



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

Issue # 10

OCTOBER 2020

Editor: Tom Wolf: <newslettereditor@waverleycommunitymensshed.org.au>

All photographs and articles published remain the copyright property of the contributor and WCMS unless released. Some articles are researched from internet material and no copyright infringement is intended

IF YOU ARE NOT WELL, YOU ARE NOT WELCOME AT THE SHED!



FROM THE EDITOR

We are waiting to hear from you whether or not you like our member biographies. More importantly, if you want this feature to continue, we are waiting for your bio. It need not be a literary classic, we want to get to know you, not whether you excel in English grammar.

Also, all members will have received an email inviting somebody to be the host for a regular ZOOM session in which some stay-at-home members may wish to participate. It will be recalled that I mentioned earlier that at the height of the COVID-19 lockdown I was approached (by email) and asked why I didn't start a ZOOM group and I responded with "why don't you, it was your idea?" So, that was the end of that idea.

Once again, none of the ZOOM followers have come forward, so yet again we have a LABDI ("Let Another Bloke Do It") situation. So, I'm throwing it out there again ... **NO HOST, NO ZOOM!!**

Our AGM is scheduled to take place on Wednesday, 18 November 2020 at the Shed, we expect that we will be able to comply with the social distancing laws for this meeting (even if it spills out into the area just outside the Shed). More information in the next Scuttlebutt.

This issue contains a large number of articles that feature the variety of the work that our members undertake, as well as articles that will hopefully assist our members in their lifestyle, health or work on their projects.

The variety of articles and information does prove how much more valuable a newsletter can become with the contributions of the members. **So, please keep them coming!**

Tom

DAYLIGHT SAVING

**A busy night at Stonehenge as workers move
all the stones forward one hour ...**



DAYLIGHT SAVING STARTS AT 2:00am ON SUNDAY, OCTOBER 4



Responsible Wood Small Grants for Men's Sheds

Responsible Wood Small Community Grants for Men's Sheds

Responsible Wood is offering a Community Grant program that encourages groups to apply for funding so that they can better access, improve or enjoy their local Responsible Wood certified forest.

The grants are up to \$20 000 and could be used for the construction of picnic tables, art work, outdoor furniture, signage, bird boxes etc.

Responsible Wood manage the Australian Forestry Standard, 97% of Australian forests are managed to this standard.

For more information, please email smallgrants@responsiblewood.org.au and visit the website <https://www.responsiblewood.org.au/>

Editor's thoughts: Some items made of specialty timbers turned on the lathe can be considered "art work", so our woodturners may wish to give this some consideration?

Be A Friend Our Friendship Program

CONNECT



Are you able to lend a friendly ear? Do you like to connect with other people in the community?

As we spend more and more time within our own homes, it can be difficult to connect with others.

We have launched a friendship program that will match you with people with similar interests for conversation and company.

If you are caring and friendly, like having a chat over the phone or enjoy a stroll in the park with friends, this program is for you.

Be A Friend

To learn more or to register, visit woollahra.nsw.gov.au/friendship or call Romi on **9391 7191**



Woollahra
Municipal
Council



**Participate in the latest
Fall Prevention Research**

**Free +
Home-Based**



StandingTall®
Looking for participants

NeuRA is trialling a home-based fall prevention program. It combines balance exercises with brain training.

Waverley Men's Shed members are eligible to participate if they are 65+ years old, and have had a fall or are concerned about falling.

Contact the research team

standingtallplus@neura.edu.au | 9399 1888



This research has been reviewed and approved by the University of New South Wales Human Research Ethics Committee (HREC) Approval Number: H137977

**Standing
Tall**

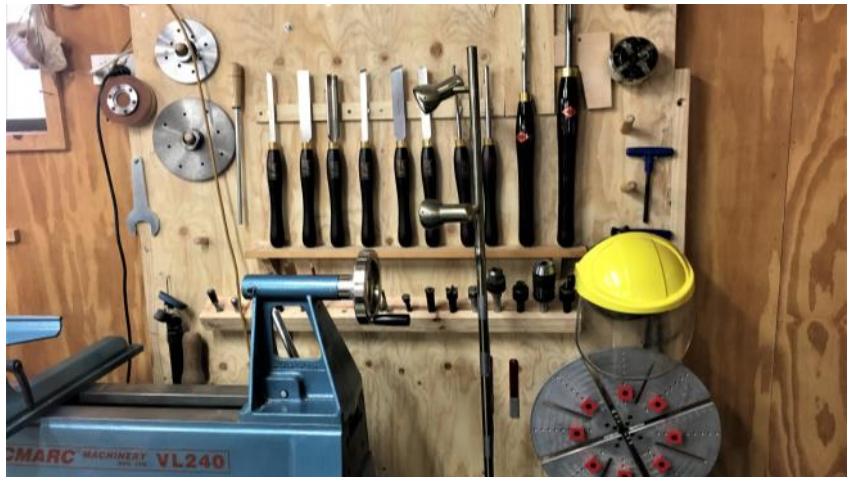
This trial is funded by the National Health and Medical Research Council.



SHED GOINGS-ON (CURRENT PROJECTS ETC.)

Ever since the new lathe was set up there has been no shortage of members using it and creating wonderful projects.

Primarily the activities involving the lathe are run by **Ian Dawes** and **Peter Charlton** who have also set up a great tool rack at the back of the lathe,



Ian and Peter have introduced regular instruction sessions and we've had members, who previously did mainly administrative tasks about the Shed, learn to use the lathe and turning out bowls within a very short space of time.

The instruction sessions (and how to reserve a place) were published in the last issue of Scuttlebutt, but generally take place only on Mondays by arrangement with Ian or Peter.

Our instructors have also developed a set of rules (or etiquette) for the woodturners. Observance of these rules is not merely requested, **BUT DEMANDED!!**

1. Use your own dust mask.
2. Do not turn treated timber (it spreads poisonous dust)
3. Book lathe use. Max 1-11/2 hour sessions so others get to have a "turn"
4. Sharpen each used chisel after use using only the small diamond hand sharpeners (**only Lathe Instructors are permitted to use any power sharpener**).
5. Go to the small lathe for polishing so others can use the big lathe (using the adapter, if available).
6. Bring your own sanding disks.
7. Bring your own oil/polish.
8. Clean away shavings using a dustpan before using vacuum
9. Totally clean lathe area after use
10. Ensure all tools are put back in the correct place on the magnetic board.
11. No tools or face plates are to be taken from the Shed **for any reason**.
12. Work may be left on a face plate or in a chuck for one week only, but it is to be left on the lathe side table with your name and phone number.

Members are reminded that **under no circumstances** is anyone permitted to interfere with any other members' project without being requested to do so by that member.

cont. p.4

cont. from p. 3

There is nothing quite as thrilling and satisfying as the first plate or bowl that a novice woodturner completes. Every last little bump has to be sanded out before either an oil or wax is applied.



Kel Hopper is a member who has been introduced to the “thrills” of woodturning, and is shown here sanding away on his otherwise completed plate.

Jeff Silberbach

also had his first lesson making a bowl on the lathe with Ian Dawes. Jeff has also been busily setting up the web-site for WCMS, a thankless task for which we thank him. Geoff also practices his skills on the old lathe, making a goblet



Alan Rubel has been spending most of his time at the Shed turning bowls and plates,



and **Mo Dhanoya** (right) has also turned some fantastic stuff on both the lathes.



cont. p. 5

cont. from p. 4

Gabi Klein has started learning the “skills of the lathe” under guidance from Peter Charlton

Tom Wolf has also taken the opportunity to learn some new skills ... and he doesn't seem to lack any confidence, even attempting (with a lot of help from Ian and Peter) a large presentation plate for David Sharma MP, whose assistance in the purchase of the new lathe is greatly appreciated.

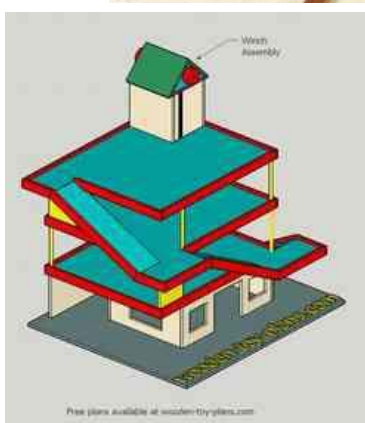


There are, of course, lots of other goings on at the Shed:

Mo Dhanoya is making a tug-along rabbit for his grandson. Mo is one of the members who is permanently busy helping out whosoever needs help in their projects, so it is nice to see him working on a project of his own.



Peter Black is busy making chess boards for his grandson and renewing tabletops and coffee/occasional tables for his home.



William Honeyball has set himself a new project, he is building a Toy Garage for his grandson who lives in Dubbo.

William used his isolation period fruitfully cutting all the component parts in readiness for the assembly.

The multi-storey toy garage is quite elaborate and the suggested colours are eye-catching. William has set a target to give the toy as a Christmas present, so he'll need to get on with the project to finish it on time.

cont. p. 6

cont. from p. 5



Charles Gerrard has almost finished the Doll's House he has been working on for some time.



His wife, Therese, came to inspect the work ... for the record, the construction has been approved by the highest authority.

Rodger Jamieson has made a disk case for his brother. Rodger infamously usually spends his time at the Shed doing accounts and other administrative jobs, yet lately he and the Shed tools have been inseparable.



Jeff Silberbach (left) has returned to chair repair duties. After repairing/restoring items to sell to raise funds for Mentoring Men, Jeff is currently lavishing his undivided attention to repairing a chair of his own.

Graham Ely (right) has fitted out an old wooden box to be the home for his assorted chisels. A pretty good idea if you have a good sharp set that you value and want to keep for a while.



As we all know, **Tony James** runs a little business as a numismatist on the weekends, he specialises in banknotes. From time to time he does have to handle "dirty coins" and for those occasions he has decided to make a tray with individual spaces for those filthy things.

The tray will be finished off with a lining material like felt, but with a difference. To ensure full coverage with a smooth finish (but without gaps and holes), Tony will be using a system where he lays glue on the surface and then sprinkles a powderlike material onto it. After the glue sets, he will just turn the tray upside down and tap the unused balance powder off. In the photo (left) Tony was caught hard at it on one of his Monday visits.

cont. p. 7

cont. from p. 6

Raymond Garfield has been spending his time away from the Shed by busying himself about the house and in his home-shed.

Graphic work on the computer and watching u-Tube shows about using/restoring various tools, repainting the bathroom, decluttering (at long last!) his home and cooking, mending and sewing clothes has taken up most of his time, but he's also made phone stands and shelving. Raymond enjoys working in his shed (right) that he had rearranged before the lockdown.



Peter Charlton has finally found time away from the instructing the lathe for a bit of private work for himself, he's been busy cutting boards on the table-saw and using the router to make furniture. Being a lateral thinker, designs seem to have no difficulties for Peter.

Rodney Bassetti is one of our artists in residence, but at this time Rodney has decided to make a creation that is a bit out of the ordinary for him.

He has decided to make a teacher assistance table for a school attended by children with special needs.

The end design is not yet finalised, but there are enough elements for the project to be started, and Rodney is hard at it. At the Waverley, Shed, we have quite some experience in making creative items for children who have special needs with our previous projects for the Wairoa School, and we hope to assist Rodney with ideas and useful concepts for this most worthwhile project (and of course any assistance with woodwork that may be beyond his ability). We look forward to seeing the finished project!!



THE MIDLAND MEN'S SHED (WA)

Midland Men's Shed from the distant suburbia of Perth, Western Australia, has (and likely will in the future) been featured in Scuttlebutt,

it will be recalled that your Editor was involved in a number of ZOOM sessions with the blokes from Midland during the COVID lockdown, and in fact the experience of Midland in opening up after the lockdown was used, at least in part, in our own re-opening process of the Waverley Shed in mid-June.

We have developed a special relationship with Midland, particularly a reciprocal arrangement for the mutual use of material from our respective newsletters.

If you travel to the West (once the ongoing travel restrictions are lifted) and you decide to visit our friends, we are confident that you will be made most welcome, but out of courtesy, we suggest that you do make contact and let them know you are coming!



BE SOCIAL AND LOOK AFTER YOUR MENTAL HEALTH

Condensed from/inspired by an article in Black Dog Ride Newsletter

We often talk about mental health, in fact the continuing success of the Men's Shed is the fact that by bringing men together in a safe and social environment we are addressing the issue. The simple fact is that humans are social animals (yes, even the most introverted amongst us), and social interaction plays a big part in maintaining our mental wellbeing.

With the continuing impact of COVID-19 and the continuous periods of isolation that have been thrust upon each one of us, over the past 6 months we've had to reinvent ourselves time and again to get over the periods of isolation. This is ongoing and we just cannot socialise and by that means release the stress like we normally may do.

Here are some ideas you could try to be more social:

1. play an internet game against a friend (this will give you the opportunity to have a chat) or otherwise make use of your technology to interact socially with friends, family, and work colleagues.
2. simply catch up with friends for a chat together - easy! Try using an audio visual teleconferencing app like Skype, Messenger, Google Hangouts, House Party, What's App or Zoom:.
3. play Charades - an easy one to do with people on camera.
4. do crossword puzzles together - they should take no time at all.
5. using a program like Zoom, have a "Show & Tell" about objects that you picked up on an old holiday; or photos of places you have visited, or just about anything you can think of.
6. compare hobbies with friends, or discuss a hobby you'd like to take up - check out this list https://en.wikipedia.org/wiki/List_of_hobbies
7. Research and plan what?
 - a A holiday you'd like to take one day in the future.
 - b Your family tree - check out <https://www.ancestry.com.au>

Exercise (even moderate exercise) helps to reduce stress, lift your mood and supports better sleep, so it can play a major role in maintaining our mental health. And, of course, exercise is great for your physical health in many ways. Isolation can quickly lead to less physical activity, so right now it's more important than ever to get active **AND STAY AWAY FROM THE FRIDGE!!**.

Also, rest and relaxation reduces stress and improves overall health. It enables you to have more energy to get through the day, improves your concentration and short-term memory, allows essential time for physical recovery, and supports healthy sleep. Having a nap can be a good rest, but napping for more than 30 minutes can disturb our wake-sleep cycle. So if you have to take a nap try to keep it under 30 minutes.

**Want to talk about depression
but can't find the words?**

It can help to talk to people
close to you.

**mental
health**



ASTHMA AND OLDER ADULTS

Extracted from information brochure "Asthma and Older Adults" (2013)
Published by the National Asthma Council Australia

Older adults can have asthma too, some people develop asthma for the first time in later adulthood. Asthma is a disease of the airways, the small tubes which carry air in and out of the lungs.

When exposed to certain asthma triggers (such as cold air, exercise, pollen and viruses), the sensitive airways react, they can become inflamed and swollen, and cause the airway muscles to tighten and produce excess mucus (phlegm). This makes the airways narrow and difficult for a person to breathe.

Common symptoms include shortness of breath; wheezing; coughing; a feeling of tightness in the chest.

Asthma is a manageable health condition. Although at the moment there is no cure, with good management, people with asthma can lead normal, active lives.

It is important to mention breathing problems to your doctor, as undiagnosed asthma is risky, or the problem could be something else.

Asthma is just as common in people aged 65 years or older as it is in all adults. An estimated 7-15% of Australians aged 65 years or over have asthma; up to one in seven people! This includes people who first get asthma later in life, as well as people who have had asthma all their lives.

About half of all people with asthma aged 75 years or more have not been diagnosed by a doctor. Many older people don't mention a breathing problem to their doctor because they think it's just due to age, lack of fitness, being overweight, or some other health problem.

Untreated asthma can make a person's lung function worsen faster, and over many years this becomes a health problem. Looking after your lungs is important because unhealthy lungs can spoil your quality of life by making it harder to take part in everyday activities.

Your doctor will need to know when the symptoms occur (e.g. when you first wake up; when you are physically active; or when you are in certain situations) because these clues can help with diagnosis and finding the cause.

If you smoke, try to quit. It is never too late, quitting can improve your health at any age. Older people can successfully quit smoking, and may even be better at staying smoke-free than younger adults.

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.

YOU DON'T NEED TO BE
CRAZY
TO BELONG TO OUR SHED,
WE'LL TRAIN YOU!



DEFIBRILLATORS

A defibrillator (or AED ie. automated external defibrillator) can save someone's life if they have a cardiac arrest. The sooner you use a defibrillator, the greater the person's chances of survival.

Dial triple zero (000) and ask for an ambulance if someone has had a cardiac arrest.

What is a defibrillator?

A defibrillator is a device that uses electricity to re-start the heart or shock it back into its correct rhythm. It is used when someone has a sudden cardiac arrest (SCA). This is when the heart suddenly stops pumping. The defibrillator analyses the heart rhythm and decides whether an electric shock is needed. Each year, more than 30,000 Australians suffer a cardiac arrest. If it happens outside a hospital, their chances of surviving are less than 1 in 10.

Giving the person immediate cardiopulmonary resuscitation (CPR) and using an AED early on can greatly increase their chances of survival. The most important thing is to use the defibrillator quickly.

Where can I find the nearest defibrillator?

A portable defibrillators, or AED is located at the Waverley Community Mens Shed in a packet with the word **HEART-START** clearly marked on it, it is on top of the First Aid cupboard in the front room.

There is a simple-to-read set of instructions in the packet.

When to use a defibrillator

You can use a defibrillator whenever CPR is needed. A person needs CPR if they are unresponsive and not breathing normally.

Remember, time is crucial. If someone is unresponsive and not breathing, call an ambulance on triple zero (000), start CPR and use a defibrillator as soon as possible.

How to use an automated external defibrillator (AED)

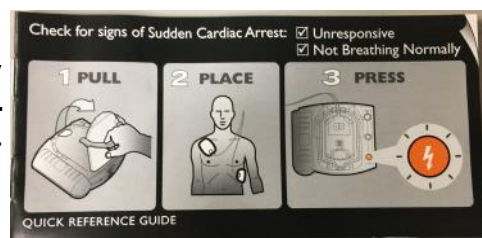


Anyone can use an AED. After it is turned on (the green button), the device will tell you what to do.

Make sure the area around the person is clear. Don't touch the person while you are using the AED because this could interfere with how it reads the person's heart.

If necessary, the AED will tell you where to put electrodes (pads) on the person's body. The device may deliver more than one shock.

The AED may instruct you to continue CPR after the shock. **Continue CPR until the ambulance arrives (if you are able).**



EXERCISE IS THE BEST MEDICINE?



My grandmother started walking 8km per day at the age of 60, now she is 94 and we don't know where the hell she is.



WCMS MEMBER: TONY MANDARANO

Lipari is the largest of the Aeolian Islands in the Tyrrhenian Sea off the northern coast of Sicily, southern Italy; it is also the name of the island's main administration town, and the birthplace of **Tony Mandarano**, a popular WCMS member.

Tony was born on Christmas Eve, 1942 to Giovanni (John) and Rosaria. When he was born his father was away at war serving in the Italian Air Force and Tony believes that he didn't see his father until he was nearly 2 years old. While his father was away his mother didn't know if he was dead or alive, there was no communication.

After the war, conditions on the islands were not ideal to bring up a family. A deal was made that in exchange for Tony's mother caring

for someone else's elderly relative on another island called Panarea, they would sponsor Tony's father to come to Australia. The family stayed on Panarea until the elderly relative died, by then Tony had a younger brother 6 years his junior.

Tony and his family arrived in Sydney when he was aged 10 (in 1953) and they lived at Kirrawee in a boarding house style accommodation in a converted verandah. The house was shared with 3 other families. The area had no sewerage, they used a "night soil can" that was replaced twice a week. Needless to say, the vegetable garden was always flourishing.

School was a daunting experience for someone who understood no English at all, but Tony was helped by a young teacher at St. Patricks Sutherland who taught him basic words, and he made many friends among the kids.

One year later the family moved to Botany where his father was working.

Tony's school days ended at age 13 years 10 months (he was in Year 7) as he had to go to work to support the family, his first job was at a milk bar in Botany.

When he was 17, the family bought a corner shop in Darlinghurst. Tony effectively ran the business as his parents didn't speak English, and the business prospered. Eventually Tony's mother ended up running that business for 28 years.

Brought up as a devout Catholic and regular churchgoer, one Sunday a beautiful young lady caught his eye. Tony noticed that she would stop to buy a piece of fruit every day on her way to work, so one day Tony offered her a lift which was accepted. The rest is history!



Tony and Mary were married in 1966 and within 5 years they had a beautiful family of 3 fantastic daughters (who have provided Mary and Tony with 7 bundles of joy ... now no longer so little!).

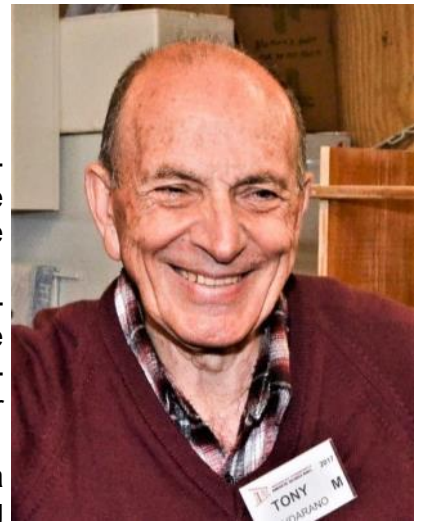
The family and mortgage commitments could not be supported by the corner shop, so Tony branched out first at a tobacconist shop atop Hurstville Railway Station, and from the profits came a food outlet in Australia Square. Mary and Tony became prosperous! Goes to prove what hard work can achieve.

Then a rotten business venture with an acquaintance brought it all down. The case ended in Court and even though he won the case, Tony lost a small fortune (how often do we hear that?).

While at home licking his wound, Tony decided to take over the running of a coffee lounge in Bondi Junction with his neighbour at the time (... our own Michael Barker!!). They were doing OK, but not enough to support two growing families, so Tony bought back to his old shop (which had been run down by the then owners) in Australia Square in 1985 and made it a success.

He could have cashed in by selling, but that is not what fate had in store. The landlord decided to renovate the Food Court and Tony believed that he would get a new lease when the renovation was finished, but the landlord reneged and Tony lost a lot of money.

The next business venture was the purchase of a take-away food outlet in CenterPoint Sydney in 1989 with what was left of Mary and Tony's nest egg savings and a mortgage. This again proved a successful venture and the business was thriving, in 1996 they won the Store of the Year Award, relegating McDonalds to second place!.



cont. p. 12

cont. from p. 11

In 1999 the business was sold and Mary and Tony took a long holiday to Europe, visiting their respective birthplaces, the Aeolian Islands and Malta where Mary was born. On their return to Australia, Tony was diagnosed with Prostate Cancer, and after surgery he was finally told he was free of the disease. So, 6 months later he went back into business again! This time a shop in the Chifley Plaza for another 6 years.

Who says lightning never strikes twice? Again the landlord decided to renovate the Food Court and Tony was without a job ... yet again!

Tony had turned 65 by this time, so he retired and started as a volunteer with "Conservation Volunteers Australia" doing outdoor work all around the State, a task he enjoyed. Next he volunteered at Centennial Park where he met Shed member Ken Wilson maintaining park benches etc. That is how he came to be at the Waverley Men's Shed, introduced by Ken. He is proud to have met some wonderful guys who taught him how to play with timber, not that he wasn't a very keen woodturner before then.

Asked for comment, all Tony had to say was **"LIFE IS GOOD"** ... a great philosophy!

OUR TIMBER SHED



Located in the Waverley War Memorial Hospital grounds at the back of our Shed, our "timber storage facility" is a prime example of the fantastic support we get from Woollahra Council and Waverley Council through their respective community grants programs.



Under their respective Community Grants Programmes, both Woollahra and Waverley Councils combined to provide funds to lay the foundations and to purchase the frame and the timbers for the structure of the cedar storage shed which was then erected by the Waverley Shed members.

To express our gratitude, there is a plaque located on the door of the timber shed thanking the Councils for their generosity.

The timber shed is, of course the storage area for our supply of timber for our various projects and has become a vital part of the Waverley Men's Shed. A variety of timbers are stored there and are sorted as to which timbers are readily available to members for free, and which others are available to members for a small donation.



THE SHOWER



A man is getting into the shower just as his wife is finishing up her shower, when the doorbell rings. The wife quickly wraps herself in a towel and runs downstairs. When she opens the door, there stands Bob, the next-door neighbour.

Before she says a word, Bob says, "I'll give you \$800 to drop that towel." After thinking for a moment, the woman drops her towel and stands naked in front of Bob.

After a few seconds, Bob hands her \$800 and leaves. The woman wraps back up in the towel and goes back upstairs. When she gets to the bathroom, her husband asks, "Who was that?"

"It was Bob the next door neighbour," she replies. "Great," the husband says, "did he say anything about the \$800 he owes me?"



GRAHAM'S STREET LIBRARY BOXES

Graham Ely was approached by his grandkids "Can you make a street library for us – pleeeese?" How could he refuse, especially for something as simple as that!!!! That's what Graham thought.

He's seen these things - like a box with a door, as waterproof as possible, perhaps a shelf and some feet to keep it up off the ground, not too wide so it will sit on a wall. It's better sealed so creepy crawlies don't get in. Easy? Yeah!

So Graham found a doll's house on the council clean up, he thought it perfect. Two Levels, slanted roof, good condition, terrific. All he needed to do was to enclose it all round and it's done. Oh, and put on a door.

So, he bought some plywood, some Polyurethane and a brush and was ready to go.

First the sides and back had to be enclosed. Graham measured at least twice so he didn't mess up, and wrote down the figures.

The back went on like a dream, the sides were next. It was a bit awkward as the roof overhung and there seemed to be a difference on the levels to fix it on!



That's when Graham realised that the first level slopes down to the front with a difference on both sides, likely caused by kids hanging on to it during use.

So, after scratching his head, Graham decided to add supports on both sides to make it level, and yes that worked. He even allowed for support for the door/s.

Because he had to work out a seal across the top, Graham left the roof till last.

Then it's on to the doors. Graham decided on double doors with a simple latch and a waterproofing overlap on the inside where they meet. He then had to add a couple of knobs for handles, that was easy!

Next, Graham had to work out how to fix the hinges on minimal wood, again padding out where it was required. They met nicely at the centre and swung open freely.

That left only the roof, some sealing work and applying on the Polyurethane. Graham decided to make a small overhang at the back to protect it from any rain and a larger overhang at the front. That was almost done when it was found that the front overhang stopped the doors from opening???

The doors couldn't be made smaller, but he could make a triangular filler piece to fit above the door and under the roof. Graham was not able to make one big enough so he had to trim the doors to allow them to open. Some careful filing and some trial and error refits eventually succeeded.

Graham cut and stuck some rubber along the join in the roof and on one side of the front doors, he then added an extra triangular support at the front of the roof. Sealing all the gaps was a pain but he got it done and applied three coats of Polyurethane all round. He fixed on a latch, stood back and admired his work ...



When Graham was subsequently asked to make another "street library" box for the Junction Neighbourhood Centre in Newland St, Bondi Junction, he was provided a plan, a description and measurements.. Starting from scratch was a lot easier.



Oh! And now there's one more to be made!



PLAY GROUP EQUIPMENT

Our Sheddars recently re-novated/refurbished a set of climbing bars for the **Bondi Beach Play Group**.

This project was carried out by **Rodney Goldberg, Tony Mandarano, Peter Black, and many more** of our members, and their efforts are certain to bring a lot of joy to the kids. Our work in removing rust and painting this equipment has added years to its life.



ROSE BAY COMMUNITY GARDENS NATIVE BEEHIVES

The Rose Bay Community Garden, established in 2014, is located next to Woollahra Park at the end of Manion Ave, Rose Bay. Whilst it provides a space to create a beautiful garden for the local community where people can grow organic fruit and vegetables, it also houses a number of beehives where there is a colony of native Australian stingless bees.

Our Shed was requested to make a number of beehives which were expertly made by **Rodney Goldberg** and we thank him for completing this project.



MAHJONG TILE HOLDERS

Mahjong is a Chinese tile-based game commonly played by four players. It is a wonderful strategic game that also involves a degree

of chance that is played weekly at the Randwick City Council's Lionel Bowen Library at Maroubra.



We were requested to make Mahjong tile holders/stands and **David "Bremmy" Brem** expertly made a number of them for the convenor of this community activity.



TECHIE TIPS #4

This month I thought I would look at **preventable defects** in the timber we store. Firstly, a quick **overview** of how we get the timber we use.

Timber comes either from old growth forests or renewable plantations and all are subject to yearly climate variations as they grow. Most of you will know about the 'growth rings' visible on the end grain but are you aware that the climate history during the growth period is also recorded by the width between the rings?

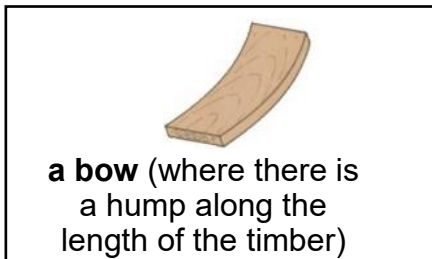
Generally, the closer the rings: the drier the season, the wider the rings: the wetter the season, but with a caveat. Plantation-grown timber is watered to achieve maximum growth to a commercial size in the quickest time. The end grain of plantation-grown timber generally shows a wider uniformity in the spacing. Typically, this is the case with the pine we purchase.

Once logged, a tree is taken to a saw mill to be cut to shapes and sizes suitable for making the finished wood products. Between the milling and making stages the timber must be processed to reduce the **moisture content** to a stable level. When it is growing, a tree takes up water to assist its growth. To make it usable, this 'green' timber must be dried until the water content reaches a stage of equilibrium with surrounding atmosphere (called **seasoning**). If you aren't in a hurry you can use **air drying** by leaving the green timber stacked under cover in the open air. This is the traditional method.

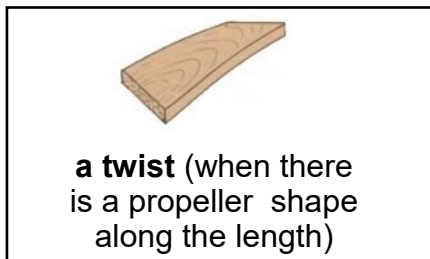
Because we are mostly in a hurry to market the finished product (and make our profit), a process called **kiln drying** is used to speed everything up. Either way, the timber we buy from the timber merchant is at equilibrium (seasoned).

Now to **preventable defects**.

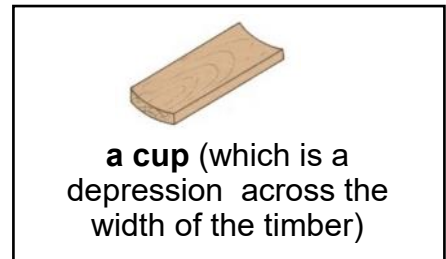
A **defect** is taken to be any irregularity occurring in or on the **timber** which may affect its utility value or diminish its appearance. Preventable defects (as distinct from defects like fungal attack) can occur due to poor storage practices. They are typically in the form of



a bow (where there is a hump along the length of the timber)



a twist (when there is a propeller shape along the length)



a cup (which is a depression across the width of the timber)

Timber should be stored flat on a shelf with the longest lengths at the bottom. Access should preferably be from the end. Different sizes should have vertical dividers.



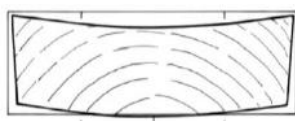
Bows and **twists** are caused by sloppy storage—it's that simple. Look at the differences here.

The photo on the **left** shows timber has been **stacked evenly** and repacked after a piece has been accessed.

The photo on the **right** shows timber in mixed sizes and **stored haphazardly**.



It is pretty easy to see how **stresses can be induced** in the timber on the right and it is surprising how quickly serviceable timber can be made unserviceable.



Cupping occurs when timber with rainbow-shaped growth rings seen on the end grain **becomes too dry** and shrinkage is greater across the milled surface than across growth rings. Keeping this sort of timber away from excessive heat should help maintain flatness until you need it.

BOTTOM LINE: If you don't want to waste \$\$\$, then pay attention to how you store your timber.



WOLLOMBI: "The Forge"

Many of us would ask "where is Wollombi", with even an expletive added, but **Richard 'Itchy Feet' Cortis** visited there recently and found this object in front of the antique/old wares shop called "The Forge".

On seeing it, Richard exclaimed "How can my tool monsters compete with this?"

He doubts if he would have the patience to put together something like this, and wonders what discrete parts can be identified.

When he went inside, Richard found a bower of several decades of leftover relics from farm clearing sales and deceased estates etcetera.

BTW, Wollombi is a small village in the Hunter Region of NSW



and what are the "Tool Monsters" that Richard is referring to?

We have previously featured Richard's little metal statues made of old rusty "throw away" tools that proved to be very popular (a number were sold) at the November '19 Show.

Recently your Editor visited friends at Wentworth Falls and saw some of Richard's sculptures sold at the Show on location, installed on the front porch of the cottage up in the mountains.

Richard is on the constant look-out for old and rusty tools (eg. pliers, spanners, saw blades etc.) to use in his sculptures.



BRAINFREEZE

CANDIDATE FOR KNEE REPLACEMENT SURGERY?