### WAVERLEY COMMUNITY VIEN'S SHED INC. WCMS MEMBERS' NEWSLETTER

#### Patron - The Hon. Marjorie O'Neill MP, Member for Coogee

#### Volume 2 Issue 1

#### **JANUARY 2021**

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#### IF YOU ARE NOT WELL, YOU ARE NOT WELLCOME AT THE SHED!





### JUST FOR THE RECORD

We received our annual Certificate of Membership for 2021 from AMSA. It says:

"The Australian Men's Shed Association recognises a Men's Shed as a community

based, non-profit, non-commercial organisation accessible to all men. A shed's primary activity is the provision of a safe, friendly and healing environment where men are able to work on meaningful projects in the company of other men. The major objective of a Men's Shed is to advance the health and wellbeing of members, and to encourage social inclusion."

At Waverley Community Men's Shed, we believe we have achieved these goals.





### WE RECEIVED FUNDS FROM THE WOLPER FOUNDATION

We reported that 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, and on 15th December we wel-

comed Daniel Goulburn, Chair of the Wolper Jewish Hospital Health Foundation to the Shed. The grant will be used to update the AED (defibrillator) by purchasing new pads, and to pay (or subsidise) the Supervisors and other members of the Shed in First Aid training. Daniel presented a Certificate and a cheque for the grant, and we thanked the Foundation for its generosity.





### WCMS ZOOM WILL RESUME IN JANUARY!

**WCMS ZOOM** will resume in January 2021 with Rodger Jamieson as the Convenor, just wait for an email from Rodger confirming the date of commencement. The sessions will take place every Wednesday afternoon at 3pm (3rd Wed of the month excluded).

#### 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 <u>zoom.us</u>** 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.

Zoom

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!



### SHED GOINGS-ON (CURRENT PROJECTS ETC.)

We are all excited and happy that this terrible year (2020) has come to an end and we look forward to 2021.

Before we closed for the Summer break, we still had projects being worked on and we finished up with a fantastic sausage sizzle–a-la-COVID (no communal food). A big thank you to **Dave Colwell and Tony Mandarano**, who as usual made sure we had a good spread to share. And a big thanks to **Peter Black** who has kept the kitchen supplies going all year and made sure we all complied with the 4sq.m distancing rules despite the frustration and aggravation this caused.

At this time of the year it is also appropriate to thank the Supervisors who give of their time and sacrifice their projects to provide a service to WCMS and the members. We all know that without the Supervisors the Shed could not remain open and be viable.

Unless the Northern Beaches cluster gets out of control, we will re-open with the 2sq.m social distancing rule in force which means that we can accommodate all our members as before the closures, but where possible keep 1 1/2m from each other. Unless you hear otherwise, we still have to be screened by WMH staff at the Morgan Building, masks will be available and hand sanitising will continue.



December was a month when most of us were thinking of the holidays just around the corner, but **Rodney Goldberg** showed us how woodturning can be done. He produced so much "spaghetti" that he probably won't need to buy any for some considerable time! Rodney is turning a liquid amber stumpl.

The liquid amber is from a freshly cut stump that **Peter Charlton** is also going to utilise, here he is cutting a piece of the stump in preparation, helped by **William Honeyball**.



**Graham Ely** is putting the final touches to another community library box, and he is hoping it may be his last one.



In the meantime, **Rodney Goldberg and Peter Black** spent some time practising dovetailing and making boxes. Peter then assembled and made the box that is to contain the chess board that he intends to give to his grandson for Christmas.



#### cont. from p.3

As well as generously helping out just about everybody who asks for assistance, **Mo Dhanoya** has been making a child's activity seat. The seat is adjustable to different heights to allow for the child's growth, but it is for a child to be placed in a position where he/she can watch the parent doing whatever.





Alma from the MANOS kiosk came to the Shed asking us to make a cut-out decoration for a competition between hospital departments. **Tom Wolf** drew the design from artwork provided and then cut and painted the decoration.



**Fred Oertli** moved to the Northern Beaches and joined the Men's Shed at Belrose, but he still came along for the company of his mates and to make a shelf for his new home



Other community project work is continuing, this time **Tom Wolf**, **David Brem, Mo Dhanoya and Tony Mandarano** are making 5 slant boards for St.Vincent's Hospital Physiotherapists. A full article will follow.



In the December issue we reported that Charles Gerrard is working on renewing his grandfather clock that has been in his family since it was presented to his grandfather, Francis Gerrard. Grandfather Frank searched for gold at Walhalla, but finding none (other than his wife Annie Jeanette), he moved to the Wangaratta area and got himself involved in the local community and particularly the local cricket club who presented him with the clock. The clock passed to Charles on the death of his father Mervyn. Under the guidance of William Honeyball



the repairs are continuing to be done to have it ready to be passed to the next generation.

AND WE CONTINUED TO MAKE POSSUM BOXES FOR WIRES!! Thank you, Peter Black and his team of helpers.



### FINALLY, WE COULD PARTY!

The fact that unexpectedly over 50 members came along to celebrate the end of the year at WCMS totally floored everybody! And we were honoured to have our patron, **Dr.Marjorie O'Neill** and to make the occasion even more memorable. Once again, a

**M.P.** attend to make the occasion even more memorable. Once again, a big thank you to **Dave Coldwell and Tony Mandarano** and to **Peter Black** who organised the catering and cooked the food for us to eat, especially when we were unable to accept any food contributions to be brought along by the members. Here are some photos to recall the function:







# BANDSAW SAFETY

Bandsaws are not to be used unless you have been instructed in its safe use and operation and have been given permission (been certified as to its usage). Working with bandsaws can introduce many risks to your health and safety.

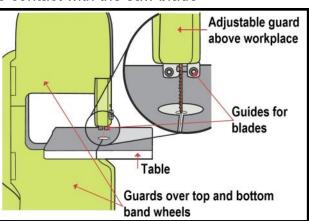
Contact with blades at any time may cause cuts and amputation

#### PERSONAL PROTECTIVE EQUIPMENT AND CARE

- It is highly recommended that safety glasses be worn at all times in work areas.
- It is highly recommended that hearing protection be worn.
- Close fitting/protective clothing and sturdy footwear to be worn.
- Long and loose hair must be contained.
- Remove rings and jewellery that may come into contact with the saw blade

#### PRE-OPERATIONAL SAFETY CHECKS

- Locate and ensure you are familiar with all machine operations and controls
- Ensure all guards are fitted, secure and functional. Do not operate if guards are missing or faulty.
- Check workspaces and walkways to ensure no slip/trip hazards are present.
- Ensure push stick and feather are available.
- Check machine before every use, never assume the previous user has left it in a safe way.



• Start the dust extraction unit before using the machine (and turn it off after use).

#### **OPERATIONAL SAFETY CHECKS**

- Keep hands away from the blade and cutting area.
- Feed the workpiece forward evenly and hold it firmly on the table.
- Use a feather lining up and a push stick when feeding material past the blade.
- Before making adjustments, switch off and bring the machine to a complete standstill.
- Stop the machine before attempting to back the work away from the blade.
- Stop the saw **immediately** if you hear a "CLICK" noise. A broken sawblade could be about to happen, so report it to your Supervisor.
- Never leave the saw running unattended, ensure it is at a complete standstill.

#### ALWAYS

- Decrease the feed pressure as you approach the end of the cut
- Only cut one piece of material at a time, ensure that it moves smoothly along the blade.
- Place the workpiece flat on the table, all stock that is not flat on the bottom to be cut with a jig. Cylindrical or irregular stock is cut with a special jig, such as a V-block
- Keep a balanced stance at the band saw.
- Always keep your fingers and hands away from the path of the blade.

#### DO NOT!

- Try to cut small items
- Back out of a cut, or otherwise bind the backsaw blade, always make a relief cut first
- Force a wide blade to cut a curve of small radius, must use relief cuts
- Stand or let anyone else stand to the right side of the bandsaw, broken blades have a tendency to fly out to the right.
- Never clear small pieces while the blade is moving.

#### AND REMEMBER

- Take regular rest breaks to avoid fatigue and loss of concentration.
- Seek help to lift large, heavy or awkward workpieces.



## LADDER SAFETY

When using a ladder make safety matter. For further information about ladder safety you should visit www.productsafety.gov.au/laddersafety matters

In any year, over 1600 people aged 65 and over are hospitalised because they fell from a ladder, and of those, over 60% of the injuries occurred in or around their own home. When using a ladder:

- choose the right ladder for the job
- don't work in wet and windy conditions
- take time to set up your ladder
- work safely up the ladder
- have another person hold the ladder
- know your limits and work to your ability

And remember the old joke: Falling off the ladder will not harm or kill you ... it's that sudden stop at the other end that does it!



# BRAINFREEZE

### DEMONSTRATION OF HOW TO MAKE AN EQUILATERAL TRIANGLE



### PAST PROJECT: QUOLL TRANSPORTATION BOXES

The headlines read "Meet the Adorable Quoll, the Australian Marsupial That Nearly Went Extinct. The last of these cat-size animals were seen on the mainland 50 years ago, and now they're island-hopping back home."



The eastern quolls, adorable little spotted carnivorous marsupials related to the Tasmanian Devil, are native to Australia.



In March 2018, 20 quolls were transplanted from Tasmania to the mainland of Australia, ... AND THE BOXES IN WHICH THEY WERE TRANSPORTED WERE MADE AT THE WAVERLEY MEN'S SHED!! To be more precise, the box design, features and dimensions were provided to the Waverley Shed, and Peter Black

and a small band of Shed brothers made 20 boxes at the request of the project officer charged with the reintroduction of the quolls to the Booderee National Park near Jervis Bay.

### REMINISCING



Although not a recent project it remains my proudest. In 1969 Frankie & I opened our first Jean shop, "Smart Western", in The Village, Waverley Street, Bondi Junction.

I found a carpenter that I would assist to fit out the interior. Together we built the window display area first, that took a couple of days. On the third day the carpenter was experiencing severe stomach pains, an ambulance was called and he was rushed to hospital with appendicitis, which had to be operated on.

So there I was left with the daunting task of doing it virtually on my own.



The only knowledge that I had, was schoolboy woodcraft (*no Men's Shed back then to get advice*).





I went and purchased a jigsaw, tenon saw, cross saw, hammer, chisel and screwdrivers. Frankie helped by handing me nails, screws and tools as required.

For 7 days we laboured 21-22 hours a day and lived in the shop. It may not have been good carpentry, I was surprised with what we man-

aged to achieve, but our shop opened on time! Ed: Thank you for sharing that treasured memory with us, Raymond!



Remember to apply sunscreen regularly, put on a hat and seek out shade!

#### by Raymond Garfield



### USING CYANOACRYLATE (or CA) (or as most will know it, SUPERGLUE)

Article by Tom Wolf

I am almost too scared to write this article for fear of the follow-up mail I am likely to receive (so please, no follow-up mail). Use of superglue is contentious. I once heard an "expert" asked why he used 2 pack epoxy instead of superglue, and his answer was that he is waiting for another 50 years to see if superglue retains its bond before he answers the question as he was satisfied with the fact that other glues do bind for long periods. Certainly, we cannot vouch for CA's longevity.

Nevertheless, there are times when the use of an instant (or almost instant) glue has benefits and therefore CA is the only useful glue to be used despite the potential risks. So, here are a few hints I have learned over the years of using CA:

Cyanoacrylate is a moisture sensitive product and should be stored in a dry place. Also, storage in a cold place will extend the life span of the glue. In fact, when cyanoacrylates are maintained in a cool, dry location such as a refrigerator at a temperature of about 10°C prior to opening, the shelf life will be extended to a minimum of 15 months, but care must be taken when ready to use, as placing the product in cool, then hot temperatures will create condensation. After removing the product from the refrigerator, it is best to let them sit until they reach room temperature.

So, you are now ready to use the CA. The bottle or tube containing the glue will have a narrow mouth, but getting the glue to the right spot and in just the right quantity can be tricky. There are commercially available applicators which may avoid your fingers being stuck together (at best) but here is a description of a simple and effective applicator that can be made at home:

- 1. Take a sewing needle with a small eye, cut or grind off the top of the eye. Then embed the pointed end of the needle into the end of a dowel or a pin-vice.
- 2. Drip a small amount of CA onto a piece of aluminium foil or cellophane (it can last like this for hours unless it comes into contact with moisture).
- 3. Dip the cut off needle head into the pool of CA and apply to where necessary and wick them into the project that you wish to adhere
- 4. If the needle "dispenser" becomes clogged or messy, burn off the dried glue with a flame or scratch it off with a knife

If parts do not fit tightly or cannot be held together conveniently, use CA glue and an accelerator. Squeeze the dispenser until a small drop of CA forms at the tip. Apply to one of the parts to be adhered and press the parts together. You will have several seconds to move the parts to their proper position then, while maintaining the position, apply accelerator to the seam. The CA will harden instantly and can be released. Allow the parts to be left undisturbed for three hours for complete cure.

Accelerators or "kickers" are available commercially and are recommended. If however you wish to make your own:

- 1. Fill gap with baking soda (sodium bicarbonate) and then drip CA onto the baking soda
- 2. 1 teaspoon Baking soda (sodium bicarbonate) dissolved in ¼ cup of water and sprayed onto the project (but it will make the joint white in colour and difficult to sand)
- 3. Alternatively a small drop of acetone (or nail polish remover) can be used as an accelerator, using a similar applicator as described above.

Good luck, let's hope you get the results you seek, but don't forget that you may need to try your process on something other than you valuable project first.

#### AND DON'T FORGET, YOU ARE USING CHEMICAL PROCESSES AND REACTIONS, SO WORK SAFELY IN A WELL VENTILATED AND CLEAN ENVIRONMENT.



## FRED'S BEE HOTEL

For years we have enjoyed Fred Oertli's "Vaucluse Honey", and now that he has moved to the Northern Beaches, not only will he have to change the name on the label, but even the label itself to

reflect his new home surroundings. Many at the Shed have been amazed by Fred's work on making his bee hotels for his Native Australian Bees. The native bees are very popular because they are "stingless". For a more specialised look into keeping native bees, Fred recommends that you view the many pages on the internet written by Tim Heard, an entomologist, ex-CSIRO re-



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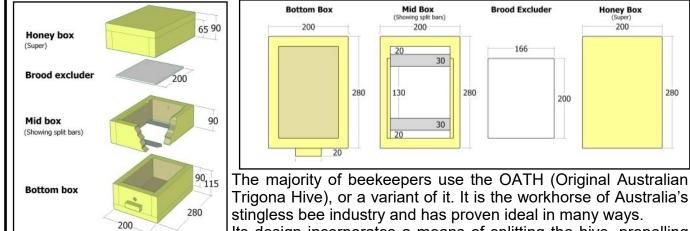
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**Honey Box** 

200

280

search scientist, who has spent his lifetime intimately engaged with these unique creatures.



Its design incorporates a means of splitting the hive, propelling the propagation of countless thousands of new hives. The standard footprint (as per plans above) has the advantage that it allows hives from various sources to be interchangeable.

Fred has varied the suggested timber thickness, in his view, in the coastal regions the standard pine timber purchased from Bunnings is sufficient, but if more than 10km from the coast thicker timber (30mm) ought to be used to offer better insulation against the cold in winter.

The hives are made of 3 boxes, the bottom 2 boxes comprise the hive, and the top box is where the "sugarbags" are hung by the bees. The construction is simple, but the external dimensions of the boxes is vital, both as to ensure that the bees don't get too cold, and to be uniform with other beekeepers so that colonies can be traded.

Each of the 3 boxes Fred has built have the same dimensions on the front, back and sides. The external measurements are: 00mm

front and back	=	200mm
sides	=	280mm
height	=	110mm

The bottom box has a base, which is 200mm x 310mm, and the hole for access is 18mm; the top box simply has a lid of 200mm x 280mm, and the middle box has 2 split bars built inside and the brood excluder is also fitted into this middle box.

Fred has also added a front balcony to the base below the entrance (30-50mm) to offer a safe landing pad and a couple of scraps on the sides as handles.



As for handling the colony, keep in mind that native bees produce only little honey compared to European honey bees.

> To harvest it, the top box is removed, and the sugar (honey) bags are punctured, and the honey is drained into a container. Fred advises that you make sure the honey flow has stopped before replacing the box to prevent bees from drowning in the hive.

### ANAPHYLAXIS

<u>Anaphylaxis</u> is a life threatening <u>allergic reaction</u> that can occur immediately on exposure to a trigger substance although it can also take up to 2 hours.

It is not just for "peanut allergies". Some people are allergic to certain foodstuffs and they may not be aware that the food they are eating contains the trigger. People can also be allergic to "non-food" triggers including insect bites.

The first line of treatment for anaphlaxis is the injection of adrenaline using an epinephrine auto-injector such as an **EpiPen**.

An ÉpiPen contains the active ingredient adrenaline, also referred to as epinephrine. Adrenaline is a hormone that is naturally produced by the adrenal glands in the body in times of stress. This prepares the body for extra energy exertion to allow the body to more readily handle life threatening situations.

When someone experiences anaphylaxis they can exhibit <u>any</u> or all of the following symptoms:

- Tightness of the throat from swelling
- Difficulty breathing
- Tongue & facial swelling
- Hoarse voice or difficulty speaking
- A wheeze or persistent cough
- Collapse or falling unconscious
- Becoming pale or floppy (young children)
- Abdominal pain & vomiting with an insect bite

The adrenaline administered through an auto-injector works to reverse these symptoms by acting on alpha and beta adrenergic receptors in the body.

### Adrenaline should be administered to someone exhibiting one or more symptoms as soon as possible.

#### After experiencing anaphylaxis symptoms triple 0 should be contacted and the victim should spend at least 4 hours under observation at a hospital.

Adrenaline auto-injectors come pre-filled with a solution that automatically injects when pushed firmly against skin. An EpiPen auto-injector (**located in the First Aid kit at the Waverley Mens Shed**) should be injected into the outer-mid thigh and should **NOT** be injected into veins, fingers, toes, hands or feet. You should inject someone as soon as you detect the first signs of a severe allergic reaction.

#### HOW TO USE:

- 1. Form a fist around the EpiPen and PULL OFF THE BLUE SAFETY RELEASE.
- 2. Never place your thumb on the end of the EpiPen.
- 3. Hold the patient's leg still and **PLACE THE OR-ANGE END** against the patient's outer mid-thigh.
- 4. The pen should be against exposed skin, however it can go through ONE layer of clothing.
- 5. **PUSH DOWN HARD** until a click is heard or felt, and hold in place for 3 seconds.
- 6. **Ring "000"** ;
- 7. Record the time of administration. If no improvement after 5 minutes a second pen should be used if available.

The above information is in accord with ASCIA (Australasian Society of Clinical Immunology and Allergy) training protocols 2020. For further information and details of free online training please visit the ASCIA website at <u>https://www.allergy.org.au/</u>





### A FEW ODD JOBS FOR ST.MICHAEL'S CHURCH

**Dach Hall** has helped carry out repairs to the property of **St.Michael's Church at Vaucluse** for many years, so nobody was surprised when he turned up with the vestry door which had been kicked in by an intruder. A few hours of work and repairs were completed, the door was again hung to safeguard the Church premises.

The biggest job however (by far) was the job Dach, **Tom Wolf** and some of the residents of Mark Moran Vaucluse did in replacing the 50 year old fabric on 52 church kneelers (each varying in length between just over 2 metres and over 3 metres.

Black vynil fabric that was resistant to paint and nail polish and was also fire retardant was provided by the church, and in 30 days the work was completed thanks to 4 members.







### PAST PROJECT: ST.VINCENT'S HOSPITAL REHABILITATION DEPARTMENT EQUIPMENT PROJECT

This was a genuinely interesting project that in late 2017/early 2018 landed on the Waverley Shed's door-step. At the request of the Rehabilitation Department of St.Vincent's Hospital for us to make some equipment, all we were provided were some photographs of what was required.



This total lack of detail caused no barrier to **William Honeyball** and **Peter Black** who completed the project.

The first item to be made was relatively simple, it was a box with a bracket that could be hung over the end of a bed so that the nurses could put things into them while they attended to oth-

er things. The next item is quite intriguing. It is a

mirror box triangle utilised by patients to treat pain and disability in the hands or feet after, for example, a stroke.

The mirror therapy works to exercise the brain and to trick it into believing that the reflection of a healthy hand or foot is actually the impaired hand or foot and the patient can then exercise



the impaired limb, in the brain, by performing movements with the healthy limb. The patient's impaired limb is placed behind the mirror so all the patient can see is the healthy limb in the mirror.





moving the slide (which is constructed on 4 rollers that can turn in all directions) back and forth in the trough of the box.

The project was a resounding success, we believe that all the equipment is in use at St. Vincent's Hospital.

Finally a slide box was required, the operator can adjust the tension (elastic straps) that the patient needs to work against in





# 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 Tony Mandarano 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 Tony's favourite recipes.

### OCTOPUS A-LA-MARIA (Serves 6)

#### Ingredients:

- 1<sup>1</sup>/<sub>2</sub>kg octopus (medium size)
- 3 cups red wine
- 2 large onions
- 4 cloves garlic
- 1tblsp olive oil
- 200g tomato paste
- 1tblsp sugar
- 2 x 800g tomato puree
- Mixed herbs (to taste)
- 10 bay leaves (whole)
- 150g pitted black olives (cut or sliced)
- 2 cups frozen peas
- 4 small potatoes
- Salt and pepper to taste
- (Optional) small handful of sultanas

#### Method:

- 1. Place octopus and wine in a pot, simmer for 15 minutes
- 2. Drain, but keep the juice, allow to cool
- 3. Peel onions and garlic and chop fine, brown in a hot pan with olive oil
- 4. Add tomato paste with sugar, stir well and allow to blend
- 5. Add tomato puree and the octopus juice.
- 6. Cut octopus into bite size pieces, add to pot and allow to simmer until tender (the longer the better, try 2½ hours)
- 7. When ready, add the rest of the ingredients (to taste) and simmer for another ½ hour
- 8. Remove the bay leaves and **serve** with pasta of choice (eg. spaghetti) al dente, spread octopus sauce (maybe with parmisan cheese on top)

#### **Buon Appetito!**

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.



# I love cooking with wine!





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Today we turn to a party fruit salad bowl, This is a table centrepiece that can be used for children's parties as well as for grown-up children, the picture tells it all:

### PIRATE SHIP

What a fantastic way to get a WOW! factor from a simple fruit salad serving dish?

The masts and spars are made of kebab skewers, you may need to borrow your grandchildren's LEGO for the pirate captain (or just leave it off).

The KFC cup can be exchanged for any take-away coffee cup for the crow's nest.



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.

Bon Appétit!



### BREMMY'S TRANSPORT TOYS

Over the years that **David "Bremmy" Brem** has been a members of the Waverley Shed we have only rarely seen him out of the machinery room. It was different in the weeks leading up to the November'19 Show when he emerged and made a variety of toys, predominantly cars, but also airplanes.

All these toys proved to be a great success with the visitors.









### PAST PROJECT: RESTORED ENDEAVOUR MODEL

What happens when a favourite model is left outside to the elements on a balcony (and probably the local cats)? That question is answered by looking at the photos of the model of the Endeavour brought to the Waverley Men's Shed for restoration.

The restoration was carried out by Tom Wolf (who has completed the building of many wooden ship models) and took about 9 months (part-time work).

Tom cleaned (and in some cases replaced) the timbers, such as rails, masts and spars and rigged the model with appropriate blocks and deadeyes to make the model more realistic than just a bare decorative model.





New masts were made and totally re-rigged as necessary, new sails were cut, sewn (by Raymond Garfield), and installed as furled, but it remains a decorative model and not for competitive judging.

The restored model is shown in the photos, a close inspection will show that for the sake of authenticity Tom did perpetuate the spelling mistake of this wonderful ship's name as "Endevour", but then again, English spelling was probably not the original Russian modelmaker's forte.



The owner was delighted and assisted the Waverley Men's Shed with a most generous donation.



PROJECT IDEA: FOOTREST

In the past we have made these for a podiatrist , private individuals and War Memorial Hospital.

It is a small stand, about 10-12 cm high base with an adjustable foot rest. This allows elderly and mobility restricted people to put on socks etc.







DOES THIS INSPIRE YOU? FELL YEARS AGO -NEVER GAVE UP