

NUTS & BOLTS



'Every man needs a shed'

Vol 6 | Issue 12 | February 2024



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Message from the Editor

Editor: Ray Peddersen

cms_editor@carinamensshed.org.au



At the end of another successful and productive shed year, I would like to thank all contributors to Nuts & Bolts this year and wish every shed member and their families a very happy, healthy, and safe Christmas break, until we return in the New Year.

"Wrinkles should merely indicate where smiles have been." Mark Twain

Carina Mens Shed Inc.,

Clem Jones Centre
56 Zahel Street
CARINA, QLD, 4152

Ph: 0466 092 603
E: cms_info@carinamensshed.org.au
W: www.carinamensshed.org.au



Carina Men's Shed valued supporters include:



Melbourne Cup Day Lunch Tuesday 07 November 2023

Melbourne Cup day's favourite stayer John Abbott and stable hands, Roger Appelby, Peter Kucks and Peter Everest kept the punters well fed and watered and topped of the day with sweets prepared by Wolfgang.



Carina Men's Shed valued supporters include:



Bunnings BBQ *Friday 10 November 2023*

Another successful day with \$500 raised, thanks to the efforts of: Phil Allen, Nick Moke, Bill Murray, Andrew Chapman, Adrian McDonnell, David Clarkson, Eric Rountree, Peter Kucks, and John Tihverainen.



**Rosedale Ventures Shed Visit
*Wednesday 29 November 2023***



**Carina Police Christmas Gifts Appeal
*Thursday 30 November 2023***

Paul Gardiner delivering the shed members contributions of gifts, for the Carina Police's Christmas Gifts Appeal.

Bunnings BBQ *Friday 08 December 2023*

Another successful day, for the final Bunnings BBQ for the year with \$950 raised, thanks to the efforts of: David Sim, David Bastian, Ron Webb, Andrew Chapman, Paul O'Connell, Bill Eklund, Rob Cousins, Gordon Bowler, Roger Appleby, Brock Shears, David Clarkson, Peter Kucks, Adrian Paolucci and Paul Gardiner.

Family and Friends Welcome Day 12:00 – 02:00 Saturday 18 November 2023

The Welcome Day creates the opportunity for the family and friends of members to see the range of activities that workshop provides for members and the items they produce. Another successful day with 130 family and friends visiting the shed and spending \$2218 on early Christmas gifts, and also a number of enquiries from prospective new shed members. Lisa Atwood, Lucy Collier and Steve Minnikin also dropped by to show their support for our shed.





Bulimba Christmas Markets
Sunday 03 December 2023

Great effort by members Mike Arthur, David Douglas, Ken Gillard, Peter Kucks, Les Vear, Adrian Paolucci, Ken Casey, Matt Kealley and John Rossberg with \$950 raised for the shed.



Members News



**Care Kits For Kids Qld - Shed Donation
Thursday 14 December 2023**

This is a photo from Thursday 14th when we donated our surplus toys for the year to Stephanie from "Care Kits For Kids Qld."

An extract from their website states. "Our Care Kits provide 2 days of practical needs, (new backpacks of new clothes, toiletries, education supplies, books, toys, quilts/wraps) giving comfort and dignity, showing children in care or crisis that they matter and their community cares.

Cheers Ray Carter

Membership Certificates presented at Shed Christmas Party Friday 15 December 2023

The following members were presented with their ten-year membership certificates at this year's Christmas Party: Graeme Fraser, Paul Meredith, Adrian McDonnell, and Adrian Paolucci. Graham Findlay and Jim Boyce were also recipients of certificates but were not able to attend. Roger outlined the outstanding supporting roles Bob Ikin has held since joining our shed in August 2011: vice president, president, editor of Nuts & Bolts 2012-2017, founder member of Corrugated Sheddors, organising the Veterans programs and Monday Morning Jokes, and acknowledging that continuing service to the shed with a Life Membership.



Carina Men's Shed Annual Report for CHCWA AGM – 2023 - Roger Appelby**Carina Men's Shed Inc.**

ABN: 82836463342

A: 56 Zahel St Carina, 4152 Clem Jones Centre

P: 0466 092 603

E: cms_info@carinamensshed.org.auW: <http://www.carinamensshed.org.au>**Carina Men's Shed Annual Report for CHCWA AGM - 2023**

This year has seen our Shed emerge from the pandemic, ready to surge ahead. We have had a successful year, with the Shed now on a strong financial base. We have experienced a 30% increase in membership to our current level of 170 members.

We continue to grow and at times feel the pressure of fitting everyone into the shed. We have also seen the creation of the Member Database which will enable the committee to better provide support for members and manage our growing numbers.

To accommodate our database and other IT demands in supporting shed operations and our members we have conducted an extensive review of our IT needs for now and into the future. At this stage we are looking to entirely have all our IT operating in the cloud with remote access. We are also planning to create a visual platform for members at home unable to readily come into the shed.

We continue to support our local community through projects within the shed where we have completed some 48 projects requested by local organisations, such as, Schools, Church groups, Aged Care and Senior Citizen organisations. The shed band "Corrugated Shedders" has performed at 11 community venues during the past twelve months. They do not charge for their performances.

We have been actively supporting the creation of the Carina Women's Shed and are happy to announce we recently donated a number of workshop tools and machinery items to assist with their start up.

We joined with the local Carindale Rotary to support them with the Kite Festival providing members to assist with parking and set up. We also used the opportunity to successfully market the products made by shed members. On Saturday 18th November we held our annual "Family and Friends Welcome Day" which enables visitors to see what members get up to in the workshop and the items they make with explanations on the creation of many of them. We had over 130 people attend.

We have continued with our Veterans Workshops under the guidance of Bob Ikin with the support of the Mates4Mates veteran support group. It is planned to continue this program in 2024.

As you will be aware, member Health and Wellbeing is the cornerstone of why we exist. To better emphasize our commitment to this we have set up a new sub-committee called Health and Wellbeing with a budget of \$5000 to assist.

Through the efforts of Phil Allen members have been able to participate in bus trips provided through Transicare. This has enabled over 80 people to socialize together and enable the shed to support their wellbeing. This is another program that will continue in 2024.

As indicated the workshop continues to be a hive of activities and recently enjoyed success at the Ekka with 4 prizes, across a number of classes including John Rossberg who won Grand Champion across all 210 Classes that made up the Creative Art & Craft division at the Show. John's winning entry was a glass tartan from the Stewart Clan made up of 388 pieces of 1mm glass. He replaced every 4 strands of cotton from the original tartan design with 1mm of coloured glass.

Carina Men's Shed Annual Report for CHCWA AGM – 2023

There are 12 groups currently active in the shed offering members a wide range of options to participate in and upskill themselves if they so wish.

We receive strong support from a number of directions including funds from the Carina Leagues Club of which we are most appreciative. The local State Members of Parliament and Brisbane City Councillors in the area regularly visit and provide us with their support.

We are very proud of our continuing support for member health and wellbeing as well as their family and friends.

Roger Appleby

President

Carina Men's Shed Inc.

18 November 2023.

November 2023 Photo of the Month --Theme Gatherings

This photo taken by Paul Esdaile, was of a gathering of Zebra Finches around a dripping tap at a remote railway station on the Oodnadatta Track, South Australia.



“Kimberley Cruise” – submitted by Ken Gillard

Having undertaken a two-week 4WD trip of the Kimberly region several years ago, we were keen to get a new aspect of the magnificent Kimberly region by taking a small ship cruise down the coast from Darwin to Broome. We were unsure that the coastal view of the Kimberly would match the sheer magnificence of the rugged landscape of the Mountains, rivers, waterfalls, Bungle Bungle monoliths, rock art, gorges, vast cattle-properties and general grandeur of this remote and beautiful part of Australia.

We were very wrong. What is experienced from the ocean is an unbelievable coastline of massive bays, towering cliff faces, extensive rivers, reefs, islands and marine animals, the likes of which are found nowhere else in the world.

We left Darwin at 4.00pm and cruised overnight to Wyndham, perhaps the most unsightly port in Australia, and embarked on a 12-hour day on land, with a fast boat ride up the magnificent Ord River to Argyle dam (larger than Sydney Harbour) and a drive to El Questro, Emma Gorge and Zebedee Springs. The Springs are an oasis of a permanently flowing creek over a large rock gorge in a Livestonia Palm Forest.



We also went for a cruise in Chamberlin Gorge that features 20m high orange, red, yellow, and brown cliffs. The wide gorge is home to thousands of perch and Archer fish that can shoot a pellet out of your fingers with a stream of water from 2 or 3m away.

We cruised overnight to King George River, a magnificent big bay with towering 60 m high cliffs, turquoise water and a 5 km river up to the huge waterfall, just a few crocs on the sand banks.

Next day we arrived at Ashmore reef, just 100km from Indonesia and an area patrolled by Australian Border Force intercepting illegal fishing boats. Pristine blue water and a myriad of turtles, small sharks, and fish. It consists of 3 sand islands, 54 Ha in area and home to thousands of migratory birds. A designated important bird area.



Next day we were at Swift Bay, in the Bonaparte Archipelago, a maze of islands stretching 150 km down the WA coast. We were taken on zodiacs several km upstream to view amazing rock cliffs, very clear rock art and sunbathing crocs.

We travelled in zodiacs up the Hunter River flowing, into Prince Frederick Harbour and is one of the most scenic areas, lined with ancient rain forest pockets and pristine mangroves containing up to 18 different mangrove species. The cliffs in the harbour are up to 200 m high and the river 15 km upstream from the ocean. Great croc environment!



Next day at Talbot Bay, in the Buccaneer archipelago was the place to marvel at the horizontal falls, where the 9m tides flow in then out through a narrow gorge in the cliffs creating a 5-6 m drop over about 30m. The speed of the water rush is incredible and can be dangerous for unskilled boat operators – we did not risk it in the little zodiacs.

Near the end of the cruise, we were taken in zodiacs again, to the Montgomery Reef, a world-renowned reef, 400 km long that is subject to the massive 9m tides in the area. As the tide recedes, the reef becomes exposed up to 3m above sea level and water cascades off the reef creating extensive water falls with fast flowing water – a remarkable sight.

On day 9, we arrived in Broome and the top of the dock was 6 m above the deck of the ship. I first thought we would have to be craned up to the dock, but we disembarked from the top deck of the ship. A day in Broome, that in itself is a worthwhile holiday destination and then a 7-hour flight back to Brisbane via Perth.

A truly great destination.



"The Australian Flying Corps (AFC) on the Western Front." - submitted by Bob Ikin

"Each Battleplane was equivalent in fighting value to 2,000 men". Lord Kitchener

Arrival and Patrols

In the skies over the front, they found themselves in a struggle every bit as pitiless, dangerous, and capricious as the war on the ground. Much had transpired since the earliest operational flights in 1914 when unarmed aircraft flew with impunity over enemy lines. From each side's attempt to deny the other an aerial view of the country beyond the trenches rose the art of aerial combat.

As the years passed airmen fought each other in ever more heavily armed and sophisticated aircraft. Advantage swung from one side to the other as tactics evolved, and aircraft design and weaponry improved. When the three Australian squadrons reached England during the winter of 1916-17 the Germans held the upper hand. Before facing the enemy over France and Belgium, however, the Australians generally faced some eight months of training. Point Cook graduates, like everyone else, had to complete the Royal Flying Squadron (RFC) course before joining a line squadron.

The British were straining every nerve to beat the Germans in the air in 1916/17. The era when the Fokker had had all its own way was over; on the allied side improved machines – Nieuports, Spads, S.E.5's, Sopwiths, and Bristol fighters were coming forward to challenge the German designers. The race was for manouvering and climbing speed, and for superiority in the power unit.

The AFC's Number 3 Squadron, equipped with two-seat R.E. 8's, reached the front at Savy in September 1917 before moving to Bailleul to support 1 Anzac Corps in November.



British RE 8 aircraft

Until the very end R.E. 8's were the favoured prey for enemy scouts and were often engaged in combat. In the hands of an experienced crew, they could be a tough proposition. Few scout pilots relished taking on a two-seater single handed and Number 3 Squadron ended the war having shot down or damaged fifty-one German aircraft.

Balloons

Balloons suspended up to more than 1000 metres in the air, carried a single observer in a wicker basket hanging under a giant gas filled bag. From up there the observer could see for tens of kilometres and report on the location of enemy batteries and troop movements. Floating peacefully, tethered high above the trenches, balloons looked a tempting target, but they were protected by anti-aircraft guns, machine guns and often scouts as well. Running the gauntlet to get within range of one was a dangerous business.



Standard procedure when attacked by an enemy aircraft: a German observer, parachutes out of the balloon.

Baron Manfred von Richthofen (the Red Baron)



A born killer, he and his famed circus, like other such formations, existed only to hunt and destroy allied machines.

Baron Manfred von Richthofen scored the final twenty one of his eighty victories in Fokker DR 1 triplanes. Introduced in late 1917, the DR 1 had not only three wings but a supplementary airfoil on the undercarriage. These features allowed the diminutive plane (length 18 feet 11 inches, wingspan 23 feet 7 inches) to outclimb and outturn almost any contemporary allied aircraft.



Fokker DR 1 Triplane

The 21st of April 1918 is recorded as an eventful day in the story of air fighting at this time. On that day Richthofen, whose circus had been tempted out over the Somme area by the fair flying day, was killed over the Australian lines. AFC Number 2 Squadron patrols were engaged elsewhere at the time of Richthofen's last fight and did not hear of it till it was all over. AFC Number 3 Squadron played a part in it, although a small one. The honour of shooting down Richthofen was much disputed, but the evidence of the time clearly indicated that it belonged to Australian Lewis gunners on the ground, though a British squadron of Sopwith camels never abandoned its claim to him as its own victim.



AUSTRALIAN WAR MEMORIAL

K00044

AFC No. 3 Squadron personnel fire a volley over Richthofen's grave on 22 April 1918

Monash's Masterpiece – Battle of Hamel



General Sir John Monash

My wife and I had the good fortune to tour the Western Front in 2014. As a student of military history, I was particularly taken with the battle of Hamel story.

Often referred to as “Monash’s Masterpiece” the strategy involved a combined operation of artillery, tanks, infantry, and the Australian Flying Corps.

Number 3 Squadron, AFC would parachute ammunition to the infantry. No effort was spared to ensure surprise. Guns, ammunition, and stores were moved forward at night and camouflaged by dawn, when Number 3 Squadron reported on anything that German pilots might see. Other aircraft patrolled over the German line from dusk to dawn to drown the noise of the tanks’ assembly.

The excellent coordination and cooperation of infantry, tanks, artillery and aircraft made Hamel an all arms battle and the model for the far bigger British offensives that followed. It was a textbook victory that cast a long shadow.

Bob Ikin

Sources:

- *Australians in World War 1 – Australian Flying Corps – published by the Department of Veteran Affairs, Canberra 2010.*
- *Anzacs on the Western Front – the Australian War Memorial Battlefield Guide – author Peter Pedersen with Chris Roberts – published in 2012.*
- *Official History of Australia in the War of 1914-18 Vol viii Australian Flying Corps by F.M. Cutlack – published in 1923.*

Great Moments in Science with Dr. Karl Kruszelnicki

Neanderthals, DNA kills superbugs.

G'day, Dr Karl here. In 2022, we discovered that Neanderthal DNA can kill superbugs. Wow, and how come? Now it sounds pretty wild, so I'll break it down – word-by-word. Let's start with the last word – "superbugs". Superbugs are bacteria that are nasty enough to kill people, and worse, are almost totally resistant to most antibiotics. In 2019, superbugs killed at least 1.3 million people – that's more than 2% of the 55 million people who died from all causes in that year.

That kind of makes sense, given that most of the antibiotics we use today were developed some three decades ago. So bacteria have had lots of time to evolve resistance to our antibiotics. Okay, that's "superbugs" out of the way – now let's talk about "Neanderthals".

About 2 million years ago, in Africa, a two-legged animal with a small brain started on a complicated evolutionary pathway that would eventually lead to you and me – ***Homo sapiens***. One important creature on this pathway was ***Homo heidelbergensis*** – about half-a-million to a million years ago. The current thinking is it this creature was the last common ancestor of Neanderthals, and modern humans (like us). About half-a-million years ago, the pathway split into two branches – one for modern humans, and the other to the Neanderthals.

The Neanderthals migrated out of Africa, while most of those who evolved into you and me stayed in sub-Saharan Africa. The Neanderthals back then were roughly the height of the pre-industrial modern human, but more solidly built, and with a brain maybe 20% bigger than ours. Neanderthals were not like the cartoon image of a stupid and brutish primate. No, they had stone tools and could make fire, they could make glue, and make at least simple garments like blankets. They could weave and they could travel back-and-forth to the islands in the Mediterranean. They used medicinal plants, and were able to cook, boil, smoke, and store foods. They made art, and they buried their dead. They almost certainly had speech. (spoken language?)

The Neanderthals spread into Europe - all the way from Spain in the West to the Middle East and maybe one-third of the way east into Siberia. Our ancestors left Africa a few hundred thousand years ago, and actually interbred with the Neanderthals. And then about 40,000 years ago, the Neanderthals died out everywhere – we don't know why.

So now "superbugs" and "Neanderthal" are ticked off – it's time to talk more about "DNA". One of the great discoveries of the 20th century was that the DNA molecule is shaped like a ladder – a few metres long, but with 3 billion rungs (connecting each side of the 'ladder'). Another amazing discovery was that any three of these rungs would be the code for making one of the 20-or-so common amino acids. The actual assembly of these amino acids is done by magnificent biological machines inside our cells – and that was another discovery.

Around 2010, our Paleogenetic Technology became good enough to actually map ancient DNA from Neanderthal remains. Today, people with family origins from Sub-Saharan Africa have only 0.3%, or less, of their DNA from the Neanderthals. But everybody else on Earth has about 4% of their DNA from the Neanderthals - regardless of whether they're from European or Asian, South Pacific Islanders, Indigenous Australians or Native Americans. And what does that Neanderthal DNA do in us modern humans? Well, funny you should ask, but about 30% of that (our?) ancient inherited Neanderthal DNA in us seems to be related to immunity to infectious agents. Interesting ...

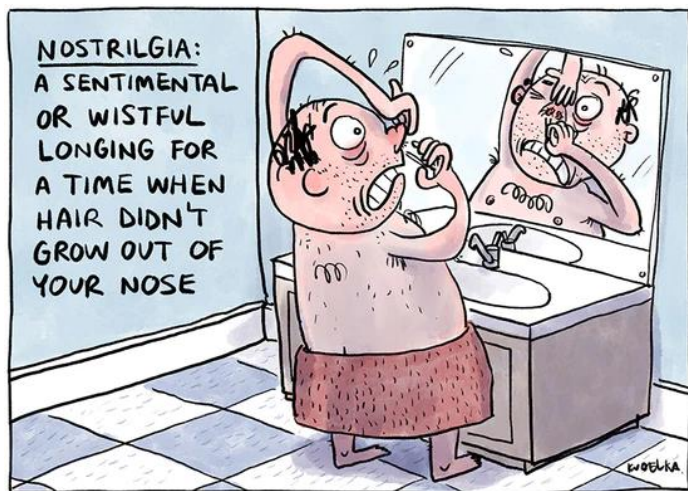
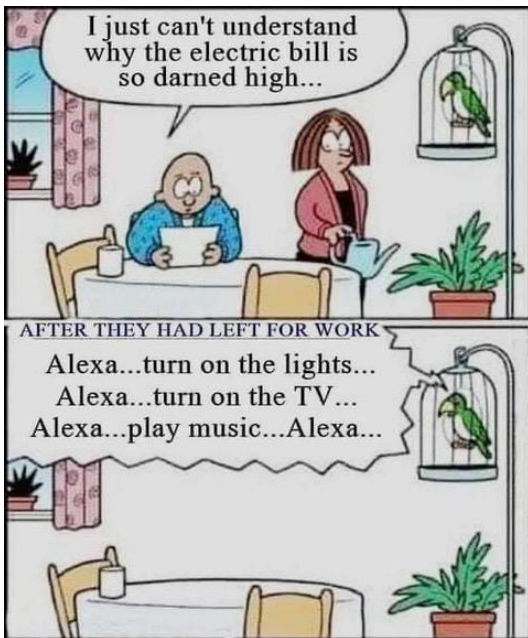
Back in January 2022, scientists found that our human DNA contains the genetic code to manufacture about 45,000 antibiotics. These specific antibiotics are small proteins called peptides, made up of between 8 and 50 amino acids. Scientists manufactured a few dozen of these 45,000 antibiotic peptides - and found that two-thirds of them could kill bacteria!

Then the same scientists started looking in the ancient DNA of our relatives, the Neanderthals. And found an antibiotic peptide that would kill one of today's nastiest superbugs – MRSA. It's early days still, but evolution has been playing with these peptides for hundreds of millions of years. The odds are good these new antibiotics will both work and have very few side-effects.

So, if modern medicine can (conquer the superbugs with drugs from ancient Neanderthal DNA – we'll really need to credit Neanderthals for their success in modern medicine.

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

Puzzles, Jokes & Trivia



Can you complete these four words using the same three letter sequence in each?

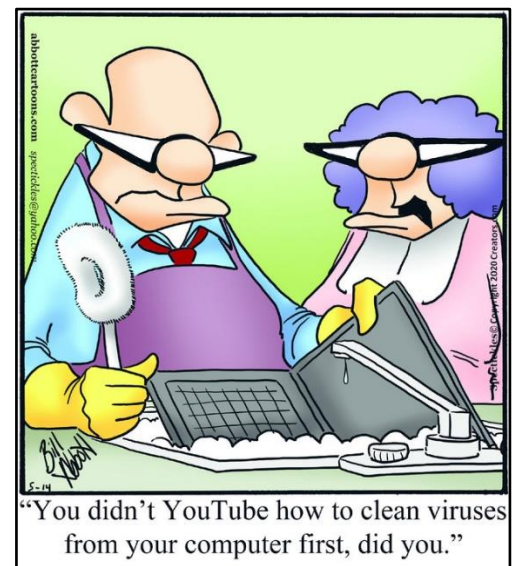
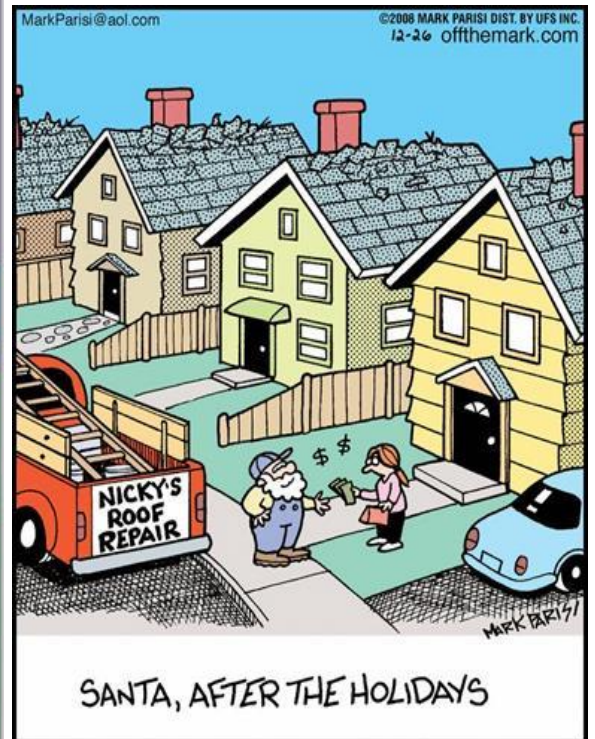
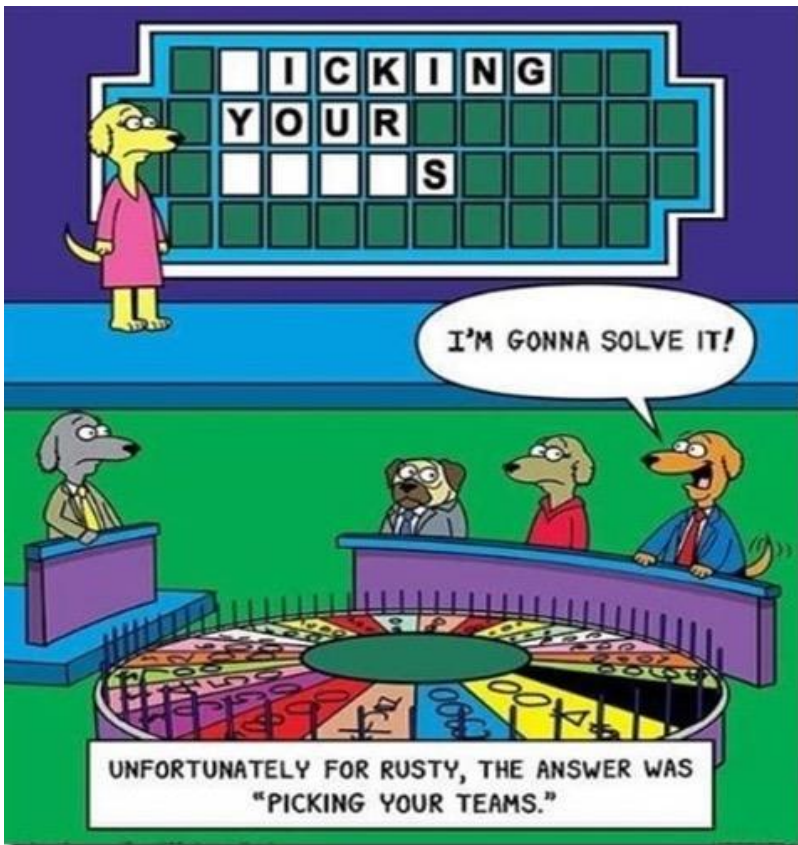
A- - - - R
O- - - - N
LI- - - - D
CRA- - - - D

Quiz & puzzle solutions next page

Trivia Quiz

1. To the nearest kilometre how long is the Mt Panorama circuit in Bathurst?
2. Who was the first European explorer to visit New Zealand?
3. What was first brewed at the St James Gate Brewery in 1759?
4. What is wider A4 or Foolscap paper?
5. The epiglottis protects what tube opening in the human body?
6. What department store was founded in Bendigo in 1900?

Puzzles, Jokes & Trivia



Trivia Quiz Answers

1. Six kilometres.
2. Abel Tasman.
3. Guinness.
4. A4 (21cm to 20.3cm).
5. Trachea (windpipe).
6. Myer.

Missing Letters

AFTER
OF**T**EN
LIFTED
CR**A**FTED