



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

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



HAPPY BIRTHDAY, "SCUTTLEBUTT"

Over the past 12 months we've had little to celebrate, but we have seen the birth and development of the WCMS newsletter. It has taken a lot of effort, not just by me, to get to where we are, but we have beaten the sceptics who predicted that after 3 months there will be nothing to print. But this is not the time to rest on our laurels and we urge all our members to participate and contribute to ensure we keep going..

Tom



I must contribute to Scuttlebutt!!
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TRANSPORT IF YOU'RE HAVING PROBLEMS GETTING TO THE SHED!

Members who live in the Randwick and Waverley Municipalities, or in South Sydney, Botany City of Sydney and Woollahra and are frail or have an illness or disability that makes ordinary transport difficult, or who cannot drive, have a means of transport to and from the Shed available with the Randwick Waverley Community Transport Group.

You first have to register for membership by phoning 9369 5366 and answer some questions about your needs. There is a small fee, dependent on distance travelled and bookings can be made on 9369 5366 between 10am to 3pm.

The Randwick Waverley Community Transport Group is a non-profit community organisation whose drivers are sensitive to the needs of the frail, aged and people with disabilities. Air conditioned buses and cars are used by the Group.





COMMUNITY PROJECTS

One of the expectations of members when joining the Shed is that a proportion of their output will be directed towards our Community Project Work. For this purpose we generally define 'Community' as relating to individuals or to Non-Profit Organisations or groups. We are strictly not in competition with our local 'tradies' and we have declined projects from 'For-Profit' organisations on several occasions.

In line with this credo we do not quote or seek payment for our work (but we do seek reimbursement for any expenses), we do however encourage a contribution towards our running expenses on an "affordability" basis.

We have a long established procedure when projects are taken on board, and this starts with the filling out of a "**SHED WORK REQUEST**" form. This details the scope of work for the project and the name, address and phone contact for the person for whom the work is being done. The need for this is obvious.

The next vital element to be completed is the name of the Shed member who will oversee the project (not necessarily do all the work, but to co-ordinate the work).

These forms are available at the Supervisors' desk, it should be provided to the Supervisor when completed so that it can be considered by the Committee at one of its meetings.

SHED WORK REQUEST		WAVERLEY COMMUNITY MEN'S SHED INC.		
NAME (PRINT)	PENSION	SENIORS CARD NOT PENSION	NOT FOR PROFIT ORG	OTHER
ADDRESS (PRINT)	(/ICA)	(/ICA)	(/ICA)	(/ICA)
PHONE/EMAIL	ORDER DATE			
WORK DESCRIPTION				
ALLOCATED TO		TARGET DATE		
COMPLETED DATE	NOTIFIED	COLLECTED		



SAFETY IS NO ACCIDENT

MORE ABOUT THE RIVING KNIFE

Last month's article about riving knives was all about raising members' awareness about the dangers of not using a splitter on a table saw, and it had the desired effect. Colin Lipworth has sent us mail in which he brings attention to an additional circumstance which could cause kickback if the riving knife is not used (or not used correctly), these are best demonstrated in 2 videos to be found at:

<https://youtu.be/u7sRrC2Jpp4> and <https://youtu.be/8f8VWwtaudU>

These links show how quickly a kickback can happen and include some useful ideas about using push sticks correctly, even with a riving knife in place.

Basically, if the riving knife is not in use and your timber twists around the back of the spinning blade (or in case your timber twists into that very small gap between the riving knife and the back of the blade) or if it is allowed to rise up during the cut, a very dangerous kickback can occur that may bring your hand or fingers very dangerously close to the spinning saw blade and the possibility of serious harm (even amputation). The videos also illustrate that, resulting from the kickback, the wood can be thrown back with considerable force.

Viewing the videos is recommended to all readers, and totally justifies Waverley Shed's requirement that the use of the riving knife **MUST** be deployed at all times on the StopSaw.



BRAINFREEZE

HONEY, JUST FINISHED THE RENOVATIONS, WHAT DO YOU THINK?



SHED GOINGS-ON (CURRENT PROJECTS ETC.)

Well guys, it could be time to start attending as you did before the dreaded corona-virus. With any luck, it is all behind us and with the vaccine rolling out all fears could be overcome. We look forward to seeing you all soon!

In the meantime, projects are going on and the variety and quality of the work is astounding.



David Brem (left) and **Ian Dawes** were both making new wooden toys, this time David was making trains and Ian was making trucks.

Peter Chapman (right) is restoring a discarded push-along tricycle. They certainly don't make them like they did so many years ago!



Gabi Klein is receiving lathe instructions from **Peter Charlton** (above)

Graham Ely and **David Brem** "tweaked" the dust collection system by moving the ducting around. (right)



Tony Mandarano helps **Mike Barker** (left) in cutting the timber required for a new garden bench.

Tom Wolf has finally caved in to his wife's wishes by replacing shelving with drawers in the home kitchen, cutting the "padding" that allows free movement of the drawers around door hinges (right).



cont. p. 4

cont. from p. 3



Charles Gerrard's rocking horse (left) is coming along as is seen in the photo. Charles is learning as he goes on, at times he is a bit out of his depth, but doesn't hesitate asking for advice when needed.



Rodney Bassetti is sanding back with very fine sandpaper his chess-board tabletop. Rodney seems to have a collection of fine furniture items as he seems to come along with a new project week after week.



Graham Ely (left) is making a stool ...

While **Tony Mandarano** is helping **Mo Dhanoya** in cutting out animal figures to decorate the child's civi-ty tower that Mo has previously built (right).



Peter Ulmer (right) has found yet another way to recycle items he finds thrown away in the streets. Using old paling fences to make frames, he inserts old mirrors and all funds made from sales go to charity.



Cheers! **Jeff Silberbach** has used his newly learned lathe skills to make a goblet (left).



From generally doing administrative and management duties for the Shed for many years, **Rodger Jamieson** now spends most of his time at the Shed using his new-found skills on the lathe

As previously reported, **Graham Ely** completed making a street library box for the local neighbourhood centre. The box is now installed and looks great!



cont. p. 5



The combined Shed Team under the supervision of **Peter Black** has made a child's planter/potting box for the Pearl Montessori at North Bondi (left).

David Brem (right) maintains the Shed's tools and machines. Here he is seen working on the sharpest tool in the Shed



Mo Dhanoya and **Tony Mandarone** have made a "mini Lazy Susan" (left)

Tom Wolf and **William Honeyball** are restoring/repairing a 5ft2in Marblehead model sailboat with the help of **Tony James**. All paint, varnish and shellac have to be removed, sanding sealer and fresh marine varnish applied and the deck furniture polished before the 6ft mast and the original sails can be set and rigged.



FIRST AID COURSES



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 Tom at tom@aces.net.au and to let him know who is interested and which course is preferred.

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



*Tell me again how lucky I
am to be the Editor ...*

I keep forgetting



WCMS BADGE

Many members purchased one or more of the Shed's iron-on badges when they renewed membership, but there are still some badges available for purchase at \$5.00 each. They are iron-on, the instructions for putting it on your shirt are:



HOW TO APPLY HEAT SEAL IRON ON PATCHES ONTO YOUR GARMENT

1

Set your iron to cotton,
at approx. 180°C.

**Do not use steam
during application.**



2

Thoroughly iron
area of garment
where you want
to apply the patch.

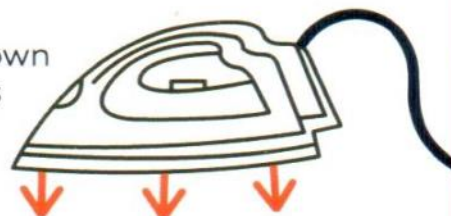


3

Carefully place your patch with the heat seal
facing down in the desired position on garment.
Cover the patch with a thin piece of cloth
(like a tea towel or pillow-case).



Press the iron straight down
for **30 seconds**. Apply as
much constant pressure
as possible. **No back
and forth.**



4

Turn the garment **inside out**
and press the iron down for
another **20 seconds** on the
reverse side of the patch.



5

Allow the patch to **cool down**.
If edge of patch can be lifted,
repeat steps 3 and 4 at your
discretion.



ATTENTION

Do NOT use on unironable fabrics such as
nylons, vinyls or leathers. Do NOT bleach.
Note: heat seal backed patches can be sewn on.



SAFETY ITEMS

FOR USE ON TABLE SAWS (SawStop); BAND SAWS AND ROUTERS. ("Push Sticks" and Feather Boards)

Working with machines that have rapidly moving parts (eg. Sawblades, band saws or routing bits) requires special care and attention to avoid serious injury (and in the case of the SawStop to avoid the expense of a new cartridge and sawblade).

All woodworkers would have experienced a close call (or worse) when using machinery and it is with a view to make using machines safely that we aim this article, mostly as a reminder.

We constantly need to be aware that many of our machines are spinning at about 30,000 rpm and that the blades and cutting bits that are spinning are sharp. They are what we have categorised as being "Risk Category 5", that may cause catastrophic, permanent and disfiguring injury (amputation) or even death.

So, it is best to keep all body parts well away from the spinning blades and cutting bits, but that means we may need to use artificial means of holding our project close to the spinning blades and cutting bits so as to make the cuts safely and accurately.



For this purpose we have various items, Shed made and/or purchased that are made from wood and plastic that are inexpensive and sufficiently soft so that they are expendable and soft enough not to cause damage to the spinning blade or cutting bit should they come into contact. It is better to mangle the bit of sacrificial wood or plastic rather than your finger.

It is vital that your "chicken stick", "push stick", "holding down stick or paddle" and/or feather board (or maybe a combination of them depending on the job) is close to hand so you can use it as and when you need without having to make the choice while you are mid-job between stopping work to fetch the safety item and taking a horrible "NO-NO" risk. The trouble is that in the heat of the moment you may make the wrong choice. **So, when planning your project, factor these safety features into your cut and have your safety items close to hand before you start your project.**

Hopefully, using these safety items will become second nature and save you from serious injury. If you have any doubts about which safety items are the most useful for your job, speak to the Technical Supervisors.



BRAINFREEZE

Who needs a ladder?



WHAT IS A STROKE?

Compiled from the website of the **Stroke Foundation**

A stroke happens when blood supply to the brain is interrupted. Blood contains oxygen and important nutrients for your brain cells. Blood may be interrupted or stop moving through an artery, because the artery is blocked (**ischaemic stroke**) or bursts (**haemorrhagic stroke**). When brain cells do not get enough oxygen or nutrients, they die. The area of brain damage is called a cerebral infarct.

A STROKE IS ALWAYS A MEDICAL EMERGENCY!

Stroke attacks the brain, the human control centre. The brain is divided into areas which control different things. The impact of the stroke depends on the area of the brain it damages. Damage to an area of your brain can impact how you think, behave, use words, swallow, see, feel, touch, and move your body. Stroke affects everyone differently.

Stroke can happen to anyone of any age, but men are at greater risk of stroke and as we get older our risk increases. In saying that, stroke is preventable for many. Some of the causes within our control include high blood pressure, being overweight, smoking, high cholesterol, a high intake of alcohol and diabetes.

A **transient ischaemic attack (TIA)** happens when the blood supply to your brain is blocked temporarily. If the blockage clears and the blood supply starts again, the brain gets the oxygen and nutrients it needs and the signs disappear. This makes a TIA different to a stroke, where the brain cells die and your brain is permanently damaged. After a TIA, your risk of stroke is higher. Stroke can lead to death or disability, a TIA is a warning that you may have a stroke and an opportunity to prevent this from happening.

A TIA should never be ignored. The risk of stroke is highest in the first few hours and days after a TIA. You should call 000 immediately even if the signs go away and you feel better. The **FAST test** is an easy way to remember the most common signs of stroke and TIA.

The signs are the same as for a stroke, but they completely disappear within a short time. Often, they are only often present for a few minutes. The signs can be different for different people, depending on which part of the brain is affected. There can be other signs, such as:

- Numbness, clumsiness, weakness or paralysis of the face, arm or leg on one or both sides.
- Dizziness (in particular 'head spins'), loss of balance or an unexplained fall.
- Loss of vision in one or both eyes.
- Headache, usually severe and sudden.
- Difficulty swallowing.
- Nausea or vomiting.

It is important to make your family and friends aware of the signs of stroke and the need to call 000 immediately.

You must not drive for two weeks after a TIA. If you have a commercial driving licence, you must not drive for four weeks. If you drive before this time, you might be criminally liable if you have an accident. Also, your insurance may not cover you.

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.

heart
health

Symptoms of a stroke can include:

FACE - the face may have dropped to one side

ARMS - the person may not be able to lift one or both arms

SPEECH - their speech may be slurred or garbled

TIME - if you suspect that someone is having a stroke, call triple zero (000) immediately

REMEMBER FAST



GOOD HEART HEALTH AND MENTAL ILLNESS

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

According to the **Heart Foundation**, we are at greater risk of experiencing mental illness following a heart event.

This is more so if the event results in long absence from work, or isolation as it can be financially stressful because you can't contribute to the family even if you are lucky that your friends helped you pull through and get professional help.

While only a minority of patients develop severe clinical depression after a cardiac event, many experience transient but significant emotional disturbance during convalescence that is sometimes referred to as the 'cardiac blues'. Maintaining a healthy heart is therefore inextricably linked with good mental health.

So, do not wait until it's too late to get a Heart Health Check, put your health and wellbeing first, for yourself, and the ones you love.

Here are some steps you can take to reduce the risk of developing heart disease:

Add your Heart Health Check to your annual check. A new Medicare-funded heart health check is available to all Australians. If you're 45 or over, (or 30 or over if you're Aboriginal or Torres Strait Islander), arrange one today. Your doctor will look at a range of factors about your heart health and help you devise a plan to stay well.

Keep more active, more often. More than 81% of Australian men do not meet physical activity guidelines. You should be active on most days of the week (preferably all of them) so aim for at least 2.5 hours of moderate physical activity or 75 minutes of vigorous activity each week.

Stay on top of your fuel and eat a heart-healthy diet. A healthy eating pattern doesn't focus on one type of food or one particular nutrient. Heart-healthy eating relies on a combination of foods, chosen regularly over time. A good pattern gives us food that is low in saturated and trans fats, salt and added sugar, and rich in wholegrains, fibre, antioxidants and unsaturated fats.

Eliminate stinky additives: quit smoking. Smoking is one of the major risk factors for heart disease, not to mention a host of other health problems. Take action now to quit. Visit

<https://www.heartfoundation.org.au/heart-health-education/heart-health-checks> and learn more about Heart Health Checks and check your heart age.

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.

THIS WOULD BE FUNNY IF IT WASN'T SO TRAGIC!

I LOVE BACON



I love eating bacon, I sometimes eat it as often as twice a day.

It helps to take my mind off the terrible chest pains that I keep getting!



THE HAZARDS OF LINSEED OIL

We recently published an article about the various oils that can be used in finishing projects.

It has come to our attention that there may be serious danger in how we store or dispose of the cloths, rags and brushes with which we applied the oils. The containers the oils come in may not fully explain these dangers or indeed even give warnings.

Generally the culprit is **linseed oil**, but as this oil is a component in so many oil finishes, the danger may extend across the board for oils and wipe-on stains.

Linseed oil is a drying oil, meaning it can oxidise into a solid form. Due to this property, linseed oil is used on its own or blended with other oils, resins, and solvents as an impregnator and varnish in wood finishing, as a pigment binder in oil paints, as a plasticizer and hardener in putty, and in the manufacture of linoleum.

Linseed oil is still widely used for the finishing and refinishing of furniture and timber products.

Two types of linseed oil are commonly sold, raw and boiled.

- Raw linseed oil is oil which has been squeezed from flax seed and packaged with no additional additives or preservatives. Raw linseed oil dries very slowly, taking weeks to fully cure. It is commonly used to protect items exposed to the elements where drying time is not a consideration.
- Boiled linseed oil is not boiled. Instead solvents are added which cause the linseed oil to dry more quickly, acting as if it were boiled. This makes it a better product for preserving when a quicker drying time is required.

With both raw and boiled linseed oil, and other oils used to finish wood, including some exterior deck sealers and wood stains, heat is generated during the drying process. This is because these oils do not dry like paint (through the evaporation of a solvent or water). Instead, they dry through the same chemical process that generates fire – oxidation, a process that generates heat which may be sufficient to spontaneously ignite the material it is on and then anything else nearby.

For spontaneous combustion to occur, enough heat must accumulate so fire can start. You would never see a piece of furniture spontaneously combust because the oil oxidizes in open air so the surface never even gets warm to the touch! But a pile of oil-soaked rags can. As the oil oxidizes it generates heat. The rags act as an insulator, allowing the heat to build up until the cloth smokes and eventually ignites. A brush used to apply linseed oil that was left on a bookshelf has been known to cause spontaneous combustion.

The bigger the pile, the greater the possible heat and the greater the risk. Ambient temperature is also a factor. The warmer it is, the quicker the rags can reach ignition temperature.

The danger is that when stored or disposed of as a bundle, cloths and rags containing the elements of linseed oil may spontaneously ignite. **THERE HAVE BEEN MANY REPORTS OF SPONTANEOUS COMBUSTION OF LINSEED OILED CLOTHS RAGS AND BRUSHES** and there should be no need to tell you of the danger this creates if it happens, and worse still if it happens after you have left the scene.

Even though **Tung Oil** is said not to combust like this, it is safer to follow the disposal instruction set out in this article rather than risking that a small amount of linseed oil may have been mixed into the oil.

Varnish (as opposed to oil) doesn't create this danger, so check the component parts list on your container.

LESSONS LEARNED AND RECOMMENDATIONS

- Store rags or other applicators (eg. brushes) in a non-combustible container (metal) with a close fitting lid, away from the house and combustible materials
- Rags or other applicators (eg. brushes) soaked with linseed or other drying oils may smoulder for several hours before flames are visible
- Rags or other applicators (eg. brushes) used with linseed oil should be allowed to dry completely in a safe place, away from flammable materials.

The best way to achieve this is to lay the rags or other applicators (eg. brushes) out flat on a concrete driveway, or other non-combustible surface, and allow them to completely dry off.

Then they can be disposed of into the rubbish.

REMEMBER, IT REMAINS COMBUSTIBLE WHILE WET!



TONY'S CREATIVITY AND IDEAS

We have previously featured some of **Tony Mandarano's** creations as he had exhibited at the November'19 Show. In fact Tony has created astonishing things and has come up with ideas that have amazed/amused his fellow Shedders, some of the photos will explain better than any words can.



Proud of his heritage, Tony has created a "Little Italy" in his home, a home he keeps filled with furniture and gadgets made by him.



An accomplished, self taught woodturner, Tony has created some incredible turned projects, bowls and plates.



As a woodturner, he shifted his attention to making pens which he has generously gifted to many of his friends at the Shed.



At other times, he makes puzzles, one of his favourites is the "cube inside the cube".



Clocks, key holders, a perpetual calendar, cutting boards and various candle-holders are also among his favourites, as are shelves and cupboards that make living at home more pleasant.





PAST & CURRENT ON-GOING PROJECT: POSSUM BOXES

In what has just about become a production line in the past 18 months, **Peter Black** has led the members of the Waverley Shed in the creation of habitat boxes in 2 sizes, one for ringtail possums, the other for brushtail possums.



When they are in production, it is a very efficient process crating these boxes, starting with cutting up sheets of 2400x1200mm sheets of 5 ply to a design template that WIRES provided.



The members of the Waverley Shed have made well over 100 boxes to date, and we are continuing to make more boxes. Rather than singling out any individual member (since so many have helped Peter), all members (and you know who you are) are thanked for working on this valuable community service.

WELL DONE EVERYONE!!



JOKING OF COURSE!
I've had bad luck with both my wives.
The first one left me ...
the second one didn't!



PAST PROJECT: THE BONDI ROAD PROJECT

In early 2019 we were requested by our friends at the Waverley Historical Society to assist in developing a display of the full length of Bondi Road for a display at Waverley Library.



What the project involved was to set up a table-top display of the map of Bondi Road and its surrounding streets within the Waverley Municipality, with a general topography of open areas and buildings.



The table-top was made by **David Brem** and **Tom Wolf**, **Fred Oertli** and **Michael Barker** (along with others from the Shed) completed the project which was set up in the Library, the display was opened in April 2019.



Acknowledgement

The Waverley Historical Society thanks the Waverley Men's Shed for their time and expertise in building the Bondi Road model. Led by Tom Wolf, with Fred Oertli and Michael Barker many hours were devoted to this project. Michael Bennett created the individual models and Anelia Bennett provided modelling advice. Brian and Robyn Ellison provided signage and maps. A team effort!



Included in the project was a special feature being detailed miniatures of a selected number of buildings that the Society felt were historically significant, such as the old Council Chambers, the old tram Shed at Denham St, the old Bondi Rd Post Office and nearby shops, a variety of churches and the School of Arts on Bondi Road.

At our invitation, Michael Bennett who is an architect and leading miniaturist, agreed to make models of the special buildings.





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.

CREAMY CHICKEN AND MUSHROOM PASTA

— Serves 4

Ingredients (check list):

- 300g Pasta of choice
- 200g Chestnut Mushrooms, *quartered*
- 2 Chicken Breasts (*approx 200g each*)
- 1/4 cups / 310ml Heavy/Double Cream
- 1/2 cup / 125ml Chicken Stock
- 1/4 cup / 60ml Dry White Wine
- 60g finely grated Parmesan (*save a pinch to garnish*)
- 2 tblsp Unsalted Butter
- 1 tblsp Fresh Parsley, *plus extra to garnish*
- 1 tblsp Olive Oil
- 1 tsp Garlic Powder
- 1/2 tsp each: Dried Thyme, Salt (*plus more to taste*)
- 1/4 tsp Black Pepper (*plus more to taste*)



Instructions:

1. Bring your chicken breasts to room temp, then slice through the centre to make 4 equal sized breasts. Coat in 1 tblsp olive oil, 1 tsp garlic powder, 1/2 tsp thyme and salt, 1/4 tsp black pepper.
2. Fry over medium heat for a few mins each side until golden and just cooked through the centre. Remove from pan and allow to rest. Just before needed, slice your chicken into thin strips, ensuring you cut at a slight angle and against the natural grain of the chicken.
3. Keep the heat on a medium and melt in 2 tblsp unsalted butter. Add 200g mushrooms and fry until golden. Try not to move them about too much, you want them caramelized on all sides. Season with a pinch of salt and pepper.
4. Pour in 1/4cup/60ml white wine and let it reduce until nearly gone. This is important so it doesn't overpower the sauce. Use your wooden spoon to scrape off the flavour from the pan.
5. Pour in 1/2cup/125ml chicken stock, then stir in 1/4 cups/310ml heavy cream. If the stock is rapidly bubbling lower the heat before you pour in the cream, otherwise it may curdle.
6. Allow to thicken for 5-10mins. Meanwhile cook 10.5oz/300g pasta in salted boiling water until al dente. Retain a cup of starchy pasta water before draining.
7. Stir in most of your 60g parmesan and 1 tblsp parsley. Season to taste, then pour in your pasta. Stir to coat, then add your chicken strips. Give it a good stir, using your starchy pasta water to thin out as necessary.
8. Serve with extra parmesan and parsley.

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.

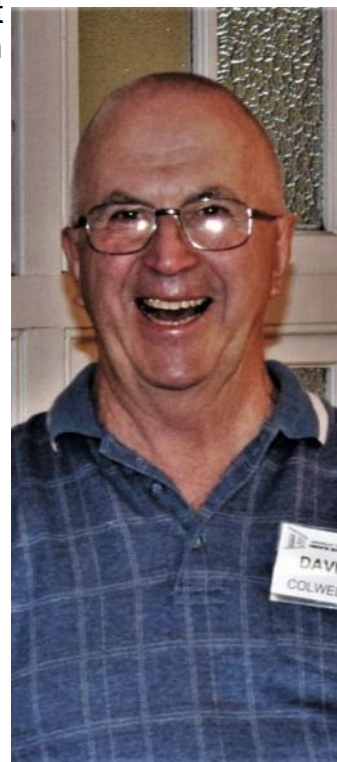


DAVE'S LANGSKIPS

Dave Colwell makes model Viking langskips (longships), but unlike other modern modellers he does not make them from planks but instead carves them out of one solid piece of timber.



It does not need much imagination to realise how difficult it is to create the clinker hull design making the model to appear as if it is built up plank by plank, only to then realise that the model is solid.



PAST PROJECT: UNITING SENIORS GET EASELS

In October 2019, **Peter Black** made 20 Art Easels for the "Healthy Living for Seniors" program run by Uniting with whom we have a great relationship. The easels could be set at 4 different angles and were made to a design by Peter for a project some years earlier for the Burger Centre at Randwick.



EXERCISE FOR PEOPLE OVER 60

1. Begin by standing comfortably on a flat surface, where you have plenty of room at each side. With a 2kg potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.
2. Each day you'll find that you can hold this position for just a bit longer.
3. After a couple of weeks, move up to 5kg potato bags, Then try 10kg potato bags and try to get to where you can lift and hold your arms straight for more than a full minute.
4. After you feel confident at that level, put a potato in each bag.



MEN ARE JUST HAPPY PEOPLE!

The contributor's name is withheld to avoid retribution!

What do you expect from such simple creatures? Your last name stays put. The garage is all yours. Wedding plans take care of themselves. Chocolate is just another snack. You can never be pregnant. You can wear a white T-shirt to a water park. You can wear NO shirt to a water park.

Car mechanics tell you the truth. The world is your urinal. You never have to drive to another gas station restroom because this one is just too icky. You don't have to stop and think of which way to turn a nut on a bolt. Wrinkles add character. Wedding dress - \$5,000. Tux rental - \$100. People never stare at your chest when you're talking to them.

New shoes don't cut, blister, or mangle your feet. One mood all the time. Phone conversations are over in 30 seconds flat. You know stuff about tanks. A five-day vacation requires only one suitcase. You can open all your own jars.

You get extra credit for the slightest act of thoughtfulness. If someone forgets to invite you, he or she can still be your friend. Your underwear is \$8.95 for a three-pack. Two pairs of shoes are more than enough. You almost never have strap problems in public. You are unable to see wrinkles in your clothes.

Everything on your face stays its original colour. The same hairstyle lasts for years, maybe decades. You only have to shave your face and neck. You can play with toys all your life. One wallet and one pair of shoes - one colour for all seasons. You can wear shorts no matter how your legs look.

You can 'do' your nails with a pocket knife. You have freedom of choice concerning growing a moustache... You can do Christmas shopping for 25 relatives on December 24 in 25 minutes. No wonder men are happier!

- **NICKNAME:** If Laura, Kate, and Sarah go out for lunch, they will call each other Laura, Kate and Sarah. If Mike, Dave and John go out, they will affectionately refer to each other as Fat Boy, Bubba, and Wild man.
- **EATING OUT:** When the bill arrives, Mike, Dave and John will each throw in \$20.00, even though it's only for \$32.50. None of them will have anything smaller and none will actually admit they want change back. When the girls get their bill, out come the pocket calculators.
- **MONEY:** A man will pay \$2 for a \$1 item he needs. A woman will pay \$1 for a \$2 item that she doesn't need but it's on sale.
- **BATHROOMS:** A man has six items in his bathroom: toothbrush and toothpaste, shaving cream, razor, a bar of soap, and a towel. The average number of items in the typical woman's bathroom is 337. A man would not be able to identify more than 20 of these items.
- **ARGUMENTS:** A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.
- **FUTURE:** A woman worries about the future until she gets a husband. A man never worries about the future until he gets a wife.
- **MARRIAGE:** A woman marries a man expecting he will change, but he doesn't. A man marries a woman expecting that she won't change, but she does.
- **DRESSING UP:** A woman will dress up to go shopping, water the plants, empty the trash, answer the phone, read a book, and get the mail. A man will dress up for weddings and funerals.
- **NATURAL:** Men wake up as good-looking as they went to bed. Women somehow deteriorate during the night.
- **OFFSPRING:** Ah, children. A woman knows all about her children. She knows about dentist appointments and romances, best friends, favourite foods, secret fears, and hopes and dreams. A man is vaguely aware of some short people living in the house.

THOUGHT FOR THE DAY. A married man should forget his mistakes. There's no use in two people remembering the same thing!

So, this article is published for the men who will enjoy reading it, and the women who have a sense of humour.