

NUTS & BOLTS



'Every man needs a shed'

Vol 6 | Issue 10 | October 2023



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Message from the Editor
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When checking through the archives of Nuts & Bolts I realised this is my sixth anniversary copy of Nuts & Bolts with my first edition hitting the newsstands in October 2017.

After producing 39 issues of Nuts & Bolts I would like to thank all those contributors of photos, jokes, and tall tales and true, because without these regular contributions I would be out of a job. Next issue should be by mid-December.

"The road to success is always under construction."



Carina Mens Shed Inc.,

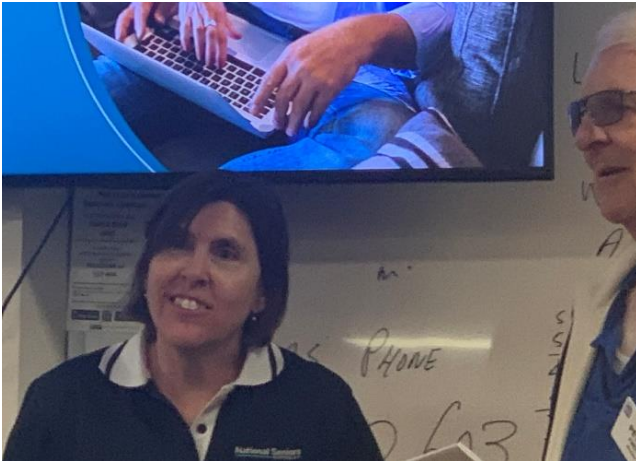
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Carina Men's Shed valued supporters include:



Member's News

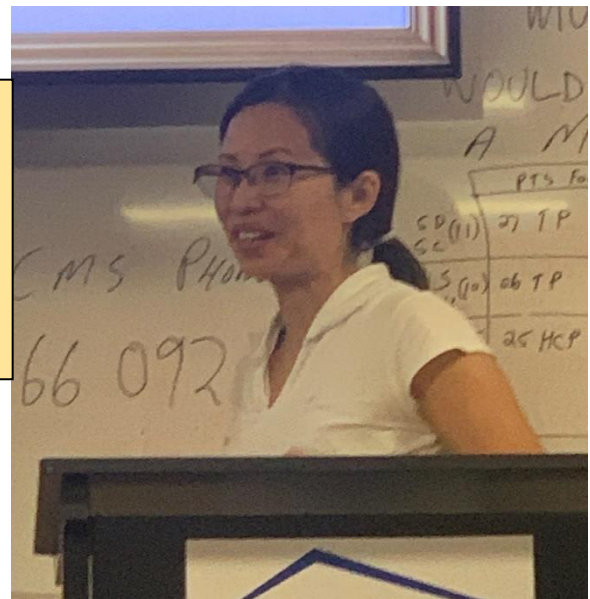


**Shed Visit – National Seniors Australia
Monday 18 September 2023**

Karen Furnivall outlined the range of services that National Seniors Australia provides such as advice on Travel and Insurance for seniors, and navigating the home care packages and different levels of aged care packages and government services that are available if you know where to look.

**Shed Visit – Posture and Performance
Monday 09 October 2023**

Dr Sue Song from Brisbane Posture & Performance Chiropractic has observed that most patients that present with neck and lower back pains, their conditions can be relieved by setting up home computer desk and seating to avoid tilting head forward and putting pressure on the spine.



Bunnings BBQ

Friday 08 September 2023

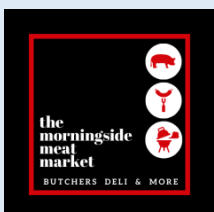
Another successful day with \$620 raised, thanks to the efforts of: Denis Cush, Garry Dean, David Batian, Mark Peach, Paul Gardiner, Bill Eklund, Eric Rountree, Peter Kucks and Gordon Bowler.

Bunnings BBQ Saturday 14 October 2023

Most successful BBQ-day of the year with \$2530 raised, thanks to the efforts of: Klaus Binder, Brian Daley, David Bastian, Tony Paterson, Paul Gardiner, Roger Appleby, Jim Standem, Ron Webb, Ken Casey, Stephen Look, Phil McLaren, Eric Rountree, Max Mulcahy and Peter Kucks.

CJC Swimming Carnival BBQ Sunday 22 October 2023

Another successful day, thanks to the efforts of: John Rossberg, Ken Gillard, Peter Kucks, John Tihverainen, Phil Allen, David Clarkson, Tony Paterson, Freddie Butler, Phil McLaren and John Abbott.



Carina Men's Shed valued supporters include:



Corrugated Sheddors Concert *Wednesday 06 September 2023*

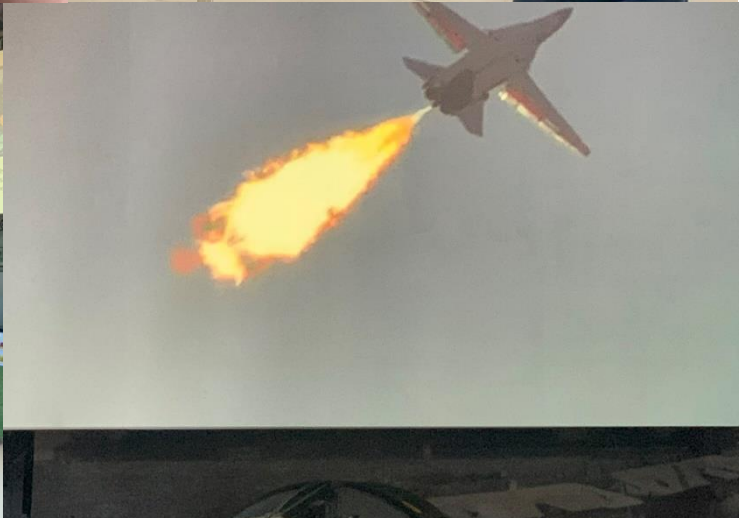
The band led by George Wilson performed about 17 songs mainly from the 50's thru the 70's to an enthusiastic audience of shed members and their partners. The performance in the basketball courts was followed by a scrumptious lunch and refreshments served up by Paul Gardiner, John Rossberg and others back at the Rec room.



Members News

RAAF Amberley Airbase Bus Trip Tuesday 24 October 2023

Our TransitCare bus left the shed at 08:15 and after clearing Amberley security at about 10:00, the tour began. First stop was the main display of aircraft from WW1 to present day, then a video of F11 canopy ejection and dump and burn procedures. Final stop was a tour of the restoration shed where older aircraft and equipment are restored for display purposes. Lunch at the Walloon Pub was the highlight of the trip. A grant to the shed from COTA (Council of the Ageing) for Seniors Month October, made these trips available for such an affordable price.



Member's News



Member's News

Veteran's Wellbeing Program - Friday 20 October - Friday 27 October

Another successful Veteran's program was run over two Fridays with extended sessions including a lunch break, with the Veteran's completing their leather, wood, and glass projects, thanks again to the mentoring of; Mal Baldock, Peter Kucks, Allan Johnson, Graham Findlay, Ken Gillard, Norm Grey, Mike Arthur, Les Vear, Rex Gelfius, Bill Byers, Henry Lennie and Kevin Searle.



Poetry Corner - *The Poems of A. B. "Banjo" Paterson**The Man from Ironbark*

It was the man from Ironbark who struck the Sydney town,
 He wandered over street and park, he wandered up and down.
 He loitered here, he loitered there, till he was like to drop,
 Until at last in sheer despair he sought a barber's shop.
 "Ere! shave my beard and whiskers off, I'll be a man of mark,
 I'll go and do the Sydney toff up home in Ironbark."

The barber man was small and flash, as barbers mostly are,
 He wore a strike-your-fancy sash, he smoked a huge cigar:
 He was a humorist of note and keen at repartee,
 He laid the odds and kept a "tote", whatever that may be,
 And when he saw our friend arrive, he whispered, "Here's a lark!
 Just watch me catch him all alive, this man from Ironbark."

There were some gilded youths that sat along the barber's wall.
 Their eyes were dull, their heads were flat, they had no brains at all;
 To them the barber passed the wink, his dexter eyelid shut,
 "I'll make this bloomin' yokel think his bloomin' throat is cut."
 And as he soaped and rubbed it in he made a rude remark:
 "I s'pose the flats is pretty green up there in Ironbark."

A grunt was all reply he got; he shaved the bushman's chin,
 Then made the water boiling hot and dipped the razor in.
 He raised his hand, his brow grew black, he paused awhile to gloat,
 Then slashed the red-hot razor-back across his victim's throat:
 Upon the newly-shaven skin it made a livid mark -
 No doubt it fairly took him in - the man from Ironbark.

He fetched a wild up-country yell might wake the dead to hear,
 And though his throat, he knew full well, was cut from ear to ear,
 He struggled gamely to his feet, and faced the murd'rous foe:
 "You've done for me! you dog, I'm beat! one hit before I go!
 I only wish I had a knife, you blessed murdering shark!
 But you'll remember all your life the man from Ironbark."

He lifted up his hairy paw, with one tremendous clout
 He landed on the barber's jaw, and knocked the barber out.
 He set to work with nail and tooth, he made the place a wreck;
 He grabbed the nearest gilded youth, and tried to break his neck.
 And all the while his throat he held to save his vital spark,
 And "Murder! Bloody murder!" yelled the man from Ironbark.

A peeler man who heard the din came in to see the show;
 He tried to run the bushman in, but he refused to go.
 And when at last the barber spoke, and said "'Twas all in fun—
 'Twas just a little harmless joke, a trifle overdone."
 "A joke!" he cried, "By George, that's fine; a lively sort of lark;
 I'd like to catch that murdering swine some night in Ironbark."

And now while round the shearing floor the list'ning shearers gape,
 He tells the story o'er and o'er, and brags of his escape.
 "Them barber chaps what keeps a tote, By George, I've had enough,
 One tried to cut my bloomin' throat, but thank the Lord it's tough."
 And whether he's believed or no, there's one thing to remark,
 That flowing beards are all the go way up in Ironbark.

The Bulletin, 17 December 1892.

This article submitted by Roger Appleby

INTERESTING FACTS ABOUT THE 1% ERS

99% of people born between 1930 and 1946 (GLOBALLY) are now dead.

If you were born in this time span, your ages range between 77 and 93 years old (a 16-year age span) and you are one of the rare surviving one-percenters.

- You are the smallest group of children born since the early 1900's.
- You are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war that rattled the structure of our daily lives for years.
- You are the last to remember ration books for everything from tea to sugar to shoes. You saved tin foil and poured fried meat fat into cans.
- You can remember milk being delivered to your house early in the morning and placed in the "milk box" at the front door. Discipline was enforced by parents and teachers. You are the last generation who spent childhood without television and instead, you "imagined" what you heard on the radio.
- With no TV, you spent your childhood "playing outside". There was no city playground for kids. The lack of television in your early years meant that you had little real understanding of what the world was like.
- We got "black-and-white" TV in the late 50s that had 3 stations and no remote.
- Telephones (if you had one) were one to a house and hung on the wall in the kitchen (who cares about privacy). Computers were called calculators; they were hand-cranked. Typewriters were driven by pounding fingers, throwing the carriage, and changing the ribbon. INTERNET and GOOGLE were words that did not exist.
- Newspapers and magazines were written for adults and your dad would give you the comic pages after he read the news. The news was broadcast on your radio in the evening. The radio network gradually expanded from 3 stations to thousands.
- New highways would bring jobs and mobility. Most highways were 2 lanes and there were no Motorways. You went downtown to shop. You walked to school.
- Your parents were suddenly free from the confines of the depression and the war, and they threw themselves into working hard to make a living for their families.
- You weren't neglected, but you weren't today's all-consuming family focus. They were glad you played by yourselves. They were busy discovering the postwar world. You entered a world of overflowing plenty and opportunity; a world where you were welcomed, enjoyed yourselves. You felt secure in your future, although the depression and poverty were deeply remembered.
- Polio was still acrippler. Everyone knew someone who had it.
- You are the last generation to experience an interlude when there were no threats to our country. World War 2 was over and the cold war, terrorism, global warming, and perpetual economic insecurity had yet to haunt life. Only your generation can remember a time after WW2 when our world was secure and full of bright promise and plenty. You grew up at the best possible time, a time when the world was getting better.

More than 99% of you are retired now, and you should feel privileged to have "lived in the best of times!" If you have already reached the age of 77 years old, you have outlived 99% of all the other people on this planet. **You are a 1% 'er!**

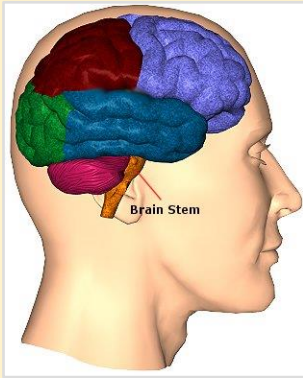
Photos of the Month

September 2023 Photo of the Month --Theme Leaves
Photo was taken by Tony Turbutt, a fountain framed by leaves.



October 2023 Photo of the Month – Theme Depth of Field
Photo taken by David Douglas



"Unfair Intelligence" - submitted by Freddie Butler

In your sober, contemplative moments have you ever considered how unfair life can be, regarding the distribution of intelligence?

Neuroscience informs us that the adult human brain weighs about 1.3 kg, has a volume of around 1,400 ccs and is estimated to have 86 billion neurons. The same organ is built into the heads of about 6 billion people living on our planet. Now with such uniformity of dimensions, it can reasonably be expected that most people have a fair degree of intelligence. Yet this is not so. ***Life is unfair.***

Our expectations are severely straitened by this unfair life. Take as examples people in recent times who are rightly considered to be very intelligent. Our newsletter often has full page items by a scientific commentator. This person has the same material weight, volume, and neurons in his head as the rest of us. Yet he has more educational qualifications that apply to more subjects than most of us have ever heard of. This extraordinary ability of his very clearly shows that life can be unfair. I mean he's not a tall, dark, and handsome physicist of movie star appearance. But he is undoubtedly the fellow to seek answers to all manner of obtruse subjects. ***Life is unfair.***

The only physicist I personally knew used to get drunk occasionally and would challenge all around him to quote and solve 'the square root of infinity'. In his sober moments he was a normal person with a good career in solid state physics. Naturally he's retired now, maybe his brain wore out eventually. But still... ***Life is unfair.***

There is another person with extraordinary intelligence on the other side of the planet. As a teenage rebel, this young man did a deal with his dad to use the garage for his science interests, on condition that he would not burn it down or blow it to pieces or upset his mother. So, he played around with nuclear fusion ideas and built stuff! The boy was quickly noted by people interested in gifted children, and before too long he was removed from junior high school and placed in a university special interest science group. From there he progressed to inventions in nuclear engineering for national security, medicine, and energy. He is currently sought after by Big Business, the Military, and branches of Government. And would you believe he is merely 32 years old? Now, he has the standard brain dimensions as all the other adults. So how does he achieve this extraordinary level of intelligence? ***Life is unfair, again.***

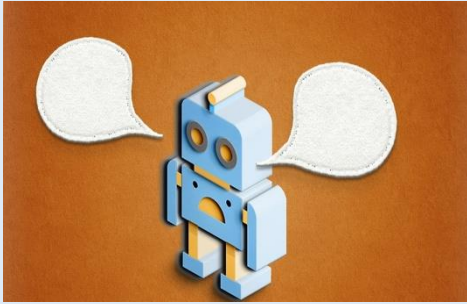
Let's not forget the ladies, modern girls may not have the physique of Amazons, but their intellect is formidable. Currently there is a woman of great repute in the science world. She studied and graduated as a Doctor of Medicine, then devoted more years of study to be a Surgeon, and all that was followed by graduating as a Plastic Surgeon. In her spare (?) time she married, raised four children, and became involved in establishing world leading treatment. It is absolutely phenomenal that her 1.3 kg, 1,400 ccs and estimated 86 billion neurons organ, gives her such phenomenal intelligence. How are these people wired up? Here is further proof that ... ***Life is Unfair.***

We ask ourselves what is it with such super intelligent people? We humans have the same equipment, yet very few of us can compete on the intelligence scale.

Sadly, it all goes to confirm to us lesser mortals that we can only commiserate over a few beers.

Life Is Unfair!

Great Moments in Science with Dr. Karl Kruszelnicki

*Speaking your Mind with AI*

G'day, Dr Karl here. There is amazing new technology, in development, that aims to turn your thoughts into speech at about 61 words per minute. Now that's a pretty astonishing statement, and I might have glossed over some details.

First, yes indeed, the technology is amazing! It's designed to help people who can't speak and enables them to turn thoughts into speech. But it's still in early development.

Second, read your thoughts? Not quite for this technology to work, at least in its current version, you can't simply just think the words that you wish to say. You also have to move your mouth and tongue to articulate and mouth-out what you want to say. But, you don't generate any noise, because you are not actually pushing air out of your mouth. Third, turn your thoughts into speech? Well, kind of. The words that you are silently making will be broadcast from a loudspeaker - not your mouth.

And fourth, the words coming out "at about 61 words per minute"? Yes, technically correct, but also about one quarter of those words will be wrong. Now, that's a pretty high error rate—but if you are desperate to communicate, it's better than nothing.

You've likely heard of the brilliant physicist, Stephen Hawking, who was confined to a wheelchair for much of his life and couldn't speak. He was probably the most famous victim of the terrible disease Amyotrophic Lateral Sclerosis, or ALS. Basically, ALS progressively kills the motor neurons that control all your voluntary movements. The symptoms start with stiff muscles, gradually increasing weakness and muscle wasting, then progress to losing the ability to move, eat and speak, and fatally finish off with being unable to breathe. There is no known cure, and the average time between being diagnosed with ALS, and dying of respiratory failure, is about 2-4 years. Remarkably, Stephen Hawking survived for about half a century after being diagnosed.

Now this new communication technology is tuned specifically for a 67-year-old woman, who has been living with ALS, for 7 years. Because of the ravages of ALS, she has lost control of the myriad of complicated muscles that are involved in generating speech. These muscles include the diaphragm muscle, and the muscles of the larynx, pharynx, mouth, tongue, and lips. All she could utter was an unintelligible garble. But her ability to think was just fine.

Inside her brain, all the appropriate electrical signals were being sent to part of the brain that turns thoughts into speech: Broca's Area. The medical research team, mostly from Stanford University in California, wanted to help her express her thoughts. They started by implanting four sets of permanent electrode modules into her Broca's Area, in an effort to catch the incoming electrical signals. Each electrode module was 3.2 mm x 3.2 mm square, and carried 64 tiny electrodes, each about one-and-a-half millimetres long, which pushed in between some of the nerves that turn thought into speech.

The next stage was to analyse the incoming electrical signals being picked up by the electrodes, to match them to the vowels, consonants, and words they corresponded to. After the electrode-implantation surgery, she went through a long, exhausting and very intensive training period. Over a six-month period, she spoke, or simply mouthed out, more than 10,000 different sentences. She read her way through about 125,000 different words.

The team succeeded in matching up her thoughts, with individual specific electric signals, via a powerful Artificial Intelligence program. By the time the six-month period was over, she could think of a sentence that she wished to speak, mouth-out that sentence without actually generating any noise, and the system would generate words from a loudspeaker at about 61 words per minute. Mind you, this is about half to one third of normal speaking speed - and one quarter of the time, the words were not what she had thought and mouthed.

But, even so, this was huge progress. We now live in a very public world - but at least, at the moment—even with AI—we can keep our inner world private.

<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?

DEAD BODY
MY

NO NO
RIGHT

Quiz & puzzle solutions next page

Seniors Memory Quiz

1. The first satellite placed into orbit by the Russians, was called -----?
2. Who showed us how liquid gets in to chalk? --- -----
3. "Get your kicks, -- -----"?
4. What puts a "Rose in every cheek"? -----
5. "Things go better with -----"?
6. "In the jungle the mighty jungle, --- -----"?

Puzzles, Jokes & Trivia



All throughout dinner my wife's best friend's four-year-old daughter stared at me as I sat opposite her.

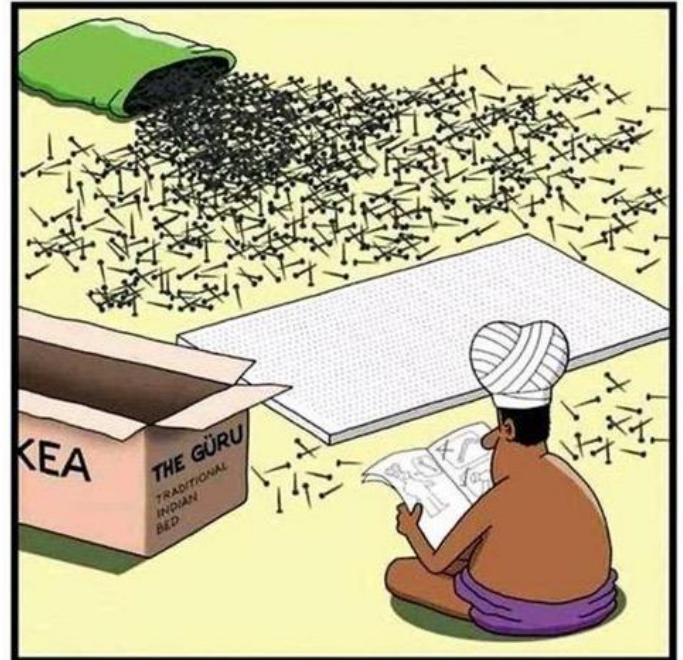
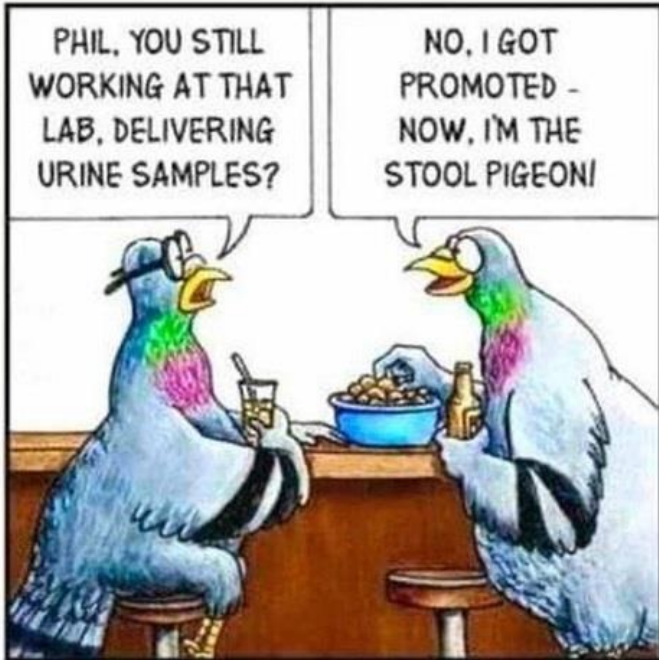
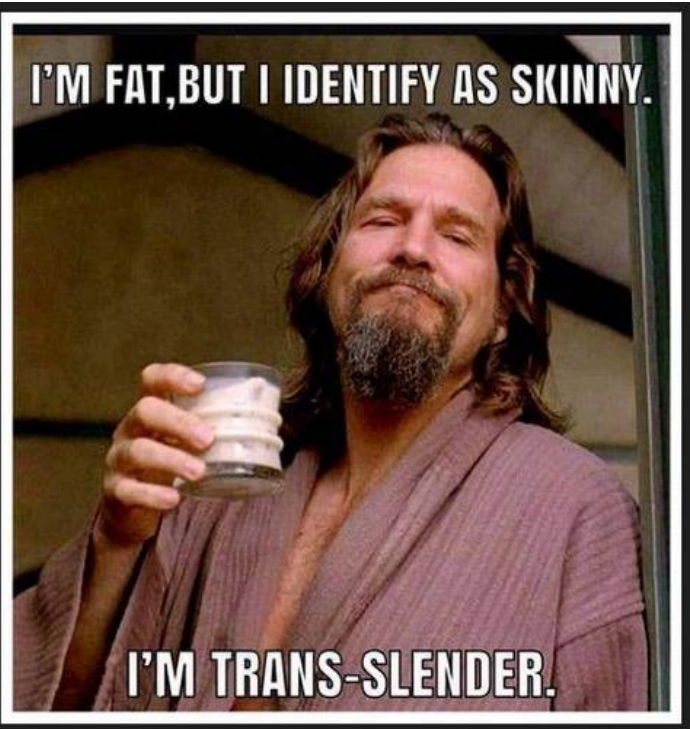
The girl could hardly eat her food for staring. I checked my shirt for spots, felt my face for food, and patted my hair in place, but nothing stopped her from staring at me.

Finally I asked her, "Why are you staring at me?"

Everyone at the table had noticed her behavior, and the table went quiet, waiting for her response.

Finally,.....the little girl said.....

"I'm just waiting to see how you drink like a fish."



Seniors Memory Quiz- Answers

1. Sputnik.
2. Mrs. Marsh.
3. On Route 66.
4. Vegemite.
5. Coke.
6. The lion sleeps tonight.

Visual Puzzles solutions

**Over my Dead Body
Right Under the Nose**