



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

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

Volume 1 Issue 11

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

The ANNUAL GENERAL MEETING
of the Waverley Community Men's Shed will be held
at 3:00pm on Wednesday, 18th November, 2020
at the Men's Shed in the grounds of
The War Memorial Hospital, 125 Birrell Street, Waverley.

**At this meeting an Executive Committee and Board Members for
2020/21 will be elected.**



WCMS ZOOM SESSIONS

**Missing the Shed? Like to catch up for a chat?
Join Shed Zoom Starting Wed 4 Nov 2020!**

If you haven't been going to the Shed due to COVID-19 or any other reason and would like to catch up for a chat, I'll be available on Zoom from 3-4pm each Wednesday afternoon (except for the 3rd Wed of the month as it's our Shed Management Meeting).

How do you join our Zoom Shed Chat Meetings? Just type this link into your browser to go to our Zoom meeting: <https://uca-nswact.zoom.us/j/99584177504>

If you have never been to a zoom meeting and you would like me to help then give me a call and we'll arrange a time to set you up.

More details will be on our website: www.waverleycommunitymensshed.org.au

Looking forward to catching up with you and finding out how you are going.

Rodger Jamieson 0427 707 006



DEDUCTIBLE GIFT RECIPIENT (DGR) STATUS

Ever since we were incorporated and operated as a Men's Shed we have been seeking DGR (Deductible Gift Recipient) endorsement status.

We are delighted to announce that effective from 1st October 2020, the Waverley Community Men's Shed has been granted such DGR endorsement status which will allow us to provide tax deductible receipts for any donations of \$2 and over.

It is to be noted however, that such tax deductible donations must not be in exchange for work or services provided by the members of the Shed.

It is vital to the continued status of WCMS that we may continue to receive voluntary monetary contributions to the Shed for work or services provided, but these are NOT such donations as would attract DGR and will not be receipted as being tax deductible.



VALE HAROLD GOLD

It is with great sadness that we report the passing of our Honourary Member, **Harold Gold**, on 12 October 2020. Harold had been a member of WCMS for a number of years and is remembered for his sense of humour and his infectious smile.

Harold was quite a craftsman with his marquetry, which amazed all the members. He attended regularly until his lengthy illness prevented him from doing so.

We wish his beloved and devoted wife Jill, his family and his friends our condolences and a long life. He will be missed by his mates at the Shed.



EDITORIAL COMMENT

The Waverley Community Men's Shed's objectives can be summarised as:

(a) to advance the health and well-being of our members by providing a safe and happy environment where men can, in the company of other men:

- learn about men's health and well-being
- pursue hobbies, pastimes and interests
- learn new skills, and practise and pass on old skills
- contribute to their families, friends, the Shed and their community.

(b) to provide a support and referral service to members with health issues

(c) to establish and run programs which will assist to advance men's health and wellbeing

(d) to provide a place for men – especially those who have retired or are unemployed – to socialize, use their creative skills and learn new skills

(e) to address the issues of isolation, loneliness and depression faced by men

We pride ourselves in achieving these objectives, albeit success is sometimes very hard to achieve. We believe we run a safe shed even though at times it is difficult to convince members that they may not use machines until certification and the satisfaction that the use of machines will be carried out safely to the operator and also without damage to the machine.

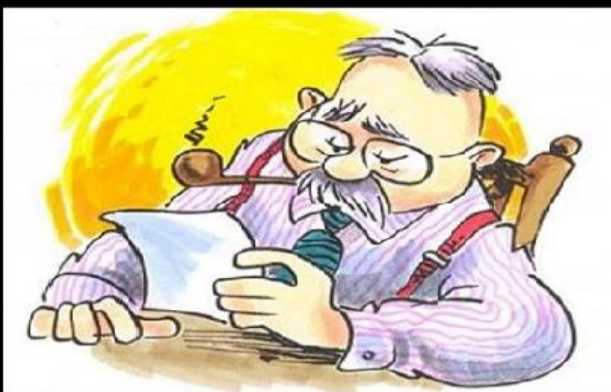
It is often difficult to tell a person who has used a machine just about all his life (even professionally) that he will need to be certified to our requirements, but it is a rule that has worked successfully for many years. Our accident and "near miss" records are proof of that success.

If you are waiting to learn the use of any machine, please talk to the Technical Supervisors, and once you have satisfactorily learned the use of the machines, please talk to the Machinery Advisors who can pass you for your certification. It is that simple.

We also pride ourselves that the worst of our injuries have been dealt with by Band-Aids, and we hope to continue with our safe procedures. All members are responsible for this, not just the Supervisors. As for "near misses", we all learn from these mishaps. Please report any such events to a Supervisor straight away. It may need a bit of paperwork but it will reduce the risk of it happening again.

BUT ABOVE ALL, YOU MUST NEVER FORGET WHY YOU JOINED THE SHED ... TO ENJOY YOURSELF AND HAVE A GOOD TIME TOGETHER WITH YOUR MATES!

Tom



***YOU KNOW YOU'RE GETTING
OLD WHEN YOUR BANK
SENDS YOU THEIR FREE
CALENDAR ...***

ONE MONTH AT A TIME!



SHED GOINGS-ON (CURRENT PROJECTS ETC.)

As previously reported, **Peter Ulmer** is fundraising for Mentoring Men, a volunteer association dealing with issues that relate to the health and welfare of men. Peter has been making frames for mirrors that he has found discarded and has sold to successfully raise funds for MM.



Just when we thought that the winter ski season was over and with summer just around the corner, **Peter Chapman** brought his snow skis to the Shed for repairs. Surely Peter must realise that the dream of schussing down the slopes will need to be put on the backburner for another 9 months?



Jim Khedoori has been a member of the Shed for about 6 years but we can't recall him actually making anything before. To our surprise Jim has come along to make a replacement bathroom cabinet for his home.



Tony Mandarano was threatened by his wife not to bring any more furniture into the house, but he was given a beautiful marble tabletop that he wasn't going to throw it away. So, "hey presto" the tabletop grew a fresh set of legs to create a table that even Mary couldn't refuse to let into the house!

Michael Barker has truly green fingers on both hands, his garden at home is just fantastic. Michael regularly makes shelves and other stuff for his garden, and recently he made ... yes, you guessed it ... another shelf!



Uli Makulic alternates living in Sydney and living in Dorrig (on the mid North Coast), and he belongs to the Shed up there too. He is making "tablet stands" (for iPads etc) for fundraising for that Shed.

cont. p.4

cont. from p. 3

After many weeks of learning how to use the new lathe, **Rodger Jamieson** is back to his old routine of spending all his creative time at the Shed carrying out his perpetual repairs to his mobile home



We have never doubted his skills, **“Magic Ian” Dawes** (above) has finally found time away from teaching the lathe to actually do a project for himself. Self satisfaction is clearly visible on Ian’s face.

Richard Cortis usually only comes around at lunchtime to share his experiences, but as far as getting things metallic to do, he is our “go-to-man”. Anything from gadgetry for the new lathe, Rodger Jamieson’s mobile home bed, and particularly for Tom Wolf’s pedestals for his model ships, Richard’s contribution is invaluable. Richard performs best in his own garage workshop where much of Richard’s magic is performed.



Des Sheehan is also a member who usually helps out on other peoples’ projects, but now he is working on his own project, a dolls’ house. Here he is working on the staircase, let’s hope it leads somewhere and is **not just for show!**

Peter Black’s chess board is just about finished, here he is cleaning up any glue overflow. Peter tried many methods, but the one that worked was by making 5 strips of alternating dark and light squares and then sliding every second strip down one place. **IT WORKED!**



Last month we reported that **Rodney Bassetti** was making a teacher assistance table to be used by children with special needs. It involves timber screws and bolts being put into

a table or frame with pre-drilled holes using timber tools. Rodney and his accomplices (**Peter Black** and **David “Bremmy” Brem** are “threading” the screws for the project).

David “Bremmy” Brem has found time to actually practice his skills on the old lathe, instead of cleaning up or repairing the machines (and incessantly complaining about it!) He was found working under the guidance of **Ian Dawes**.



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William Honeyball (left) came along for an "occasional visit" and started work on a dolls' house bed for neighbourhood children.

As his campervan must be ready for the next trip, **Rodger Jamieson** (right) was back to working on the lathe. Rodger was so pleased with the first bowl he made that he has decided to make a deep bowl, much more complicated than his previous project.



Tom Wolf is now working on the model of one of the fastest yachts ever built, "Bluenose II". The hull is complete and work continues on the masts and the rigging. Our observant readers will recognise the pedestal made by **Richard Cortis** (see page 4)

Kel Hopper asked if there was any work to do, so Peter Charlton asked him to carve a spoon. We trust he was not just stirring!



David Rowley is making repairs to his 1950's "Atomic" coffee maker which created a lot of nostalgic interest. David usually repairs/restores musical instruments (drums) but this project was motivated by a desire for great coffee.

Boxes of all descriptions are standard fare at the Waverley Shed, and bee boxes are quite common. It was however unusual to see **Tom Wolf** making an OATH set of bee boxes for one of his sons, generously assisted by **Mo Dhanoya**.



**DEMONSTRATING
THE BENEFITS OF
A "DRY-RUN"
BEFORE USING A
PROTOTYPE.**

SO WHAT HAPPENS NEXT?

Got a feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.



1. Ask

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or mate to open up. And if they say they are not OK, you need to follow on with conversation to show them they're supported and cared for.



2. Listen

- Take what they say seriously and don't interrupt or rush the conversation.
- Don't judge their experiences or reactions but acknowledge that things seem tough for them.
- If they need time to think, sit patiently with the silence.

- Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?"
- Show that you've listened by repeating back what you've heard (in your own words) and ask if you have understood them properly.



3. Encourage action

- Ask: "What have you done in the past to manage similar situations?"
- Ask: "How would you like me to support you?"
- Ask: "What's something you can do for yourself right now? Something that's enjoyable or relaxing?"

- You could say: "When I was going through a difficult time, I tried this ... You might find it useful too."
- If they've been feeling really down for more than 2 weeks, encourage them to see a health professional. You could say, "It might be useful to link in with someone who can support you. I'm happy to assist you to find the right person to talk to."
- Be positive about the role of professionals in getting through tough times.
- Some conversations are too big for family and friends to take on alone. If someone's been really low for more than 2 weeks - or is at risk - please contact a professional as soon as you can



4. Check in

- Pop a reminder in your diary to call them in a couple of weeks. If they're really struggling, follow up with them sooner.
- You could say: "I've been thinking of you and wanted to know how you've been going since we last chatted."

- Ask if they've found a better way to manage the situation. If they haven't done anything, don't judge them. They might just need someone to listen to them for the moment.
- Stay in touch and be there for them. Genuine care and concern can make a real difference.

It's not always easy to keep the conversation going when someone says they're not OK, but it could change a life.

If they are OK, that person will know you're someone who cares enough to ask.

TEAMWORK

coming together is the *Beginning*
keeping together is *Progress*
working together is *Success*



Did you know that 3 times more people die from bowel cancer than on our nation's roads?

We acknowledge the source of this article from the Winter 2020 issue of *The Shedder*, the newsletter of AMSA

While you might not especially like to talk about your 'exhaust pipe' — in fact your life might depend on it.

Bowel Cancer is the third deadliest cancer in Australian men, claiming the lives of more than 2900 men each year. But when it's caught early, it's one of the most treatable types of cancer. When bowel cancer is detected in the earliest stages, almost 99% of cases can be successfully treated.

A great deal of bowel cancer cases may also be attributable to modifiable risk factors. In other words, things you can change.

Both red and green apples are a nutritious source dietary fibre, an important part of the high-octane fuel you should be filling up with to help keep your exhaust pipe in tip top condition. There are lots of apple-inspired high-fibre recipes available.

But diet is just one modifiable factor contributing to your risk of bowel cancer. Alcohol intake, weight, physical activity and smoking are all also contributing factors.

Preventative maintenance is your best defence against a rusty exhaust pipe, along with a regular servicing schedule

If you're eligible the Australian Department of Health will even send you a Bowel Cancer Screening Test Kit for your birthday every two years between your 50th and 74th birthday.

Read more about the National Bowel Cancer Screening Program [here](#). And if you're ever concerned about bowel cancer or display any symptoms (regardless of your age), book in to see your doctor immediately.

Bowel Cancer Australia is a national charity dedicated to prevention, early diagnosis, quality treatment and the best care for everyone affected by bowel cancer.

**THE CHANCE OF GETTING
BOWEL CANCER
INCREASES FROM THE
AGE OF**



AN APPLE A DAY ... ?



**NICE TRY,
MUM!**



Here's a little gem from the Annual Report back in October 2018
(but just as relevant today)

LIFE AT THE SHED: A MEMBER'S PERSPECTIVE

'How long do you have to be in the Shed to appreciate it? God knows. I must be coming up for 2 years and it has become a part of my life and routine.

Wednesday is a must at the Shed. As soon as I come across the park to the door, one of the chained "inmates" standing near the front door yells, "Rodney is coming today, lock up the biscuits", and William says "Ah, bugger, I must have come the wrong day, Rodney is here" - That is when I know that I am loved and appreciated.

By then, I am in the door and aggressive, "Abusing and being abused as soon as I hit the place". I don't think quickly, Tom is onto me about not signing on, (I have been there 10 seconds) and Peter notices the coffee I hold, and wants to know whether I have put it on his card at the café or not. He then tells me he has volunteered me to attend his next dinner extravaganza etc, etc.



Nothing changes except the production line of seats for Roger's Kombi , or Bremmy's new driving gloves that I am sure he wears to bed, or his lathe constantly turning - Yak Yak. Or, David whittling a log of wood six feet long, in the kitchen, or Graham polishing yet another chair for his daughter - who needs 20 people at dinner anyway? Or William's latest 1920's Stanley plane or tool that he has been lovingly restoring all winter. You know the one - if you need a left-handed screwdriver for a right-handed screw, he has it. Or he can make it, or he will tell you how to use one of our new screwdrivers.

Then there are the exotic stories from Clif's and Peter Chappo's travels. - Or Fred on "the sex life of the Bees of Vacluse" - all great tales for lunch. (we will not go there).

We do what more men should do, and that is talk a lot (truth or not, is not important). We play with the toys that the wonderful Waverley and Woollahra Councils give us and make amazingly beautiful "things" in timber, for our families and importantly, schools etc. Keeping them all happy by the constant produce of the Shed.

Personally I designed a cabinet; I bought the timber, Bremmy did the routing, William did the sawing, David whittled out the key hole, Graham went on French polishing a chair and did not help at all. Tom wanted to put a wheel on it (I declined) and Fred watched. And no one was more happy with this "Gem" than my daughter. So we all benefited. And that is the key - the Shed is a wonderful place, even if there were no wonderful tools there. I would recommend it to any man, but some people you cannot change.'

Rodney Bassetti, Member



**BEING
ORGANISED
is for people too
lazy to look for stuff**

THE "SHED ANNEXE" AT VAUCLUSE

As members may be aware we have connection with the Men's Shed (commonly referred to as "the Men's Cave") at the Mark Moran Retirement Village/Nursing Home at Vaucluse. The location reminds many members of our youth, as it is built on the site of the former Vaucluse High School where so many of us received the light of learning (as per the school motto "Lumen Scientiae"), and spent (wasted?) our youth.

The Shed's presence is very important to the men who live at the Village, many of whom attend as social members for discussions and a cup of coffee, and we thank the owners and management of Mark Moran Vaucluse for providing the facilities and supplies that we need from time to time.

The equipment is basic, but sufficient for the purposes of this mini-Shed.

As with the Waverley Men's Shed, the objectives are to present a venue for men to gather and spend time together in a safe environment and thus to avoid isolation which can easily occur in an establishment where women greatly outnumber men.

Attendance is not limited to just the men resident in the Village, we have men attending from "care" in the nursing home as well. These take the form of discussion groups over a cup of coffee/tea, as a social experiment it has been very successful, and for those who attend, very satisfying.

The program (and most of the physical work) is run by **Tom Wolf** and **Dach Hall** (who are both members of the Waverley Shed), and Waverley Shed members **Michael Barker** and **David "Bremmy" Brem** come along from time to time (Bremmy actually does the tagging of all the electrical tools and appliances).

Apart from providing a social outlet for the male residents, the "Cave" is also a hive of activity with projects and repairs for all the residents, everything from broken ceramics to simple repairs to tables and chairs. In particular, as this is a hobby common to both

Dach and Tom, there's a lot of model shipbuilding going on. There will be separate reports in months to come about the various bits of work that have been completed at Vaucluse.

Any member interested in checking out this mini-Shed, please contact Tom or Dach and they will be only too pleased to show you around.



BRAINFREEZE
NO SCAFFOLDING?
NO WORRIES!



PAST PROJECT: WAIROA SCHOOL SENSORY PANELS

Over the Summer break 2013/14 and up to early May 2014 the Waverley Shed was involved in a special project for the Wairoa Special Needs School, that being the design and creation of a series of sensory wall panels to be erected in the playground of the school.

"Students at the school sometimes withdrew from the world and social situations during play and lunch times". The panels each contain "visual and tactile pieces the students can touch and engage with, and helps them to interact positively with their environment and peers" (words of Sarah Davis, former teacher).



The design was made by Tom Wolf, it depicts scenery "from the sea to the mountains", and the design was then incorporated by Tom onto 6 x 2400mm x 600mm individual panels utilising artificial grass (astro-turf) and wooden components, and made weatherproof as it was to be an external feature.

The team from the Shed was there to install the panels at the school, and the formal presentation in June 2014 was attended by State and Local Government guests.

The greatest pleasure was seeing the reaction of the students, which gave all who attended a special glow within and made the nearly 5 month project truly worthwhile. The members of the Shed were presented with a certificate of gratitude made by the students.





WCMS MEMBER: TOM WOLF



Born in Hungary in August 1946, just after WW2 and raised as a child during the reign of the glorious Hungarian football "Golden Team", it is no wonder that Tom's only interest as a child and teenager revolved around becoming a football star.

Although he played as a 17 year old at the top level, that dream was shattered while still in high school when he suffered what then was a career ending knee injury. His interest in volleyball then became long enduring (he played in competitions until he was nearly 40) but it was not as passionate.

Volleyball did lead to Tom meeting a Melbourne girl playing the game in Perth, and Tom married Sandy in 1976, 3 sons followed in quick order, David in 1978, Andrew in 1981 and Nicholas in 1984. From a refugee migrant background Tom has made a comfortable life in Australia for his family.

Tom's father was a bit of a handyman and Tom helped his father doing repairs at home and in working out innovative ideas to get around problems (lateral thinking). This has continued to be Tom's way of doing things.

Along the way, as the English language was a barrier when he arrived in Australia as a refugee in 1957 without knowing a single word, Tom utilised dioramas of small Airfix models of a Sopwith Camel and a Fokker DVII in a dogfight to illustrate a Biggles book for his school library project. Thus the start of Tom's interest in models. A few plastic planes while at university studying law, a stay in the UK after graduation, starting up a law practise on return to Australia, then in 1974 while waiting to go to court Tom visited a nearby hobby shop and decided to build a wooden model ship from a kit. He had never attempted any "woodwork" models previously and spoke no Italian that may have helped with the kit's instructions.

With time passing (marriage, 3 children, legal career spanning 44 years) and a number of attempts to build the hull (3 attempts at double planking, 2 times stripped back to bare) the hull just lay around collecting dust. Tom's interest was more into radio controlled model airplanes which he built/assembled/repairs and then flew with one of his sons.

Scouting also came into Tom's life fairly late, he became a leader in 1983 and he continued until 2019. His skills of knotting developed during this period, so as a result on his models all running rigging is actually "running".

Sick and tired of taking his crashed airplanes home for repairs week after week, Tom's interest in his wooden ship model was rekindled in about 2000 and he finished that 1974 model and a variety of other wooden models afterwards.

A founding Member of Sydney Model Shipbuilders Club in 2011, Tom is the editor of that Club's newsletter ("Chatterbox"), and much of his knowledge and understanding about model shipbuilding comes from the research done to get articles and illustrations for the newsletter.

Tom first attended the Waverley Men's Shed in July 2013 on the first day the Shed opened to members and has been actively involved ever since.

Since retiring from work, Tom splits his time between relaxing with friends; editing "Chatterbox"; and the Waverley Men's Shed where quite a bit of the modelmaking takes place.

He has been Vice-President for 4 years and continues to take interest in the welfare of the members as the Welfare Officer, and is the editor of "Scuttlebutt", the Shed's newsletter.

Radio controlled models have not been forgotten, Tom also sails his radio controlled sailboats in the calm waters of Watson's Bay on Sydney Harbour with friends.

As an extension of the Waverley Shed, Tom initiated and continues to help run the "Men's Cave" at the Mark Moran Vaucluse village where he mainly mentors the aged men in the retirement village atmosphere.

Recently, Tom went down with COVID-19 and spent a lot of time in St.Vincents Hospital ICU and on a ventilator, he is still recovering from the aftereffects.

When asked about retirement, Tom replied **"I'm so busy that I can't understand how I ever had time to go to work."**



TECHIE TIPS #5

With the gee-gee season upon us I thought it might be timely to look at 'Horses-for-Courses' as in **Glueing - up**.

Just as some horses perform better with certain types of track conditions, some jobs work better with certain glues.

The words **glue** and **adhesive** have the same meaning - older type *animal glues* such as Casein are the ones you recall in the double walled glue pot on the stove whereas modern glues such as PVA 'white glue', PVA 'Yellow glue', UF, Polyurethane and Epoxy Resins are made in chemical plants and are called *Adhesives*.

In terms of what we mostly need for our Shed timber projects, lets just look at the most common:

PVA (*polyvinyl acetate*) is the familiar all purpose white glue used for most timber work.

Pros: non toxic, dries clear, is relatively fast drying, has a moderate bond strength when correctly applied and is perfectly safe to handle with bare hands. Common brands are Aquadhere, Bostic.

Cons: joints are not fully waterproof, excess glue must be wiped away during assembly, takes 24 hours to achieve full strength, can be painted over but not varnished. Not gap-filling and needs to be clamped.

Yellow Glue (*aliphatic resin*) is a light **yellow** color and creamy texture and is sometimes called 'carpenter's glue'. Common brands are Titebond, WoodWorks 'Yellow Glue'.

Pros: low odour, better bonding strength than 'white' PVA, and moderate moisture resistance. Better heat and water-resistance than PVA 'white' glues, available in different configurations for different applications.

Cons: the joint can be brittle, has a yellow glue line so not good with dark woods.

UF (*urea formaldehyde*) famously known as the adhesive used to build the WW2 *De Havilland Mosquito* aircraft is favoured whenever strong structural joints are required and for bonding wood particles to make composite timber products. Common brand: Jowat UF Resin

Pros: gap-filling, has very strong bond and is the 'go to' adhesive for laminating timbers into different shapes (such as furniture), does not 'creep' when set.

Cons: fumes are carcinogenic and work must be carried out in well ventilated areas (such as in the open air). It is a two part system which must be mixed just prior to use. Limited shelf life.

Polyurethane is a multipurpose glue that comes in one part and two part options. The one part option is commonly used with woodworking. Common brands are Gorilla Glue, Sika

Pros: works well on a wide variety of wood species, particularly on woods with high moisture content or on oily woods. Achieves a very strong and tough bond. Often used as sealants.

Cons: Clamping is required until full strength is achieved in six to eight hours.

Epoxy resins (*polyepoxides*) are generally two part systems designed for high performance bonding. Common brands are Araldite, Loctite Epoxy Adhesive

Pros: have excellent gap filling properties due to their high cohesive strength, fast acting

Cons: can trigger long-term sensitivity (allergies) from overexposure.

QUICK TWEAKS



GLUE CAP AID - SELF EXPLANATORY



CREDIT CARD GLUE SPREADER



A ROAD TRIP A LITTLE NORTH

by Tony James

A road trip in the early weeks of September revealed to me just how the Men's Shed has become part of my life. Not only organising it so that my travels minimised my Mondays away from the company of woodsmiths, but how belonging to the dedicated acquirers of wood and makers of "useful items" has altered the way I view the world.

The trip north to Port Macquarie, via the Pacific Highway, was nothing special having done it all before, the same rest stops, finding our favourite spots for a cuppa and change of driver.

However, as we neared Port Macquarie the regrowth after the January bush fires attracted our attention. Noting the fresh new branches and early regrowth showed that although the fire had swept through with an extreme vengeance and a determination to lay waste to the bush, reforestation was already taking place.

Koalas are a significant part of Port Macquarie and the town boasts a wild life sanctuary and animal hospital that attracts support from all parts of the state of NSW.

After the necessities of life, like seeing one's accountant and one's family, we took what was promised to be an interesting drive from Port Macquarie to our next stop in Tamworth. Armed with detailed descriptions of the slow and winding roads we approached the Oxley Highway with anticipation. Was I going to relive my dream of taking part in the Monte Carlo rally with sharp bends and hidden corners? Were the warnings of a slow and possibly dangerous trip valid? Past Wauchope we started climbing into the Great Dividing Range and the forest closed in on each side of the road, interspersed with edges falling away on one side countered by the rock faces on the other.

It was now that I realised what I was looking for – trees were not just shade and life forms, tall trunks reaching for a top canopy that was 15 to 20 meters up. I was looking at the fallen branches and toppled burned or felled tree trunks in a new light – was that branch large enough to be cut and turned into a bowl, and how long ago was it cut down? Was the burnt tree trunk charred right through or could one get a table top or clean timber out of the charred remains?

Signs on the Oxley Highway warn of logging trucks using the road. After the green education I have received in the last few years, the mind recoils at the thought of diesel fumed monsters dragging new cut tree trunks out of the forest, reducing our carbon balance and native habitat.

Reaching the top of the plateau-like hills, the Monte Carlo was a forgotten dream, one didn't even need to angle the steering of the car to cater for an alternative road camber, no challenge here.

The valleys of the Great Dividing Range were looking their best with the recent rainfall and the period since the bushfires has allowed the land to recover.

A few hours later we stopped at the town of Walcha and my education continued, a road called Thunderbolt's Way, that crosses the Oxley Highway at Uralla, is named after a



The town of Uralla taking advantage of its bush-ranging past.

local bushranger, Frederick Ward, alias Captain Thunderbolt, who made a tax-free living during the mid-19th century. Known as the gentleman bush ranger, he roamed NSW from the Hunter region north to Queensland and from Tamworth to Bourke, from 1863 until his death by lead poisoning induced by a Constable Alexander at Uralla in 1870.

Our destination, Tamworth, came in sight a short time later and we pulled into the Best Western Sanctuary Inn hotel. Chosen because of previous good experiences with the Best Western Hotel chain, our accommodation did not disappoint us, but this is not an advertorial.

cont. p.14

cont. from p. 13

We made a day trip to Nundle, a small town 56 km south east of Tamworth. Established in 1852 when gold was discovered at "The Hanging Rock", today it is a sleepy village with historic buildings that include the Nundle Woollen Mill, Old Court House, Peel Inn, Primitive Methodist Church and of course an antique shop that led to me contributing a significant amount to the local economy.

During lunch at the Peel Inn we gained an insight into the effects of the corona virus on the local population – you meet Qantas flight crew in the most unlikely places! We retraced our route to Tamworth and took the obligatory photo at the Golden Guitar, suitably social-distanced.

Even during these pandemic times Tamworth still has interesting sights to keep the interest of the tourists. The heritage listed railway station is an example of passenger transport being superseded by the transport of goods. Equally important are the monuments to the military service of Tamworth residents including WW1, WW2, Korea and Vietnam as well as National Servicemen. There is still an Army Reserve unit of the 12/16th



Yes! the Big Guitar of Tamworth, the coffee was not that great.



What else would one put on top of a country store, but a chain saw.

Hunter River Lancers which has its origins in 1885. After three nights in Tamworth it was time to head home, down the New England Highway to Maitland and turning east to the village of Morpeth on the Hunter River as I had organised to meet a client and see her gallery of stalls in the Morpeth Antique Centre. Fortunately, our car does not have roof racks fitted so I was unable to bring back a beautiful large plank of wood that is destined to be a table top for some lucky carpenter/ handyman.

Mondays are not good touring days as many shops are closed after weekend trading and so we left the Hunter valley wineries for another time. A week away was quite long enough and I can report that at least in this part of NSW rural industries are getting back to normal, well, as normal as Australia can ever be.



IAN'S "WORLD OF TOYS"

In issue #8 we featured the zoo animals in a train carriage created by **Ian Dawes**, but realistically those who know him were not surprised by his skills in creating fantastic toys.

At the November'19 Show, Ian's toys featured prominently and most of them were snapped up by the visitors who found the toys delightful.



Ian's imagination is boundless and he continues to create more toys, as well as passing his experiences on to other members in time for Christmas. Many of the toys, such as the dragons and the crocodiles have mechanically moving parts, made from wood.





SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe that Tom Wolf has found easy to make and delicious. We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to tempt fate at times and to prove victorious. This is one of Tom's favourite recipes.

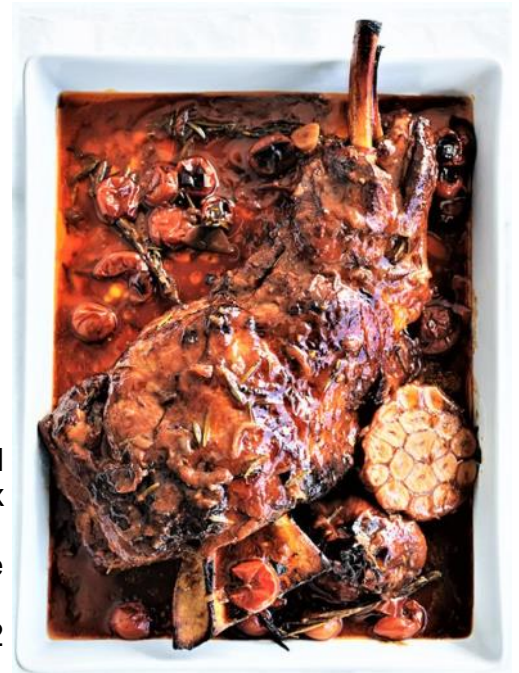
RED WINE AND CARMELISED ONION **SLOW ROASTED LAMB SHOULDER** - Serves 4

Ingredients:

- 1 1/2 cups (375 ml) red wine
- 2 x 400g cans cherry tomatoes
- 1/2 cup (140g) caramelised onion relish
- 1 head garlic halved (1 tsp minced garlic)
- 3 sprigs rosemary (or 1 tsp rosemary leaves)
- 1.5kg lamb shoulder, bone in, trimmed
- 2 tblsp extra virgin olive oil for drizzling
- Sea salt and cracked black pepper

Method:

1. preheat oven to 220C (200C fan forced)
2. place wine, tomatoes, caramelised onions, garlic and rosemary in a deep-sided large roasting pan and mix to combine
3. place lamb on top of mixture, drizzle with oil, sprinkle salt and pepper and rub in
4. cover tightly with aluminium foil and cook for 2 1/2 hours
5. remove foil and spoon the sauce over the lamb and cook for a further 10-15 minutes without foil or until golden brown.
6. let it rest for a few minutes
7. carve and serve



Bon Appétit!

If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.



MAKE HEALTHY FOOD CHOICES.



PROJECT IDEA - ART BOX

A great gift for any family member or friend who is a budding artist and needs an art box. The photos speak for themselves, the box also acts as an easel and can store paints, brushes and canvas boards. Even a palette can be carried in the lid part of the box.



OUT-OF-THE-WAY PLACES TO SEE: SYDNEY'S "FLOATING FOREST"

Located in Homebush Bay, just a few metres off-shore, is a most unusual forested island. The Bay was used as a scrap yard until it was cleaned up in time for the 2000 Sydney Olympics, and "SS Ayrfield" (1911-1972) was one of the ships left there for scrap.

What separates it from the other stranded derelicts in the area (which happens to be a sort of ship graveyard) is the incredible foliage that adorns the rusted hull. This beautiful spectacle adds a bit of life to the area.



Originally launched as the "SS Corrimal", this 1,140-ton vessel was built in 1911 in the UK, and registered in Sydney in 1912 as a steam collier.

In the middle of its life during WW2, it was used to transport supplies to Allied troops stationed in the Pacific theatre before eventually returning to service (with a name change to "SS Ayrfield") as a collier making runs between Newcastle and Miller's terminal in Blackwattle Bay.



In 1972 it was retired and sent to its final resting place at Homebush Bay, which served as a ship-breaking yard, but its destruction was never fully realized until nature eventually laid claim to the ship to produce a most unique spectacle.

Today, the vessel continues to attract visitors to its majestic presence, rich with mangrove trees.

EXERCISE IS THE BEST MEDICINE?



**I like long walks,
especially when they
are taken by people
who annoy me.**