

NUTS & BOLTS



'Every man needs a shed'

Vol 7 | Issue 6 | February 2025



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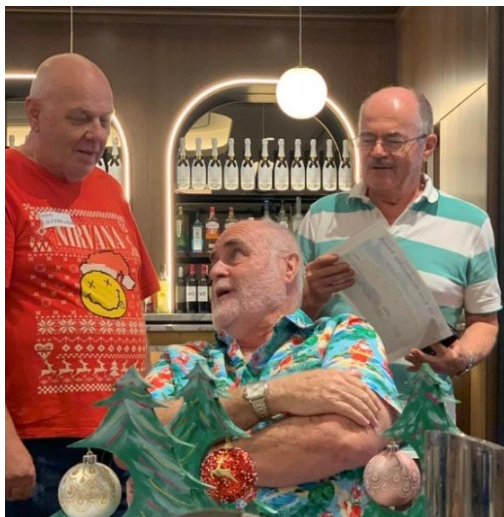
Message from the Editor

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For this first edition of Nuts & Bolts for 2025 I had anticipated having a report on the bus trip to the Maritime Museum, but due to the great contributions of George Wilson and Freddie Butler, it will have to be in the next edition.

"When all is said and done more is said than done"



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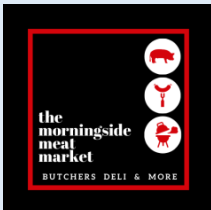
Carina Men's Shed valued supporters include:



Some Highlights from 2024: Bus trips, to Jacobs Well VMR, the Gold Coast and Brisbane Motor Museums, Christmas in July, the XXXX Brewery and Stradbroke Island. Belts donated for the Music in the Mulga auction, the completion of four park benches, the farewell morning tea for Steve Heald and the Bulimba Christmas Markets.



Carina Men's Shed valued supporters include:



Shed Christmas Party *Friday 13 December 2024*

Very well patronized with 140 attendees including Steve Minnikin, Di Farmer and Lisa Atwood. Reports from attendees were very positive about the new venue at Carina Leagues Club, and the quality and options of food and the service of CLC staff. A very big thanks goes to Phil Allen in his organizing of the luncheon and the Christmas Raffle and congratulations to those members who received their 10-year membership certificates.





Carina Leagues Club 2024 Christmas Raffle
A great result for the Carina Leagues Club Christmas Raffle along with raising \$430 for our shed, congratulations to John Tihverainen and Allan Johnson for winning their 7-day cruises. A big thanks to all those who participated.

Carina Men's Shed Health and Wellbeing Committee
The committee strives to improve the Health and Wellbeing of all members
Contact details for the committee
Peter Everest 0415 406 540
Paul Gardiner 0405 627 171
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Paul Meridith 0417 602 808
Please feel free to contact any member of the committee to discuss any issues.

"Our Backyard"

Songwriters: Travis William Collins / Matthew Anthony Scullion / Amber Louise Lawrence
 Our Backyard lyrics © Universal Music Publishing Pty. Ltd., Abc Music Publishing, Abc Music Publishing Ltd

Our Backyard

I've stood on the steps of the Colosseum
 I've marvelled at the Northern Lights
 Watched the flicker of the Eiffel Tower
 On a hot French summer night
 Walked the cobblestone streets of London
 Rolled a seven on the Vegas strip
 Been on Broadway, New York City
 I loved every minute of it

There's nothing like a Silverton sunset
 Setting fire to an outback sky
 Nothing like taking in the harbour
 On the Manly ferry ride
 Driving out on a red dirt highway
 Sleeping under the Territory stars
 I've seen enough of the world to know
 That the very best parts
 Are right here in our own backyard

I've really put a dent in the bucket list
 Of all the places I wanted to go
 Sipped a few Steins at Oktoberfest
 Even shot tequila in Mexico
 I stood in wonder on the Great Wall of China
 Posed like a Beatle on Abbey Road
 I lit a candle at the Taj Mahal
 And wrote a song on Music Row
 But no matter where I go

There's nothing like a Byron sunrise
 The first light on the Southern land
 Nothing like that sky blue water
 Crashing on cloud white sand
 Standing in an Uluru shadow
 Hear the beat of Australia's heart
 I've seen enough of the world to know
 That the very best parts
 Are right here in our own backyard

You don't even need a passport
 We don't even have to fly
 We don't have to travel the world to find paradise
 'Cause there's nothing like a Silverton sunset
 Setting fire to an outback sky
 Nothing like taking in the harbour
 From the Manly ferry ride

There's nothing like a Byron sunrise
 The first light on the Southern land
 Nothing like that sky blue water
 Crashing on cloud white sand
 Standing in an Uluru shadow
 You hear the beat of Australia's heart
 I've seen enough of the world to know
 That the very best parts
 Are right here in our own backyard
 They're right here in our own backyard, whoo

Photos of the Month

December 2024 Photo Theme – Numbers
This photo from David Clarkson of gauges in a ship' engine room.



January 2025 Photo Theme – Sunsets
The Sunset's theme was so popular, we had to select the top five entries.



Kevin Meagher
Sunset at Cable Beach, Broome.



George Cave
Sunset on the Bellinger River, NSW.

Photos of the Month continued



Andrew Clarkson
Brisbane Skyline
from Holland Park.



Gordan Bowler
Elephant Rock,
Currumbin.



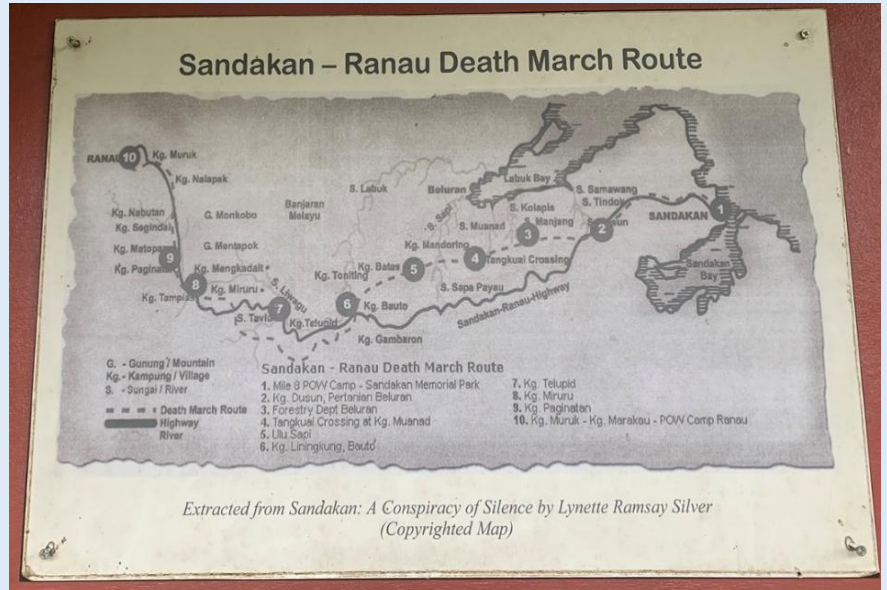
Gordan Bowler
Last Wave before
sunset, in Hawaii.

Sandakan Memorial submitted by George Wilson

Nippon very sorry- many men must die. ¹

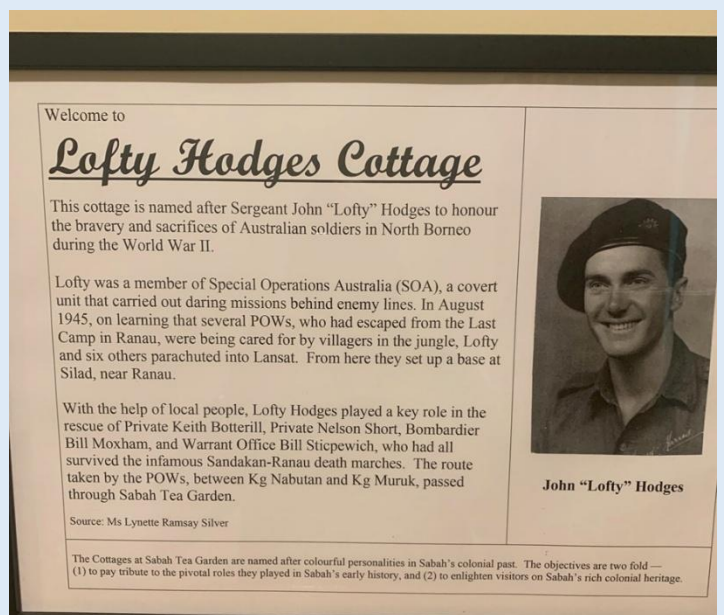
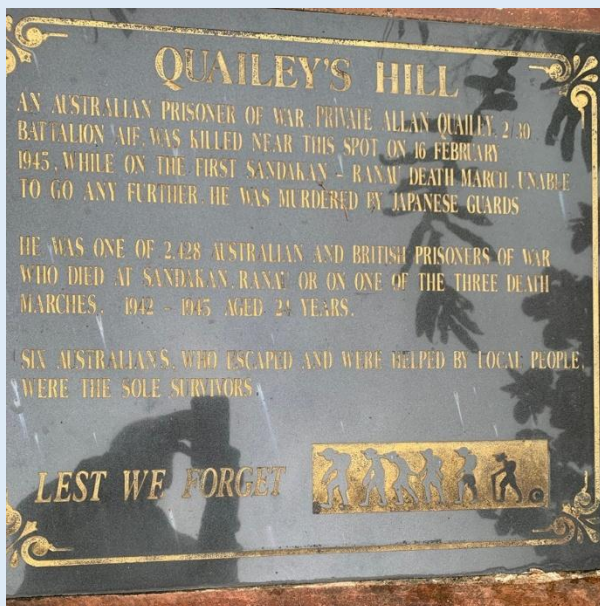
Christmas 2024: There were 10 of us in the mini-bus, two families of four, our tour guide and the driver. We were in Sabah, East Malaysia (British North Borneo as it was known) travelling from Kota Kinabalu to our first overnight stop – Sabah Tea Resort- in Ranau. The next day we travelled the 220 Km to Sandakan- it took us about 4 hours with a morning tea stop - and all 10 of us arrived safely. After lunch, in a local 'kedai makan' we were taken to the Sandakan Memorial Park.

January – June 1945: 2,434 (1793 Australian and 641 British) POWs did the same trip. Starting from Sandakan to Ranau- it took them up to 26 days and 6 Australians survived, there were no British survivors.



Extracted from Sandakan: A Conspiracy of Silence by Lynette Ramsay Silver (Copyrighted Map)

I had heard of the Sandakan Death Marches, but it wasn't until we checked into our cottage at the Sabah Tea Resort that I realised how close we were to the site of the atrocities. The facility is within walking distance of the location of the last POW camp on the route - it was built by the prisoners after they arrived at Ranau. Each of the cottages on the site commemorates an act of bravery and remembrance- in our case it was dedicated to Lofty Hodges who played a major role in the rescue of 4 of the 6 survivors of the Sandakan horror. Poignantly, within the grounds of the resort there is also a memorial called Quailey's Hill. ²



The marches: Between 1942 and 1943 after the fall of Singapore, the Japanese transferred around 2500 Australian and British POWs to Sandakan to build an airstrip. A construction camp had been built there by a British company before the war and the Japanese utilised this, extending it through the forced labour of the Aussies and Brits. The camp was supplied with electricity and hot water by means of an existing wood-fired boiler and alternator. Working with only hand tools, progress was slow, and the Japanese shipped in an excavator to speed up the process – the prisoners soon sabotaged the machine and it remains there yet!



In August 1943, with the intention of controlling the enlisted men by removing any commanders, most officer-ranked prisoners were moved from Sandakan to the Batu Lintang camp at Kuching. Conditions for the remaining prisoners deteriorated sharply following the officers' removal. A main focus of the camp, near the Australian compound, was the 'Big Tree' a massive Mengarisbaumes (*Koompassia excelsa*) (reputed to be around 85 metres high) where the men would congregate in the evenings. This was destroyed by fire after the camp was razed by the Japanese and has been replaced by an obelisk in the Sandakan Memorial Park.



As Allied bombing became more intense the Japanese could no longer maintain the airstrip and in May 1945, the High Command gave the order to abandon the POW camp. On 17 May, Captain Takakuwa Takuo and Hoshijima jointly commanded the prisoners of war. Both Hoshijima and Takakuwa would later be brought to the *Labuan War Crimes Trials*, where they were found guilty and sentenced to death by hanging on 6 April 1946 in Rabaul, Papua New Guinea.

First March: In January and March 1945 the Japanese had selected 470 prisoners who were thought to be fit enough to carry baggage and supplies for the accompanying Japanese battalions relocating to the western coast. In several groups the POWs, all of whom were malnourished and/or suffering serious illness, started the journey originally with the intention of reaching Jesselton (Kota Kinabalu), 330 kms away. It took them nine days to reach Ranau, 220 km from Sandakan (they had been issued with rations for four days). Those who had survived were halted there and ordered to build a camp. By June there were 5 Australians, and one British prisoner left alive from this group. This constituted the first of the Death Marches.

Second Marches: A further series of marches began on 29 May 1945 with approximately 536 prisoners. The march lasted for twenty-six days, with prisoners in worse condition than those in the first marches had been, provided with fewer rations and often forced to forage for food. After they left, the Sandakan camp was destroyed in an attempt to erase any evidence of its existence. Of the 536 who started only 183 prisoners managed to reach Ranau. Upon their arrival on 24 June 1945, participants of the second marches discovered that just six prisoners from the first series of marches during January were still alive. During these second marches four Australians escaped into the jungle and were looked after by the local people. A further two Aussies made a break from Ranau camp and were also aided by locals³

Final march: Approximately 250 prisoners were left at Sandakan – with no shelter - after the second march departed and the camp was destroyed. Most prisoners were so ill that the Japanese initially intended to let them starve to death, forcing many to scavenge in the surrounding forest for food. However, on 9 June 1945 it was decided to send another group of 75 men on a final march. The remaining men were so weak that none survived beyond 50 kilometres. As each man collapsed from exhaustion, he was shot or bayoneted by a Japanese guard. All remaining prisoners left at Sandakan who could not walk either were killed or died from a combination of starvation and sickness before the Japanese surrender on 15 August 1945.

Christmas Eve 2024:

After the visit to the Sandakan Memorial Park we drove to our accommodation, the Sabah Hotel, just outside Sandakan town centre. A table had been booked for our group for Christmas dinner- I was a bit confronted by the memorial park and I wasn't good company that evening.

Next day (Christmas Day) we visited the Sepilok Orangutan Rehabilitation Centre, about 30 minutes from Sandakan. This is a non-profit charitable organisation whose mission is to rehabilitate and provide a safe haven for orphaned and injured orangutans, one of the world's most endangered primates. It has been operating since 1964 and has rehabilitated and returned to their jungle habitat (which the centre adjoins) many scores of these gentle, almost human, great apes. A morning spent there watching them with their volunteer carers went a long way to restoring my faith in humanity.

Lest we forget.

Notes

1 Title of a 1990 submission to the UN Commission of Human Rights by Queensland Ex-POW Reparation Committee.

2 Background to Quaily's Hill: Allan Quaily Clarence (born on 8 November 1920 in Lismore, New South Wales). On 5 August 1941, he joined as a volunteer in the Australian Imperial Force and was assigned to the 2/30th Australian Infantry Battalion. With the 8th Division, he then sailed to Malaya but was captured by the Japanese along with another 15,000 Australians during the fall of Singapore on 15 February 1942 and imprisoned in Changi Prison. In July 1942, he was among the 1,500 Australians who were transferred aboard the SS Yubi Maru to Sandakan. On 31 January 1945, he was sent with other prisoners of war as "Group 3" on the first of three death marches. As they arrived at the hill outside Ranau on 16 February, Quaily refused to go on, knowing the Japanese guards would kill anyone who could not keep up. Shortly after, he was murdered by a guard, his remains were interred after the war together with other corpses in a military cemetery in Labuan and buried as an "unknown soldier" with a plate inscribed 'Known unto God'. In 1999, his identity was discovered, and the plate was replaced by a personal grave stone.

NB: The facts and figures for this article were sourced from Wikipedia. Blame me for the quality of the photos George Wilson

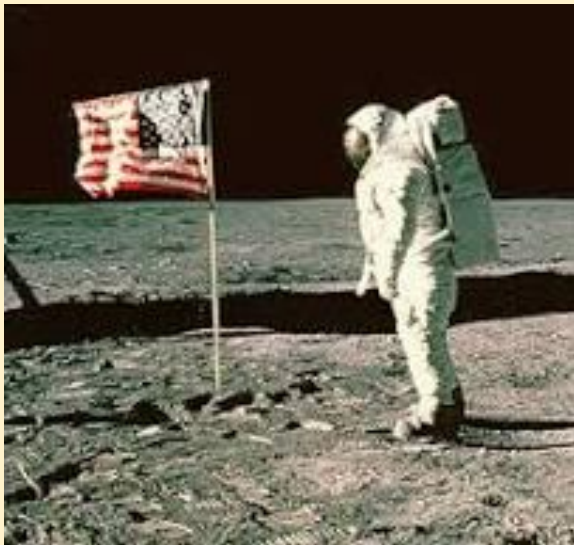
"Fluttering Vexillology" submitted by Freddie Butler

It is reasonable to surmise that all of us at some time in our lives have waved flags. As children we were happy to have colourful paper on a stick that we could wave about the room or playground or park. As we grew older, we joined youth organisations, which introduced us to proper flags and the idea that something important was being represented. By the time of our late teenage years, most of us knew something about flags and their significance and importance.

For those who did not have much interest, help was at hand. There is even a government department or rather the Dept of PM&C (wouldn't you believe) responsible for deciding on the size and shape and colours and patterns and protocol for flags in Australia. The department's public servants were happy to print out advice, and indeed they remain so.

As curious young adults (and some of us not so young) we were introduced to the subject of Vexillology—the origin, study and use of flags. And wouldn't you know it, Latin gave us the Vexilla part meaning a sail, and Greek gave us the Logos part meaning to study = Vexillology. Ancient records show that the Chinese were rampaging on friends and neighbours long before other nations got the idea of a flag representing something. It is claimed that ancient Roman legions had flags flying (more like scraps of linen) when they first stomped triumphantly across the then known world. They later developed and carried the now well known Banner/ Flag of SPQR (Senate and People of Rome) at the head of any Roman army. A very visible sign that there was trouble ahead for some people.

In later years as tribes and then nations developed, the flying of recognizable flags became a normal activity, so that who was the winner in any kind of conflict was made apparent. Eventually the flags became more ornate and meaningful, and by the time of the Crusades and the wars in ancient Europe, any army was led by a small group at the head of the march who carried a large flag as an identifier. Those flag carriers defended the flag to their deaths, because to have the flag or ensign captured by the enemy was the height of disgrace. The army's character and history were stained forever.



Flags have also achieved great significance since at the end of any conflict, the winner's flag would be ceremoniously planted and raised, and the land would be claimed by the victors. Similarly, if explorers found unknown land but did not see inhabitants the explorers would plant and raise their flag, and with due ceremony claim the newly found land for their nation.

This contestable manner of a claiming ceremony has played a part in more modern times. Did you know that the flag planted on the moon was the result of an international discussion group?

Most nations knew that humans could land on the moon but how could this significant event be recognized as an achievement for all humanity? Eventually, it was agreed by the various interested nations, that since the USA had made considerable effort and great cost to physically put their citizens on the surface, they could show their flag.

However, to emphasise that many people in many nations had also contributed to the effort and cost in conquering space, a special plaque was made (of stainless steel) and placed on the moon at a spot near the lander capsule to show that many humans had played a part in landing on the moon.



This Lunar plaque states that:
 "Here men from the planet Earth
 First set foot upon the moon
 July 1969 A.D.
 We came in Peace for all mankind".



Great Moments in Science with Dr. Karl Kruszelnicki

How tall is time. Well it's all relative

Dr Karl: Clocks have been around for thousands of years. But now scientists have worked out how to use them to measure, not just time, but height! Now, way back in the old days, we measured time by looking at the sky – for example, using the position of the sun. We soon invented sundials and water clocks. The first mechanical clocks appeared in Europe around the 1300s. By the mid-1700s, clocks were accurate enough to help mariners navigate and calculate their distance around the Earth. But how can a clock measure height? Well, you might remember Doctor Who saying that time is all wibbly wobbly – it is not constant. And yes, Doctor Who was correct – because he was echoing Einstein.

Einstein told us that time is affected by both speed and gravity. And as an everyday example, GPS satellites would be uselessly inaccurate, if they did not use Einstein's theories. The Global Positioning System (or GPS) is a network of a few dozen satellites orbiting the Earth at around 14,000 kilometres per hour, and about 20,000 kilometres above the surface. They continuously broadcast their exact position and their exact time, which they get from a super-accurate atomic clock on-board. Once the GPS in your car, or smart phone, receives the signal from four or more satellites, it uses simple geometry to work out your location to an accuracy of 5 metres or less.

Einstein's 1905 Special Theory of Relativity tells us that the faster you travel, the more your clock will slow down. Hard to believe, but totally true! For example, GPS satellites orbit at a speed of around 14,000 kilometres per hour, relative to the ground. Einstein's maths tells us that their super-accurate atomic clocks will run slower than clocks sitting stationary on the ground. How much slower. They will lose about 7 millionths of a second, or 7 microseconds each day. But there's something else affecting GPS satellites – they are 20,000 kilometres above the Earth's surface. The Earth's gravitational field weakens with distance, so the satellites experience a weaker gravitational field. Einstein's 1915 General Theory of Relativity says that time is affected by gravity. The stronger your gravitational field, the more time will slow down. For example, over a human lifetime of about 80 years, your feet (which are closer to the centre of the Earth) will be about half a microsecond younger than your head (which is further from the centre of the Earth, and therefore in a weaker gravitational field).

Now, GPS satellites are about 20,000 kilometres above the surface of the earth, and so they experience a weaker gravitational field than we do. Compared to our clocks down here on the ground, the clocks in GPS satellites gain about 45 microseconds each day. So when you factor in the 7 microseconds lost from speed, and the 45 microseconds gained from weaker gravity, overall, the clocks in GPS satellites tick faster, and gain about 38 microseconds each day – relative to our atomic clocks down here on the ground. But thanks to Einstein who predicted this, we deliberately fudge the atomic clocks in the GPS satellites, so that we down here on the ground know our position accurate to 5 metres, or better. But, if we did not fudge the clocks in the GPS satellites, by the end of just one day, the position they would give us would be wrong by about 10 kilometres.

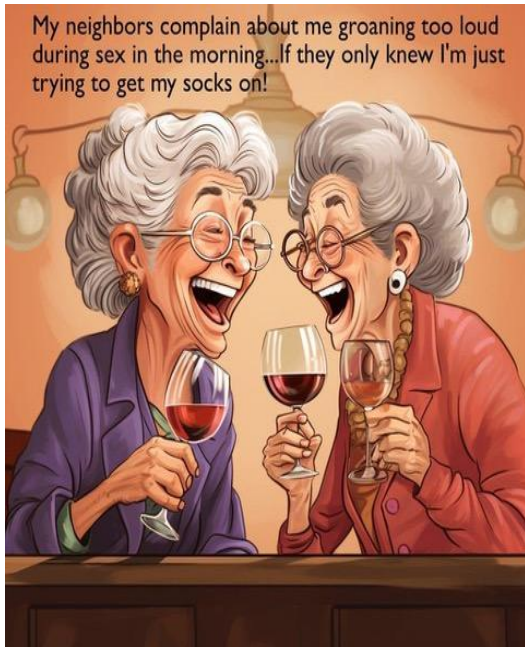
One of the early experiments on this happened back in 1971. Two scientists used seatbelts to hold a pair of atomic clocks in the seats of a Boeing 747 jumbo. They then flew around the world with their clocks. And sure enough, when they accounted for their speed and height, the times shown by their atomic clocks matched Einstein's predictions. Atomic clocks have only gotten more accurate. In 2010, scientists were able to detect the clocks speeding up when they were lifted by a tiny elevation of just 30 centimetres – or 1 foot.

And in 2022, they used the element strontium 87 to improve this even further. They cooled 100,000 atoms of strontium 87 to about one hundred billionths of a degree above absolute zero and then separated them into two layers – like pancakes. The layers of atoms were about a millimetre apart. Scientists observed the atoms in the upper pancake layer oscillated faster – because they were in a weaker gravitational field. So now – thanks to these strontium 87 pancakes – we have clocks that can measure changes in the passage of time, caused by going up or down a tiny one millimetre. These super-super-accurate clocks are so precise that you would have to wait 300 billion years for them to be off by even one seconds. And they have some surprising uses.

Suppose you're worried that a volcano might re-awaken and explode. You could put one of these clocks on the side of the volcano, and it would tell you if the volcano bulged, or shrank by just one millimetre. You could even use atomic clocks to explore under the Earth's surface, using gravitational fluctuations as a guide. And there will be surely many, many more uses for these super-super accurate clocks – uses we can't even conceive at the moment. Running late could become a thing of the past... Although tardiness might be trickier to handle than volcanic eruptions....

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

Puzzles, Jokes & Trivia



NOT TO BRAG OR ANYTHING BUT I CAN FORGET WHAT I'M DOING WHILE I'M DOING IT.

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

W - - - - H
 P - - - - HY
 TH - - - - H
 C - - - - ALL

Quiz & puzzle solutions next page

- Trivia Quiz**
1. Which historian coined the phrase "the tyranny of distance"?
 2. What is considered to be the world's largest natural harbour?
 3. As the crow flies is Uluru closer to Adelaide, Broome or Darwin?
 4. Which iconic Australian road is called the world's longest war memorial?
 5. In what part of the Great Dividing Range is Hanging Rock?
 6. What train station that opened in 1854, is considered Australia's oldest?

Puzzles, Jokes & Trivia

**Do you know that awesome feeling when you get into bed, fall right asleep, stay asleep all night and wake up feeling refreshed and ready to take on the day?
Yeah, me neither!**



cathywridcox.com.au



"First you buy me a new coat and now a trip to Lion Safari Park. What's got into you lately?"

Marriage is a relationship where one person is always right and the other person is the husband.

Urine Test

One day an Irishman goes into a pharmacy - reaches into his pocket and takes out a small Irish whiskey bottle and a teaspoon.

He pours some whiskey onto the teaspoon and offers it to the chemist. "Could you taste this for me, please?"

The chemist takes the teaspoon, puts it in his mouth, swills the liquid around and swallows it.

"Does that taste sweet to you?" says Paddy

"No, not at all," says the chemist.

"Oh that's a relief," says Paddy. "The doctor told me to come here and get my urine tested for sugar."

Trivia Quiz Answers

1. Geoffrey Blainey.
2. Sydney Harbour.
3. Broome (1218km), Adelaide (1295km), Darwin (1428km).
4. The Great Ocean Road, Vic.
5. Macedon Ranges, Vic.
6. Flinders Street Station, Melbourne.

Missing Letters

WATCH
PATCHY
THATCH
CATCALL