

# NUTS & BOLTS



*'Every man needs  
a shed'*

Vol 7 | Issue 8 | June 2025



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## Message from the Editor

**Editor: Ray Peddersen**

[cms\\_editor@carinamensshed.org.au](mailto:cms_editor@carinamensshed.org.au)

As we have just passed the midpoint of the year, I have just realised it's only a few more weeks to the footy finals the Melbourne Cup and the time to put a new calendar up on the back the dunny door, so please enjoy the latest edition of Nuts & Bolts.

*"Nostalgia isn't what it used to be"*



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**Carina Men's Shed valued supporters include:**



## Member News



From: Robert Ikin <robertikin3@gmail.com>

Sent: Tuesday, 6 May 2025 6:49 AM

To: ikin.family@bigpond.com

Subject:

Hi Bob. A very special "Thank You" to all of you at Carina Mens Shed  
John Peel

Mates4Mates and the Carina Men's Shed host instructors for a 2-session workshop, where participants learnt to make 1: belt-making, 2: cheese wooden cutting boards, and 3: Glass kiln-fired Christmas trees. Each item is individually handcrafted over a 2-Friday session.

We would like to express our gratitude to Carina Men's Shed, RSL advocate/director Bob Ikin, and the instructors who made this workshop possible. The recipients of the awards presented at the completion of the workshop are Jenny, Maria, Trevor, Michael, and John. We would also like to extend a special "thank you" to Mal Baldock, Peter Kucks, Alan, Ray Carter, Norm, Les, Graham, and others who provided their time and expertise as leather, wood instructors, and glass instructors.

These individuals are incredibly talented and generously share their skills with us through Mates4Mates. Their contributions make a significant impact on our Mates4Mates and community.

Thanks Bob  
and Team Carina Mens Shed  
John Peel.



*John Peel, from Mates4Mates thankyou note to our shed for hosting the Veteran's Workshop Programs*



**Monday 28 April 2025**

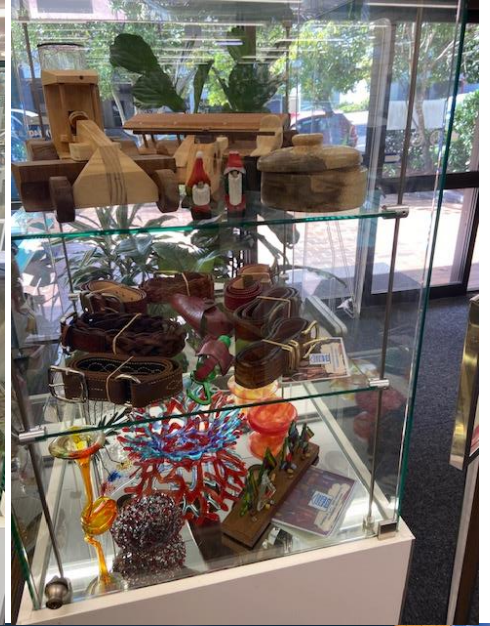
Tony Patterson after the morning's meeting demonstrated the features and capabilities of the drone, he had recently purchased and had used on a recent road trip along the south coast of NSW.



Carina Men's Shed valued supporters include:





*Members News***Bulimba Library Shed Display May 2025**

To promote the activities that are available in our shed, the leather, glass and wood groups had a display case of leather bags, wallets and purses and another case of wooden toys leather belts and glass items and four prints from the photo group and 10 paintings from the art group were displayed on the walls.



*Mother's Day Lunch 13 May*







### **Mother's Day Lunch *Tuesday 13 May 2025***

Lisa Atwood congratulated, Roger and Phil and the Corrugated Shedders for hosting and providing the entertainment and music for the 85 ladies attending the Mother's Day Lunch at Carina Leagues Club. Photos kindly provided by Lisa Atwood's office.

### ***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
Bob Ikin	0427 384 728
Paul Meridith	0417 602 808

*Please feel free to contact any member of the committee to discuss any issues.*

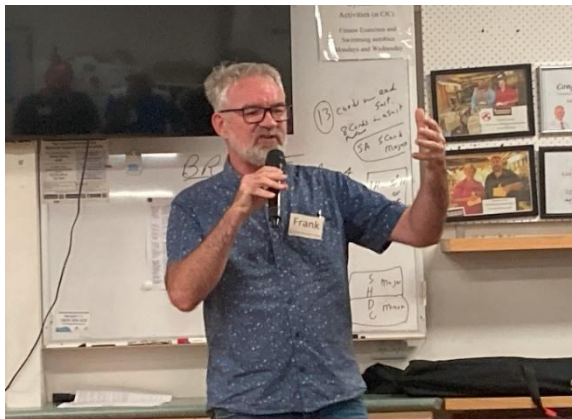


## Members News



### CMS Golf Day *Friday 23 May 2025*

Fourteen of the shed's golfing greats enjoyed their time on (and off) the fairways of the Bulimba Golf Club followed by a delicious lunch at the Balmoral Hotel.



### QMSA speaker *Monday 26 May 2025*

Frank Pearce, Regional Co-ordinator for the QMSA, spoke on role of QMSA & AMSA in supporting men's sheds in Queensland particularly around health and wellbeing.



### *Monday 09 June 2025*

Dr Tess Higgins from The Practice outlined the key screenings, vaccinations and lifestyle habits to follow to maintain our health into old age.



Ray Carter testing the electric wheelchair he had assembled for Chris Clark.

*Poetry Corner*

This poem was submitted by Chris Clark

**Don't wake your Grandad up Sweetheart**

Don't wake your Grandad up Sweetheart  
He's having a bit of a day  
He put half a crown on a horse at Sandown  
And it seems that it ran the wrong way

He had half of bitter at lunchtime  
Down at the Ferret and Firkin  
He was in for a shock when he looked at the clock  
And realised that his watch wasn't working

So he got the bus home and your gran had a moan  
So he came out and sat in the yard  
With his beer by his side and his belt open wide  
He'd make a great picture postcard

He's meant to be reading the paper  
But that's slid down onto the floor  
The dog's fast asleep down there just by his feet  
And one of them's started to snore

I'm sure that you'll find he's not sleeping  
He's resting his eyes he will say  
Don't wake your Grandad up sweetheart  
He's having a bit of a day

Chris Ross 2018 ©



## Member News

**Montville Bus Trip Tuesday 27 May 2025**

Eighteen members and partners went on the Montville bus trip and while the ladies explored the craft shops the guys spent an hour or so at the men's shed before meeting up again for a delicious lunch at the hotel.





*Member News*





*Photos of the Month*

**April Photo Theme – Looking Up**



*Amazing architecture in Circular Quay  
by Tony Tabrett*



*Mount Coot-Tha Gardens Dome by David Clarkson*



*Marilyn in Ballarat by Bruce Tranter*



*Umbrellas in Quebec by Darryl Timms*



*The Eagle by Allan Johnson*



*Photos of the Month*

**May 2025 Photo Theme – Safe**

*Safest place on the course at shed's golf day by Greg Secomb*



*Safety at the Beach –by Chris Clark*



*Safe on the Couch by Darryl Timms*



*"Nullius in Verba"* - submitted by Freddie Butler*"Nullius in Verba"*

This is a Latin Phrase that's been known in literature for centuries. Many years ago, it was adopted by The Royal Society as their motto and is generally interpreted as 'Don't believe all you hear'. The early members of this ancient and venerable society wanted evidence that they could see and touch before they could believe what was being claimed. Many centuries prior to the Royal Society, The Oracle of Delphi was the source to seek information on which course of action might achieve certain desired outcomes (health, wealth, happiness, plague or war). In more recent times, questions have been raised in academia about predictions from The Oracle of Delphi, and many scholars have applied the 'Nullius in Verba' condition.

In ancient times the Temple of Apollo was built in Delphi, and in that temple was the residence of The Oracle, (who, wouldn't you know it, was a woman) with an official name of Pythia. It was a tough journey to get there, perhaps a path, no defined roads, and no hotels along the way. The Temple of Apollo was under the control of priests, who were reputed to have influence on who could get access to the Oracle.

Getting access to The Oracle was a problem everybody faced. But if you had friends in the right places, you could be spared the long wait. The priests had a system of assessing who you were or what you represented, but even then, a person still had to wait. Naturally, there was a fee for The Oracle's advice which varied according to your status or ability to pay. (It was ever thus, since any modern advisor for legal, financial, medical subject etc., requires a fee). Ordinary people were charged 2 days' pay, but representatives of organisations, politicians or royal questioners were charged whatever the market could bear at the time of the question. The priest's kept the books, (of course) but no record of payment to the Oracle has been found. Maybe her fee was board, lodging and clothing, charged and written off as temple expenses? Whatever, The Oracle wasn't exactly overworked, this Pythia lady worked one day per month for nine months and recuperated (?) for the other three months. (No record yet found of her off-duty activities, holidays, or time for study).

Who was this woman of wisdom named Pythia? Although it is better to ask who these **women** of wisdom were, because the chosen person would in due course need to retire. How were the Oracles chosen? So far as is known from earliest times, a young woman had to be a virgin and take part in purification rites in order to get the job. She gave up everything to live in the temple. However, over many years the requirements changed, (supposedly because a young Oracle virgin was raped) and it was later decided that the Oracle should be a woman of mature years and could even be a mother. When she joined the temple, she was separated from family and friends to devote her life to being the Oracle. By the time she retired, her family had grown up and she was probably a grandmother!

Several surviving scripts and reports noted that The Oracle, when replying to questions, spoke in a strange voice. Sometimes hysterically, sometimes musically, and sometimes like a demented person. People from different countries with different languages all made similar statements to this strange voice. There are different reports as to how questioners reacted, but apparently most of them went home happy after their experience. Her words were simply accepted, showing that people usually heard what they wanted to hear. No mention in the records of any need for evidence.

There are several suggestions as to why The Oracle did not / could not use her normal voice. In her 'office' was a special tri-pod stool for her, nearby was a space/room, and it is claimed that hemp plants were burnt there, and she got the full force of the smoke, presumably getting a 'high' from the drug's fumes. Another suggestion was that she was exposed to earthy fumes seeping from vents of nearby rocks. Modern geologists suggest that rock fault lines existed near The Oracle's room which released traces of hydrocarbons suggested as being ethane, methane and ethylene. A couple of hours in that atmosphere must have given her one very big headache as well as a strange voice! So, the question is now often asked: was she somewhat demented or drug influenced?

Whatever the answer, there is little doubt that the priests and The Oracle(s) were on to a 'good thing'. The system survived for centuries, not only in ancient Greece, but also other countries. Reports in the archives provide evidence that "Nullius in Verba"- was a good thing even if your source was The Oracle...and it remains so today. Incidentally, ever tried getting pro-bono advice recently?



## Great Moments in Science with Dr. Karl Kruszelnicki

***Do fish drink water?***

Dr Karl: Sooner or later, most young children will ask the question, "Why is the sky blue?". And another big one for curious, developing minds is: "Do fish drink water?". To save you from blundering through an answer alone, I've done the research and prepared one for you. The solution to this conundrum is that some fish do drink water, and some don't. Put simply, in general, saltwater fish drink lots, while freshwater fish don't.

Plus, surprisingly (and perhaps entertainingly for the young child asking the question), despite saltwater fish drinking lots of water, they only wee out only a small amount of urine — while freshwater fish do the opposite. To explain further, there are two things that we need to understand first. Act 1: "getting oxygen to live", and Act 2: "osmosis".

***Let's start with Act 1: oxygen.***

We humans have it easy. We are surrounded by oxygen — it makes up one fifth of the air we breathe. So we simply have to breathe in, and inside our lung's oxygen diffuses across some 70 square metres of a very thin membrane into the blood. Bingo! Problem solved; we've got some oxygen into our blood.

But fish have it harder. In their environment, oxygen is dissolved in the water all around them — but it's trickier to get to. They can't break down the water molecule (which is  $H_2O$  — two atoms of hydrogen and one atom of oxygen). No, they have to rely entirely on oxygen molecules that might happen to be there, lurking in between the water molecules.

Fish have been around for about 450 million years, and they've evolved gills to remove the oxygen from the water. Gills are light feathery structures with lots of surface area on the outside, and blood vessels on the inside. At the surface of the gill, there's a barrier between the flesh of the fish and the outside water and it's called a "semi-permeable membrane". Some things can cross the barrier, others can't. Oxygen molecules are small enough to passively diffuse - or pass - from the water into the blood of the fish. But any salts in the water (sodium, chloride and so on) are too big. Water molecules are small enough to passively diffuse across — but this action depends on which is saltier: the fish or the water around it.

***And this brings us to Act 2: the strange concept of "osmosis".***

To demonstrate, let's suppose you have a fish tank, half-filled up with freshwater. Then, you put a "semi-permeable membrane" all the way across the tank, at the half-way point along the length of the tank. And remember: a membrane like this functions like a fish's gills. Now, initially, the water level on each side of this membrane remains the same — as you would expect. But then you dissolve some common table salt into the water on one side of the membrane. Suddenly, the water level on this side begins to rise. What's going on? Fresh water on the other side is diffusing across the semi-permeable membrane, to try to balance the level of saltiness on either side.

This is a natural balancing act, that just happens for various complex reasons that we won't go into. So, let's now look at how this applies to a fish, starting with a freshwater species. In a non-salty pond or river, the inside of the fish is saltier than the water around it. So, just like in the tank experiment earlier, the water molecules in the river or pond will flood into the body of the fish — via the semi-permeable membrane of the gills and the skin.

So, the freshwater fish will be flooded with water. This means a freshie has no need to actually drink water — because it's already getting a deluge via the gills and skin. In fact, the freshwater fish is at risk of swelling like a balloon, from all this water. So to get rid of this excess water, it has big kidneys to help get rid of lots and lots of urine. Best not to think about that next time you swim in a freshwater pond full of fish. So, freshies don't drink much, but they naturally swell with water passing into their bodies, and then they have to wee it all out or risk popping.

The opposite happens with a saltwater fish in the ocean. The inside of a fish here is less salty than the ocean. So the water inside the fish floods out, in a futile attempt to dilute the entire ocean. Their problem is shrivelling up from a lack of water. So saltwater fish drink water like crazy. And they definitely don't need to make lots of urine, so they have only small kidneys.

So, when it comes to the question of do fish drink, all you have to remember is that salties swallow lots of the sea, while freshies fatten and wee.

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



## Puzzles, Jokes &amp; Trivia



**Condoms don't always  
guarantee safe sex.  
Heard about a guy who  
was wearing one when  
he was shot by the  
woman's husband.**

Women spend more time  
wondering what men are thinking  
than men spend actually thinking.

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

**F L - - - -  
G - - - - E  
S Q - - - - D  
D R - - - -**

## Trivia Quiz

1. Where in Australia is the Country Music Hall of Fame?
2. Which make of Holden luxury car shared a name with a French City?
3. How many justices sit in the Australian High Court?
4. Which is the largest cat species that cannot climb trees?
5. If the US President's aeroplane is Air Force One what type of craft is Marine One?
6. What name is given to a whiskey that is only made from one distillery?

**Quiz & puzzle  
solutions  
next page**



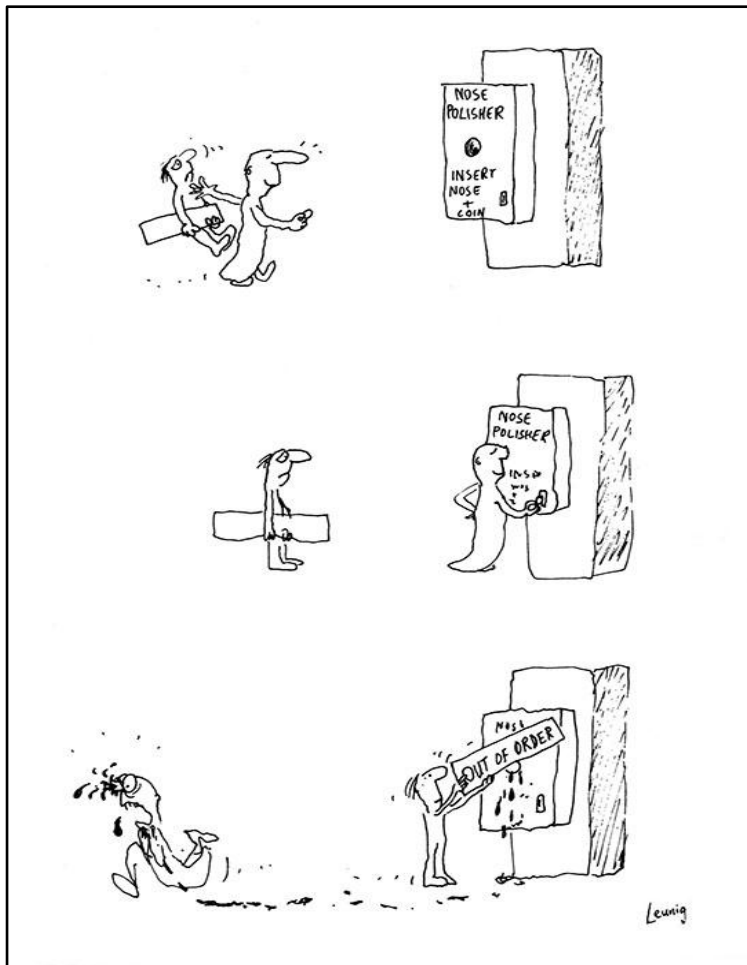
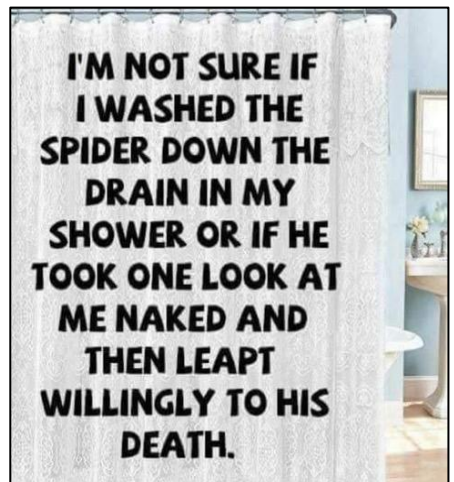
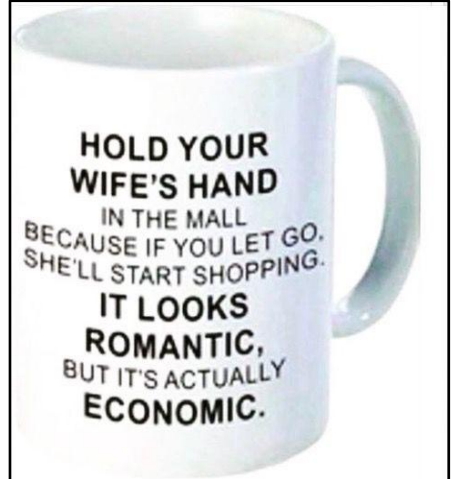
## Puzzles, Jokes &amp; Trivia

NO THE WORLD IS NOT FULL  
OF STUPID PEOPLE...  
THEY'RE JUST STRATEGICALLY  
PLACED SO THAT YOU WILL  
MEET ONE EVERY DAY.



Angels, Fairies & Cherubs - Oh My!  
**A Senior's Guide to Facebook**

For those in my generation who don't quite get the point of Facebook, I've decided to try making friends the old-fashioned way... with a Facebook twist. So now, I walk around the neighborhood and tell neighbors: what I had for breakfast, how I'm feeling, what I did last night, my afternoon plans, and who I'll be with. I show them photos of my grandkids, my dog, my yard work, and my lunch. I give them a thumbs-up, and let them know I "like" them. It's going great so far—I already have four followers: two cops, a detective, and a psychiatrist.



A pirate walked into a bar and the bartender said : 'Hey, I haven't seen you in a while. What happened? You look terrible.' 'What do you mean?' said the pirate, 'I feel fine.' Bartender: 'What about the wooden leg? You didn't have that before.' Pirate: 'Well, we were in a battle and I got hit with a cannon ball, but I'm fine now.' Bartender: 'Well, ok, but what about that hook? What happened to your hand?' Pirate: 'We were in another battle. I boarded a ship and got into a sword fight. My hand was cut off. I got fitted with a hook. I'm fine, really...' Bartender: 'What about that eye patch?' Pirate: 'Oh, one day we were at sea and a flock of birds flew over. I looked up and one of them shit in my eye.' Bartender: 'You're kidding, you lost an eye just from bird shit?' Pirate: 'It was my first day with the hook.'

**Trivia Quiz Answers**

1. Tamworth.
2. Calais.
3. Seven.
4. Cheetah
5. A helicopter.
6. Single malt.

**Missing Letters**

**F L U I D**  
**G U I D E**  
**S Q U I D**  
**D R U I D**