



**WAVERLEY COMMUNITY  
MEN'S SHED INC.**

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

Issue # 7

JULY 2020

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



**WAVERLEY COMMUNITY  
MEN'S SHED INC.**

*Operating since 22 July 2013*

*Happy Birthday*



## HAS IT BEEN 7 YEARS ALREADY?

**My, how time flies!** The Waverley Shed opened seven short years ago, we have seen many men pass through our doors and we are gratified with how many have stayed. We must be doing something right!

For those many of you who have not heard about the incredible effort that went into establishing a successful Shed such as we have, it is suggested that you visit the WCMS website at <http://www.waverleycommunitymensshed.org.au/history/> to read a detailed account of this road to success. On behalf of the members, I wish to congratulate and thank our Founders.

For those members who have been with us for years, you will recall that we have a real big party to celebrate the Shed's founding anniversary, but this year it would seem that we will not be able to do it on the anniversary date (or close to it) due to the distancing laws which limit how many people we can have in the small enclosed space of the Shed..

This party is always popular and well attended by the members as well as invited distinguished guests and therefore requires planning and time to organise.

**NEVER MIND, WE'LL STILL HAVE OUR PARTY, JUST AT A LATER DATE!**

**If you are NOT WELL, you are NOT WELLcome!!**  
If you're experiencing cold or flu-like symptoms, loss of sense of taste or of smell, and/or diarrhea, you should see a doctor about getting tested.



## PROSTATE CANCER DISCUSSION

**SUBJECT TO THE LIFTING OF RESTRICTIONS** of social distancing and max. numbers regulations, this discussion has been organised to take place at the Shed on **Wednesday, July 29 at 3:30pm.**

If for any reason this date needs to be changed or rearranged, members will be informed by email.

Many members have already expressed interest in this discussion, if you are also interested in this discussion (questions and answers), please notify me by email at [<tom@aces.net.au>](mailto:tom@aces.net.au).



## WILLS; POWERS OF ATTORNEY AND GUARDIANSHIP MATTERS

Should you wish to discuss the issue of Wills and Abuse of Elders with a solicitor specialising in issues relating to the behaviour of Family and Trustees who are dealing with your property and your body in case of ill health this is for YOU!

**SUBJECT TO THE LIFTING OF RESTRICTIONS** of social distancing and maximum numbers regulations, this discussion has been organised to take place at the Shed on **Wednesday, August 26 at 3:00pm.**

If for any reason this date needs to be changed or rearranged, members will be informed by email and if possible, in future monthly newsletters

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).



## FIRST AID COURSE

As previously advised, with the current uncertainties, we are waiting to arrange a date with Phil Wicks. Because of the continued risk of the virus and having regard to the age of most of our members (not the least also Phil), no date can yet be set.

As we informed in Issue #6 of Scuttlebutt, there will be a choice of 2 courses, a full Certificate Course (including CPR) good for 3 years, and an Emergency Care course involving just bandaging, and basic care (defibrillator and EpiPen).

The full Certificate Course will cost \$120.00 per person, the Emergency Care Course is \$30.00 per person

If you are interested in either course, please notify me by email at [<tom@aces.net.au>](mailto:tom@aces.net.au). Any appointed date will be notified by email and if possible, in future monthly newsletters.



## A VOTE OF THANKS

With the wonderful support from Woollahra Council the Shed has been able to install much needed up-graded dust collectors throughout the premises.

The new dust collectors greatly improve the air quality for the members who attend the Shed and thanks to Woollahra Council our men are assured to be working in a much safer environment.





## PRESIDENT'S BLOG

After a three month hiatus, it's good to have blokes back in the Shed. Community work is trickling in and several personal projects are already under way.

We have made Shed routines as safe as we can with emphasis on sanitising benches and equipment and maintaining hand hygiene and social distancing as much as is practical. But our efforts are useless if **just one** of you chooses not to diligently follow all the health advice while away from the Shed. ***Please don't be a weak link in our chain of safety.***

A reminder that **you must book a session** by email with Peter Black to attend the Shed at [\*\*peterblack206@hotmail.com\*\*](mailto:peterblack206@hotmail.com)

All the requirements to be fulfilled for returning can be found on the HomePage of the Shed website [\*\*www.waverleycommunitymensshed.org.au\*\*](http://www.waverleycommunitymensshed.org.au) 'Covid update'.

The best news story is the return of 'our Tom' to the helm of **Scuttlebutt** after his brush with COVID.

Tom, as you know, has been the driving force behind 'Spirits Up' and his RUOK messages. Understandably, many of you are waiting out the time until there is a clear indication from authorities that we can return to our pre-COVID routines. We hope to see you soon.

*Clif*



## TECHIE TIPS #1

Simply '*understanding the processes*' can improve your enjoyment with **woodworking**. With your **Scuttlebutt**, I hope to give you some quick tips to get the job done right.

Here we go:

- **Get the 'plan' out of your head and on to paper**  
This is really a 'no brainer' yet so many males **resist** because they 'think' they **know** what they are doing. Potential problems can become apparent and solved when a 'mud-map' is drawn. And our friendly techies will have a common point to refer to when troubleshooting with you.
- **Learn to make a 'cutting list' if there are multiple pieces in the assembled job.**  
This will help you to plan for sourcing material and estimating quantities –particularly where the direction of the timber grain is important.
- **Be accurate with your marking out**  
Always measure from the **same edge** on the **same side** of the material.  
Draw your right angles from the **same edge** on the **same side** of the material.  
Plan to use a **centreline** when marking out **symmetrical pieces** or **drilling holes**.  
Make a **3mm gap** between each piece you mark out **if hand cutting**.  
**Keep your pencil sharp** with a conical point. Use the electric sharpener on the Supervisor desk.
- **Check the measuring / marking out tools for damage before beginning**  
The square ends of steel rules **sometimes sustain damage** from misuse, like opening paint cans. When this happens, begin your marking from the **100mm** mark and count off the target length.  
**Learn** to check if the **try square** has been dropped and **therefore inaccurate**. [Ask how]  
Never use a **try square** with a **45 degree bevel** for drawing **90 degree** lines. [Ask why]
- **Use an old exercise book to record your sketches and related notes.**  
It is surprising how useful it can be for **replacing** a damaged component or simply **making** another. Years later you can look back with pleasure on your progress with this wonderful pastime.





## FROM THE EDITOR

The re-opening of the Shed on the stringent conditions permitted required a lot of work by your Board of Management, and getting the machinery all ready for the members' need also required a lot of work by the MAs.

We express our gratitude to all who worked so hard to make it possible. We also thank you, the members, who have co-operated and complied with the restricted operations that have been thrust upon us through no choice of ours.

We all sincerely hope that the restrictions will be lifted sooner rather than later and that we will return to our former operating procedures, although an element of awareness and care for hygiene will still need to continue to be taken.

This virus is not fully gone yet and as a person who has had experiences with it, I ask that you do the right thing because the life you save could be MINE!

When I first started editing this Newsletter, I promised myself that I would not use it to preach. It is inevitable however that I should address some words to those members whose attitude is **"LABDI (Let Another Bugger Do It)"** simply because it is not fair that all the work is expected to be done by very small number of people. It's not that members are not prepared to help, I am bombarded by members asking if they can help, and I am grateful to accept their offer whenever I can.

My comment is addressed to those other members who say to me something like: "Why don't you start up a Zoom contact for the members during isolation?" My answer has to be "Why don't you? I'll provide you the list!" The idea immediately dies from disinterest.

**NOW COME ON GUYS! THIS IS YOUR SHED, LET'S WORK TOGETHER!**

*Tom*



## MESSAGE FROM THE PRESIDENT OF AMSA

Dear Shedders,

As we see more and more Men's Sheds able to reopen (albeit under new operating conditions), we wanted to reach out to remind you of our **Getting Back to the Shed Guide** and **new Stop the spread in the Shed resource pack**.

We have developed these resources to help guide you through the process of reopening and managing the new restrictions to get you back to the Shed as soon as possible whilst also minimising the risk of coronavirus.

Our State Governments are still at differing points of managing the implementation of the national plan to 'open' Australia. As we receive specific and blanket confirmation regarding the reopening of Men's Sheds from State Government bodies, we will communicate with Sheds in the relevant locations.

Where this advice has not yet been received, we recommend Sheds continue to follow the recommendations outlined in the **Getting Back to the Shed Guide** on a case-by-case basis.

We are also excited to be getting back into Shed life, but please remember the National Cabinet is very clear: continued suppression of COVID-19 is about collective action. Success depends on maintaining our new community norms – physical distancing, good hygiene practices and downloading the COVIDSafe app to keep us all safe while we are out and about.

You can stay up to date with regular updates from the Federal Department of Health at:

**[www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert](http://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert)**

We'll continue to stay in touch with information and updates as they are relevant. Our office is open to help you, as usual you can contact us on 1300 550 009 or at **[amsa@mensshed.net](mailto:amsa@mensshed.net)**. You'll also find information at **The Shed Online** and on our **Facebook page**.

Stay safe, well and connected.

*David*



# R U OK? DAY at WCMS

**R U OK? Day** is our national day of action dedicated to reminding everyone to ask, "Are you OK?" and to remember every day of the year to support people who may be struggling with life's ups and downs.

We want everyone to feel confident they know the signs someone might need support by listening to what they're saying, seeing what they're doing or knowing what's going on in their life.

This year it is particularly relevant with all of us having spent such a long time in isolation or quarantine, without an opportunity to talk and have interaction face to face with our mates.

**SUBJECT TO THE LIFTING OF RESTRICTIONS** of social distancing and maximum numbers regulations, we will be holding an **R U OK? Day** at the Waverley Men's Shed on:

**WEDNESDAY, SEPTEMBER 9th starting at 8:30am**  
with a community breakfast for men.

The breakfast served will be a simple "Continental breakfast" of coffee/tea and toast, and the emphasized special feature for the event will be the harmonious companionship of the men of the Shed that we are used to.

All members are invited to attend, this is also a great opportunity to bring a mate along to introduce to the Shed.

At 10:00am the Shed will resume its normal day-to-day operations for those who wish to stay and do some work.





# CHEST PAIN

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

Although Chest Pain may be due to various medical conditions, pain due to blockage of blood supply (coronary artery disease) to the heart is life threatening and requires urgent medical attention.

Some other causes of chest pain include indigestion, reflux, muscle strain, inflammation in the rib joints near the breastbone, and shingles. Don't "self diagnose" chest pain, seek medical advice or call 000 for an ambulance.

Chest Pain that is caused by *reduction* in blood supply to the heart is called **ANGINA** while pain due to *loss* of blood supply to heart muscle is called an **INFARCT** (heart attack).

## **ANGINA**

The pain of angina is most often felt in the centre of the chest or behind the breast bone (retro-sternal) area. It is also commonly felt as an unusual pain in the shoulders, down the left arm, and up into the neck and jaw.

Angina is a short-lasting chest pain that occurs when heart muscle has an inadequate blood supply – often when it has to work harder than usual. This can occur with exercise or high emotion, cold weather or after eating a large meal. The pain eases with rest and is usually over in a few minutes.

Angina is a **WARNING** sign that there is reduced flow of blood to the heart due to fatty deposits (atherosclerosis) building up on the inner walls of the coronary arteries. This is also referred to as coronary artery disease. Doctors can often help to reduce the chance of a heart attack.

**SEEK ADVICE** – don't wait for a repeat episodes!

## **HEART ATTACK – Cardiac INFARCT**

Too many Australians die of heart attack because they don't know the signs or wait too long to act. Immediate intervention (cardiac massage and defibrillators) can save lives. Call 000 and continue resuscitation until the ambulance arrives. Getting to hospital as soon as possible is essential.

Symptoms of a heart attack are similar to angina, but the pain persists after activity is stopped. There may be sudden collapse and loss of heart beat.

Chest pain is often severe; described as a "crushing pain" in the centre of the chest or behind the breastbone. It may feel as a squeezing, tightening, choking or heavy pressure. The pain often spreads (radiates) to the shoulders, arms, neck, throat, jaw or back.

Heart attack symptoms can vary from person to person (atypical symptoms). There may shortness of breath, sweating, a feeling of anxiety, dizziness and sick feeling in the stomach. If "unusual" symptoms persist for more than 10 minutes, **CALL 000** for an ambulance, don't wait, every minute counts. The faster you get to hospital for treatment, the better.

## **WHAT TO DO IN A HEART ATTACK**

If any activity brings on chest pain, stop what you are doing. If the chest pain persists, call an ambulance to report a possible heart attack. If you have any doubt about your pain, call an ambulance anyway.

Stop and rest quietly by sitting or lying down. Lying on the floor where there is room around you gives easier access to you for the ambulance crew, or first responders.

## **While you are waiting for the ambulance:**

If you are alone and can open or leave your door open, do so.

Call for help and keep the phone with you.

Ask a helper to give you Aspirin - Chew 300 mg (ONE TABLET) straight away, unless your doctor has told you not to take it.

**Do not attempt to drive yourself to hospital. Wait for the ambulance. It has specialised staff and equipment that may save your life.**

## **FIRST RESPONDER – FIRST AID**

If you observe someone clutching his/her chest and suddenly collapsing, put them on the floor and if they are **not breathing** and unresponsive, initiate cardiac massage - **CPR**. **Call 000** for an ambulance. If the premises have a **DEFIBRILLATOR**, attach the leads and follow instructions. **RAPID RESPONSE SAVES LIVES.**





# WCMS WEBSITE IS NOW WORKING

Our new Website is now operational, why don't you pay a visit at:

<http://www.waverleycommunitymensshed.org.au/>

The website has been revamped and now allows existing and prospective members as well as people in the general local community to gain some insight into the activities that take place at the shed. It is during these troubling times in particular that the website will be able to disseminate timely information regarding opening hours, conditions placed on men's shed attendance and upcoming events.

If you look at the Home page, the right-hand column displays news items or messaging that is pertinent to the running of the shed. By clicking on one of these items, a page will open and allow you to reply or comment on the article. Be aware, that these comments are moderated and won't appear on the general website until approved.

A website is not a static slice through time. We aim to make the website a dynamic place to visit. A place to share skills, views and pertinent information relevant to the demographic of the Waverley Community.

Currently included on the website are Scuttlebutt newsletters both current and past (who can't get enough of these!), a history of the Men's Shed, some photos of past shed highlights and some of our men's projects.

I would encourage all members to submit ideas for making the website a great place to visit. This includes projects that you are working on, items of interest and photos

If you have any suggestions or requests for additional content, these requests should be made to the Board of Management so that they can determine if they are appropriate for inclusion.

Happy Browsing.

**Jeff Silberbach**

**Waverley Community Men's Shed Website Administrator**



## BRAINFREEZE

I DON'T THINK HE UNDERSTANDS  
THE GRAVITY OF THE SITUATION



## 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



## POST-ISOLATION TRAVEL

**Peter Black** recently discovered the beauty of the **Bungonia National Park** whilst on a visit to the Southern Highlands with his wife **Narelle**.. Having heard of the Park before, without paying much attention to it, Peter and his wife Narelle decided to spend the day exploring what was on offer and were delighted with the experience.

The road in, is in good shape after you leave the highway just past Marulan, and the Ranger on duty was very helpful in describing the various facilities and walks. The map they hand out is a little inadequate, (anyway, that's Peter's story because they began the Green track walk, only to find out, after descending a very steep hill, that they were on a fire trail that ended up with a river crossing. The walk back up the hill was very invigorating).

Eventually, having found the correct starting point (look for the markers) they set out on an hour or two bush walk to Adams Lookout. Some great views on the way but, the highlight is the amazing view over the Bungonia Slot Canyon. About 800m long, a drop of some 300m and only 76 m wide. It is the deepest gorge in Australia and surrounded by limestone walls.

Tom Wolf and David Brem are very familiar with this area as they spent many days there when they were scouting, abseiling and caving throughout Bungonia National Park.

A great place to stay in the area is **The Bundanoon Lodge** (pictured). The Lodge is run by Ruth Moncrieff (a lovely lady, ph. direct 48837813 or her website [bundanoonlodge.com.au](http://bundanoonlodge.com.au) and bypass the agencies) and **NO**, Peter doesn't get a finders fee.

**Great area to visit and lots to see and do !!!**



## RODNEY'S BEACH SCENE

During the isolation/lockdown **Rodney Bassetti** has enjoyed his walks ... and has painted an as yet unfinished master-piece,

By the way, if you are interested in taking up painting as a hobby, please speak to Rodney as he has a genuine interest in teaching (or at least demonstrating) his inimitable style and technique.

He claims he can have you go home after a 2 hour session with a completed painting!



## AT THE RESTAURANT

A man and his wife are dining at a table in a plush restaurant, and the wife keeps staring at a drunken guy swigging his drink as he sits alone at a nearby table. The husband asks, "Do you know him?" "Yes," sighs the wife, "he's my ex-boyfriend. I understand he took to drinking right after we split up seven years ago, and I hear he hasn't been sober since."

"My God!" says the husband. "Who would think a person could go on celebrating that long?" The doctor says the husband should be able to see again in 10 days and his fractured arm should be right in about a month





## POST-ISOLATION TRAVEL

Heeding the advice of the NSW Government to travel and support rural communities, **Richard and Dagmar Cortis** set off for a vacation in his campervan on the June long weekend. He travelled to Nyngan, a nice town located on the Bogan River and in the Bogan Shire. So, they ended up with the Big Bogan. Richard posed for a photo, asking for anybody to identify "Who is the Bogan?"



They then travelled further west, and camped in Cobar, which seems to owe its existence to the nearby copper mine. Richard and Dagmar went for a 5km walk (it was actually longer because they got lost) around the local lake which is officially called "The Newey" as it was built in 1910 as the new town water supply reservoir. Obvious? At least it was not named after a politician!

Later in the week, they camped at Broken Hill, and then early the second week, they travelled from Menindee to Pooncarie along an "earth formation" road, not gravel, with real bulldust, as opposed to some of the stuff we hear about at home.

The campervan leaked a little dust, which may take some effort to eradicate. On this part of the journey they saw just 3 cars in 125 kilometres, and they ended up camping beside the Darling River at Pooncarie, between Menindee and Wentworth.



Then it was on to Mildura, snapping photos of the Rothbury paddle steamer and a Chaffey three cylinder engine. They had a great 18km bike ride along the river bank with lunch in town which left time for a sedentary afternoon prior to the evening camping chores.



They then moved on to Robinvale VIC, where they had an incredible Murray view from their campsite at dusk. They had a G&T as the sun set and then went inside the campervan when it got cold.

Richard and Dagmar have now returned to Sydney, totally exhausted but smiling, with lots of stories to tell.

**Great photos Richard, doesn't that make everyone feel like heading out of Sydney? ... Ed**



## RAYMOND'S COVID PROJECT

**Raymond Garfield** lives in a ground floor garden home unit in North Bondi and he used some of his copious spare time to fix the gate to his garden.

*Pretty good job by the looks of it! ... Ed*







# YOU HAD TO BE THERE! ...

or maybe, NOT!



One of our jobs on re-opening the Shed was to build chests of drawers and highboys for the War Memorial Hospital.



It was fun watching the Team working out how to put the flat-pack furniture items together!

You'd think that by now they would have learned how to read instructions in Chinglish! Doesn't need much imagination, but the photo may help in understanding what was happening.



## PROJECT IDEA - ROCK'N KANGAROO

A great gift for a grandchild or the local toy library. You've probably seen these, we have the templates available. The photos speak for themselves (just ignore Bremmy) Or, use your imagination! How about a rocking motorbike, car or helicopter? The sky's the limit



## MEMBERSHIP RENEWALS

***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 (or lost it), don't worry, just come along to the Shed (notify us first that you are coming) 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.