



WAVERLEY COMMUNITY  
MEN'S SHED INC.

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

Issue # 5

MID-MAY 2020

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### FROM THE EDITOR

We are delighted that these issues of Scuttlebutt and the daily "Spirits Up" have helped our members maintain their sanity(??) while passing the time for the duration of the isolation period. As I said from the outset, the continued success or otherwise of Scuttlebutt will be dependant on the support and contribution on our members. At the moment just about everyone is being shy, but we do appreciate the contributions made by the few.

*Tom*



### WAVERLEY SHED CLOSURE UPDATE

#### Critical vs. Important

In these troubled times of COVID-19, your Board of Management has had to do a form of triage. We are governed by regulations imposed (but which are being released bit by bit even as this is being written), but more importantly with an overwhelming recognition of the welfare of our members.

We have tried to distinguish between what issues are critical, and what are just important. All members joined the Shed to avail themselves of the benefits of such membership. It will be recalled that one of our primary objects is to provide a safe place and environment for men, with other men, to gather and avoid issues of isolation (with all its consequences) by socialising and using their creative skills.

Your Board is only too conscious of what a Shed Closure can do, and our triage dictates that health and well-being are primary concerns and that the Shed should not (indeed cannot) restart until all health and safety issues are addressed. That is the critical consideration.

Restarting is an important consideration, but the world is not going to come to an end if it is delayed, even by some weeks or months, even if we upset some members who may become irritable.

Before our members can resume normal activities, your technical supervisors will need to establish that all is safe and the machines are safe to be used. This will also take a few days or so. We may also have some additional rules of conduct imposed by AMSA and the insurers.

We are a safe Shed. So, please be patient, all this will come to an end and the Shed will re-open very soon. We are keeping our eyes open for changes in the regulations, as well as directives from the AMSA and the insurers. As at today, your Board considers that re-opening the Shed on the first Monday after the Stage 3 restrictions are lifted,

Please be assured that if these terrible times will pass and the Shed will re-open as soon as we are permitted to do so. All information as to the re-opening will be notified to members by email.

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.

# Returning to the shed after COVID-19

Sourced from "The Shedder" the newsletter of AMSA

## Current outlook

Although some State Governments have eased social gathering restrictions, this does not include Men's Sheds and other Community Centres. It is our understanding, under the various management acts issued by states and territories, there has been no removal of the restriction to close Community & Recreation Centres. There is an exemption where these centres are being used for essential public services (according to the Office of the Prime Minister, this is defined as "hosting essential voluntary or public services, such as food banks or homeless services.") In regards to Men's Sheds covered by the AMSA Shed Insurance Scheme: If members are acting legally, then (subject to the terms and conditions of each policy) they can expect coverage protection. It is up to each Men's Shed Committee to determine if going to the shed to undertake any activities at all will be a breach of law. You can contact the National Coronavirus Helpline on 1800 020 080 (open 24 hrs).

## Returning to the shed after COVID-19

When we begin to see restrictions ease and with it the re-opening of Men's Sheds, there will be things you can do to allow for a smooth return. What can we do to make the shed a safer space?

- Encourage all to get the flu vaccination, particularly if COVID-19 runs into flu season (excluding those unable to have the flu vaccination for medical reasons)
- Remind members that if they are unwell, not to visit the shed (this includes: the sniffles, headache, temperature, and generally feeling unwell)
- Supply hand sanitiser and encourage members to use on entry to the shed.
- Encourage members to wash hands regularly (and ensure the facilities are provided to do so).
- Restrict shed visitation to members only.
- Tidy up work benches so members can practice recommended distancing, and regularly wipe down benches where possible.
- Consider whether any training or group events may be breaking distancing rules.

AMSA will provide further resources in addition to these considerations to support Men's Sheds when we have more information about re-opening. Please note: This is advice only and we recommend you contact your State or the National Coronavirus Helpline for clarification on your individual concerns.



## What is the COVIDSafe app?

The COVIDSafe app helps find close contacts of COVID-19 cases. The app helps state and territory health officials to quickly contact people who may have been exposed to COVID-19. The COVIDSafe app speeds up the current manual process of finding people who have been in close contact with someone with COVID-19. This means you'll be contacted more quickly if you are at risk, which reduces the chances of you passing on the virus to your family, friends and other people in the community. State and territory health officials can only access app information if someone tests positive and agrees to the information in their phone being uploaded. The health officials can only use the app information to help alert those who may need to quarantine or get tested.

The COVIDSafe app is the only contact trace app approved by the Australian Government.

Visit [health.gov.au/resources/apps-and-tools/covidsafe-app](https://health.gov.au/resources/apps-and-tools/covidsafe-app) to download the app or find out more



## A HUGE VOTE OF THANKS

As my dear Shedder friends are aware, I ended up with a lengthy (18 days) stay at St.Vincent's Hospital ICU for a positive diagnosis of COVID-19 virus over the Easter/Passover period which included 5 days in an induced coma and lengthy stays on a ventilator and all kinds of other equipment. To complicate matters I also had renal failure.

I am now clear and happy to be back (alive that is), and I wish to thank all of you whose care, love and support assisted Sandy and my family through those difficult days and whose prayers helped to pull me through another Houdini act.

If you ask me how it happened, the answer is that I have no idea whatsoever. As I had been advising all my Shedder friends, I had self-isolated for over 3½ weeks before I went down, and had fervently been hand-washing, so I can only surmise that Sandy brought it into the household from a shopping trip or it came in on a surface containing shopping. However it happened, it is now irrelevant.

Since I am a cardiac patient with diabetes, the treatment was, to say the least, difficult, and according to the doctors it was the nearest run thing.

There are no words other than **THANK YOU** and **PHENOMINAL!!** that can describe the work of the doctors, nurses and all other staff at St.Vincent's Hospital.

*Tom*



## MEMBERSHIP RENEWALS

**With the Shed Closure and the lengthy isolation period subsequent, some who have not yet renewed membership may have forgotten to do so.**

Renewal forms were sent to all members back in late February, if you didn't receive it, don't worry, just come along to the Shed when it re-opens and we have blanks for you to complete.

The fees have remained as last year, \$45.00 for the 1st Mar 2020 to 28th Feb 2021 period which includes the AMSA membership and insurance cover.

All 2019 name tags have been removed, so don't be surprised if you can't find your expired name tag. A new name tag for 2020 will be issued on renewal.



## MOVING OUT GIVE-AWAYS

Our fellow Shedder, **Fred Oertli** has sold his house where he has lived for some 50 years and needs to dispose of some hoarded plunder.

He has come across a number of **complete and incomplete stamp collections**, and would like to hear from any shed member who has an interest in that hobby, with a view to "take'em" away. No money, no conditions.

Fred also has **5 native beehives** looking for a home. They are non-stingers, and they need a sunny, wind protected spot in a backyard (not a balcony). They require absolutely no maintenance - but they also don't give the keeper any honey. They just pollinate your garden - or your neighbour's. But there are conditions which you can find out by talking to Fred,

**And there could be other stuff!! Contact Fred on 9337 1900 or 0451 662 816.**



Australian  
Men's Shed  
Association  
SHOULDER TO SHOULDER

# THE LATEST FROM AMSA

By Tom Wolf

I wrote to AMSA to ascertain, with every State having different regulations as we come out of isolation, when it was likely that we'll have the go-ahead to open Waverley Shed and how and when we'll be notified

On 11th May, Melissa White of AMSA replied as follows:

"The sheds would be classified as community facilities. The shed members would be able to meet OUTSIDE the shed from this Friday (ie 15 May).

We have a meeting today to discuss how we will inform sheds as the states roll back the restrictions."

There then is a list of what is permitted in NSW and finishes with:

**"THIS MEANS THERE ARE NO EASING OF RESTRICTIONS FOR MENS SHEDS IN NSW AT THIS TIME.**

The NSW Government will closely monitor COVID-19 rates, especially community transmissions, and use this to guide the further easing of restrictions"



# ELECTRICITY AND GAS SUPPLY

By Peter Black

I recently learnt that my long time supplier of gas and electricity Viz: Energy Australia, is owned by a Hong Kong company, so any profits go overseas.

More recently, I saw some ads for Red Energy which stated that this company is wholly owned by Snowy Mountains Hydro (which of course is an Australian Owned Company).

I then checked (on the internet) the rates charged by Red Energy and found they were virtually identical to those I had been paying. (All this depends on your actual time of day use, but the difference is only pennies either way). You could be \$0.50 better or worse.

On that basis, I immediately changed to Red Energy. You simply ring them and the operator will make all the necessary arrangements.

In the course of this conversation, she asked if I qualified for any sort of concession. I asked why, and she explained that pensioners were entitled to a better rate on electricity (but I don't think it applies to gas).

When I thought about it, It would make sense that all suppliers would have a better rate for pensioners, so, even if you decide not to change suppliers BUT ARE ON A PENSION, you should make sure you are getting the best rate possible from your current supplier..

## Editor's Note:

*This article reflects Peter's personal experience and views. It is not an advertisement or promotion of any particular electricity or gas supplier, because, as we are aware, there are a number of other all-Australian companies that are suppliers of these services.*

*We do not promote or suggest any of these companies and all readers who wish to act on costing their supplies with an Australian company should make their own enquiries.*



**THAT AWKWARD MOMENT  
WHEN YOU COME FACE TO  
FACE WITH THE CORONA  
BUG.**

**IT WOULD BE FUNNY IF IT  
WASN'T THAT SERIOUS!  
STAY SAFE AND HEALTHY!**





# WOOD DUST DANGER

By Graham Ely

How often have we heard said:

"I will only be there for a little while. "

"I am only cutting three pieces of wood. "

"I will be quick I just need to sand these few pieces on the edges."

Of course we have air cleaners now, but do they take much dust out of the air? This is a rhetorical question, as we do not exactly know, what we do know is that members in these circumstances often do not put on face masks or hearing protection.

Our Induction Process requires that face masks and hearing protection are supplied for working in the machine room. So, why do we make excuses and forget vital messages? Far too many of our members (almost everyone) do not wear masks in the machine room (including myself). The air filters and extractors help a lot but we should be aware of the dangers of wood dust and what it can do to you.

Until recently I was not aware that **ALL** wood dust is classified as **CARCINOGENIC** (liable to cause cancer), and I'll bet that this information will catch most (if not all) members by surprise. It doesn't help the situation when most (if not all) wood glues contain **FORMALDEHYDE** - also a carcinogen.

## The Woodworking Australia website states:

"In Australia all wood dust is now classified as carcinogenic (liable to cause cancer). This list has been compiled to give woodworkers a little bit of an insight into the potential health hazards posed by some of the timbers that are used.

This list is not meant to discourage you from woodworking just as a guide to help identify some of the problems you may be having with your health or may possibly have in the future. It is a wise investment to purchase a good respirator especially if you are a woodturner or do a lot of sanding. You may also need to look at putting a dust extractor into your workshop and even a small particle dust extractor which can eliminate particles as small as 1 micron in size (invisible to the naked eye)."

The URL <https://www.ubeaut.com.au/woodstuf.htm> takes you to the home page of Woodworking Australia. You can click on the words "**BADWOODS**" which will take you to an alphabetic list of all common (and not so common) timbers used in projects, and whilst it is not a comprehensive list of timbers, their hazards are listed. The list is too long to be reproduced here, you should look for more information at:

**Cancer Council Australia: Cancer information and support - [www.cancer.org.au](http://www.cancer.org.au)**

Go to the Cancer Council website search for Wood Dust, click on the first item – "**wood products**" - locate and download the wood dust fact sheet PDF.

This is an example of what to expect:

Alpine ash

Australia

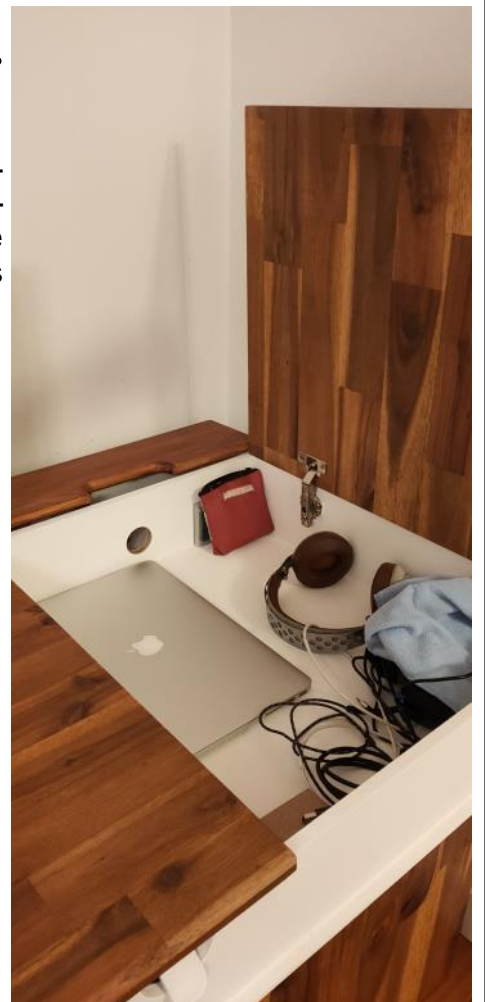
Irritation to nose, eyes  
and throat, dermatitis

**REMEMBER.** It only takes 1 cigarette or 1 visit to the machine room without a mask.....



## WOW! THE NEW DESK IS FANTASTIC!

**Jeremie Siguan** has finished the computer desk he was making (see Issue #4) and his wife Emily really enjoys it as she uses it on a daily basis. She is working hard every day to manage the import and export of Australian medical supplies during this crisis



## THE CLEAN PRIVACY SCREEN

**Peter Chapman** has been doing his woodwork at home, taking the opportunity to do a bit of maintenance on the house.

He has taken down the battens from his privacy screen, cleaning, gerneying, sanding, trimming, painting and putting them back up.

The whole 60 of them



## HAVE YOU HAD YOUR SEASONAL FLU SHOT YET?

Most of our members are of an age when the Flu Shot is free, so there should be no barrier to updating your Flu Shot if you have not yet done so.. With the change of seasons getting a bad dose of the Flu can be almost as dangerous as the infectious virus we just survived



# RICHARD'S SOCK PROJECT

We all know somebody who has problems putting their socks on, Richard Cortis certainly does, so he invented this little project. He calls it his "Sock-Sure 2019".



Materials needed include a piece of ninety millimetre uPVC pipe cut in half, some odd bits of wood together with some screws and some glue to hold it together.



## HOW TO SOLVE THE TIGHT SPACE PROBLEM?

Just as well that there is  
no social distancing re-  
quired..

Ingenious?!?!?







**Mentoring Men** ([www.mentoringmen.org.au](http://www.mentoringmen.org.au)), a group providing life mentoring for men. A unique environment is created for men to share openly about their lives, their challenges, their highs and lows with a group of men who they learn to trust and respect.



Men often lack the ability to talk to someone who cares and won't judge. Mentoring Men provides an environment to do just that and fills a gap that hasn't otherwise been available.

Mentoring Men provides a very valuable free service to men who want a mate who can listen and not judge and is a highly valuable and dedicated resource for men of all ages who want to reach out .

**All men are very welcome to join in**, Meetings are held using Zoom.

Whilst our Shed remains closed, Mentoring Men has continued serving the community, and **Peter Ulmer** is doing a lot of work as both a mentor and in the background running the Business Team of the organisation, **Well done, Peter**.



## A NEW WEBSITE

Receiving little attention and credit for his work during the lockdown, **Jeff Silberbach** has been working tirelessly in designing and setting up a new Website for our Shed. This thankless task has had Jeff dealing with a group of people on the Committee who have had to be led through like little children, as we are mostly computer illiterate when it comes to any more than writing a letter or emptying out our emails (and even that with difficulty).

***For the record, thank you Jeff***







## A VITAL POW PROJECT

Peter Chapman got a call from one of the doctors in Prince of Wales Hospital telling him that due to COVID-19 they were short of **protective face shields** for the Emergency Department and asking if we at the Shed could make a few.

As usual, **Peter Black** responded immediately to the call and got to work on them.

Quickly realising that his wife **Narelle**, who is a talented and capable dressmaker, would be more suited to the task than a more heavy handed Shedder, he enlisted Narelle to help with the task.

Between the two of them they assembled 25 masks in no time and delivered them to POW.

The doctor was very appreciative, saying *'Thank you for the faceshields- they are great! I used one on Tuesday and it was perfect. ....Thank you again for your amazing work.'*



## GONE FISHIN'?

**Ian Dawes** has made a few things since we closed down.

Probably the most fun was making a **hand reel** for fishing – out of *Ficus hillii* from one of the street trees.



## RICHARD CAN CONNECT AGAIN

**Richard Cortis** bought a new compressed air nibbler to amuse himself during the current home containment exercise but needed a connector to attach it to the air hose as he could not find his spare **hose connector**.



So he went off to the shop and bought what he thought looked like the correct one, but it was the wrong one. Anyway, he wanted to use his new nibbler, so did some measurements and decided he could machine what he needed. This is the sort of connector that he really needed, and couldn't understand how he had made such a mistake?

An hour in the lathe and a hundred Vernier measurements later, this was the result. It fitted and it did not leak, now it is time to get on with the intended project.



## WHAT'S IN A NAME?

Four retired ladies are playing bridge. One of them looks across at her partner and says, "I know we've been playing bridge every week for two years, but I can't remember your name. Could you please tell me again?"

Her partner looks at her for a long moment and finally replies, "How soon do you need to know?"



## THE 3D PRINTER AID

**Richard Cortis'** project was to conceive, design, and construct a winder device to transfer **3D printer filament** from one spool to another. The system had to accom-



modate spool hubs with diameters between 32mm and 75mm as each supplier has different



## AROUND THE WORLD IN A LOCKDOWN

**Michael Barker** has put together a couple of **World Globes** for his grandchildren to encourage their parents to position the globes between them and the TV in the hope they will learn more about our world .

Before social distancing was introduced Tony Mandarano made his lathe available and they finished it off

Michael worked hard on the staining and finish, but has some doubts that he achieved a high standard.



## ZOOMING TO WA

**By Tom Wolf**

I was invited to join the Midland Mens Shed's weekly ZOOM meeting on 19 May and when I joined in, I was astounded! There were 18 members of that Shed sharing ideas and conversation during the isolation lockdown!

Apart from formal announcements to do with the re-opening of their Shed, most members brought along some souvenirs and memorabilia of their travels or photos of their younger days





## PHIL IS ROCKING ON

Phil McLeod has not been idle whilst in lockdown. He has been working on a refurbished **Rocking Horse**. Unfortunately there are no “before photos”.



It was originally clear coated pine and very worn so Phil decided that the best approach was to sand and paint and repair where needed.



**TAKE A SECOND LOOK! PURE GENIUS!**