



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

Issue # 3

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WAVERLEY SHED CLOSURE UPDATE

For the last 2 weeks we have been receiving news of more and more restrictions imposed, restrictions with which we fully agree as it is for our own benefit, health and protection.

Obviously we were over-optimistic in announcing the original Shed Closure to be for a rather short time, it is now apparent that the Closure will be of a longer duration.

Your Committee considers that a Closure to Monday 1st June is more realistic, a date which will be reviewed as it nears.

Please be assured that if these terrible times pass more speedily, we will open the Shed earlier and notify you, similarly if there is need to further extend the Closure we will also let you know, all changes to the date will be notified to members in Scuttlebutt.

In the meantime we ask for your patience and understanding and we sincerely hope you and loved ones are all well now and will remain healthy.

FIVE PRACTICAL STEPS FOR COMBATING COVID-19

1. Wash your hands, often and properly 
2. Cough or sneeze into your elbow 
3. Don't touch your face 
4. Social distancing: When around others keep a 1.5m distance where possible 
5. If you're sick, stay home 

SOURCE: Deputy Chief Medical Officer Dr Paul Kelly





FROM THE EDITOR

When you receive this, the Shed will still be closed with quite a degree of uncertainty as to when we can reopen safely, at this time it is projected for Monday, 1st June.

I am sure that you were all understanding of the need to effect the Shed Closure with such urgency and immediacy, and I sincerely hope that this newsletter finds you all in good health.

It is inevitable that (even if not virus related), during this seasonal change some of our members will get the sniffles or worse. Keep in mind that whilst we sympathise, nobody else wants to share any of your illnesses, so please stay at home and not share the joy.

If you do sneeze or cough, please exercise the usual hygiene habits by covering your mouth, coughing and sneezing into your elbow and using single use tissues or paper towels before disposing them immediately. Please clean all surfaces after you, and **WASH YOUR HANDS!**

By the way, during this time when we can't spend our time together, I trust that you don't mind if a little bit of humour is sent to you daily as a little "pick-me-up"

Tom



PROSTATE CANCER DISCUSSION

We have had a great response of interest in this course and Alexandra Power Hanny has agreed to talk to our members at the Shed on **Wednesday, June 10 at 3 pm** or such later date as may be permitted.

If you have not yet done so and changed your mind and decided that you wish to come along, you still can!! Just register by putting your name on the white board (after the Shed reopens) or let me know by email to [<tom@aces.net.au>](mailto:tom@aces.net.au)

You will be notified on the board and in future newsletters if there are any changes to this date..



FIRST AID COURSE

We are arranging a date with Phil Wicks, the instructor for the course who has helped us previously, some time after the Shed resumes its operations, probably in July. In the meantime, it would seem that we may have arranged some external funding that would enable all members who are interested (not just the Supervisors) to do this course (without guarantee that we can fund everybody). Please notify me by email at [<tom@aces.net.au>](mailto:tom@aces.net.au). Any appointed date will be notified in future newsletters.



WILLS; POWERS OF ATTORNEY AND GUARDIANSHIP MATTERS

A solicitor specialising in issues relating to the behaviour of Trustees who are dealing with issues of your property and your body in case of ill health is willing to attend the Shed and to discuss such troubling matters that you may wish to look into for your own personal well-being and satisfaction. At this stage no fixed date has been appointed but we expect that the discussion will take place at 3:00pm (after the Shed is closed) on a Wednesday afternoon.

If you are interested in this discussion (questions and answers), please notify me by email at [<tom@aces.net.au>](mailto:tom@aces.net.au). Any appointed date will be notified in future newsletters

THAT'S NOT WHAT I SAID!

Jimmy is 85 years old and retired. He gets a checkup with his physician.

A week or so afterward the doc sees Jimmy strolling in the mall with his arm around a beautiful, comely young female. The doctor stops him and asks, "Jimmy, you must be feeling terrific, yes?"

Jimmy says, "Just following orders, Doc. You told me to get a hot mama and be cheerful."

The physician exclaims, "Jimmy, that's not what I told you! I said, 'You got a heart murmur! Be careful!'"





STROKE:

Remember the 1st three letters ...

S ... T ... R

STROKE IDENTIFICATION:

Neurologists claim that if they can get to a stroke victim within 3 hours, they can totally reverse the effects of a stroke ... totally. The trick is getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

A bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to **SMILE**.

T *Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE** (Coherently) - (e.g. "I like Chicken Soup")

R *Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with **ANY ONE** of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke --- Stick out Your Tongue!

Ask the person to 'stick' out their tongue.

If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.



Bungendore Wood Works Gallery

is renowned for displaying and selling top quality products. Bungendore was one of the towns caught up in the recent Tallarang Bushfire,

Clif knows the works from this gallery and recommends that when travel is

OK again, some members might like to visit and maybe buy.

To learn more, visit [https://mail.google.com/mail/u/1/#inbox/](https://mail.google.com/mail/u/1/#inbox/WhctKJVqqqPGsvtnBshsRGFGcvwcmshTgJdPfZrVnzdRwKnvkGJldKPSVXmSSPfXsRmqBnV)

[WhctKJVqqqPGsvtnBshsRGFGcvwcmshTgJdPfZrVnzdRwKnvkGJldKPSVXmSSPfXsRmqBnV](https://mail.google.com/mail/u/1/#inbox/WhctKJVqqqPGsvtnBshsRGFGcvwcmshTgJdPfZrVnzdRwKnvkGJldKPSVXmSSPfXsRmqBnV)

THE WORLD'S SIX BEST DOCTORS

Harry Jacobs sent me a poignant message titled "The World's six best doctors" posted just prior to his death by **Steve Jobs** (co-founder of Apple Corp) as he was losing his battle with Pancreatic Cancer. In this message Jobs explains how his life's achievements involving success and money were of no consequence, but for me, the last few lines are worth repeating: "There is a big difference between a human being and being human. Only a few really understand it. You are loved when you are born. You will be loved when you die. In between, you have to manage!"

"The six best doctors in the world are sunlight, rest, exercise, diet, self-confidence and friends. Maintain them in all stages and enjoy a healthy life."

RICHARD'S "COVID" HOME PROJECT



Richard Cortis is building a Quarter Wavelength Ground Plane Transmitting Antenna for the Two Metre Amateur Radio Band using plumbing fittings. He was tidying up and thought "what can be done with second hand plumbing fittings?"



So, he experimented and ended up having to buy a \$2 half inch BSP male to half inch copper solder plumbing fitting to continue. Here is the abridged outline of this exploit.



He drilled the BSP fitting on all six faces to allow later installation of the antenna radials, but he took a short cut and drilled right through



The next step was to tap the drill holes M3, then Richard put the fitting in the lathe and drilled it to nine sixteenths of an inch. This drilling can also be done with a drill press or, if you are game enough, by hand with a power drill.

Then next step is to tap the centre of the fitting with a five eighths inch and twenty four threads per inch thread tap tool. Again, this can be done by hand if need be.

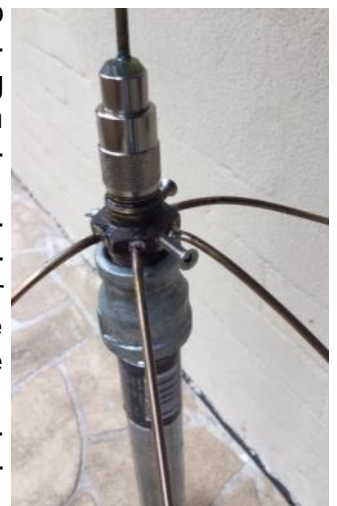


The picture on the left is of the finished antenna after tuning to be resonant in the two metre Amateur radio band of 144 megahertz to 148 megahertz. The voltage standing wave ratio was less than 1.2 across the band with a resistive impedance of fifty ohms. The reactive impedance was close to zero across the band.

On the right is a close-up view of the hub mounted on a half inch by three quarter concentric galvanised reducer. The machined fitting fits the half inch side and the three quarter inch thread accepts the three quarter inch galvanised steel water pipe support mast.

The vertical radiating element is a piece of Yellow Tip silver soldering rod installed in a standard PL259 antenna plug. The radials are also made from silver solder rod, soldered into the brass hub fitting. Two M4 threaded holes were added to accept two M4 stainless steel screws to lock the 50 millimetre long barrel connector in place

Richard had lots of fun experimenting with junk to make something useful while he was locked up at home for voluntary self-imposed social isolation.





PHIL'S "COVID" HOME PROJECTS

Phil McLeod has been spending time in his workshop. His wife wanted a PaperTowel stand that would not let the towel unravel, the picture shows the finished product.

It works really well. It is made of American Oak Base and Queensland Maple laminated to give 2 different colours. The base has a hollow getting deeper towards the centre to keep the towel in place. The base is square, so great caution is needed when turning and sanding it on the lathe.



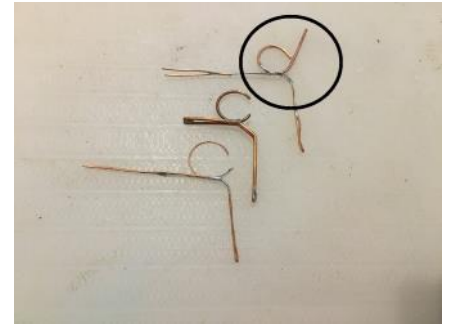
The other item is a Rustic wooden step requested by Phil's son's partner. The top is Kauri decking boards and the legs are Camphor. He gave it 2 coats of satin estapol so it can take some wear and tear.



TOM'S "COVID" HOME PROJECT

Very few will recall that when **Tom Wolf** came to the Shed for the first time in July 2012 he was carrying a template for the construction of a model ship, "HMT Dunera". This ship has a really interesting history and if you have the inclination and time, you can look it up on the internet.

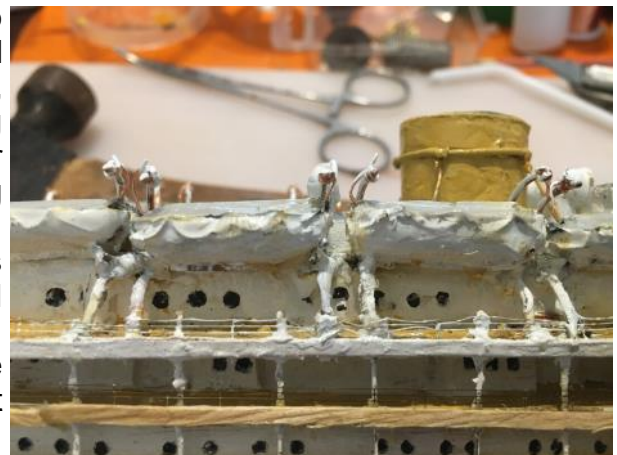
Initially Tom was going to finish the build by 2015, now the aim is to finish by September 2020. There were lots of elements that held up the build (including Tom's frustrations), but the most recent has been the scale davits (1:350 scale) for the 20 lifeboats.



After much designing, a decision was made to make it from wires and **Richard Cortis** assisted Tom in making the davits just before Christmas, but they were found by Tom to be the wrong scale, so Tom set about to make a set in thinner wire, only to find that they were not strong enough.

So, Tom decided on a compromise (after all who's going to get their microscopes out) and merged the 2 sets with spectacular success.

In fact Tom is making great progress during the lockdown and is on schedule to finish the project on time!



SHED GOSSIP - from emails to Tom from the members.

If you don't see your name (or even if you do), drop us a line telling us what you are doing and how you are coping!

Peter Charlton came back to Oz from PNG before the regulation that all citizens returning from overseas will be put up in quarantine in plush hotels kicked in. He had to go into self-isolation at his home. Just as well he has a workshop where he can do his turning without going mad (or is it more mad?)

Peter Ulmer also returned from overseas into immediate self-isolation.

Reg Sealy bemoans that his gyms are closed, but hopes we keep up the spirit of Mens' Shed anyway, and wishes the best of health to everyone. He hopes to 'drop in' when it's all over.

Rodney Goldberg, as a home-based Supervisor wanted to check if I had signed in and put on my badge and doing the right thing. He reminded me that I was not to use any machines that I haven't been certified on (toasters, stoves, popcorn makers etc.) so as not to affect my insurance rating. He also reminded me to be careful if I'm not using the equipment correctly or William or Bremmy will no doubt pull me up sharply. He wished for everyone to stay well and have a great day in our virtual Sheds.

Lou Finn had a cancer thing removed from his head which gave him considerable pain and he has to have more cut out but he is not sure when. Otherwise all he is doing is watching TV, reading, he's done a jig saw and does a lot of sleeping. There is not much else he can do, his wife figures that she needs to do everything so he lets her get on with it. The time seems to go by reasonably quickly and he is getting used to sleeping later and doing things a little slower.

Clif Munro Is working with middle grandson on the back garden, but otherwise is spending lots of time with Motorcycle Council of NSW Committee working for bettering motorcyclists' lot. Did you know that NSW CTP won't cover you for ambulance costs interstate (despite SIRA saying otherwise on their website)? The Council is trying to help a young guy not have to pay for a \$20,000 helicopter ambulance ride in Tasmania because QBE rejected his claim, a "Please Explain" has just been sent to Minister Victor Dominello.

Rodger Jamieson and Mel have been very busy supporting some vulnerable people and helping Rodger's son move out of his house, plus the normal catching up with family virtually (by internet). They are using ZOOM with the choir to keep in touch and also meetings with the strata committee. Unfortunately his Mum's in hospital at North Gosford after a fall so he's had to travel to visit her and trying to get her into Transitional care.

Fred Oertli is doing well despite being holed up. He gets up at the crack of lunch and then paints for many hours, he then looks forward to doing the same the next day.

Des Sheehan had a bit of a cough (not the virus) but has got rid of it and is walking his dogs and seeing lots of grumpy blokes fixing up front fences and other outdoor things, otherwise he is not going outside at all.

Peter Chapman has been busying himself with plenty to do looking after his investment town-houses and garden. He has found it a real pain living overlooking Tamarama Beach and not being able to go surfing.

Ross Poynting is finding it hard staying home, but finds that having his family close by is good. They are staying in contact with the kids and the grandkids on FaceTime. Outside the house, Pat and Ross have been gardening, and finally cleaned out the garage which has only taken a few years. They are just generally trying to keep to a routine now they are not going out, and have plenty of puzzles to do to keep the mind going.

William Honeyball is building a few model buildings for his railroad in two different gauges (4mm and 2mm). The 4mm is for "009" and the 2mm is for my "N" Gauge. He is also doing a great deal of reading of Model books, some Woodwork books and, quite a lot of mystery and adventure types. Also, he is checking on his computer for anything other than Covid-19!!!!!! Mostly emails and research into more info on "009" and bookcase layouts.

William is also incarcerated in more ways than one, the elevator failed on Wednesday and he made the effort to go to buy some milk at the local garage and when he got back (after negotiating 87 stairs Down and the same Up) he was bugged. Needless to say both Daniele and Florian went up in the air and insisted that he does not go out again and not to try the stairs again! So here he is, trying to get by with what I have up here in the unit. Strange to say it is a wonderful treasure trove he has managed to stow away, but don't tell Daniele!!!!!!

Rodney Bassetti has been painting but you cannot do that all day - so he walks a lot and also doing jobs around the house that need doing. He's kept away from people, but he had a scare when he went for a walk to Watsons Bay and along the waterfront, just near the Ferry Wharf, he saw two people swimming about 20 metres out at 9 pm in the dark and dangerous waters of Sydney Harbour. Rodney yelled at them and they came in, to a lecture on the dangers of sharks in our harbour. They were 2 Chinese girls who had come from the US and were on their way to Indonesia - FOR A HOLIDAY????? and were amazed that there could be sharks in a HARBOUR. As they were telling him all this Rodney realised he was no more than 18 inches away from them. He quickly moved away and they followed as they wanted to know more, but in the end Rodney was trotting and they gave up. At this time Rodney doesn't think he has it, but he realises that a positive infection can be mild and so it is all up to his system to protect him.

Rodney has an old demented friend who comes to "Call" once a week. As he walked in the front door, Rodney told him the story above upon which his friend turned around and has not been seen since. He obviously knew about the virus. Anyway, the house is clean, the painting is coming along fine, and Rodney is happy so far.

Raymond Garfield can at least get on with garden at the back of his unit in North Bondi where he has his little 'Men's Shed', he must be lonely because he suggests that he will rent it out for free! He describes his day as: up at 7:10hh check emails, Facebook listen and change my iTunes programming find stuff on the internet to rearrange. Long phone calls, housework plenty cooking (*hope I don't become obese*). He has not totally isolated, got a 2.5hr delivery job for local Pharmacy on Monday, B/J for 1hr Tuesday then go again 6:00hh Friday for weekly shop. Daughter and grand-daughter came over for about 2.5hrs on weekend, than there's also catching up on a lot of recorded TV shows. Back on the computer at 22:00hh, bed at 00:00.

David "Bremmy" Brem has taken leave from COA but as we know, he can't sit still!! He is already talking about Shed machinery maintenance. He says that as dust and lack of oiling can affect the machines, and that they have to be turned on from time to time to avoid problems with drive belts etc.

Dach Hall continues to work at the Mark Moran Shed, completing 2 small repair jobs since the complex went into lockdown. He reports that everyone keeps to themselves, not surprising given the age of the residents.

Charles Gerrad is enjoying the little cartoons sent daily, sharing it with Therese (his wife) who now has some home projects to do (such as knitting a noose).

The one thing that has been omitted from all the messages ... without exception all the members are expressing concern for the welfare of their fellow Shedders and looking forward to when we can get together again! Please stay in touch with each other!