



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

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

Volume 1 Issue 12

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

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

SEASON'S GREETINGS



Your Scuttlebutt Editor and the Committee of WCMS wish all our Members and their families a Merry Christmas, a Happy Hannukah, and a very happy New Year. We wish that your Holiday Season be filled with the love and joy of your family and friends, lots of health, happiness, prosperity and well being, and that your stockings be filled with heaps of great stuff.



SUMMER BREAK DETAILS

The Shed will close for the Summer on
Wednesday, 16 December 2020

We will have our end of year party on that day at
12:00noon, for a sausage sizzle
(please don't bring food, we are not allowed to serve
any communal food)

Social distancing will be observed

The Shed will re-open on **Monday, 11 January 2021.**



VOTE OF THANKS

We wish to thank the outgoing office bearers and committee members for all the hard work they carried out with distinction in 2019-20. Waverley Community Men's Shed is in a sound position and able to face the future with confidence.

We particularly thank Clif Munro, our outgoing President who has stepped back after so many years of devoted service, Clif was one of our Founders.

We also congratulate all our Members who have yet again agreed to carry out the tasks and responsibilities as office bearers and committee members of the Shed for the 2020-21 year and we welcome all the new faces onto the Committee. It was resolved that the Executive of the Shed may co-opt further Committee Members during the year as may be necessary and required.

Your office bearers for 2020-21 are:

President:	Tom Wolf	Vice-Pres:	David Brem
Treasurer:	Rodger Jamieson	Secretary:	Graham Ely
Committee:	Peter Black; Ian Daves; Peter Charlton		
Co-opted to the committee.....	William Honeyball; Jeff Silberbach		
Member Welfare:	Tom Wolf		
Webmaster/IT:	Jeff Silberbach		
Newsletter Editor:	Tom Wolf		



A VOTE OF THANKS FOR A GENEROUS GRANT

The **Wolper Jewish Hospital Health Foundation** has seen fit to make a generous grant to the Waverley Community Men's Shed to assist in the provision of health initiatives for our members for one year.

The terms of the grant will make it possible to update our AED defibrillator and to provide funding for our members to receive First Aid training (as soon as we can after the present COVID conditions as it is difficult to conduct a training course which observes the self-distancing rules.) Having regard to the age group of most of our members, and Phil Wicks who will be our trainer, it is imperative we wait for the pandemic to be over.

We express our deepest gratitude to the Foundation for supporting the Waverley Community Men's Shed.

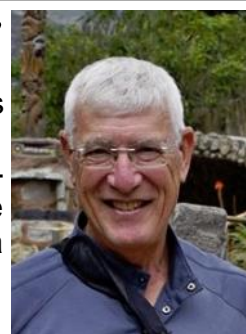


ON THE ROAD TO RECOVERY

We are very pleased to report that our member **Dr. Gad Kainer** is recovering from serious surgery.

Gad is receiving rehabilitation treatment at the War Memorial Hospital and after one of his treatment sessions he visited the Shed recently and he was reminded that he is welcome to come along at any time for a coffee and a chat.

We wish Gad a speedy recovery and we hope to see more of him very soon.



WCMS ZOOM IS HAPPENING!

WCMS ZOOM has started and the first sessions have been successful! After many requests for ZOOM from members, Rodger Jamieson has kindly agreed to be the Convenor and the sessions will take place every Wednesday afternoon at 3pm (3rd Wed of the month excluded) and of course not during the Summer break.



This is how you join in:

How will we meet? We will meet via software called Zoom that you can download onto your computer, tablet or phone. We suggest you use a computer or tablet with a webcam and audio (speaker and voice) facilities.

Go to a **[link zoom.us](https://zoom.us)** to firstly "sign up for free" which will join/register you with Zoom. You then download the software after confirming via your email that you are signed up.

You can then "**Host a Meeting**" to check that the software is correctly installed and then test your video and audio connection.

Need Help? - If you are having trouble or would like to be walked through this please call Rodger on 0427 707 006 before the meeting time so we can get you set up.

You need to practice turning on your video and audio. The controls to do this are either at the top or bottom of your screen – move the mouse cursor there to see the controls if hidden.

The invitation and link that you need to click in are provided below and it will take you into the Shed Zoom meeting:

Rodger Jamieson is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://uca-nswact.zoom.us/j/99584177504>

Just click on the link above and it should take you to the zoom meeting. Suggestion – save this link somewhere you can get at it easily (you can save it in your computer's calendar). It will be the same each Wednesday when ZOOM is held.

It will be great to catch up, especially for those who continue to self-isolate or for any other reason aren't able to come to the Shed. That is not to say that all others can't join in!



VISITORS TO THE SHED

On 14 October we had a visit by the Federal Member for Wentworth, Dave Sharma MP, and Federal Senator Zed Seselja, Minister for Charities, and their entourage, as well as Ged Hyde from the War Memorial Hospital.

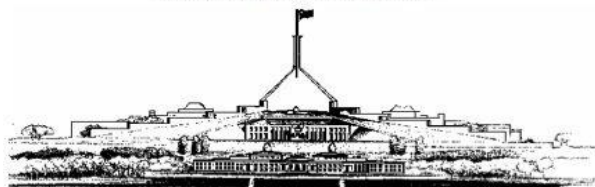
The visit was conducted as a low key event as we were unable to offer morning tea in the current circumstances, but our visitors were greeted warmly and shown around the Shed by the members, and they saw the Shed in action and heard about the work we do.

The visit was very successful, and on his return to Canberra, Dave Sharma made the following speech to the House (from Hansard):



COMMONWEALTH OF AUSTRALIA

PARLIAMENTARY DEBATES



HOUSE OF REPRESENTATIVES STATEMENTS BY MEMBERS Wentworth Electorate: Waverley Community Men's Shed SPEECH

Wednesday, 21 October 2020

Date Wednesday, 21 October 2020

Page 42

Questioner

Speaker Sharma, Dave, MP

Source House

Proof Yes

Responder

Question No.

Mr SHARMA (Wentworth) (13:47): Last week, I was pleased to take the Assistant Minister for Finance, Charities and Electoral Matters, Zed Seselja, to visit the Waverley Community Men's Shed, the only men's shed in the eastern suburbs, in my electorate of Wentworth. It is an organisation that supports the health and wellbeing of men at a difficult time. Men's health sheds have been particularly relevant during COVID by providing men with the tools, the training and the social connections to combat issues such as isolation and mental health, which many men experience upon ceasing full-time employment.

As Minister Seselja and I smelt the freshly cut wood and talked with members about our own less-than-perfect woodworking skills, we were impressed by the craftsmanship of some of the items on display. We admired an exquisite jewellery box that was being crafted by the treasurer, Rodger Jamieson, and the detail in the delicate ship being worked on by the vice-president, Tom Wolf. Tom Wolf, interestingly, also spoke about his ordeal fighting COVID and how, having survived ventilation and after being in a coma for 10 days, he no longer takes his health or his mates for granted. He is grateful to be back at the men's shed turning wood in the company of his friends. While it wasn't needed on the day, I also viewed the much appreciated air conditioner that was purchased and installed for the men's shed with a successful grant from the Stronger Communities Program.

I'd like to thank the president, Clif Munro, and board member Peter Black for facilitating our visit to the men's shed and congratulate all the members in that men's shed and, indeed, men's shed across Australia for providing much-needed support to men at this challenging time.



MEET OUR PATRON: Dr. MARJORIE O'NEILL M.P.

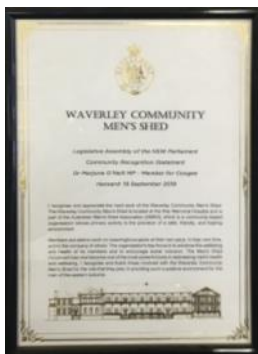
The Waverley Community Men's Shed is located in the NSW State seat of Coogee. Dr. Marjorie O'Neill was elected in 2019 as the member of the NSW Legislative Assembly representing Coogee, she has also been a Councillor of Waverley Municipal Council since 2017.

Dr. O'Neill was born and raised in the Bronte area and has a doctorate (PhD) in Management and Economics.

She has always taken an active interest in sports and is a volunteer surf lifesaver at Clovelly Surf Life Saving Club.

Dr. O'Neill has attended the Shed a number of times and has shown a very active interest in our objectives and indeed in our activities and creations.

On 19 September 2019, Dr O'Neill is recorded in Hansard as making this speech in the NSW Legislative Assembly:

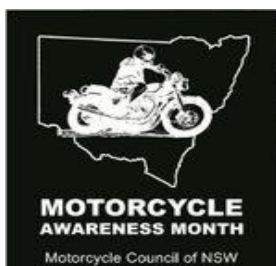


"I recognise and appreciate the hard work of the Waverley Community Men's Shed. The Waverley Community Men's Shed is located at the War Memorial Hospital and is part of the Australian Men's Shed Association [AMSA], which is a community-based organisation whose primary activity is the provision of a safe, friendly, and healing environment.

Members are able to work on meaningful projects at their own pace, in their own time, and in the company of others. The organisation's key focus is to advance the wellbeing and health of its members and to encourage social inclusion. The Men's Shed movement has now become one of the most powerful tools in addressing men's health and wellbeing. I recognise and thank those involved with the Waverley Community Men's Shed for the role that they play in providing such a positive environment for the men of the eastern suburbs."

Following her interest in our work as shown in her speech to Parliament, and her support of our Show in November 2019, the WCMS Committee resolved to invite Dr O'Neill to be our Patron, and we are delighted that she has accepted our invitation.

WELCOME ABOARD.



BE AWARE OF JOE RIDER

In October, our own Clif Munro donned his leathers and his "Joe Rider" yellow vest to ride his trike on behalf of the Motorcycle Council of NSW to promote Motorcycle Awareness Month MCCNSW-#lookoutformotorcycles





WCMS's MACHINES: SAWSTOP

SawStop is a table saw that features a patented automatic braking system that stops the blade upon contact. The manufacturer claims that the saw stops in less than five milliseconds, and angular momentum retracts the blade into the table. The operator suffers a minor instead of serious injury. The design takes advantage of the difference in conductance and capacitance, between wood and flesh.

An oscillator generates a pulsed electrical signal, and if a human contacts the blade, the signal will fall below the threshold. After signal loss for 25 micro seconds (μs), the detector will fire. A tooth on a 10-inch circular blade rotating at 4000 RPM will stay in contact with the approximate width of a fingertip for 100 μs . When the brake activates, a spring pushes an aluminum block into the blade. The block is normally held away from the blade by a wire, but during braking, an electric current instantly melts the wire, similar to a fuse blowing.



A "blown" cartridge

According to the manufacturers, the system has restrictions and limitations, including (but not only) that the system activates if when cutting very green or wet timber, or if the blade comes into vicinity of metal, and activating the braking system damages the blade, both the activating cartridge and the cutting blade need replacing. It is also prone to false activation, but the benefits of the saw well outweigh this element.

Steve Gass, a patent attorney and amateur woodworker with a doctorate in physics, came up with the idea for SawStop's braking system in 1999. After numerous tests using a hot dog as a finger-analog, in spring 2000, Gass conducted the first test with a real human finger, the blade stopped as designed, and although it "hurt like the dickens and bled a lot," his finger remained intact.

When used in accordance with the manufacturer's specifications, and the Waverley Shed advisory on the use of this saw, it is a very valuable asset and is likely (and may already have) saved Shed members from being seriously injured and maimed.

Training for the use of the SawStop is available to all members by the Technical Advisors and certification to allow use of the saw is only to be carried out by the Machinery Advisors. If you wish to be trained in the use of the machine, please make arrangements with the Technical Supervisors, but please be patient and allow the Supervisors to carry out their own work.



ADJUSTING THE BLADE HEIGHT

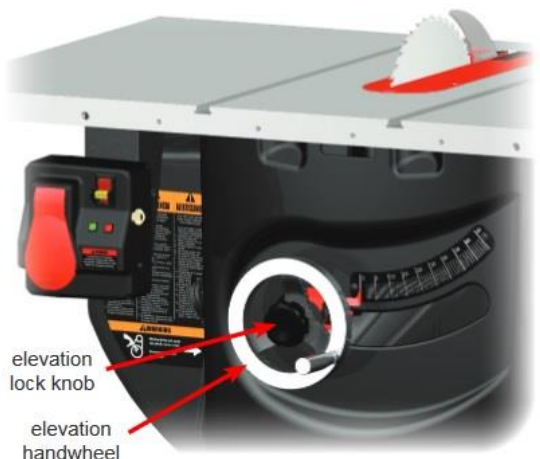
Following a discussion among Supervisors and members recently as to adjusting the blade height on the SawStop, we have consulted the SawStop manual.

On page 42 it says:

"To maximize safety, the height of the saw blade above the table should be as low as possible while still allowing a complete and precise cut. For through-cuts (i.e., cuts where the wood is cut through its entire thickness), the blade height should be adjusted so that the top of the blade is no more than 1/8 inch (about 6mm) to 1/2 inch (about 12mm) above the workpiece. "

"CAUTION! When adjusting the height or tilt angle of the blade, reverse the handwheel slightly to release tension after reaching the limit stops. This prevents any slight twisting of the cast iron assembly that might affect blade alignment. "

Thank you for the research, Colin Lipworth





SHED GOINGS-ON (CURRENT PROJECTS ETC.)

Despite the ongoing limitations as to numbers of members who may attend at any given time to comply with social distancing rules, work in the Shed is progressing and those who attend are as busy and active as ever.



Charles Gerrard (left) is renewing his grandfather clock. It is inscribed "From the members of Wangaratta Cricket Club to F. Gerrard Esq., in appreciation of his services as secretary 1912-13". This really was Charles' grandfather's clock and is ready to be passed to the next generation of Gerrards (but not just yet). And yes, it is small enough to stand on the shelf!



Peter Ulmer (right) is working on an antique "roller-door letter drawer cabinet" that he has undertaken to repair. Although he wishes he had never taken on the project, he got a lot of satisfaction from the finished product. Fantastic!! Peter is also developing a reputation for his restored furniture, in particular, chairs. As a result his new nickname is **Peter "The Chairman" Ulmer**.



Michael Barker (left) has designed an extender for his garden wheelbarrow in which he has his flowers, but he won't share his design or else he claims he will have to kill you.



John Hayes (right), our newest member, is making a "saddler's pony (or vise or clam)" and if, like your editor, you don't know what that is, either ask John or look for it in Google! We think asking John is the easier option!



Alan Rubel (left) continues making plates and bowls on the lathe. He is perfecting the art of getting his projects thinner and thinner.

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cont. from p. 6



Jeff Silberbach is making a box with rebate (rabbet) joints which caught **Clif Munro's** attention. Clif agreed to help Jeff, assistance that was gleefully accepted.

St,Vincent's Hospital Physiotherapists are treating **Tom Wolf** in his post COVID rehabilitation. It was suggested that they may be able to use a "slant board", being a tread that can be angled at 10 and 20 degrees slant . Tom asked **David "Bremmy" Brem** (right) to assist and the project is going smoothly.



Rodney Goldberg (left) is making a plinth seat for use at home instead of a desk chair, he finds that it alleviates backache.

Tony Mandarano (right) is making a chopping board for Mary. Here he is seen drilling holes to make the handle.



Colin Lipworth (left) has started lathe instruction with Ian Dawes. Colin has a fully fitted out workshop including a lathe at his home, but he is now learning to turn a bowl.



Mo Dhanoya (above) is a brave man, he is turning a rolling pin on the lathe for his wife. We wish him luck.



Left: If you ever need proof of the effort and time it takes to make a grant application, here it is. **Rodger Jamieson** and **Clif Munro** are working on an applications for a "top of the chart" dust extraction system to replace our rather old and inefficient one. It took them many days getting quotes etc and then wording the applications. We hope they will be successful.

cont. p. 8

cont. from p. 7



It was a beautiful and warm November day, and **Tony Mandarano** was helping **Mo Dhanoya** making boxes with secret compartments inside the Shed (left), ...

while **Peter Ulmer** and **Charles Gerrard** (right) were outside painting chairs.



Ian Dawes brought along to show some bowls he has made recently, these are techniques that all our members would like to learn (but alas, very few will achieve).



Possum box-making for WIRES continues, with **Kel Hopper**, **Alan Rubel** and **Des Sheehan** working away at mass production.



Mo Dhanoya is making a "baby memory box" for another grandchild. It is to be used to store fond memories associated with birth such as name tags, and the like, it is personalised with the baby's name and other details.

Is this taking protective PPE too far in these troubled pandemic times? No, **Rodger Jamieson** was called away from the lathe by some urgent internet business.



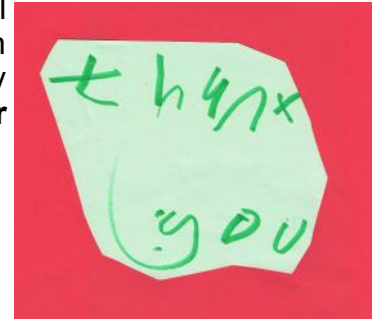
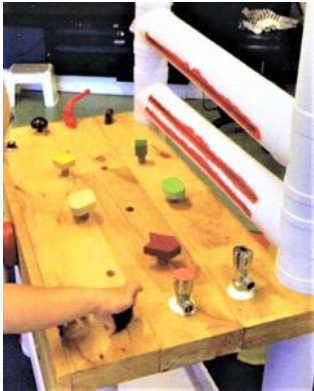
Eating lobster in summer is great. Looking like one, not so much.

Stay sun smart this summer!



WAIROA SCHOOL ACTIVITY TABLE

At the request of Belinda, a teacher from the Wairoa School of Bondi Beach, in September and October 2020 the men of the Shed made an activity table. The team was led by **Rodney Bassetti** and he was assisted by **Mo Dhanoya**, **Peter Black**, **David "Bremmy" Brem**, **Richard Cortis** and **Ian Dawes**.



The school caters for children with special needs and the table was greatly appreciated by the children who immediately took to playing with it. They twist the screws in and out and then leave them on top of the table. It is lots of fun.
Right: The children can also put the balls into the ball shute



UV Activated Liquid Plastic Adhesive & Torch

by Tom Wolf

I recently had need to repair the stem of expensive sunglasses. Remembering a TV advert, I decided to try this UV activated stuff. There are many brands (and prices) out there, I used "Bondic" purchased for about \$25.00. For other brands and competitive prices, search the internet and eBay.



There is no need to rush and hurry, take your time to secure the location of the desired bond on the 2 parts with clamps, then apply the liquid plastic in small bits and seal them with a 4 second burst of UV from the torch provided with the kit (some products take longer).

You can apply layer onto layer and a plastic bond is created in a very short period of time.



PROJECT IDEA: PIRATE SHIP

Suitable for children aged 6 to 10, they can put the timber pieces together under supervision. Using 19mm thick timber and kebab sticks, the balls are from a craft shop. Pre-drill the holes off centre so when put together, if they don't fit all that needs to be done is to turn the timber piece around the other way to align properly.





THE KING OF CHESSBOARDS

In the last issue we reported that **Peter Black** was making a chess-board for his grandson, but we were wrong. He is in fact making chess boards for each of his grandchildren.

We believe that the photos below, which set out the different stages of the construction of the board to get the chequered design correct, are self-explanatory.

Peter has requested Ian Dawes to make the pieces, and we will report on that project at a later point in time.



PROOF RICHARD HAS GONE CYCLING

Richard "Itchy Feet" Cortis kept telling us about the ride he was going on with Dagmar, his wife, on the Tumbarumba to Rosewood rail trail. Nobody would believe it until he completed the ride and submitted a photo with his bicycle.

The ride was through some spectacular countryside, and Richard provided proof that he made it to the other end.

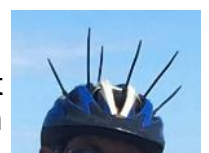


The rail trail is a 21km long sealed trail with a hill at each end and is suitable for walking, cycling or strolling. Parking near the middle, Dagmar and Richard rode to Rosewood, uphill and into the wind. The reward was coffee and a muffin at Rosewood, they then coasted the ten kilometres back to the car for a rest before going out to dinner at the pub.

The next day they set off from the same spot in the middle of the track but rode back towards Tumbarumba. They turned around at the timber mill a couple of kilometres just out of town because they were daunted by the steeper grade up to the end of the track near town.

They rested at picnic tables on the cycle trail that were made by the Tumbarumba Men's Shed, then made the ride back to the car and a pleasant lunch in Tumbarumba. Later,

they took a nice long walk along the creek that runs through town. A feature of the top photo intrigued us. Was Richard taking precautions against "bombing" magpies, or was he communicating with aliens with those antennae on his helmet?





FINISHING OILS

With so many of our members now working with natural timbers, the finish achieved is of importance.

This article is aimed at making our members aware of the qualities of the finishes. The main article was featured in an old model shipbuilding newsletter in the 1980's by an author whose identity, after such lapse of time, could not be ascertained, HOWEVER, it is enhanced for us by observations by **Ian Dawes** and we thank Ian for his contribution.

TUNG OIL, also known as "China wood oil", is one of the oldest and best wood preservatives. It is extracted from the nuts of the tung tree native to the Orient. This tree is now commercially grown in the Gulf States.

The name comes from the Chinese word "tung", meaning stomach, because it has a purgative reaction when taken internally.

This oil is deeply penetrating and serves to bind the fibres of the woods and thus seal and preserve them. Heat will not draw out tung oil as it will other oils. It is water and solvent resistant.

To apply, rub on with a soft cloth until all the oil is in the wood and not on the surface. Immediately wipe off all the excess from the surface as a thick coat of surface film will wrinkle on drying. If the oil becomes tacky, wipe it off with a rag moistened in fresh oil. It is also possible to thin the oil with turpentine.

The oil should soak into the wood anywhere from 30 seconds to 10 minutes depending on weather conditions and the properties of the wood. Wait at least 12 hours between coats. It is recommended that three coats be applied with a rubbing of 4/0 steel wool after each coat to assure a smooth surface.

Subsequent cleaning and polishing should be done with lemon oil. If a brush is used to apply the oil, it can be cleaned with mineral spirits or lacquer thinner.

Tung oil tends to dry non-glossy, a varnish made with tung oil has more lustre. There are other staining products containing tung oil with which wood can be stained.

You do have to be careful with tung oil, as it will solidify or jell in the jar or container once it is exposed to air.

LEMON OIL is very good for use as the final oil finish, especially over tung oil. It should not be used over a wax finish, and it is recommended that you should use pure lemon oil, not one that contains linseed oil, bee's wax or silicones.

LINSEED OIL is an extract of the flax seed. It dries slowly but seals well. Always use boiled linseed oil and not raw linseed oil as the latter contains the non-drying elements of the oil.

The linseed oil reacts with oxygen to become a solid film. When it dries it leaves a soft surface and has poor moisture resistance, allowing double the moisture to pass compared to tung oil. The finish should never be overcoated with lacquer or shellac.

CHEMICALLY MODIFIED OILS penetrate faster and deeper and dry more quickly and harder than unmodified oils. They are particularly good for woods with a natural beautiful grain. They usually dry without gloss, giving a natural oil finish.

You should allow at least eight hours between coats. Some of the products readily available are:

1. Penetrating finish oil;
2. Danish oils containing resins which polymerise and dry in the wood;
3. Teak oil which are used on highly resinous woods such as rosewood and teak.

cont. p. 12

cont. from p. 11

Some additional comments from **Ian Dawes**:

OTHER OIL FINISHES:

Like lemon oil there are a number of vegetable oils that can be used to enhance the appearance of wood. ORANGE OIL can be used straight but like lemon oil is useful over other finishes.

I use it to revive the appearance of bowls that have become somewhat dusty or lacking in lustre with age. The smell is also something that the boss likes (so it gets used on furniture as well).

For bowls and other items to be used with food it is best to use an edible vegetable oil of which there is a range available - grape seed oil and oils used in cooking or as salad dressing are fine.

For food use, definitely avoid Tung oil (which is great for sealing floors) or linseed oil, which is toxic to humans but great for cricket bats. In fact the best approach for a salad bowl is to use the oil that is in the salad dressing – and after the meal is over rinse the bowl and wipe off any excess oil.

I have removed the varnish layer from a myrtle bowl we use for salads (made by a professional – the bowl not the salads) and it now has a rich patina from the salad oil, much better than its appearance under varnish.

Oils that polymerise and harden include tung oil, linseed oil, and walnut oil. If you want to coat an item for outdoor use and are considering Danish oil (which is based on linseed oil) make sure that it contains an antifungal agent, otherwise it will go black with fungal growth on exposure to the weather.

For items that will be subjected to hard wear one can use Tung oil, or a commercial spirit-based varnish, e.g. one based on polyurethane. This is available for a matt, satin or gloss finish.

If you don't like the high gloss from any of these on a bowl you can put the bowl back on the lathe and use 0000 steel wool to gently give a more satisfactory appearance. I don't like water-based polyurethane since it is very viscous and hard to apply without leaving brush marks.

Another alternative, especially for bowls is to use a wax-based finish. There are commercially available ones with the wax dissolved in a solvent – either forming a liquid or a gel.

These are rubbed on a bowl and then with the lathe turned on the application cloth is used to provide friction. The heat will allow the wax to penetrate the bowl to provide a very acceptable finish.

Waxed surfaces will gradually dull with age, but can be revived with orange oil. My own recipe is to use beeswax dissolved in eucalyptus turps with a small dash of boiled linseed oil. The mixture in a glass or plastic jar is gently heated in a saucepan of boiling water until the wax melts/dissolves. On cooling it forms a gel that is easy to apply.

Finally, there are many other options, e.g. penmakers are probably familiar with cyanoacrylate finishes. I recommend that you look at past issues of woodworking magazines, which frequently feature special techniques for finishing a project to appreciate the wide range of available methods and products



**We can't even shake
hands, but our dogs
can sniff each
other's bums
...
must be a question
of pedigree!**



COUGHING

How do I know if my cough is serious?

Most of the time, coughs caused by viruses clear up on their own without any treatment. However, there may be some types of coughs that are more serious, and may need treatment.

Bronchitis Swelling and inflammation in the bronchial tubes (the air passages that link the mouth and nose with the lungs), can cause coughing. Other symptoms include wheezing, difficulty breathing, and difficulty clearing heavy mucus or phlegm.

Laryngitis This is when the larynx (voice box) becomes swollen and inflamed. Characteristics may include a dry or sore throat, and a voice that is hoarse, gravelly or very quiet. Persistent throat clearing and coughing is also a symptom.

Hay fever Also known as allergic rhinitis, hay fever presents with similar symptoms to a cold, including sneezing, runny nose, coughing and pressure in the sinuses. Hay fever is caused by an allergic response to an airborne substance, usually pollen.

Whooping cough This is an infection of the lungs and airways caused by bacteria, and is highly infectious. It is characterised by a severe hacking cough, followed by an intake of breath that sounds like a high-pitched 'whoop'. Young babies are most at risk as their airways can be damaged by severe bouts of coughing, and sometimes they may be too young to have been vaccinated against the disease.

COVID-19 Coronavirus (COVID-19) is a respiratory illness caused by a new, highly-infectious virus. Symptoms range from a mild cough to pneumonia, with some experiencing flu-like symptoms such as coughing, shortness of breath, sore throat and fatigue. If you're experiencing any of these symptoms, phone the Australian Government 24 hour COVID-19 Hotline on 1800 020 080

When to see a doctor:

Coughs often disappear by themselves. However, there are some instances where it is wise to seek medical advice. If you experience any of the following, you should visit your doctor:

- a cough that has lasted longer than eight weeks (adult) or three weeks (child)
- coughing up thick, greenish-yellow phlegm, or blood
- wheezing, shortness of breath or difficulty breathing
- a cough that is accompanied by:
 - chest pain
 - fainting
 - fever
 - ankle swelling
 - weight loss
- a cough that's interfering with daily activities and your sleep

Types of coughs:

Chesty cough : Also known as a wet productive cough, this one typically brings up mucus. Your chest may feel heavy, or like there's something stuck or dripping in the back of your throat.

Dry cough: Also known as a non-productive cough, this doesn't bring up mucus. Instead, your throat may feel tickly which triggers your coughing reflex, leading to 'hacking' coughs.

Croup cough: This is caused by a viral infection that usually affects children five years or under. The virus causes the upper airway to become irritated and swollen, making it hard to breathe and leads to the characteristic 'barking' cough.

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.*



TECHIE TIPS #6

When planning a table, you may find that the timber available is too narrow. If you don't want to use ply, here is a way to 'stretch' the width of your timber. Well, not really stretching but adding extra timber on the side. We call it making **wide boards**.

Wide boards are parallel boards **glued on the edges** until the desired width is gained. For a good result, the **preparation of the edges** is critical and best done on the **table saw**.

Firstly, check the timber for 'bowing' [see *Tips Oct*]. A sideways bow will leave a gap between it and an adjacent straight edge, creating a weakness in the joint. You will need to correct the bow before beginning.

Begin by placing a **pencil mark** (eg. sequential numbers) on the 'show' face of each piece of timber and then run the timber through your circular saw – but here's the trick. **Place** the first board **face up** and the second board **face down**. And the reason? If the blade is only just half a degree off perpendicular, your boards **will not clamp flat** with all faces up.

With the **face up-face down** technique, the edges **will complement each other** and be perfectly flat.

Carefully continue face up-face down cutting until all boards are completed



Place your boards loosely on a pair of T-bar or pipe board clamps and check the end alignment is correct. Then **one-by-one**, turn each board up in turn, run a continuous bead of glue along the length of the edge and spread evenly. How much glue to use? The answer is '**enough**'. Tighten the clamps evenly until you see **small beads of glue along the joint line**. If the edges tend to slide up, use a small F-clamp at each end to hold the boards in alignment.

Leave the boards for 20-30 minutes for the initial set, then without unclamping use the square end of a

steel rule to carefully **shear** (cut by pushing) the beads off the surface with a slightly slicing motion. Repeat on the underside if the surface will show on the completed piece.

For a stronger joint, '**biscuiting**' or '**splining**' the edges before glueing gives a mechanical reinforcement as well as more surface area for glue to timber fibres.



Biscuiting (left) is done with a special tool that cuts a **half moon slot** in the edge of the timber. **Hardwood biscuits** are coated with glue and inserted in the slots at approximately 100 to 150mm spacing.

Splining (below) is done with a table saw or a router to **create a trench** for a lengthwise hardwood insert (the spline).





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.

CHICKEN, CHORIZO & PRAWN PAELLA - Serves 6 (Can be made Kosher by using Kosher Beef Chorizo and omit the prawns)

Ingredients:

- 4 cups water
- 3 tsp salt
- Small pinch saffron threads (or powder)
- 1 tblsp olive oil
- 2 chicken thighs off the bone, diced small
- 1/2 medium onion, chopped fine
- 3 cloves garlic finely chopped (or 3 tsp minced)
- 1 small red capsicum, sliced thinly (no seeds)
- 2 chorizo peeled and thinly sliced
- 2 cups medium (or long grain) rice
- 1/2 tblsp paprika powder (I use sweet)
- 1 tomato (diced small, keep all liquid)
- 200g raw green prawns (tails off)
- 1 spring onion or shallot, thinly chopped



Method:

1. preheat oven to 200C (180C fan forced)
2. on stove heat water and salt to simmer, turn off and add saffron, set aside
3. on stove, heat frying pan and add oil, when hot add chicken seasoned with salt and pepper to taste, brown all sides (about 5 minutes), remove chicken from pan (keep juices)
4. using same pot, cook onions, capsicum, tomato and garlic until softened (about 2 minutes) and add chorizo for another 2 minutes, add paprika powder and stir it in.
5. stir in rice for 2 minutes until rice is coated with oil, transfer to a paella dish and spread out evenly
6. add chicken to the paella dish and pour the saffron water over the whole lot, and place in oven for 25 minutes. If adding prawns, now is the time, cook another 5 minutes.
7. it depends on how deep your paella dish is, a sign of good paella is the layer of crispy rice around the sides, there should be no moisture. Your paella may need a few more minutes if there is moisture.
8. stand a few minutes before serving, garnish with spring onion (shallot) or coriander

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.



**Eating HEALTHIER
foods helps
maintain a
healthier YOU.**



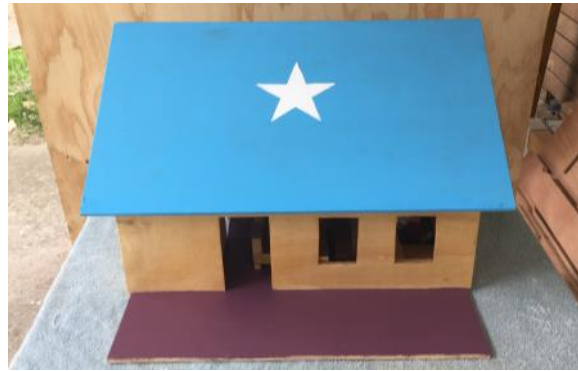
THE GERRARD DOLLS' HOUSE

For the past very many months and long before COVID, Charles Gerrard has been building the "World's Greatest Dolls' House". The story of the Dolls' House is the coincidence of several events,

Firstly, Gerrard's third daughter, Jessica, did not partner until she was 36 years old, so they had given up on the hope of any grandchildren from her. Never-the-less, very soon after, she had a beautiful daughter, Indigo.

Next, Charles' wonderful wife, Therese, encouraged him to join the Waverley Men's Shed and suggested that his first project could be a Dolls' House for Indigo. Charles started by buying a set of dolls, including; four adults, two teenagers, a baby, and a dog. The size of these dolls allowed him to draw up plans to a suitable scale., Charles planned a single level Dolls' House as this accorded with Jessica's house.

Charles tells us that he knew that his skill set was inadequate to the task of converting his plans into reality. **BUT**, generous help and assistance was enthusiastically forthcoming from so many of his fellow Shedders. A great **"Thanks so much for your help guys!"** from Charles.



Then after the Dolls' House construction commenced, their said daughter advised Charles and Therese that her family was expanding further, and the Gerrards' grandson arrived in August this year. His name is Aster, meaning star.

So now, the near- completed Dolls' House is for Indigo and Aster, which explains why the roof of the house is painted blue (Indigo) with two white stars (Aster). Therese will now do some work on soft decorations for the furniture, and then we will have Indigo and Aster's World's Greatest Dolls' House.

