



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 2 Issue 2

FEBRUARY 2021

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



FROM THE EDITOR

Just when we thought we could go back to normal, COVID has given us a reminder of how tough 2020 was and what we may have to look forward to periodically. When we re-opened, rather than being almost unrestricted, last years' restrictions had to be even more strictly enforced, with limited numbers to ensure social distancing, checking in at WMH, wearing masks and having our own QR code.

Anyway, we hope soon to be finally on the road to normality, if that can ever be achieved again? We all wait with baited breath.

This month we are going into membership renewal mode, with current membership coming to an end and our new financial year starting on 1st March. You will get your renewal form by email, and your early renewal will be appreciated.

I hate to harp on it, but this newsletter is totally dependant on contributions as we generally can't reprint other publications' articles without breaching their copyright unless we've made prior arrangements. So, I look forward to a flood of contributions from you, the members. Preferably not just photos with descriptions, but actually a storyline, I'll take care of the editing from there.

On a different subject. In many respects running our Shed management is very dependent on individuals, for example the role of Treasurer (and in a smaller respect that of Newsletter Editor). Should anything happen to Rodger and/or to me (as editor), there would be a substantial hiatus and it would be prudent to have an assistant (or understudy) for both these positions. If you are interested in either position, please let a member of the Committee know. Experience is not necessary, we can teach/train any interested members in a very short time.

Tom



My friend celebrated his birthday by buying an all-terrain 4 wheeler. I'm thinking of getting one. Getting old is easy; having fun at it is the real trick.

**Thought for the month (and for the rest of the year?):
THINK POSITIVE ... AND TEST NEGATIVE!**



WCMS HAS COVID-19 SAFE PLAN ACTIVE



Our COVID-19 Safety Plan is extracted (insofar as applicable) from an email received from NSW Government 6 January, 2021

Business name
Business location (town, suburb or postcode)
Effective date

Waverley Community Men's Shed Inc
Waverley NSW 2026
3 January 2021

Wellbeing of staff and customers

- Exclude staff, volunteers and visitors who are unwell.
- Provide staff and volunteers with information and training on COVID-19, including when to get tested, physical distancing, wearing masks, cleaning, and how to manage a sick visitor.
- Display conditions of entry (website, social media, venue entry).

Physical distancing

- Capacity of the Shed will not exceed one attendee per 4sq meters of publicly accessible space (max 10 persons) or to any revised NSW Health guidelines.
- Support 1.5m physical distancing where practical, including: at points of mixing or queuing such as toilets and entrance and exit points, between seated groups, between staff.
- Encourage and support 1.5m physical distancing where practical - exceptions will be where close monitoring or training on woodworking machinery. This will be subject to any revised NSW Health requirements.
- Have strategies in place to manage gatherings that may occur immediately outside the premises, such as with drop off and pick up zones or stag-gered class start times, and also of staff in meeting or break rooms.

WE'RE COVID SAFE

We have a COVID-19 Safety Plan and are committed to keeping you safe.

Physical distancing **Hygiene and cleaning** **Record keeping** **Wellbeing of staff and customers**

HELPING BUSINESS GET BACK TO WORK

Provide feedback on this business at nsw.gov.au/covid-feedback

NSW

WE'RE COVID SAFE

Please check in before entering our premises.

We're helping keep our community COVID safe by recording contact details.

It's easy to check in:

- 1 Scan the QR code with your smartphone camera or QR code reader.
- 2 Follow the prompts on the Service NSW app or on the Service NSW webform.
- 3 Show a staff member that you've signed in.

We respect your privacy

NSW

- Shed attendees will be encouraged not to congregate outside the Shed especially at Shed close.
- Reduce crowding wherever possible and promote physical distancing with markers on the floor, including where people are asked to queue.
- Use of work tables to space out men attending the Shed when working on projects.
- Shed attendees will be cognisant of physical distancing where practical near the kitchen area and when eating on the deck.
- Lunch time use of the deck and in the main assembly room to promote physical distancing.
- Shed management meetings will be conducted with physical distancing and Zoom meetings if necessary if the Shed is closed.
- All deliveries are paid for in advance - therefore contactless.

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Hygiene and cleaning

- Signs showing good hand hygiene practices are displayed at the hand washing sink.
- Hand sanitiser is available on entry to the Shed and is available to all men in the Shed.
- War Memorial Hospital toilets used by attendees at the Shed are well stocked with hand soap and paper towels.
- Each member of the Shed has their own Shed mug for tea/coffee and water, others have their own water bottles. Men eating at lunch time or morning tea are encouraged to eat outside on the Shed deck.
- Shed attendees are encouraged to either bring their own lunch or buy it from the Hospital's Cafe.
- Cutlery and tableware is cleaned with detergent and hot water.
- Shed hard indoor surfaces such as kitchen and work benches are wiped down at the end of each day with disinfectant.
- Woodworking tools and equipment need to be wiped down between use with disinfectant or antibacterial wipes.
- Shed will provide detergent and disinfectant, attendees will provide their own gloves if they consider it necessary.
- Disinfectant solutions will be maintained at appropriate strength and used in accordance with manufacturers instructions.
- Supervisors or volunteers who clean up during or at end of day or who reorganise furniture should wash hands thoroughly before and after with soap and water.
- Contactless payment options are encouraged.
- Shed staff will use natural ventilation where possible and in conjunction with air conditioning when too hot or cold.

Record keeping

- Shed will use the NSW Health QR Code to electronically collect details of attendees.
- There will be a written record of attendees for each day at the Shed recording
Name,
Contact mobile number,
WMH check in,
NSW QR Code check in,
time in,
time out.
- Ensure supervisors know about the COVID safe app
- The Shed is registered as COVID Safe.
- The Shed will co-operate with NSW Health in relation to a positive case and will also notify SafeWork NSW

**IT IS NOW OUR RESPONSIBILITY TO ENSURE COMPLIANCE,
OR ELSE, INCUR PENALTIES AND CLOSURE.**



Did you know that improving your sleep habits can help improve your sleep?

1. **Avoid alcohol**, large meals, exercise and smoking at least two to three hours before bed.
2. **Turn off from work** and technology at least an hour before bed.
3. **Go to bed as soon as you feel tired.** If you wait too long, it will be harder to fall asleep.
4. **Avoid watching TV** or reading an exciting page-turner in bed.
5. **Go to bed at around the same time each night.** Ideally this should be before midnight.
6. **Sleep in a dark, well ventilated room.**
7. **Deep sleep** is the phase of sleep where you benefit most. It happens in the first third of your sleep. Avoid environments where you could be disturbed during this phase.
8. **Aim for seven to nine hours of sleep per night.**



FIRST AID COURSE



It is ironic that although our Shed is located within the grounds of a hospital, there is no Accident and Emergency facility so any serious injury has to be referred directly to Prince of Wales Hospital after calling an ambulance.

It is during the time when a call is made and the arrival of an ambulance team that First Aid training could prove to be significant.

Also, as any experienced first aider will tell you, the place and circumstance when you will most likely need to use first aid (other than to apply a BandAid), will be in your own home and treating a loved one.

In the past we have organised courses, but with COVID this has been difficult as our trainer is in an age group when he declined to expose himself to risks by running a course. We hope that will soon change and we will be over this dreadful experience.

As previously notified, through the generosity of the Wolper Hospital Foundation we have received funding to conduct first aid training for the members who are interested.

There will be a choice of 2 courses, a full Certificate Course (including CPR) good for 3 years, and an Emergency Care course involving fractures and injuries, bandaging, and basic care (defibrillator and EpiPen).

The full Certificate Course will cost about \$120.00 per person, the Emergency Care Course is about \$30.00 per person. We hope to be able to cover all (or at least most) of these expenses.

We invite all members who wish to undertake either of these courses to email me at tom@aces.net.au and to let me know which course you prefer.

We will then notify those who have registered of the date/s of the courses when they are arranged.



PETER'S CHAIRS

Hello Shedders,

Those of you who know me, know that I love to find discarded stuff by the side of the road. And if I think I can bring that stuff back to life and someone might just like it and even give a few dollars for it, then I have my next project at The Shed.

Some weeks ago I was asked by Peter Black to bin three grubby old chairs that had been cluttering up the place (See the article in the December issue of Scuttlebutt).

"What?" I said to Peter, "They are works of art shabby chic!". Peter shook his head. I have no doubt he thought I was quite mad.



The restoration began by thoroughly cleaning the dirty chairs with metho and turps. As they were rickety and unsafe, I glued and screwed them. While all this was taking place I was getting looks of incredulity from my fellow Shedders. This continued after the chairs were clear coated with a satin varnish. Job done.

I placed the 3 works of restored art on Facebook Market Place. Within minutes I was getting a lot of interest. They quickly found a new home to a very appreciative (and quite attractive) lady. So here is the upside of restoring discarded furniture –

1. You save it from landfill - **proving Shedders are conservationists**
2. You have fun doing the restoration - **proving Shedders are handy & talented**
3. There might be a few dollars for yourself or a charity - **proving Shedders are caring**
4. Interestingly, many Facebook Market Place responses are from judicious shopping women - **proving Shedders never lose their allure**

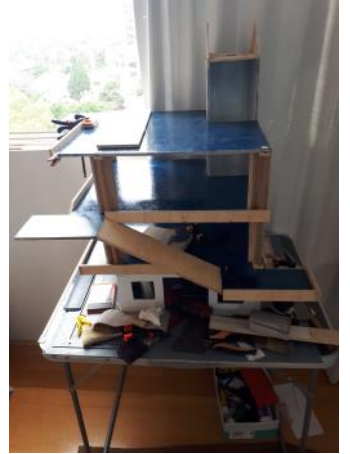
Best of luck to you, Peter Ulmer (yes, happily married)



WILLIAM'S TOY GARAGE

In the October issue of Scuttlebutt we informed our readers that **William Honeyball** had set himself a new project, namely building a Toy Garage for his grandsons who live in Dubbo.

William used his isolation period fruitfully cutting all the component parts in readiness for the assembly, and William got it ready to give it as a Christmas present to Toby and Benjamin. The multi-storey toy garage is quite elaborate (including a lift) as the photos show with a stunning paint job that will be enduring ... and yes, the lift works!!





SHED GOINGS-ON (CURRENT PROJECTS ETC.)

With the early closure for the Summer and a rather full issue of Scuttlebutt, last issue we didn't fill you in on a completed project by **Jim Khedoori**, who completed the replacement bathroom cabinet for his home as shown by these "during and after" photos.



We've heard from **Ross Poynting** that he is well, but will not be back at the Shed in the foreseeable future, but hopefully once the vaccine is rolled out and things settle he will be able to come. He is kept busy at home with the garden, word games, cricket, and his grandkids. He looks forward to reading Scuttlebutt and keeping up-to-date with goings-on at the Shed but unfortunately he finds Zoom hard to follow.

Gad Kainer is on the road to recovery, he was seen being assessed for the United Senior's Gym, and he seemed to be in good humour.

On re-opening, all who attended were informed of the **CovidSafe** provisions (as printed on the earlier pages). A big thanks to **Rodger Jamieson** for organising the CovidSafe Registration and the QR Code without which we could not re-open.



The slant boards for the St.Vincents Hospital Physiotherapists were started before the Summer break and **Peter Black** immediately embraced the project when we returned (left)



David Brem (right) used the slow start to the new year by getting on with his toy cars.



The lathe classes resumed with **Peter Charlton** demonstrating some of his skills to **Tony James**.



Rodger Jamieson is making repairs/fitting out a cupboard at his home with shelves. After carefully cutting all shelves square at the Shed, when he took them home he discovered to his dismay that the original built-in cupboard was not square! We think it would have been a miracle if it would have been square.

Tony Mandarano always comes up with an unusual project, this time Tony is showing everybody how to make **LOVE**!. Yes, he is making a



wall bracket that will eventually house knick-knacks that spells the word

Regrettably our grant application or new ducting was unsuccessful, so **David Brem** is yet again trying to re-configure the extractor system ducting to a higher level of efficiency. He was found playing with the pipes (maybe a fall-back to his Scottish ancestry on his father's side)



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Whilst travelling, **Peter Chapman** visited the Tilba Woodturning Gallery and found plates and toys very similar to what we make in the Shed for sale for \$70 per plate



Recently, **Ian Dawes** took a collection of toys to the Sydney Children's Hospital at Randwick. The toys were made over the course of the last 6 months, sometimes at the Shed with the help of other mem-

bers and sometimes at home, Ian was assured that sick children would be given the toys and could keep them after they leave hospital - **so the challenge now is for the members to make more**. Plans are available for all the toys in the photograph (as well as others) for those members keen to help by making more and seeking further designs (as well as the "Brem Cars". This hospital project has merit as the Smith Family and some of the other charities do not accept home-made toys and only accept shop bought toys or donations of cash.

Mo Dhanoya (right) was one of Ian's helpers making toys. Also, before the break, Mo was making a child's training tower which he finished just in time before we closed the Shed.



Des Sheehan finished the doll's house he was making and it has been presented to the grandchildren.



Poppy has to urgently build some cots now (see poor sleeping arrangements on ground floor).

Rodney Bassetti (right) is restoring his mother's art deco style bamboo coffee table. A little cleaning and a coat of varnish will restore it as Mum would have it.



Charles Gerrard (left) has progressed with the rocking horse he is making for his grandchildren. As the grandchildren are still very small, Charles decided to make it as a "sit-inside" rocker so the baby will be able to use it soon.

Tony Mandarano, with Dave Colwell assisting, cutting shelves for a friend (bottom left)



Uli Makulic has written us that he is off again to his usual quiet camping spot in Warrabah National Park for some R&R and a spot of fishing (Murray Cod) in the free flowing Namoi River, a little paradise only very few people know. He'll be back around the end of Feb and is looking forward to getting a brand new hip joint in March. Uli hopes by May he can come to the Shed again and we wish him a speedy recovery.



TABLE SAW SPLITTER (Riving Knife or Blade)

Positioned immediately behind the cutting saw blade of the SawStop (and all table saws) is a "splitter", its purpose is to hold the kerf (the width of the blade) open and to prevent kickback. It also saves the blade from burning the wood at the cut.



Quite often you will hear it called by its proper technical name, a "riving knife or blade" and mostly it looks like a shark's fin.

Although there are many causes for kickback, probably the most dangerous occurrence happens when the cut wood closes together as it passes behind the blade, as the upwardly rotating teeth at the back of the blade can throw the workpiece forward toward the operator.

WCMS's SawStop is fitted with the option of 2 different interchangeable splitters, one of them actually features anti-kickback pawls and a blade guard (but is limited to cutting timber of up to 75mm thickness).

The kerf created by the cutting blade is the thickness of the blade itself, however the widths of saw blades vary, yet the splitter is generally constant width.

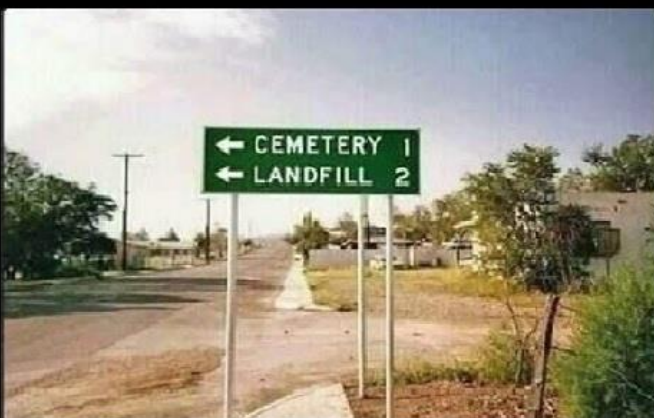
For just about all projects this will create no difficulty, but for a small number of projects we have to be aware of this fact and choose the kerf of our cutting blade accordingly. If you have any doubts, speak to the Technical Supervisor, but under no circumstances should the splitter be removed when cutting.

If at any time you notice that any table saw does not have a splitter installed, it should not be used in our Shed, please inform a Supervisor immediately.



Why regular exercise is good for your body and mind

- Helps control your weight, blood pressure, cholesterol, diabetes and bone/joint problems
- Reduces the risk of heart disease, stroke and some cancers
- Helps to manage pain
- Helps to maintain and increase joint movement
- Helps to prevent falls and injury
- Reduces stress and anxiety
- Improves concentration
- Improves self-confidence
- Reduces feelings of sadness



My wife said when I pass she would go the extra mile to give me the burial I deserve ...



Why Muscles Get Sore: Delayed Onset Muscle Soreness (DOMS) and Exercise

Delayed-onset muscle soreness (DOMS) is **muscle pain** that begins after you've worked out. It normally starts a day or two after a workout. You won't feel DOMS during a workout. Pain felt during or immediately after a workout is a different kind of muscle soreness. It's called acute muscle soreness which is a burning sensation felt in a muscle during a workout due to a quick build-up of lactic acid. It usually disappears as soon as or shortly after you stop exercising.

DOMS symptoms typically occur up at least 12 to 24 hours after a workout. The pain tends to peak about one to three days after your workout, and then should ease up after that.

Symptoms of DOMS to watch out for may include:

- muscles that feel tender to the touch
- reduced range of motion due to pain and stiffness when moving
- swelling in the affected muscles
- muscle fatigue
- short-term loss of muscle strength

High-intensity exercise can cause tiny, microscopic tears in your muscle fibres. Your body responds to this damage by increasing inflammation, which may lead to a delayed onset of soreness in the muscles.

Pretty much any high-intensity exercise can cause DOMS, but one kind in particular, known as eccentric exercise, often triggers it. Eccentric exercises cause you to tense a muscle at the same time you lengthen it. For example, the controlled, downward motion as you straighten your forearm after a biceps curl is an eccentric movement. The way your quads tense up when running downhill is also an eccentric movement.

DOMS can affect just about anyone, from elite athletes, to beginners, to people who haven't worked out in a long time.

So, no matter your level of fitness, DOMS may strike whenever you dial up your workout intensity, perform eccentric exercises, or try a new kind of exercise your body isn't used to.

Some people think that unless you feel super sore after every workout, you're not making any fitness gains. This is not true. When you start a new exercise routine or push your limits, you're more likely to get sore. But as you keep working out, your body adapts.

You may feel less and less sore with each workout, but that in no way means you're not working out hard enough or that you're missing out on fitness gains from those workouts.

You might be tempted to rest and avoid all exercise and movement when DOMS strikes, but unless it's severe, hitting the couch for the day may only worsen pain and stiffness, not ease it.

Listen to your body. If your DOMS is bad, you may need to take a day of complete rest to give your muscles a chance to repair.

At a minimum, you'll want to skip any kind of high-intensity cardio or power lifting sessions when sore. That may only worsen and delay your recovery from DOMS.

Think about trying some gentle movement throughout the day. It won't speed your recovery, but it might lessen the soreness. To keep your muscles moving, try gentle yoga or some low to moderate intensity walking, cycling, or swimming.

Time is the only treatment for DOMS, but you can also take steps to ease the pain and stiffness while you wait for your muscles to repair themselves.

DOMS rarely requires a trip to the doctor, but you should see a doctor if the pain from DOMS stops you from doing your normal daily activities.

You should also seek medical attention right away if:

- your DOMS lasts longer than 7 days
- your urine becomes abnormally dark
- you have severe swelling in your arms and legs

Sharp pain, muscle spasms, and numbness and tingling are different from the dull ache of muscle soreness. Talk with your doctor right away if you feel any of these symptoms after working out.

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.



MENTAL HEALTH AND WELFARE

Whilst the Waverley Shed is not a clinical facility, we recommend a number of specialist providers of men's health support throughout Australia. These include:



Lifeline is a national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services through connection, compassion and hope. To speak to Lifeline Crisis Supporter, phone 131114. For more information contact <https://www.lifeline.org.au>



Mentoring Men - In these difficult and challenging times Mentoring Men understand that connection and supporting each other is more important than ever and remain ready to assist all who reach out to them and have a discussion. To know more please visit their Facebook at <http://www.facebook.com/MentoringMenAus>.



beyondblue – arguably Australia's best known organisation providing support for men living with depression and/or anxiety by raising awareness and understanding, empowering people to seek help, and supporting recovery, management and resilience. <http://www.beyondblue.org.au/resources/for-me/men>

. Our Shed displays a full set of **beyondblue** literature and members are ready to 'watch out for our mates' by talking about and directing to access support programs like Man Therapy. <http://www.mantherapy.org.au>



Foundation 49: Men's Health – this is a dedicated online newsletter dealing with overall men's health issues and targeting 'Decades of Health' by age with printable Fact Sheets. <http://www.49.com.au>



theshedonline.com.au – is an initiative of **beyondblue** in conjunction with the Australian Men's Shed Association (AMSA). It is professionally managed and provides nearly all the experiences of a physical shed bar the sawdust. Once logged on, there is access to Discussions between members, Health and Lifestyle issues, Member articles, Topical News and Interviews, Events, Activities, Shed TV and news from individual Men's Sheds around Australia. www.theshedonline.org.au

Spanner in the Works – An Australian Men's Shed Association (AMSA) program for individual health screening appointments combined with guest speakers on a variety of Men's Health topics.



ESSPN – Eastern Suburbs Suicide Prevention Network is a group of organisations in the Eastern Suburbs community working together to increase awareness about suicide and mental health and the support services that are available to help people when in need. The network consists of members from Woollahra Council, Rose Bay Police LAC, Carers NSW, Anglicare, Wesley Life Force, Bondi Community Health Centre, and JewishCare.



Mensline Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime. Please call 1300 78 99 78 to talk with a counsellor; or register your details and login to MensLine Australia online counselling on <https://mensline.org.au/phone-and-online-counselling>.

- Contrary to popular belief, the highest suicidal male groups by age were 85+ (highest) and 80 – 84 (2nd highest) [ABS Cat 3303.0 2012].
- Keeping a lookout to our fellow Shed members' moods takes on high significance, particularly at times of tragedy and loss, illness and lengthy periods of loneliness and isolation (especially relevant during COVID).
- We suggest that you do not deal with issues yourself but encourage contact to be made with these specialist providers.

THE SHEDDERS DO ODD JOBS FOR RESIDENTS

The Men's Cave at Mark Moran Vacluse is promoted by Tom Wolf and Dach Hall, the founders of the Shed, as a coffee club for the residents, to give the men at the exclusive retirement village a haven to get away from the overpowering numbers of women compared to men at the Village.

This is undoubtedly true, but at the same time a service is provided to the residents (women as well as the men) by the various jobs, repairs and advice given to the residents.

That advice can vary from "If you don't put the gear into 'Park' you can't take the keys out" to "Don't do that, it will void your warranty. Please return it to where you bought it!". Other advice is more basic such as to what is the best glue to use, and the job may be as simple as punching additional holes in a belt as many seniors lose weight and their body shape changes.



Since July 2018 the pair have completed over 50 repairs, mostly small repairs ranging from Tom "knocking up" a wooden pawn in the Chess Set on the second floor housing people in "care", and the "boys" fixing a broken wooden bar stool to be as good as new. Quite often the job will involve assisting in assembling IKEA or other flatpack furniture and chairs, or unsticking drawers of a chest.

But more often than not, the job is fixing broken furniture where a resident tripped or unbalanced and fell onto. Helping the residents to decorate by making stands to display extra large plates is also a service that has been provided.

The changing of the height of tables, chairs, or even "walkers" and sticks is a regular task, but the adding of height presented a greater challenge. When a resident could not look at the million dollar view from her balcony because the railing was in the way, the seating was raised by fitting sleeved stilts for all the legs of the armchairs and the settee. One very satisfied resident! who now enjoys watching the Sun set slowly over the Harbour, the Bridge and the CBD.



Gluing ceramic knick-knacks that have sentimental value is the hardest. Anything from very special, broken ears of a ceramic "bunny" cup, to a pink elephant that is smaller than a 50 cent piece. Usually the job cannot be done fully because by the time the object gets to the Shed some of the fragments are missing. The resident is always informed of what is likely to be the result, but just as usually their reply is that their alternative is either to throw the object away or the have their keep-sake, possibly a gift or memory of a grand/greatgrandchild, even if it is imperfect.

Doing occasional jobs for the residents is challenging but very satisfying.





RICHARD'S SUMMER TRAVELS

Richard Cortis with his wife Dagmar in tow were off on another of their trailblazing bicycle rides in late November/early December. This time the Cortis' rode from Oberon to Hazelgrove on the old Oberon Tarana Heritage Rail Trail. This is a 6 km sealed path, open to both walkers and cyclists, it runs from Oberon beside the partially restored Oberon Tarana Heritage Railway to Hazelgrove. It is relatively flat and shady in parts.



In years past Richard spent Boxing Day and a few subsequent days sailing down the coast in the Sydney to Hobart fleet. This year the race was cancelled, but Richard and his wife Dagmar escaped Sydney during the Christmas break, going South! A mere 3 weeks after returning from their earlier travels around Oberon in their "new" second hand campervan, they were off to Eden (the town, not the "Garden of ...", that was the caravan park on the other side of the road!).

The first night they camped at Jugiong and the following morning they found no-one home at the Bemboka Men's Shed near Bega and at the bottom of the long and steep Brown Mountain Pass. Quite unexpectedly they found residual snow beside the road in Nimmitabel on 27 December 2020!

Once in Eden, they found Snug Cove, the port area in Eden (photo right). It is on the north side of Twofold Bay.



Then, (photo left) on to Disaster Bay (south of Eden), in Ben Boyd National Park), and went on to Green Cape but found there were too many people there.

On the southern headland of Twofold Bay they made it to Boyd's Tower which was built in 1847 by Ben Boyd (a well known entrepreneur at the time) as a lighthouse, but it was



never used for that purpose and the tower was only ever used as a lookout tower for whale spotting. During whaling season, the tower was manned daily. When a whale was observed, the whalers were alerted with a gunshot and other signals, and the boat crews would then row out with harpoons. The tower stands twenty metres tall and is surrounded by the sea on three sides. The bushfires of 2019 burned the area all the way down to sea level and only a small number of trees survived the fires on the headland.



Dagmar and Richard then cycled the Lake Curalo Trail in both directions, the bike track goes around the lagoon on the north side of Eden, a very pleasant approximately 8km outing .

Then New Year's eve in Eden before heading to Bombala on New Year's Day where it was 16C plus windchill.

It was even cooler outside and Richard craved for his winter woollies. They camped in the van beside the river.

The Historic Engine & Machine Society farm machinery shed is located opposite the Bombala campsite. A look through the door showed that they seem to have done marvels with old tractors and machines. Some looked like new, like an old Kero Fordson Tractor. Outside, in early restoration, was a Crossley diesel standing engine.



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On 2nd January they took a trip to the town of Delegate which is not far from the border with Victoria. There was nice country and pleasant views along the way.

There were a few people waiting for food in the only shop/café in Delegate and the staff were not handling the rush. They went down to the park near the creek and made a sandwich beside the creek. There is a nice little caravan park with informal shaded sites, also near the creek. A nice place if you want a quiet camp by the creek.

By the Sunday our travellers had moved on to Nimmitabel and had a coffee and a pie at the town bakery. They took a photo of the Nimmitabel Bell which is supposed to be a marketing tool for the town. Whilst it is a very pretty little place, sadly Nimmitabel is not doing well and appears to be on life support.



After Nimmitabel, the Cortis' moved on to Dalgety. This town is in similar decline to Nimmitabel except that the pub is vibrant. The photo shows Richard backlit, against the Snowy River and the heritage single lane bridge. What is left of the town is mostly heritage structures mainly because there is little financial benefit in building anything new.

They went for a walk on the heritage trail in Dalgety, but it was a rough road. However, the road did lead to the pub which offered welcome refreshment.

Dagmar and Richard then went on to Tumut and thence to Adelong, about 30km from Tumut on the Wagga road.

The photo is of the ruins of the old gold mine battery on the river at Adelong. Adelong is a nice little town with viable shops and caravan park close by, just across the river via a pedestrian footbridge.

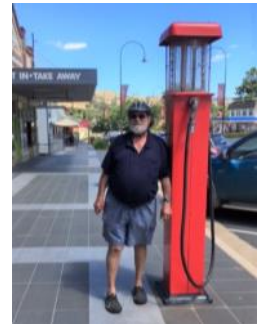


It was then time to head for Gundagai, a town in two parts. The old, original town, was on the Murrumbidgee flood plain but it got washed away in a flood with the loss of 79 lives.

So, the town was moved to high ground on the north side of the flood plain. This part of town has some history and a number of interesting old buildings, including the Niagara Milk Bar. There is also the old railway station at the east end of town and the extensive museum just off the Main Street. Richard thinks that the museum is worth an hour or two at least.

The other part of town is South Gundagai, which is about two kilometres south, on the other side of the flood plain and the Murrumbidgee River.

The camp ground/caravan park is located on the flood plain just near the old bridge across the river (background in the photo) that is still in use to connect the two parts of town. The petrol station is on the free-way in South Gundagai, which is a relatively new town, but Richard did find a petrol bowser while riding around in town.



The Hume Highway used to go through Gundagai but it has now been by-passed by the free-way. Both the Hume Highway and the main railway to Albury traversed the Murrumbidgee flood plain on timber viaducts, which still exist, but which are now in an advanced state of dilapidation.

That brought a wonderful 2 week trip down south of Sydney to an end.



GOING NORTH TO COFFS

Report by Tom Wolf

Together with my wife Sandy, we spent Christmas Day on the road to Coffs Harbour for a week's stay at Boambee Bay Resort. Our accommodation was a time-share exchange and comprised a 2 bedroom apartment. The resort grounds were fabulous, located on Boambee Lagoon and 8 minute's drive to Coffs. Not unexpectedly, everything was closed in near-by Sawtell on our arrival in the late afternoon.



Sawtell is a lovely small township that was lively for the rest of the week with fabulous eating possibilities at the pub, RSL and Bowling Club as well as numerous smaller restaurants (including the Indian restaurant at the Resort), as well as in Coffs Harbour. The Resort also had a beautiful swimming area that easily accommodated the permitted number of people, a gym with sauna and spa, and a half size tennis court.



The week was spent going to local markets, ... visiting the Dorrigo National Park and the waterfalls,



... the Butterfly House and its dinosaur display, ... the Clog Barn and the model Dutch village, ... and the Bunker Cartoon Museum.

We also visited the Regional Botanic Garden but were not permitted to ride Australia's first (and only) fully automated passenger vehicle being trialled because of COVID restrictions.





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.

HUNGARIAN LAYERED POTATO BAKE **(RAKOTT KRUMPLI)** - Serves 4

(Can be made vegetarian by leaving out the sausage and all meats)

Ingredients (check list):

- 1/2 kg Desiree potatoes (peeled)
- 6 eggs (hard boiled and peeled)
- 2 chorizo (sliced and quartered)
- 1 tub (300g) sour cream
- 1 tblsp salt
- butter/margarine (to grease the baking dish)
- pepper to taste (after serving)



Instructions:

1. Cook the peeled potatoes in salty water until just about soft, remove from stove, and drain.
2. Slice the potatoes thick (about 10mm)
3. Grease a medium size ovenproof ceramic or glass dish (bottom and all sides)
4. Lay 1 layer of sliced potatoes across the bottom of the dish, spoon about one quarter of the sour cream to cover the potatoes
5. Slice 2 eggs fine and layer on top of potatoes
6. Sprinkle about one third of chorizo onto the layered potatoes and eggs
7. Repeat, lay another layer of sliced potatoes across the top, spoon another quarter of the sour cream to cover
8. Slice 2 more eggs fine and layer on top of potatoes
9. Sprinkle another one third of chorizo onto the layered potatoes and eggs
10. Repeat again, lay another layer of sliced potatoes across the top, spoon another quarter of the sour cream to cover
11. Slice the last 2 eggs fine and layer on top of potatoes
12. Sprinkle the last one third of chorizo onto the layered potatoes and eggs
13. Lay the final layer of sliced potatoes across the top, spoon balance of the sour cream to cover the entire dish

Method:

- 1 pre-heat oven to 200C (180C fan-forced)
- 2 Cover the dish with foil
- 3 Place on middle shelf of the oven and cook for 35-40 minutes
- 4 Take out of the oven, remove foil cover and place under the griller until crispy on top
- 5 Serve hot

This dish can be re-heated (and it probably tastes better the second night!)

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.



MEN'S RULES:

by Bob Legge from the Midland Mens Shed Newsletter

We always hear "the rules" from the female side. Now here are the rules from the male side.

These are **OUR** rules, please note these are all numbered "1" **ON PURPOSE!**

1. Breasts are for looking at and that is why we do it. Don't try to change that.
1. Learn to work the toilet seat. You're a big girl. If it's up, put it down. We need it up, you need it down. You don't hear us complaining about you leaving it down.
1. Saturday = sports. It's like the full moon or the changing of the tides. Let it be.
1. Shopping is NOT a sport. And no, we are never going to think of it that way.
1. Crying is blackmail.
1. Ask for what you want. Let us be clear on this one:
 - * Subtle hints do not work!
 - * Strong hints do not work!
 - * Obvious hints do not work!
 - * JUST SAY IT!
1. Yes and No are perfectly acceptable answers to almost every question
1. Come to us with a problem only if you want help solving it. That's what we do. Sympathy is what your girlfriends are for
1. A headache that lasts for 17 months is a problem. See a doctor
1. Anything we said 6 months ago is inadmissible in an argument. In fact, all comments become null and void after 7 days
1. If you think you're fat, you probably are. Don't ask us
1. If something we said can be interpreted two ways, and one of the ways makes you sad or angry, we meant the other one
1. You can either ask us to do something or tell us how you want it done, not both. If you already know best how to do it, just do it yourself.
1. Whenever possible, please say whatever you have to say during commercials.
1. Christopher Columbus did not need directions and neither do we.
1. ALL men see in only 16 colours, like Windows default settings. Peach, for example, is a fruit, not a colour. Pumpkin is also a fruit. We have no idea what mauve is.
1. If it itches, it will be scratched. We do that.
1. If we ask what is wrong and you say "nothing," we will act like nothing's wrong. We know you are lying, but it is just not worth the hassle.
1. If you ask a question you don't want an answer to, expect an answer you don't want to hear.
1. When we have to go somewhere, absolutely anything you wear is fine. Really
1. Don't ask us what we're thinking about unless you are prepared to discuss such topics as:
 - * Sex,
 - * Sport,
 - * Cars,
 - * or Computers
1. You have enough clothes.
1. You have too many shoes.
1. I am in shape. Round is a shape.

Thank you for reading this; Yes, I know, I have to sleep on the couch tonight, but did you know men really don't mind that, it's like camping

EXERCISE IS THE BEST MEDICINE?



**Does running
late count as
exercise?**