

NUTS & BOLTS

*Promoting Men's Health
and wellbeing through
our activities and
Social Engagement*

Vol 7 | Issue 11 | December 2025

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Message from the Editor

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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.

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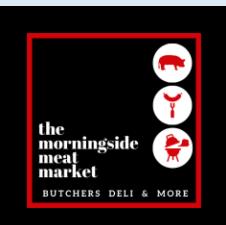


Member's News

Melbourne Cup Day Lunch *Tuesday 04 November 2025*

Many thanks to John Abbott, Peter Everest, Ken Gillard and Roger Appleby for organizing the food and refreshments for the Cup Day lunch enjoyed by about 30 shed members. Special thanks again to John Abbott for organizing the sweeps, as the gambling adds remind us, "you win some, but you lose more", but at least its only once a year.

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Member's News



Syd Demster handing over the meal carry boxes that the shed has been working on, which were gratefully received by the Carina Meals on Wheels as they allow the delivery volunteers to carry twice as many meals.



Lisa Atwood Shed Visit
Monday 17 November 2025

Lisa Atwood joined us today and brought along a tray of her home-made cupcakes to share with the shed and also provided an update on the progress of the Women's Shed.



Graham Ward Shed Visit
Monday 17 November 2025

Peter Kucks brought Graham Ward to the Shed today for a catch up with old friends, photo below with his mates from Glass

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.

Member's News

Family & Friends Open Day Saturday 22 November 2025

Another great Family & Friends Open Day so many of our family & friends have experienced their first visit to our shed and the response was overwhelmingly positive. The introduction of EFT has increased sales dramatically with this year's total over \$5000 with sales of glass, wood, leather and condiments. Thanks to all involved in the setup and to Ken Gillard for his work in handling the tongs in the free sausage sizzle which was well patronised.



Member's News



Poetry Corner

Two more poems from the talented shed poet Greg Secomb.

Children laughing in the shade

There once was a world with no barbed wire
Fences of stone and sticks no higher
Than a man could lean upon and yarn
All nature roamed around the farm

The chickens ducks cows pigs and geese
All scratched a living, never ceased
To multiply in nature's way
How different all things are today

Back then bird calls the only tweet
And people greeted in the street
As yesterday and days before
Were reminisced, but that's no more

With downcast eyes the I-Pod trudges
Forget eye contact. Panicked smile smudges
Expressionless, grey, they are not free,
Mirage of leisure limp stale and caroty

Our friends are folk we never see
Alone together you and me
Tribes of one whose solitary lives
Shopping cars sport porn not wives

Our food's not fresh, it's all preserved
The world we had, don't kids deserve
To inherit that world we once had?
Whisper pines through needles sad

As farm gates creak neglected trees
The birds still tweet, the flowers bees
Ai daisy chains that won't be made
By children laughing in the shade

Feel that happiness

The pursuit of happiness, is not a race
It's not new car, big house, first place
It's going at a measured pace
That takes you to your happy place

Each happy place is quite unique
With rustic charm and floors that speak
Of happiness and its pursuit
That is where happiness will roost

Not in comparing, vanity
Dissatisfied with what you see
But seeing, feeling quite content
A situation that was meant

A square peg in a hole that's square
An overflowing heart with spare
With room to spare for love and friends
And time well spent as each day ends

Accumulating days like these
Makes happiness and life's a breeze
When dawn delivers each day fresh
That's when you feel that happiness

Photos of the Month

November Photo Theme - Summer

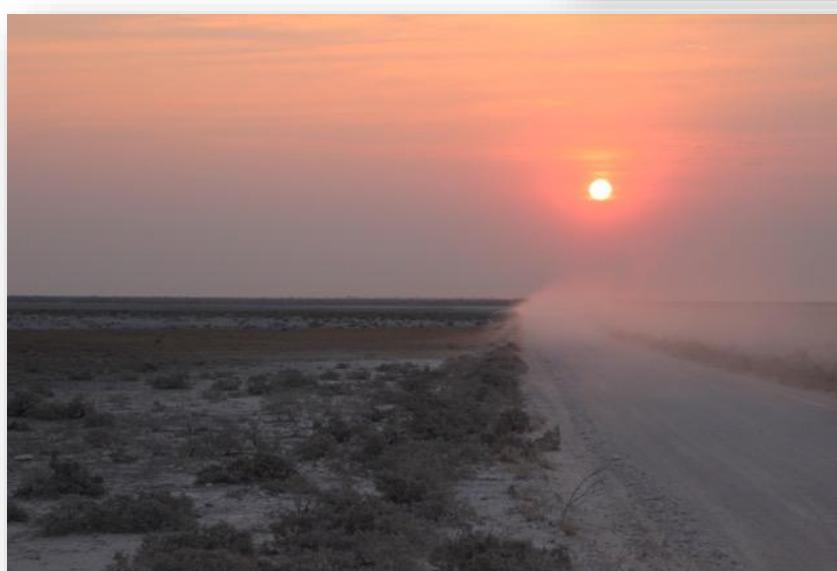


*Bruce Tranter
Summer at Currimundi Beach*

*Andrew Clarkson
Kids Enjoying the pool in Summer*



*Bruce Tranter
Travelling West in Summer*



Lord Mayor's Christmas 1st-6th December 2025

Thanks to Phil Allen for coordinating the ticketing for the Mayoral Christmas Function at City Hall, our shed had been allocated with 58 seats, and we had very good attendance over the week. Phil and David Clarkson provided these photos of the events.



Member's News

**Last Fielders Dinner *Wednesday 03 December 2025***

The Glampers Social Group's last dinner date for the year was attended by 19 members the next meeting, February 2026.

Carina Police Christmas Gift Appeal

Thanks to Ray Carter and Mike Arthur for delivering the collection of wooden toys donated by our shed to the Carina Police Christmas Gift Appeal. High praise was received from Senior Sergeant Brendan Jorgensen for the quantity and quality of toys.

**Bunnings BBQ *Saturday 13 December 2025***

The last Bunning's BBQ for the year provided a great result with our best return to date with over \$3000 raised for the shed and thanks to all those shed members who assisted: Peter Kucks, Stephen Look, Tony Paterson, Eric Rountree, Ray Carter, John Rossberg, Gary Stockley, Greg Hourigan, David Hay, Alan Angus, Roger Appelby, Adrian Paolucci, Klaus Binder, and Glen Watson.

MY '56 CHEVY STORY



A lady from Casino, NSW was considering selling her '56 Chevrolet 210 four door sedan. The vehicle, Alison, had been in a storage shed for a few years. She regularly started it, but did not drive it. Her husband used to be the driver. It was originally purchased by her father in 1959, from the first owner. At that stage it was a dark green colour. He passed it on to her and her husband. They enjoyed driving it for a number of years.

More recently, the lady and her son repainted it to a two tone - bright blue and white.

When considering how to pass on Alison to a new owner, she was mindful that she did not want the vehicle altered or hot-rodded. And that is why she approached the Vintage Chevrolet Club to see if any members were interested.

I was interested in acquiring a vehicle like this one, as it has no computers, no sensors and no complicated systems. It is a simple straightforward setup that I can handle myself. I made some initial enquiries. My good friends from Lismore did an inspection for me and found several issues. Unfortunately, the price was too high. Several months later I once again enquired and determined that a lower price was negotiable.

Gail and I then organized a road trip to Casino to catch up with our friends and inspect the vehicle ourselves. After a very pleasant weekend, I decided to purchase the vehicle.

Now, the big question. Do I drive it home? The car is in very good condition, and I thought this was a possibility. In the end I chickened out as I was unsure of the exact mechanical condition of the vehicle. Lucky, I did have it trucked to Brisbane as the brakes needed a major overhaul, after having sat for so long. Phew!

Having installed new brake wheel cylinders, I asked Gail to assist me in bleeding them. She was to depress the brake pedal when I opened the valve on the cylinder to let out any air trapped in the line. We tried this several times, but nothing was happening. I was confused. I asked Gail which pedal she was pushing and she replied, "The brake pedal, the one on the left!" I had to explain to her that was the clutch, not the brake! Anyway, after that things progressed much smoother.

Now that new brakes have been installed, we are ready for Roadworthy certificate and Registration. The journey continues.....

Paul Gardiner

Trees

Trees are the topic nearly everywhere at this time of the year not only in our forests and parks but also in our streets, and now to add to the conglomeration, *there are trees in the house!*

Not pretty or leafy as described in the horticultural manuals (too many such manuals) that seem to proliferate at this time of the year. And the really grating thing is that these suggested Christmas trees are not even local species but copies of northern Europe growth.



However, since this is supposed to be the season of good will to all men and women, the concierge opined that a proper Christmas tree would nice. It had not escaped the notice of the excited family that a Christmas tree farm exists in Queensland (not a million kilometres north of Brisbane) and wouldn't it be lovely to have a real tree.

There is only one guess as to whom would be driving for a couple of hours to purchase the tree, tie it on the roof of the car and drive home, hopefully to rapturous applause upon arrival.

The next task would be deciding where the tree would be placed and who would be responsible for the inevitable decorations. At this stage of proceedings, the driver declared his task was finished and he should retire to some other more amenable space.

It was at this point in proceedings that the Concierge established her authority. She knew where the previous year's decorations were safely stored and she could quickly remove them from storage.

Before too long the place was littered with wrappings and the various baubles were laid out for inspection and placement. Clearly, this was the time to employ 'Santa's Little Helpers'. Have you ever tried to find or attempt to employ such little people? Non-existent beings, but that detail did not deter the concierge. The tree in the house was going to decorated so that visitors (especially children) would be enthralled, especially because there would be a present under the tree.

Protests about time, suitability and expense were breezily dismissed, and there were several not so quiet mentions of grumpy old man-tight wad-parsimonious pig. Thus, the man of the house became embroiled, nay entrapped, as an elderly 'Santa's helper'. First came decorations which had to be chosen for colour and shape. It soon became apparent (to the concierge) that this Santa's helper was colour blind and had no aesthetic qualities in his body! The only saving grace was that he could reach the treetop for placing the star. Next came the statement that if there was a star there would be twinkling lights, wouldn't there. And guess what the concierge had also saved from previous years? Correct! It was a box of cables, plugs and lights. Which meant time was to be spent on unravelling cables, sorting through the various plugs (and there were many from previous years) and finding light bulbs that would light up.

Thus, after many tries by the amateur Christmas tree electrician, the Star shone and the lights flashed. Santa's little helper thought that all the work done would allow respite or even release.

However, madam concierge coughed once and said we need to wrap the presents. Protests about overwork, emotional fatigue, and exhausted of further ideas, did **this once** sway madam concierge to permit a dismissal from the place of labour.

So Happy Christmas to 'Santa's Helpers' of all ages!

Great Moments in Science

Dr Karl's website, *Great Moments in Science* is no longer available online, so, I will recycle some articles from previous issues of Nuts & Bolts.

Are you a mosquito magnet?



Why are some people mosquito magnets, while others seem to be blissfully bite-free? It's a two-part answer. Number one--it's chemistry! Number two--some people who actually do get bitten, don't notice, or even react to, the bite. Surprisingly, this can be a major health concern.

Let me explain by starting with the mosquito. It's only the female mosquito that bites you. No hard feelings, it's just business--she needs the protein in your blood for her babies. This is probably the time to mention mosquito repellents. Most of us have heard of DEET. DEET works to repel mosquitoes in two ways--by its odour in the air, and by direct contact when the mozzie (as we Australians call it) tries to land on your skin. By the way, the protection DEET provides lasts for hours, while that from citronella lasts only minutes.

But let's assume you have no mosquito repellent. If the female mosquito merely jabbed you, took a microscopic amount of blood and left no scars or mementos of her visit--she wouldn't even be an annoyance. However, on occasion, your immune system reacts to her visit and you might be left with an itchy swollen lump on your skin. But it can get really nasty when the mosquito herself is infected--and can pass that infection on to you.

Thanks to evolution, different mosquitoes can carry different germs. *Aedes aegypti* can carry the Dengue virus and the Zika virus. A different species of mosquito, *Anopheles gambiae*, can carry malaria, which is a parasite, not a virus. Malaria continues to be a major health problem. In 2015, malaria infected 214 million people, and killed 306,000 of them--and the vast majority were children younger than five. *Aedes vigilax*, the saltwater mosquito, carries the Ross River virus.

When it comes to finding their next nibble, mosquitoes are first attracted by heat and carbon dioxide. Once the mozzies get really close, they can be either attracted--or repelled--by any of the several hundred chemicals you exude. These chemicals can come from your diet, from bacteria on your skin, and from your genetic inheritance. This is a complex and poorly understood field, so it's still early days for learning about the several hundred chemicals you emit. Some of the chemicals you release are programmed by your DNA--your genes. One study looked at identical twins, whose DNA is virtually the same, and non-identical twins, whose DNA is partly the same and partly different.

Mozzies were equally attracted to each identical twin in a pair, but this didn't happen with the non-identical twins. So your genes affect how much mosquitoes 'love' you. At least one species of mosquito loves blood group O, but we don't know how all the other species feel about blood group O--or, indeed, any other blood group. But it's not just your DNA that affects your odour, it can be your diet. Sorry to say, but eating garlic or vitamin B1 does not repel mosquitoes.

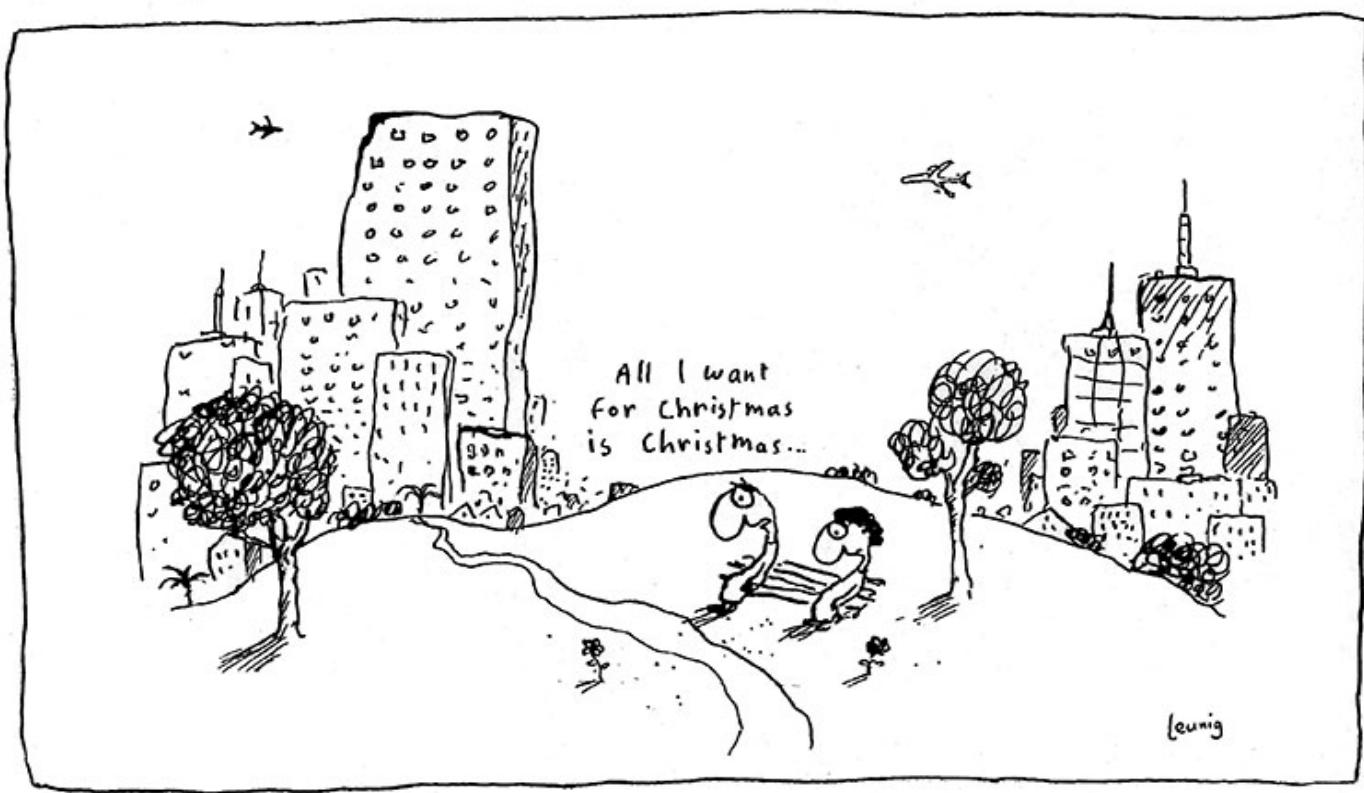
We know that the *Aedes aegypti* mosquito loves the smell of lactic acid. So if you happen to be in her wetlands, don't do any sweaty exercise. Mosquitoes love people who drink beer, and they prefer pregnant women to non-pregnant women. We also know that men are more attractive to mozzies--because their greater body mass is linked to more heat and more carbon dioxide emission. Darker coloured clothing can absorb heat better than lighter colours, so making you more attractive to mozzies. Hairy arms or legs can be a physical deterrent to mozzies. So Miss Mozzie might be expected to make a move on a smooth-skinned beer-drinking bloke wearing dark clothing.

Sure enough, the mozzies can be fussy. As an example, the malaria mosquito, *Anopheles gambiae* is attracted to Limburger cheese. By an unfortunate coincidence, the bacteria that make this cheesy smell are closely related to the bacteria on some people's feet--which mozzies will happily jab with their pointy proboscis.

Mosquito saliva is complicated. Some people react very strongly to certain chemicals in the saliva--and so complain bitterly about being bitten. But other people can get bitten and don't react. However, not reacting is very different from not being bitten. These people could still get bitten but would not know it. They might think that they are unattractive to mosquitoes, but they'd be wrong. In that case, they might not apply the mozzie repellent DEET, could get bitten and not know it, and then suffer the mosquito-borne infection (Dengue fever, malaria, Zika virus, etc)

So mozzies can make you sick-- even without making you itch.

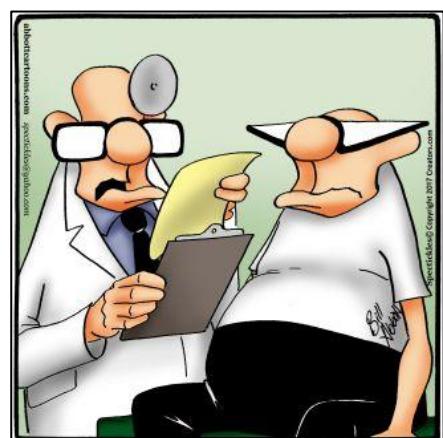
Puzzles, Jokes & Trivia



Remember to keep sun safe this summer, wear a hat and long sleeves and keep yourself well hydrated, just like Santa.



"What if Santa's wrong, Rudolph? What if it is an infection?"



"You say it's your health insurance that's the cause of your ulcers which, ironically, aren't covered by your health insurance."



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

F ----- T
P -----
D ----- T Y
S P R -----

- Trivia Quiz**
1. What did Sir Henry Cole invent in 1843 to encourage people to use the Post Office?
 2. Between which two cities does the Spirit of Tasmania sail?
 3. Which contains more bones: the human hand or the entire head?
 4. What is the world's largest land carnivore?
 5. In which two summer Olympic sports are competitors attached to a wire?
 6. What first appeared on the Rolling Stones' 1971 album Sticky Fingers?

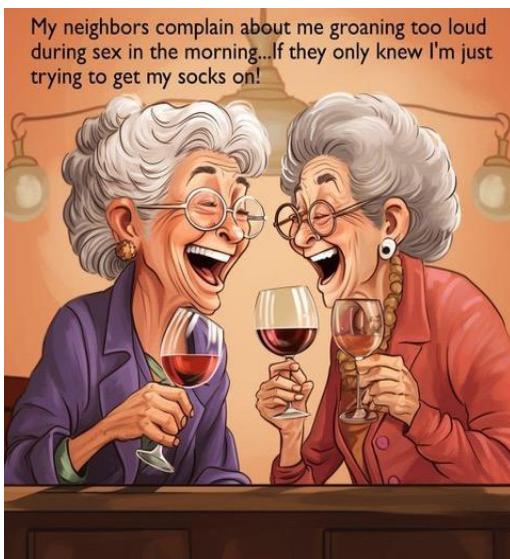
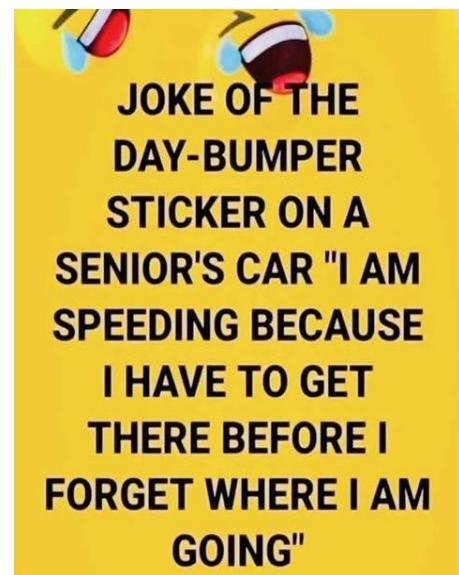
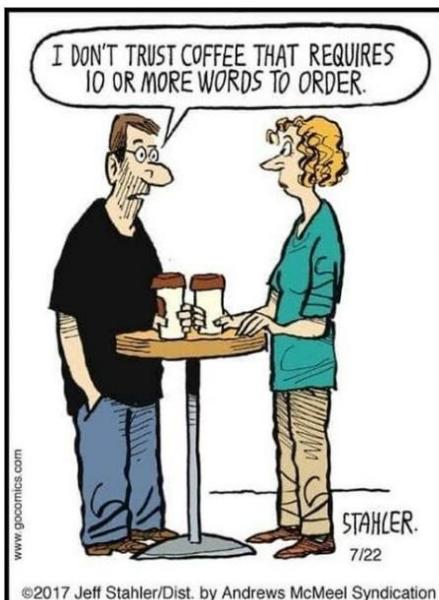
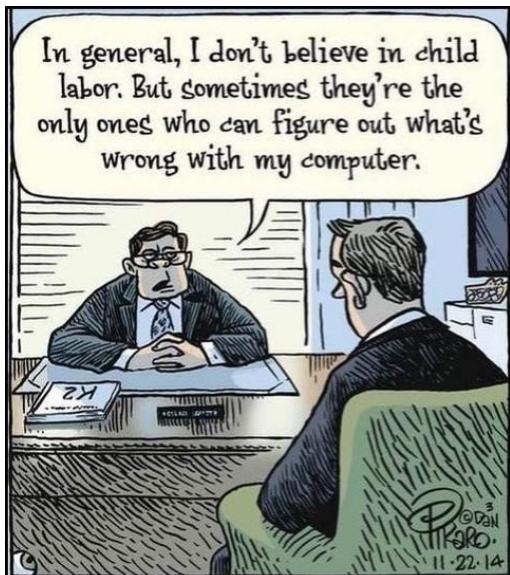
Quiz & puzzle
solutions
next page

Puzzles, Jokes & Trivia

This morning, I accidentally changed the GPS Voice to "Male." Now it just says, "It's around here somewhere. Keep driving."



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



Trivia Quiz Answers

1. Christmas cards (commercial).
2. Geelong and Devonport.
3. Head, including the ears (29 to 27).
4. Polar bear.
5. Fencing and sport climbing.
6. The tongue and lips logo.

Missing Letters

F A I N T
P A I N
D A I N T Y
S P R A I N