Exhibit Creative Art and Craft*
- John Rossberg's - Stewart Tartan Exhibit *Best Exhibit Glass Craft*
- John Rossberg's - Stewart Tartan Exhibit *First Prize Fused Glass and Slumping*
- John Rossberg's - DNA Ribbons Exhibit *Second Prize Fused Glass and Slumping*
- Tony Paterson's - Dog Portrait Exhibit *Second Prize Stained-Glass*
- Tony Paterson's - Swimmer Crab Exhibit *Third Prize Fused Glass and Slumping*

John and Tony acknowledged that this year's Ekka results would not have been possible without the assistance of the whole workshop in crafting the display cases and stands for the winning glass exhibits.

Member's News

**Tramways Museum – Bus Trip**

**Tuesday 15 Aug 2023**

After a few false starts twenty shed members finally made it to the Tramways Museum at Ferny Grove. The members of the Ferny Grove Men's who operate and maintain the museum, conducted a tour of the site while conveying the history of Brisbane trams and providing morning tea. Lunch stop was at Gaythorne RSL before returning to the shed at about 3:00pm.





### Brisbane Kite Festival *Sunday 20 Aug 2023*

The organisers of this year's Brisbane Kite Festival agree that the new site at Tingalpa Model Aero Club at Minnippi Parklands, the great weather and the contribution of the local Rotary Clubs, Girl Guides, Naval Cadets and the Carina Men's Shed, all made for a great family day out. Thanks to Peter Kucks, Tom Kenney, Mike Arthur, Les Vear, Adrian Paolucci, Matt Kealley, Paul Gardiner, Rex Gelfius, Ken Casey, Ken Gillard, Freddie Butler, Tony Paterson, Roger Appleby and Dennis Beck who all helped in setting up, manning stalls and packing-up at the end of the day.





AGM - Wednesday 23 August 2023

Outgoing President Paul Gardiner thanked all members of the shed for the assistance and support he had received in his term as president. He also welcomed the new nominees and the service provided by those stepping down. Adrian McDonnell highlighted the financial health of the shed and Lisa Atwood gave an update on the progress of the Women's Shed. The meeting concluded with a delightful morning tea of scones with jam and cream.

Member	Position on Management Committee
Roger Appelby	President
John Rossberg	Vice President
Phillip Allen	Vice president
Adrian McDonnell	Treasurer
Stephen Look	Secretary
Norm Grey	Workshop Supervisor
Kenneth Casey	Safety Advisor
Ray Carter	Committee Member
David Douglas	Committee Member



Photos of the Month

***July Photo of the Month – Theme Angles***

Photo was taken by Paul Esdaile



***August Photo of the Month --Theme Keys***

Photo was taken by Allen Linning, showing the keyway of an old electric motor in his workshop.

*"Magical Musical Mobs"* - submitted by Freddie Butler

Has anyone noticed how musically impoverished are the sports of Tennis, Cricket, Basketball, Netball, Surfing and Windsurfing? Fans of these sports turn up in their tens of thousands at various venues for national and international matches, and for their respective grand finals. They can fill stadiums and arenas and beach venues, but alas, they are bereft of any unifying massed singing ability.

Turn up at the stadium at Anfield Plan in Liverpool to experience the glorious sound of some 40,000 eager fans of football, joining in song, to let the nation and visitors know the tune and the words of "You'll never walk alone". It doesn't matter which team you are supporting, because a rousing rendition of this song before the referee's whistle gets the game going, puts everyone in a good mood. After that glorious introduction, it's 'all on' for the best team to win.

A similar event takes place in other parts of the country too. Make sure that your travel to the Highlands includes a couple of days' sojourn in Glasgow. A visit to Hampden Park for a season Cup Final will rousingly introduce you to the fervour of the Scottish fans. Pay your ticket and get introduced to the choral element of the Scottish Language. There will be tens of thousands of Scotsmen (and women) with good strong voices who will immerse you in the song "Flower of Scotland". Many of the fans may have had a wee dram or three to keep out the cold (and the weather is too often cold and wet). But a wee dram or three will also generate new friendships. It is certain that you will remember the emotional impact of the words and your visit and be able to tell the grandchildren 'I went to Hampden Park'.

And if you're visiting sporting places, it would be a criminal omission not to go to Wales, especially to Cardiff Arms Park. There will, on a chosen day in the rugby calendar, be an assembly of rugby fanatics who are famous in most countries for their choral abilities. Their rendition of "Land of my fathers" will raise the roof (if there was one) and all done without a choirmaster to lead the assembled fans. The famous characteristic of any assembly of Welshmen is the ability to sing well. An eisteddfod for all occasions indeed. However, all these massed choir songs are not 'war cries' but are unifying themes of teams on a special day, for the fans, and for the sporting nation.

So, what can be said for sports on our home patch? We certainly have the sports of Tennis, Cricket, Basketball, Netball, Surfing and Windsurfing. And we're very good at them. But do we ever hear rousing songs from the fans? They can play their sport very well, but will they admit that they cannot sing? Thank goodness for balls sports, for there are many playing these sports, and with their fans, keep the choral flag flying high.

Which team of ours bellows out "Simply the Best"? Most of the fans know most of the words and can keep time. There's another organisation on our home soil which serenades friend or foe with the song "Up there Cazaly"? Certain songs add flavour to the day. Sometimes it is just as emotional to sing the song as it is to watch the game being played.

Certainly, there is a need for a rousing /stirring chorus at each significant season ending match in Australia, that signifies 'today is special' - for the fans and for the sport.

## Great Moments in Science with Dr. Karl Kruszelnicki

***Elastin in our Skin and Body***

G'day, Dr Karl here. Now your skin is best when you are a child. A big reason is elastin—the elastic protein that keeps our skin fresh and supple—but once we hit puberty our elastin production drops way way down. Your skin is your own personal space suit, protecting you from the outside world. It's our largest organ, it weighs about one-sixth of our body weight, and it has three major layers.

The outermost layer of the skin is the epidermis. Here you find skin cells and keratin. Keratin is a protein that makes skin both tough and resistant to water. The next layer down is the dermis. This is where we find fibres of collagen and elastin, that give strength and elasticity to the skin. There are also blood vessels, nerves and fat. The bottom layer is subcutaneous tissue, which is made mostly of fat and connective tissues.

While about 80% of the protein in your skin is collagen, elastin is essential. Elastin is about 1,000 times more stretchy than collagen. Elastin lets your skin spring back to its original shape, after you stretch it - such as when you talk or smile or bend your arms or legs. At the top of your dermis, the elastin fibres are perpendicular to the surface, but deeper down, they are parallel. This arrangement maximises the flexibility and toughness of your skin. Elastin is found all over the body. It's in your lungs, ligaments, cartilage, all your organs – and your arteries.

Arteries need elastin to constantly adjust their diameter – to deal with factors like the outside temperature, and how much heat you generate. In fact, it's so important for blood vessels to be elastic, that this wonderful protein, elastin, makes up 50% of the dry weight of an artery.

The process that gives you elastin is called elastogenesis. It mostly happens before and shortly after birth, but unfortunately, tails off very rapidly after puberty. Elastogenesis starts with a chemical called tropoelastin, which is squeezed out from cells and coalesces into little blobs about 0.2 to 0.3 of a micron across. A micron – that's a millionth of a metre - and to give you a sense of scale, your hair fibres are about 50  $\mu\text{m}$  thick. These little elastin blobs then group into bigger blobs about 1-2  $\mu\text{m}$  in diameter, and then form fibres, which are 90% elastin.

Now here's something very weird about elastin. Most proteins in the body survive only for a few minutes, or hours, or days. But elastin is very different. It's an incredibly long-lived protein, with a half-life roughly equal to a human lifetime. This means that after one human lifetime, roughly half of all the elastin in the body has been broken down.

As we get older, we age, and so does our skin. There are two main processes – intrinsic ageing and extrinsic ageing. You are stuck with intrinsic ageing, which relentlessly rolls on through life. For example, your skin gets thinner and more fragile, because you produce less collagen each year. Sweat glands and oil glands reduce their output with time. Down at the microscale, elastin deforms – the proteins can cross link to each other or break apart. Going even smaller, elastin is damaged by many different chemical processes, and they can produce short proteins called elastin-derived peptides, or EDPs. These EDPs set off cascades of damage elsewhere – to further destroy elastin or cause bruising.

The flip side of intrinsic ageing is extrinsic ageing, which is caused by external factors. These include mechanical wear and tear, smoking, and of course, sunlight. Smoking damages your skin by closing down the blood vessels in your epidermis. This reduced blood flow means that less oxygen and essential nutrients reach the skin, which in turn damages the collagen and elastin fibres in the skin, leading to saggy wrinkles.

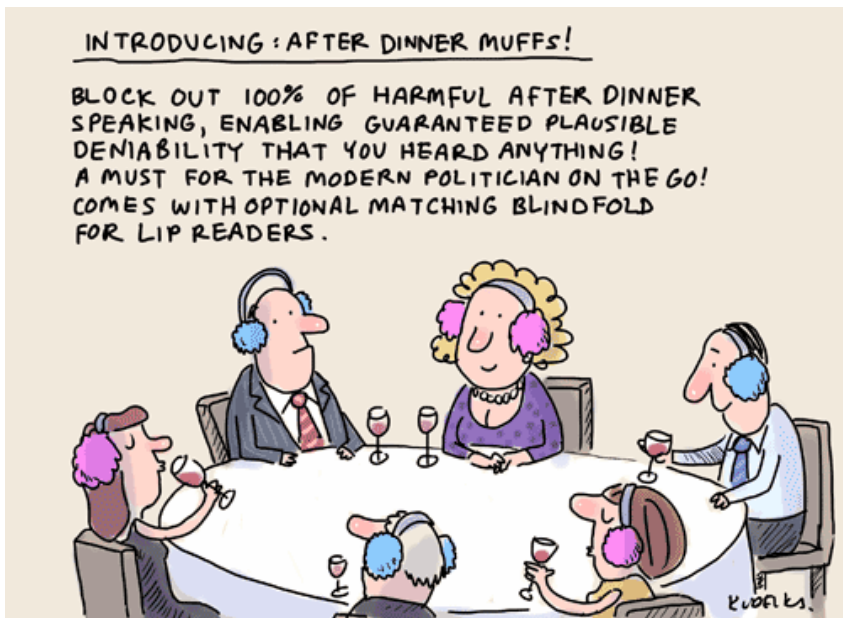
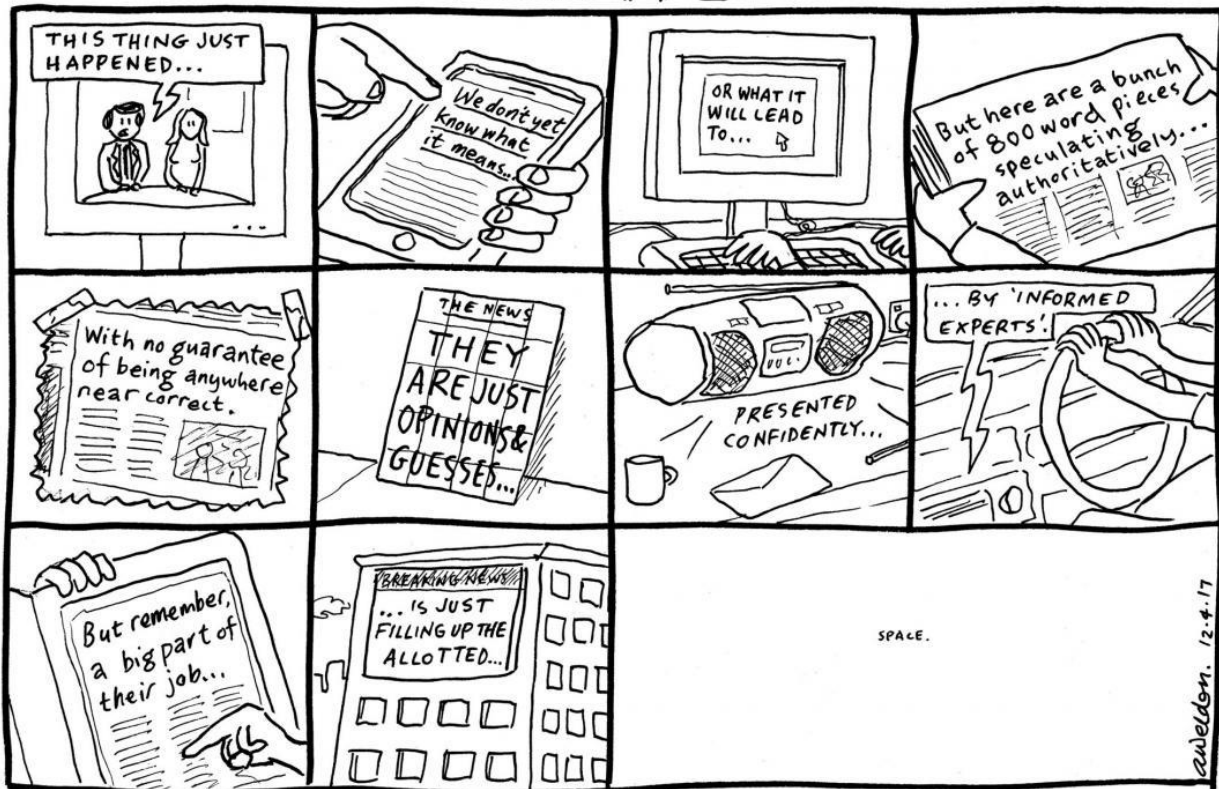
Now the net result of ultraviolet sunlight on skin is the disruption of the wonderful architecture of the elastic fibres. Instead, you end up with abnormal clumps of large elastic fibres in an almost random arrangement – and a skin that is much less elastic.

Stretching our minds, a bit, imagine the day when our Genetic Science can give us life-long production of elastin. That would make ageing amazing, and your beauty would not just be skin deep.

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

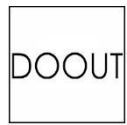
Puzzles, Jokes & Trivia

PUNDITS



"Any chance you could sneak away for a little bit and mow the lawn?"

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



Quiz & puzzle solutions next page

- Trivia Quiz**
1. Which major desert sits to the immediate north of the Nullarbor Plain?
  2. On the Moh's hardness scale what is the hardest metal?
  3. What is the opening line of the 1965 film "The Sound of Music"?
  4. To the nearest 10,000 how much money is in a game of Monopoly?
  5. What street was known as the "golden mile of tailoring"?
  6. The names of what three current Olympic sports end in O?

Puzzles, Jokes & Trivia



*My Living Will*

Last night, my kids and I were sitting in the living room and I said to them,

*'I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug.'*

They got up, unplugged the computer and threw out my wine!!

*The little bastards.*

**Geezer Picked**

Dear God,

My name is Robert. I want a baby brother. My mother said to ask my father. My father said to ask you. Do you think you can do it. Good luck,

Robert

**Trivia Quiz Answers**

1. Great Victoria Desert.
2. Chromium.
3. The hills are alive with the sound of music.
4. \$20,000 (\$20,580).
5. Saville Row, London.
6. Judo, taekwondo and water polo.

Visual Puzzles solutions

**Do Without  
Monkey on your Back**