

NUTS & BOLTS



*'Every man needs
a shed'*

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Message from the Editor

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July and August has been a busy time for our shed with two Bunnings BBQs another successful Veteran's program and the '*Christmas in July*' bus trip. Not forgetting a great result for the shed's Ekka entries the Kite Festival and the shed's AGM. But the major highlight for me was winning my first meat tray raffle!!

"A person with a new idea is a crank until the idea succeeds" Mark Twain

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Carina Men's Shed valued supporters include:



Bunnings BBQ Friday 04 July 2025

Bunnings BBQ raised \$981. Thanks to the participation of Peter Kucks, Eric Rountree, Adrian McDonnell, Gary Stockley, Garry Dean, Ron Webb, Phil Allen, Ian McCue, Bill Murray, Glen Watson, David Clarkson, Paul O'Connell and Bill Ekland.

What is a Stroke? The brain needs oxygen and nutrients carried in the blood. A stroke happens when the brain does not get the blood it needs. There are two types of stroke (as illustrated in the diagram).

Recognize the symptoms of stroke and act FAST and call 000

Face - Check their face, has their mouth drooped?

Arms - Can they lift both arms?

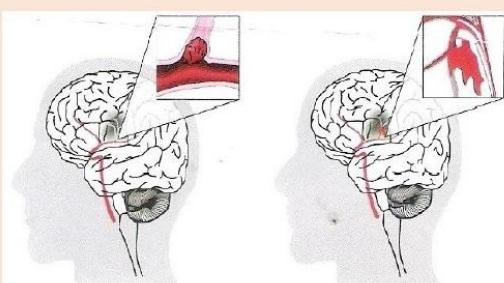
Speech - Is their speech slurred? Do they understand you?

Time - Time is critical, call 000 if you see any of these signs.

Tips for a healthy Life.

- Regular health checks. Blood pressure, cholesterol, blood sugars.
- Eat well. Fruit, grains, vegetables, lean meats and fish and less salt.
- Stay active. By walking, swimming, dancing, gardening.
- Drink alcohol in moderation. Be smoke free.

There are two types of stroke



Ischaemic Stroke
Blood clot or plaque
blocks artery

Haemorrhagic Stroke
Artery breaks or bursts



Monday 07 July 2025

Michael Doohan from the Stroke Foundation explained the various types of strokes and the importance of recognizing the symptoms of strokes, as getting medical attention to a stroke patient in a timely manner will lead to the best recovery options.

Carina Men's Shed valued supporters include:



Member's News

Veteran's Program Friday 18 & 25 July 2025

Another successful Veterans program with four veterans working on leather projects and two with woodwork. Thanks again to the workshop mentors Mal Baldock, Norm Grey, Peter Kucks, Ken Gillard, Les Vear, Alan Johnson, Ray Carter, Graham Findlay and all others in the shed who lent a hand over the two Fridays.



**Pie and Pint Bare Foot Bowls
Tuesday 29 July 2025**

The winners of the Annual Bulimba District RSL Pie and Pint and Information Day, and Bare Foot Bowls Battle of the Subbranches. In the picture is Brian Daley and Ken Gillard from the Shed, and in front, the winners – Bruce Hermann and WO Alesha Rollinson (Navy) holding the trophy created by Ken Gillard.

*Member's News***Christmas in July Bus Trip Tuesday 29 July 2025**

First stop was morning tea at Eagleby, before arriving at the Fox & Hounds at about 11:30, where the 28 members and partners on the trip enjoyed a traditional hot Christmas lunch with a great selection of English ales and ciders on tap in the old English Pub. A quick stop at Yatala Pies on the way home, arriving back at the shed at about 3:30.



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



Steve Minnikin's Shed Visit
Wednesday 30 July 2025

Steven Minnikin MP, member for Chatsworth; Minister for Customer Service and Open Data; Minister for Small and Family Business spent an hour at the shed to present the Gambling Fund Grant, Big Cheque. The well attended morning tea provided by Steve, gave members the opportunity to show Steve how the grant has begun to be used to update to cordless power tools and to purchase a new glass saw for the workshop. Steve also fielded some curly questions from the members.

Poetry Corner

This poem was submitted by shed member Greg Secombe. I will be featuring more of Greg's poetry in future issues.

The Measure of a man

The measure of a man
Is not just how he treats his wife
The measure of a man
Is how he lives his life

Does he give in to temptation
Does he take things in his stride
Does he celebrate his family
Respect and love his faithful bride

Does he have the strength and courage
To admit when he is wrong
Is our world better than he's with us
Does he raise us with his song

Are his friends all glad to see him
Will they miss him when he's gone
Is the world a richer, better place
For our daughters and his sons

Is his voice a voice of reason
Wise compassionate and kind
Is he a MAN among men
With inner strength you rarely find

Did he share his vision with us
Is he someone that we strive
To please and want to be around,
Who makes us glad that we're alive

The man we turn to who is valued
And cherished every day
That's the measure of the man
That we all celebrate today

The measure of a man;
That his word it is believed
That's the measure of a man
That is the legacy he leaves

*[for my father Herb Secomb's 90th birthday celebration
21st Nov 2017]*

Photos of the Month

June Photo Theme - Diamonds



Trinket Bowl by Paul Esdaile



Bridge and Single Malt by Darryl Timms

Photos of the Month

August Photo Theme - Arthropods



Andrew Clarkson Selection



Lunch - by Bill Byers



Spiny Tail –by Darryl Timms



Lady Bugs - by Kevin Meagher

Member's News

Brisbane Ekka 2025

The shed members submitting entries for this year's Ekka have had another very successful result this year with prizes in the glass, woodwork and leather groups. **Rob Cousins**, Third Prize in Woodwork, for his Scania Truck, **David Sim**, Second Prize in Leather, for his Leather Bag, **Tony Paterson**, Second Prize in Fused Glass & Slumping, for his Cake Stand and **John Rossberg**, **First Prize** in Fused Glass & Slumping, **Best Exhibit** in Glass Craft and **Reserve Grand Champion in Creative Art & Craft** for his, "River Fire over Story", exhibit and a Highly Commended for his Fused Coral Bowl. The "River Fire over Story" has been purchased by Charlie Cush CEO of the Brisbane Festival and the son of CMS Member Denis Cush. The Sopwith Camel exhibit was Les Year's entry.



Brisbane Kite Festival 2025 Sunday 24 August 2025

The skies cleared for the perfect day for the kite festival, and the array of sale items on the three shed stalls showed how by joining a Men's shed you can develop existing skills and discover new ones. Sales were spread over wood glass and leather with gross sales of \$3006, many thanks to all those that participated on the day; Adrian Paolucci, Dennis Beck, Bill Murray, John Rossberg, Ken Gillard, Mal Baldock, Mike Arthur, Eric Roundtree, Peter Kucks, Graeme Fraser, Rex Gelfius, Roger Appleby, Tom Kenney, Les Vear, Paul Esdaile, Charles Athousis.



Carina Men's Shed AGM 2025 *Monday 25 August 2025*

Outgoing President Roger Appleby thanked all members of the shed for the assistance and support he has received in his term as president and the support and assistance of the Management Team throughout the past year. The shed maintains a strong financial position enabling members fees to remain fixed. The Veterans Workshops under the guidance of Bob Ikin have again been very successful. The new database established by Graeme Burton continues to benefit in recording of members data, asset registers, event management and maintenance checks. He also thanked Phil Allan for his great work in organising the bus trips for members and partners. The Leagues club venue provided a delightful morning tea of scones with jam and cream for the 88 members who attended.

Member	Position on Management Committee
John Rossberg	President
Greg Hourigan	Vice President
Paul Esdaile	Vice President
Paul Gardiner	Treasurer
Stephen Look	Secretary
Mal Baldock	Workshop Supervisor
Ray Carter	Committee Member
Roger Appelby	Committee Member
Graeme Burton	Committee Member



Bunnings BBQ Sunday 31 August 2025

This Bunning's outing was our most successful yet with gross takings of \$3600, thanks to the continuing support from our steadfast team of willing helpers, with quite a few able to step in on the day, thanks again to : Adrian Paolucci, Gary Stockley, Stephen Look, John Rossberg, Bill Eklund, Leon Tuck, Ron Webb, Phil Allen, Eric Roundtree, Peter Kucks, Brian Daley, Brian Cheetham, Roger Appleby, David Clarkson, Roger Medland and Glen Watson.

Lost Words from Our Childhood

Mergatroyd! Do you remember that word? Would you believe the spell-checker did not recognize the word **Mergatroyd? Heavens to Mergatroyd!**

The other day a lady said something to her son about driving a **Jalopy**; and he looked at her quizzically and said, "**What the heck is a Jalopy?**" He had never heard of the word **jalopy!** She knew she was old ... But not that old.

Well, I hope you are **Hunky Dory** after you read this and chuckle. Well about a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included: **Don't touch that dial, Carbon copy, You sound like a broken record, and Hung out to dry.**

Back in the olden days we put on **our best bib and tucker.**

Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy Moley!

We were **in like Flynn** and **living the life of Riley**; and even a regular guy couldn't accuse us of being a **knucklehead, a nincompoop or a pill. Not for all the tea in China!**

We wake up from a short nap, and before we can say, "**Well, I'll be a monkey's uncle!**" or, "**This is a fine kettle of fish!**"

Poof, go the words of our youth, the words we've left behind. Where have all those great phrases gone?

Long gone: Pshaw, The milkman did it. Don't forget to pull the chain. Knee high to a grasshopper. Well, Fiddlesticks! I'll see you in the funny farm. Wake up and smell the roses

Leaves us to wonder where Superman will find a phone booth...

See ya later, alligator! Oki doki.

You'll notice they left out "**Monkey Business**"!!! and '**Dry as a dead dingo's donger**'!

WE ARE THE CHILDREN OF THE FABULOUS 40's and 50'S ... NO ONE WILL EVER HAVE THAT OPPORTUNITY AGAIN.
WE WERE GIVEN ONE OF OUR MOST PRECIOUS GIFTS: LIVING IN THE PEACEFUL AND COMFORTABLE TIMES, CREATED FOR US BY THE "GREATEST GENERATION"

Submitted by Allan Johnson



"Swat not the Fly" - submitted by Freddie Butler

Many members of our shed have experienced at some time in their lives, matters aeronautical. Many are familiar with the terms of lift, drag, thrust and weight, which are the essential elements of physics that allow us to fly heavier than air machines. As usual in matters animal, vegetable and mineral, there are people who make great labour to understand how humans arrived at their knowledge. Many shed members may have swatted a fly or an insect without caring about the physical magnificence of the flying insect.

Many years ago, there existed a German scientist blessed with the name Werner Nachtigall (nightingale in the German language apparently) who spent his most productive academic years studying and publishing data about insects that fly. He noted that some insects had two antennae between their eyes which trembled in the airflow, to allow the insect to orientate itself by using the airflow over its head! He also noted that when the insect was born, the wings were almost transparent with a skeleton of very small veins and membranes. The insect took about a minute for the heart to pump up the veins, air dry the membrane, which covered the veins, and allowed the insect to fly almost immediately after birth.

When considering how the insects flew, he discovered that there were several wing forms, according to the lifestyle of the insect. Some insects could fly a straight course for long distances, others simply glided, and others could fly up and down and some could fly backwards. It is recorded that desert locusts, with one flap of their wings to get airborne, could glide for two metres. In most recent times it has been shown that when swans are flying, they flap their wings in a manner similar to humans swimming the breaststroke.

All this wing building and flapping required very efficient muscles attached to some very lightweight bone structures. The dragonfly does not have much muscle, but it does have four wings and is capable of some amazing aerobatics. It can alter the wing form of each wing using different aspects to achieve their aerial mastery. It is known that that dragonflies can cruise at about 50 kms/hr. (really?), they can also instantly stop, hover, fly backwards and can lift more proportionately, than any man or man-made machine can do. There are some claims they have also been seen flying at about 900 metres altitude! Birds like vultures and eagles perhaps, but how can a person see insects at 900 metres and about 50 km/hr? How did Nachtigal measure this?

Naturally, the aviation industry and the military are spending much money and many hours to find out if any of this animal behaviour could be put to good use by humans. To date the flying insects maintain their mastery and knowledge!

Having read and marvelled, about their extraordinary feats of flight it would be useful to try to find out how these extraordinary wee insects go about their daily activities (and avoid the ever-present threat of being swatted out of existence).

Insects and birds have layers of wing muscle that permit aerial dexterity, and this Nachtigall fellow spent many hours with a microscope to discover muscles that were long and short, and wing hinges that enabled the up-down-sideways and backwards abilities. He also recorded, that an insect (locust) could take one upward leap to get airborne, one flap of the wing to get stability and direction, and it was then fit for purpose for that day. He also noted certain aspects of flight control, seemed to be governed by muscles rather than the central nervous system, although he didn't explain how. He may have been the first person to explain how flying insects landed safely on just about any surface. As for landing on a ceiling (which never fails to impress watchers) he discovered that at the end of each leg (there are usually six) there is a hairy ball which acts as an electro-adhesive unit to allow un upside down landings. In addition, this very observant man also found that these insects always landed with legs extended as 1-5-3 or 4-2-6, thus providing a safe and stable three-point landing for its entire life.

***The next time you see a fly in our workshop do not swat it.
It is only doing what flying insects are built to do.
Swat not the fly indeed.***

Great Moments in Science with Dr. Karl Kruszelnicki

**Dogs 101- Your Canine Companion**

G'day, Dr Karl here. They are supposedly our besties, they have teeth that can cut like scissors, and they might even cry emotional tears –they're dogs, and besides love, we give them car seatbelts, cute gumboots, and therapists.

Current thinking is that dogs started off being wolves – after a few mutations in their DNA. These mutations reduced their tendency to be aggressive in a flight-fight kind of way and increased their ability to do emotional processing. These changes began to happen about 23,000 years ago in Siberia and made dogs ideal companions for us humans. The first

definite proof of the linkage between humans and dogs is a 15,000-year-old grave in Germany holding a dog, a man and a woman.

Beginning about 200 years ago, intensive breeding began giving us most of the 450-or-so breeds that we have today. We distinguish these dog breeds by three major characteristics. The first is morphology, which relates to the type of fur and its colour, the size and shape of their body and skull, and their tail. The second characteristic is their behaviour, which includes their tendency to hunt or herd, to guard and protect, or to retrieve prey. Finally, their personalities can range from loving humans to bits, all the way through to being aggressive. These three characteristics combine in different ways to make dogs valuable to humans in their varied roles as work dogs. There are dogs working with the military and police (narc dogs); being companions to and protecting humans (park dogs); and hunting for prey (mark dogs). Dogs have become so close to humans, that they have evolved from their strictly carnivore or meat-eating diet, to be able to digest carbohydrates. They do this by having high levels of enzymes such as amylase.

Today there are close to a billion dogs worldwide. But about three-quarters of them are village dogs, community dogs, or feral dogs. Strangely, there are relatively few pet dogs on the planet. When dogs are closely intertwined with humans, they bond. When a female dog and the owner gaze at each other for a while, they both get an increase in blood levels of the so-called love hormone, oxytocin. We don't know why this happens only with female dogs, but not male dogs. We already knew from past studies that humans who spend a lot of time with dogs simultaneously have lower indicators of stress (such as blood pressure, heart rate, and cortisol levels), as well as higher levels of the beneficial neurochemicals of bonding and affiliation, such as beta endorphin, prolactin, and again, oxytocin.

A recent study took this emotional research one step further. They took humans through several stages of increasing involvement with dogs. They started with no involvement (simply staring at a white wall), and then progressed to looking at a dog, touching the dog with a still hand, and then finished with full-on patting of the dog. As people got more involved, those areas of the human brain involved with social and emotional responses became much more active.

Humans see the world a little differently from dogs. It's more than just us having three colour receptors in our retina: red, green, and blue and dogs having only two colour receptors: yellow and blue). No, it turns out that we humans tend to see the world more as collections of objects (a chair, or a ball), while dogs tend to see the world more as actions performed on objects (such as sitting on a chair, or catching a ball). Some dogs can be very smart. Rico, a Border Collie, knew the names of more than 200 different objects. Chaser, another Border Collie, knew over 1000 different words, related to names and activities.

Now this is still a bit controversial, but it appears the dogs might be the only other animal (besides humans) to have emotional tears. Now these are not tears so plentiful that they are gushing out of the eyes and down the cheeks, but rather a lesser volume, so that the eyes appear wet as the tears well up. This study looked at dogs separated from people for about six hours. The eyes of the dogs welled up more with tears when they were reunited with their owners, as compared to being reunited with somebody that they knew, but who was not their owner.

Now, we already know that we humans like photos of dogs with wet eyes, more than those with less wet eyes. Perhaps this was part of our intertwined dog-human evolution, where we humans would give more care and food to a puppy that had wetter eyes rather than one that had dry eyes – and after a few hundred generations, dogs began having wetter eyes. But perhaps those dogs are crying crocodile tears to manipulate puppy-love and get more treats from their love-sick owners.

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

Puzzles, Jokes & Trivia



An Irishman walks into a bar in Toronto and orders a drink.

The bartender, noticing his accent, asks him "What brings you to Canada?"

The Irishman says "Well, I was in a pub in Dublin and the coaster under my glass said 'Drink Canada Dry', so I thought I'd give it a shot"

The Charm of Irish Pub Hospitality

Two Irishmen went into a pub in Dublin and asked for two pints of Guinness. The Barman, cleaning the tables said... "Sorry, we don't open for another hour."

One of the men asked "Mind if we wait?"

"No" said the Barman, "Would you like a pint while you're waiting?"

Einstein married his cousin Elsa
Even his marriage was relative 😊



It was a lot more fun being 20 in the 70s than it is being 70 in the 20s 😅😎😜

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

M A - - -
- - - T
E L A - - -
U N I - - -

- Trivia Quiz**
1. The musical instrument the French harp or blues harp is better known by what name?
 2. Which European country has changed its capital city during the last 40 years?
 3. What sport is associated with Jimmy Sharman?
 4. What philosophical "razor" refers to the simplest solution?
 5. What natural phenomenon was used as the primary weapon of Zeus?
 6. Is Mount Everest increasing or decreasing in height?

Quiz & puzzle solutions next page

Puzzles, Jokes & Trivia

BEST EVER SENIOR CITIZEN JOKE

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little silver-haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says,

"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then," he said with a deep sigh...

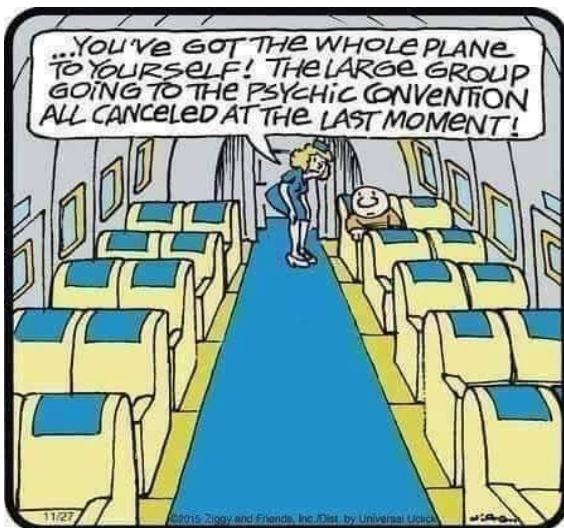
"Let's put all the Corn Flakes back in the box."



It's a five minute walk from my house to the pub.

It's a 35 minute walk from the pub to my house.

The difference is staggering.



Trivia Quiz Answers

1. Harmonica.
2. Germany (from Bonn to Berlin in 1991).
3. Boxing.
4. Occam's razor.
5. Thunderbolt (lightning).
6. Increasing.

When I was young, I was poor. But after years of hard, honest and painstaking work, I'm no longer young.

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Missing Letters

MATES
TEST
ELATES
UNITES