



WAVERLEY COMMUNITY  
MEN'S SHED INC.

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

Issue # 6

JUNE 2020

Editor: Tom Wolf: <tom@aces.net.au>

***NEWS FLASH!***

**THE SHED**

**WILL RE-OPEN**

**ON JUNE 15**

**WITH STRICT**

**CONDITIONS**

**SEE PAGE 2**

## **CONDITIONS FOR ATTENDANCE**

- **Get screened by hospital staff daily**
- **3hr morning or afternoon sessions**
- **Sessions 9-12pm and 12:30-3:30**
- **8 members per session (by booking)**
- **No lunch break (eat at home)**
- **Social distancing applies at all times**
- **Hygiene/Sanitation conditions apply**
- **New sign-in routine**
- **Minimal sharing of tools**
- **Bookings must be made in advance**
- **Do not come if you are unwell**

### **Additionally:**

- **Personal cups/mugs not permitted**
- **BYO tools if you can but not compulsory**
- **NO VISITORS (members or otherwise)**
- **NO new membership applications**

**More detailed information will be sent by email**

**Clif Munro    President**

# SESSIONAL BOOKING PROCEDURE

When the shed re-opens on Monday 15th June we will have 6 separate sessions as follows:-

Mondays:- 9.00am to 12.00.	Session 1
Mondays:- 12.30pm to 3.30	Session 2
Tuesdays:- 9.00am to 12.00	Session 3
Tuesdays:- 12.30pm to 3.30	Session 4
Wednesday:- 9.00am to 12.00	Session 5
Wednesday:- 12.30pm to 3.30	Session 6

Because the number allowed to attend is limited to 10 members per session, and must include an Administration and Tech supervisor, we have introduced a roster system.

Each member who wishes to return to the shed (until otherwise advised), must nominate their preferences for a day of the week and the morning or afternoon session.

For example:

My name is Burt Blog and my preferences are:

Session 2,  
Session 4  
Session 5.

If possible, we will include you in your first choice. If not it will be your second choice etc.

Once this is settled, I will confirm to you, by email, the session you have been allocated and, **YOU CAN ONLY COME FOR THAT SESSION!!!!**

However, if you cannot come on a particular day for your nominated session, you are requested to contact another member (or members) until you find someone who would like to replace you. Additionally, if a member does not turn up for an afternoon session, and does not find a replacement, a member at the morning session may stay for that afternoon session.

It is essential to make a booking that you contact Peter Black by email at

**[peterblack206@hotmail.com](mailto:peterblack206@hotmail.com)**

and provide to him your preferred session times.

**It will be first in first accepted.**



## FROM THE EDITOR

This issue is timed to correspond with the partial lifting of restrictions that are sufficient to re-open the Shed, but with great limitations. We expect that shortly into the future all those limitations and restrictions will be lifted and we will be able to return to our customary use of the Shed, but we need to be prepared that the Shed may never be able to return fully to the way it was prior to the emergency.

Please read the conditions that will apply when the Shed reopens, and we may need to reconsider all conditions as time goes by to protect the members and comply with health protocols.

When I first set about starting up Scuttlebutt, it was only ever intended to be a monthly newsletter that was emailed out instead of writing notices on the whiteboard. It has developed from that concept to something more, I hope you like it.

As ever, I am truly grateful for the contributions of members who have worked hard on projects during the lockdown. Their reports describe projects that are a credit to the standards of work from the Waverley Men's Shed. I believe that I have included all the reports submitted during my hospitalisation, if I have left any projects out, I apologise.

Also, a big "thank you" to the members for all the humour contributed for "Spirits Up". What turned out to be a successful morale booster could not have happened without your support.

*Tom*



## PROSTATE CANCER DISCUSSION

Just a reminder that this discussion will be held at the Shed on a Wednesday afternoon at 3 pm after the Shed re-opens. We are trying to set a date.

Since lots of members have expressed interest in this discussion, we will need to be very conscious of social distancing and it is possible that this session will not be able to take place until later in the year, Details will be emailed closer to the date,



## WILLS; POWERS OF ATTORNEY AND GUARDIANSHIP MATTERS

Should you wish to discuss the matters relating to the behaviour of Trustees who are dealing with issues of your property and your body in case of ill health, you may wish to attend the discussion at the Shed on a Wednesday afternoon at 3 pm after the Shed re-opens.

We will arrange a mutually suitable date when the Shed re-opening date will be known the discussion will be led by a legal practitioner specialising in these issues.

If you are interested in this discussion (questions and answers), keep an eye on this space, more details will be notified in future newsletters or by email.



## MEMBERSHIP RENEWALS

**With the Shed Closure and the lengthy isolation period subsequent, some of last year's members 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. Please talk to our treasurer, Rodger Jamieson on 0427 707 006, should you have any difficulty paying Shed membership fees.



# FIRST AID COURSE



We have been in touch with Phil Wicks (the instructor for the Course who has helped us previously) to set a date/s for the Courses.

This time around we are offering 2 options to our members.

Phil has advised that he can hold these Courses, each Course limited to maximum 10 participants, so we will need to see interest among the members to see how many (and which) Courses will be run this year.

This is required even if the pandemic subsides by September, as new disinfectant and training protocols reflecting COVID hygiene practices need to be adhered to by him

In view of everyone's age (including Phil's), it is not proposed that any other arrangements be made now until the current COVID danger is totally past (one of the courses does include CPR and the use of mannequins), so we are aiming towards late September/early October.

Firstly, and this is of course the preferred course, is a full and complete (with Certificate for 3 years) First Aid Course which includes CPR as well as dealing with other emergencies as a first responder and the Certificate is recognised in the community and workplace.

The external funding we had hoped for has, for the time being, been declined so the cost of this course is \$120.00 (which depending on your circumstances may be tax deductible if you still maintain a business). We are continuing with efforts to get external funding and would welcome anybody who can assist in obtaining such funding.

As indicated, this is a full certificate Course, the Certificate is for 3 years. It is recommended for all members (whether they are Supervisors or not), as you never know, but the chances are that the life you save will likely be a close member of your family, as experience shows that events that lead to use of first aid usually happen during family functions or at home.

Alternatively, and this option has been organised for those members who are unable to administer CPR because of their inability to kneel or other medical condition, an Emergency Care Course may be offered for instruction of what to do for burns, poisons, fractures, cuts and grazes (ie bandaging etc) as well as the use of the EpiPen and the defibrillator that are located in the Shed. Participants will receive no certificate of completion or participation, this will involve a smaller fee of \$30 per person.

Even if you decide that you don't want to do the full Certificate course, you should consider this informal course which for many members will be that of a refresher to course/s that they did some years ago.

If you are interested in either of these courses, please notify me by email at [tom@aces.net.au](mailto:tom@aces.net.au), please nominate which of the 2 courses you are interested in (without commitments so you can change your mind).

Any appointed date and other details will be notified by email and in future newsletters.



**IS THIS THE NEXT PROJECT FOR THE POSSUM BOX MAKERS?**



# DGR AND THE MEN'S SHED

Report by Tom Wolf

We are constantly being asked the source of our funding. The Waverley Shed is extremely lucky, we have been given substantial support, financially and otherwise, by Federal, State and Local Government. It is by way of grants that are applied for on a case by case basis, and we are very lucky in that our members seem to be able to draft submissions in support of our claims for grants to the various bodies who provide funding.

In the past 12 months we have received grants to assist in the purchase of a new lathe, and to install air conditioning that will assist our members. We are currently looking for funding for our first aid training, and a very substantial grant is needed to replace the dust collection system that enables the machine room to operate

It is opportune at this time to thank the Commonwealth, the NSW State Government, Woollahra Council and Waverley Council for their support.

We also thank the uniting Church, the Church in the Marketplace and Bendigo Community Bank for their continued support over the many years of the Shed's operations.

As our members are aware, we do not work for profit, nor do we do any work that would be in competition to work carried out by trades people in the community. We do not wish to take any bread out of the mouths of tradesmen.

When we do community work projects we sometimes receive a donation for such work. We also receive other donations, which together with the membership fees assist in the day-to-day expenses of running the Shed.

We are a registered charity, but we are unable at the moment to provide proof of donation payments by providing tax deductible receipts, for that to occur we need to have DGR (deductible gift recipient) status. Of course tax deduction is only available for donations which do not involve receiving a benefit (such as work done by Shed members), but we do receive donations which are not in return for work done from time to time for which we can't currently issue a tax deductible receipt to the donor.

DGR status was promised in last year's Budget to commence July 1, 2020, but due to budgetary restraints brought about by the present budget blowout, it has been deferred until at least July 1, 2021.

Your Committee feels that once we are granted DGR status the Shed's financial position can be placed on a more secure footing which will ensure that we are able to maintain the current membership fee structure for the benefit of our members into the future. It will also assist in ensuring our independence without constantly going hat in hand to the various bodies that now support us.

Then along came COVID. We have already been rejected for a grant to fund a Shed project on the basis that funds are just not available at the moment, and only time will tell how much and for how long we will be so adversely affected. In the meantime we may also need to be more limited with the Shed's budget in terms of purchases.

Our committee wants to ensure that no person in our community is precluded from membership by virtue of the fees charged being out of their financial capacity. Please talk to our treasurer, Rodger Jamieson on 0427 707 006, should you have any difficulty paying Shed membership fees.



## WHERE DOES WCMS STAND?

The last issue of Scuttlebutt published a report on the work of Mentoring Men, an organisation that supports the welfare of men by mentoring their lifestyle and supporting men by offering mentoring assistance without judgment.

Without investigating the finer points of this process, on reflection of what actually happens at the Waverley Shed on a day to day basis, in all fairness it must be said that our own Shed does similar work and at the same time offers other, more physical outlets, for men to participate and enjoy.

The friendship and mateship that we have developed cannot be said to anything other than the kind of support that needs to be provided to members who experience problems.

The issue of mental health of men is something very close to our hearts, one of our principal objectives is to provide a meeting place for members to socialise and to reduce isolation and loneliness through new friends, particularly relevant after such a long time of enforced isolation brought about by the COVID-19 restrictions

We endeavor to foster the self-esteem of members through their contribution to various Shed projects and undertakings for the community.

With this in mind, we are giving our readers advance notice that (subject to the current health regulations and protocols being lifted), we shall be holding a special R U OK? Day breakfast at 8:30am on Wednesday, 9th September 2020 at the Shed (subject to the restrictions applicable at that time, if any).

The breakfast will be a simple Continental breakfast of coffee/tea and toast (no cooked sausages etc) and will be open for all to attend, including visitors (whether they are brought along by a member or not) with the aim that we may help those who may need help.



## 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, which depending on your age and health, can be almost as dangerous as the infectious virus we just survived (we hope).



## RICHARD HAS MORE BIRDS!

The isolation/social distancing period has resulted in a further explosion in the number of birds that visit the **Cortis workshop**. Here is an example of the latest.

As will be recalled, these little metal statues are made of old rusty "throw away" tools and were very popular (a number were sold) at the recent Show with proceeds to the Shed (Thank you Richard).

Richard continues looking for old and rusty tools to use in his sculptures.



# SHINGLES



*This article is not intended, nor should it be read, as medical advice. It is merely information to be used in recognising some symptoms and if in any doubt, medical attention should be sought.*

Shingles is caused by the varicella-zoster virus (the same virus that causes chickenpox). To begin with patients often notice a tingling or burning sensation in an area usually on ONE side of their body or face; that often changes to a painful blistering rash. There are now good treatments that if started **EARLY** can reduce pain or even prevent progression to the blistering phase.

The varicella zoster virus gets into your body, either through Chickenpox infection or immunization, it then moves into nerves where it sits quietly for the rest of your life. The immune system keeps it at bay.

When the immune system is weakened (as is common with ageing), sometimes the virus "wakes up" and travels along nerve fibres to your skin, causing a painful rash that may appear as a stripe of blisters on the torso or face causing shingles (also called herpes zoster). The pain can persist even after the rash is long gone (this is called post-herpetic neuralgia). Treatments include pain relief and antiviral medication.

**A shingles vaccine as an adult can reduce the risk of developing shingles, see your doctor.**



## PHIL'S TRAIN TO THE AIRFIELD

There is more to Phil McLeod than just woodturning. He has built an "N Scale" train layout based on an Australian Flying Corps airfield about 1917.

It does not depict any particular place, but Chateaus were frequently used as by the Flying Corps of both sides as Officer's Messes, so it is natural for a flying field to be located if there were fields nearby that were flat and level..



One of the trains is for freight including new aircraft and the other train is a troop transport.

The village is still a work in progress, as is the layout, but as a close friend of mine warned me, "It is never really finished".



*Note: I believe that with every hobby it is said that "it's never finished, merely abandoned..." Phil is not the only member who is building/developing an "N Scale" diorama. William is also building a layout in the same scale, the early part of that project was exhibited at last year's Show. Furthermore, I am aware of at least one more member (namely me) who has "N Scale" engines and rolling stock, but abandoned the layout that was half built when he moved homes and had nowhere to store the project. .. Ed*