



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 2 Issue 4

APRIL 2021

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

All photographs and articles published remain the copyright property of the contributor and WCMS unless released. Some articles are researched from internet material and no copyright infringement is intended

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



FROM THE EDITOR'S DESK

As we gradually return to a form of "normality", we have started to make fresh arrangements for the discussion groups that were planned (and then abandoned) last year. Many members expressed an interest in either (or both) the Prostate Discussion and the Wills and Trustees Discussion, and we are organising these topical talks as well as a talk on diabetes.

We are finally able to welcome new Probationary Members many of whom have been waiting patiently to be able to come to the Shed but were previously prevented by the measures we had to take to operate Covid-19 safely.

Renewal of membership has been going on all month, if you are one of the few who have not yet renewed, please do so as soon as possible.

Tom



NICE TO SEE YOU!

Regrettably Lou Finn's health has deteriorated and he has sold his car and moves about for longish distances (like from his home to the Shed) with the assistance of his motorised scooter. We were pleased that Lou visited us,



David Carr attends the Shed from time to time, just for a chat and to regale us with his early exploits at Dirranbandi ... oh yes, ... and to share a cuppa. Welcome David.



WCMS IS ORGANISING TOPICAL SEMINARS FOR ITS MEMBERS, BUT WE ALSO PROUDLY SUPPORT THE WAR MEMORIAL HOSPITAL UNITING 2021 HEALTH PROMOTION SEMINARS

Held between 10:00am to 12:30pm at the Day Centre,
War Memorial Hospital

APRIL 12	HEART HEALTH
MAY 3	BACK CARE
JUNE 14	CANCER MYTHS AND FACTS
JULY 5	HEARING AND VISION
AUGUST 2	DIABETES
SEPTEMBER 6	BOWEL HEALTH
OCTOBER 11	COMPLEMENTARY THERAPIES
NOVEMBER 1	BRAIN HEALTH
DECEMBER 6	STROKE

MEMBERS ARE ENCOURAGED TO ATTEND THE SEMINARS

Bookings are essential: Catriona Beaumont 93690215 or by email to catriona.beaumont@health.nsw.gov.au



COMPANIONS' DINNERS RESUMED

On very short notice, a companions' dinner was organised at the Randwick Bowling Club on 2nd March.



The meal comprised a Chinese banquet of entrée, 5 courses of main dishes and rice, all drinks were purchased at the Club bar.

Hopefully, we will have another opportunity to repeat the event soon and be able to provide more notice to members.

Thirteen members and wives attended and we had a wonderful meal and enjoyed the company of the ladies who allow us to come to the Shed.





SHED GOINGS-ON (CURRENT PROJECTS ETC.)



Harry Jacobs is making yet another chopping board (we don't know what he does with the large number of boards he makes), this time he is assisted by **Rodney Goldberg** to smooth out some rough surfaces



Mo Dhanoya's latest project is making a folding "Andre Roubo" book stand from a single piece of wood. First he is making a prototype.



Charles Gerrard's rocking horse (left) is almost ready for its rockers, but the paint scheme has not yet been determined. We are confident that Therese will have a substantial input in that decision.

Peter Black designed and made a "croquet hoop lifter" for the local croquet club (right). Once the hoops are driven into the ground, we are told that they are difficult to remove without a lot of damage to the green, we hope that this lifter will assist



Kelvin Hopper has been carving a wooden spoon for some time and he is nearing completion with the project. (right)



Always working on something new, **Peter Black** is making stands for chopping/bread boards (left).

cont. p.4

cont. from p.3



Restoration work continues on the Marblehead class Pond Yacht by **William Honeyball** and **Tom Wolf**. The model has been fully scraped back and sealed, and now the many coats of marine varnish are applied to obtain a mirror-like finish. The scraping back has disclosed the copper roving nails, a traditional boat building technique used to attach the hull planking to the internal frames of boats.

Ian Dawes doesn't get too many opportunities between instruction sessions on the lathe, but we did catch him enjoying working on his project while **Rodney Goldberg** looks on.



Graham Ely is making a laminated timber chopping board, and is seen here (left) gluing the timber pieces before clamping, and the following day with the finished project.



Mo Dhanoya has a different design for the rocking horse he is making for his grandchildren. (right)

Peter Charlton and **Wing Chew** are working on installing a new bench vise. (left)



Rodney Goldberg (right) was caught making a 'tippy-top' (a spinning top that turns onto its head) on the lathe. When asked what he is making, his immediate answer was "sawdust".

cont. p.5

cont. from p.4



Ian Dawes (left) is making sure that all the lathe tools are sharp



Martin Przybylski (right) is making a toy box for his grandson from old weatherboard panels retrieved from a former family home (Martin's mother was raised there).

Until the recent inclement weather, we have enjoyed the beautiful late summer and early autumn. A snap photo of Shed members having **lunch on the patio**. The weather had been just perfect for sitting outside



BREMMY'S LATEST TOYS



In the January 2021 issue of Scuttlebutt we reported on **David Brem's** transport toys and there was a photo of a presentation to our Patron, Dr Marjorie O'Neill MP of one of David's aircraft to go to a good cause.



Since the Summer break David has been busier than ever making many more toys (almost mass production), some of them are shown in the photos below.

Ian Dawes also makes wooden toys, we have previously featured Ian's toys in articles.



From time to time David and Ian deplete their stock by donating wooden toys to the Children's Hospital in Randwick or by giving away toys to members for their grandchildren..





HOW I SPENT THE PAST 12 MONTHS BEING CREATIVE

by Steve Mitchell

During my time off from the Shed I took the opportunity to bring matters up to date with regard to my photo-records of holidays, and also to digitising Jane's and my entire photo collections, replacing traditional photo albums. These were in place of any woodworking projects, as I had none at the time.

I finished off the books covering recent cruises to Noumea, Mystery Island, and Isle of Pines (December 2019) and South America/Antarctica (February 2020). For both these, we enjoyed the best possible weather and the last of the pre-Covid cruises. The background to production of the books, which now total 65, is: -

- In June 2016, having done extensive genealogy work on Jane's family tree, I produced "My Family, My Life - Beryl J. Satterford" as my mother-in-law was slipping into dementia and it was thought the book would be of benefit to her, enabling her to retain some sense of who she was and her family connections. It was a great success!
- In January 2017, I decided to record our recent trips to Cuba and Mexico in the similar format. That led to a project to produce, retrospectively, travel photo albums for 1970 to 2017, and then onwards to the present day.



At a loose end in 2019, I started digitising photos and replacing our traditional photo albums, for the period 1970 to the present day. Also, in 2020, I produced a couple of wedding photo albums, a volume detailing the ancestry of my two children, and finally a catalogue of all the books.

Future projects include digitising photos for 1951-1970 for Jane and myself and producing some sort of record of our early lives, which will greatly assist in compiling eulogies (let's hope they are to be given a long time hence).

However, I am keen to continue work in genealogy, digitising and photo(shop) improvement, and production of books. As it is my hobby, and I have the necessary hardware/software, if any Shedders are interested, I am happy to discuss working with them on photos, albums, genealogy research and family tree production (however my experience with Ancestry.com and access to records is limited to UK, NZ, USA, Canada, so any in-depth work in other countries is really beyond my capability).

When I get back to the Shed, I am looking forward to a box-making course, learning to use all the tools, and helping with the work generally.





PROBLEMS AFTER A STROKE?

Regrettably all too many Australians suffer a Stroke and with great effort and a huge slice of luck they survive the event. Since Stroke is an event that affects the blood supply to the brain, in many people it affects their lives forever. Some of the ongoing problems are:

Emotional and personality changes after Stroke are common. It is very normal to experience strong emotional reactions which usually get better with time. You may laugh and cry for no reason uncontrollably, in a way that is out of character or context. Speak to your doctor and be aware of what triggers these reactions, which may include fatigue, stress, anxiety and noisy, overcrowded environments. One approach is to just ignore the emotional response and let people know what has happened and ask them to ignore it, and hope that in time it will stop.

Personality changes can occur after a Stroke, existing personality traits can become exaggerated or result in behaviour that is out of character for them, some are:

- Lethargy, not feel like doing anything;
- Being irritable or aggressive
- Saying or doing things that are inappropriate

Sometimes Stroke survivors don't realise that their behaviour or personality has changed which makes it difficult to address these differences.

Depression and anxiety are common after a Stroke. If you feel sad, down or miserable, lack energy, have difficulty sleeping (or sleep more than usual), have difficulty concentrating or solve problems for more than 2 weeks, you may be suffering from depression. Having a Stroke is a life-changing event that can change how you feel about yourself. The impact of Stroke may cause personality, mood and emotional changes causing a link between the Stroke and depression and anxiety which are highly treatable, so see a doctor.

Incontinence is a common and embarrassing consequence of a Stroke. Physical changes and some medication can cause poor control of your bladder or bowel. This condition requires urgent attention, you must speak to your doctor, nurse, dietitian or other medical or care worker as soon as possible, allowing it to continue will likely result in emotional difficulties.

After a Stroke it can feel like you are no longer the same person you were before, Stroke survivors and their partners, carers and family members are affected and need to find their own way of coping with the changes (which will take some time).

A psychologist can help with cognitive and behavioural strategies and create a more positive and problem-solving approach. One-to-one brief and pleasant activities in a quiet environment can be of help. Anger management may also need to be reviewed.

Anti-depressant medication may be helpful if it is a problem and you should ask your doctor to review your medications.

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

Tips for a healthy heart

- exercise regularly
- maintain a healthy weight
- reduce stress
- eat well
- quit smoking



SAFETY MEANS PPE

“When Safety is first, You last!”

Article contributed by a member, source unknown

SAFETY IS NO ACCIDENT Items of PPE are appropriately chosen for the risks found in each workplace. A woodworking shop typically has three primary risks of personal injury in addition to falls, careless lifting, spills and fumes. The three major risks I identify with are to:

- hearing caused by continued exposure loud noise
- lungs from inhaling fine dust and
- eyes from flying objects and debris

There are many types of available Earplugs, Ear Muffs, Face Masks, Safety Glasses and Goggles. In making your choice you may want to take account of wearer comfort, efficiency for purpose, even your regular prescription lenses all balanced against your perception of the cost you are prepared to pay for personal safety.

All Woodies Club members are expected to provide their own items and always have them available when at the Club. I have found it convenient to carry my own PPE items to and from the Club in a clean plastic pail with fitted lid.

But why should we wear PPE Items in a well designed woodworking shop? It is because 100% personal safety cannot guaranteed 100% of the time by design alone.

Furthermore, human beings are prone to make silly mistakes, so a backup plan is needed. All the publications I have read, say we should be wearing PPE at all times in an operating workshop. There is the common opinion that wearing PPE does not substitute for workshop design and operational standards expressed by these first two points –

1. Workshop and Equipment Design is of greatest importance .By design, we mean properly guarded machinery with concealed “pinch-points”, noise deadening features, uncluttered efficient shop layout and good dust collection at source with noisy fans located outside the shop wall so exhausting air to outside.
 2. Operating Standards are second most important part of workshop safety. This point refers to how you plan and carry out work, including the use of aids like jigs, clamps and push blocks. These were operational issues that are all within your control.
 3. Only now do we come to your PPE items. Think of these as your personal insurance policy giving you the best chance of returning uninjured to your Club each time. Can I also leave you with a sobering thought. If you have a home workshop, it will likely be lacking in many of the Club's important safety initiatives plus you probably work alone
- Do you always take the time to wear your PPE when no one is looking?
 - Do you keep a clean uncluttered shop?
 - Can you summon help quickly in the event of a serious injury?



BRAINFREEZE

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

THE MAKING OF A SALAD BOWL

By Peter Charlton

A section of liquid amber tree that had been growing in Regent St Paddington was found, as it was too close to a block of units, the tree had been cut down.



A large section that was about 400mm diameter was slit into two down the axis of the timber.

The two pieces were cut to roughly rounds and painted with a vinyl paint and left for six weeks (to cure).

Of the two pieces, one was turned to a large diameter cylinder by **Rodney Goldberg**, it was nice to work with (as shown with the shavings flowing over Rodney's shoulder).

On 2nd February 2021 the second piece was mounted on a faceplate and the outside of a bowl turned as shown in the photos. At this stage the timber was still very wet.

The imminent bowl was then transferred to a 4 jaw chuck and hollowed out,

The bowl was left very heavy/thick so that as it dried out and distorted it could be remounted on the lathe and returned to round.



To allow it to dry, the bowl was put into a plastic bag filled with shavings and stored for about 2 weeks.

On Saturday 13th February the bowl was remounted in the chuck, the photo adjacent shows how much distortion had occurred, and it was then returned to round and finally shaped.

The finished bowl was then treated with a food-safe oil (and it came up beautifully).





WOOD GLUE GUIDE

This article is to follow up on Clif Munro's Techie Tip on "Glueing Up" (Scuttlebutt November 2020 Vol.1 Issue 11) to help understand different types of glues used in woodworking. An old article found on the internet has been used in writing the report, its source could not be ascertained.

All glues have a finite shelf life. Once it's open, it's only good for about a year. If you notice that the glue starts to smell sour and becomes extremely thick or stringy, it's past its prime and shouldn't be used.

White Glues And Yellow Glues

The most common furniture making glues are polyvinyl acetate (PVA) adhesives, commonly called white and yellow glues. While white glue (such as Aquadhere) is a good glue that can be used on most porous materials, yellow glue (such as Titebond Red) has been specifically formulated for interior woodworking applications. Yellow glue is usually referred to as aliphatic resin glue.

Neither of these glues work well if a water-resistant bond is required. For that purposes there are water-resistant formulations of yellow glue (such as Titebond Green). These are known as cross-linking PVAs, and they cure through chemical reaction, instead of evaporation.

For general woodworking use, this glue is interchangeable with normal yellow glue except that it can't be cleaned up with water after it cures.

While each white or yellow glue can be used in the workshop, aliphatic resin glue (Titebond Red) is the best choice for the beginner. It's easy to use, requires no mixing, is non-toxic and cleans up with water. It also sands cleanly, without over clogging the sandpaper, and leaves an invisible glue line if the joint is tight (but does leave a yellow stain where the glue is visible). White glue, on the other hand, dries clear.

Hide Glue

Hide glue is made from animal products and it's extremely useful for projects, like musical instruments, that often require disassembly to make repairs. They are the earliest glues and are still used today.

This glue cures slowly, so it can be a good option for difficult joints or constructions that take a long time to assemble, but it releases its bond with heat and moisture (such as humidity). Whilst this makes it easy to separate pieces without damage, in many instances it defeats its own purpose with furniture as it is unable to withstand exposure to the elements.

Epoxies

Two-part epoxies are probably the most durable of all adhesives and for situations where extreme water resistance is required, epoxy is the best choice. It is however pretty difficult and messy to use. It sometimes comes in a syringe type dispensed which allows for relatively equal dispensing of the epoxy and the hardener (the 2 components), but sometimes it comes in tubes and measuring the portions can be difficult. It also comes in different setting times, the longer the setting the more secure the adhesion (so 5 minute epoxy is not as secure as 30 minute epoxy).

Epoxy glues are quite toxic, so you need to don gloves and a respirator to protect yourself from chemical exposure making epoxies a bad choice for everyday work. They should be only used in well ventilated locations.

Polyurethane

Polyurethane glue is supposed to be well suited to just about any gluing job. This glue performs unlike any other. It actually cures by being exposed to moisture, so it's a good choice when moisture resistance is an issue. You even have to dampen wood surfaces before applying this glue. This product changes into a foam like substance as it cures and in the process expands out of the joint. This can make sanding away the glue more difficult.

Because it's such a new glue, it has no long-term successful track record that other glues enjoy, so it how long the adhesion will last is uncertain.

cont. p. 11

Gluing Techniques

In preparing a glue joint, it's important to keep a couple of ground rules in mind:

1. while modern glues are amazingly strong, if joints do not fit properly or the glue is not allowed to cure correctly, the bond will almost surely fail.
2. second, less is more. A thin, even layer of glue will form a strong bond between two pieces of wood, but a thick cushion of glue does just the opposite. It weakens the joint. And, usually you won't know if this joint is weak until the piece is done and has been used for a while.

To achieve a successful edge joint, the long mating surfaces must be perfectly tight all along their length. You shouldn't rely on clamps to pull bowed boards together because this places too much stress on the joint and eventually it will fail.

The fit of a mortise-and-tenon joint should also be precise, neither too tight nor too loose. If the parts must be forced together, there will be no room for the glue between the pieces and the joint will be starved. I

f, on the other hand, there is too much play in the joint, the glue layer will be too thick to perform properly when the piece is placed under stress. In a perfect joint, the glue layer is less than the thickness of a sheet of notebook paper.

In order to guarantee that there is sufficient glue in a joint, spread a thin layer on both mating surfaces.

In a mortise-and-tenon joint, this means coating both the mortise and tenon walls with glue. You can use a scrap stick, a small brush or a narrow roller to do this. Just make sure the coverage is complete and even.

In woodworking it is often said that cleanliness is next to godliness, the mating surfaces must also be clean, dry and free of contamination before you spread the glue. Oil, waxes and some chemicals, like silicone, will resist the glue.

Dust and water can cause the joint to fail by preventing good contact between wood surfaces, or diluting the strength of the glue.

All glues have a recommended open time, which defines the amount of time you can safely leave the glue exposed to the air before assembling the joint. For most yellow glues, this is about 10 minutes. But the open time will vary with the temperature and humidity of your workroom.

Hot, dry conditions will cause the glue to set quicker. In complicated assemblies, where many joints must be prepared at once, it's important to factor the open time limit into the process.

Sometimes, you'll have to assemble a project by making smaller subassemblies first.

Also, keep in mind that yellow glue will not perform well in cold conditions. Most manufacturers recommend that both the room and the wood surfaces be at least 13C degrees before applying glue.

Once a joint is assembled, it must be clamped together. Clamps serve two purposes. They pull a joint together tightly and hold it in a fixed position while the glue sets.

You should not apply tremendous force with your clamps because this will drive too much glue from the joint. Just firmly tighten them and set the assembly aside.

If a proper amount of glue has been spread and a proper amount of force used to tighten the clamps, you should see small beads of glue squeezing out of both sides of the joint.

To remove this squeeze-out, allow it to set for about 20 minutes, and then use an old chisel or putty knife to scrape off the excess.

Some people recommend wiping the excess glue off with a damp rag, but this technique should be avoided because it can force glue into the surrounding wood pores—especially with open-grain woods.

Unfortunately, this glue will not be apparent until you apply the finish, when it's too late to do anything easily to fix it.

Finally, all glues must be allowed sufficient time to set and dry before you remove the clamps. Yellow glue should be allowed to set for at least an hour.

A full cure with most glues takes at least 24 hours; so don't disturb the assembly until his time has passed, and in any event make sure that no stress is applied to the joint before a full cure is achieved

MODEL SHIPBUILDING AT VAUCLUSE

It will be recalled that the Waverley Men's Shed operates an Annexe at the Mark Moran Village at Vaucluse. This Shed is operated principally for the residents of the retirement village, but it is greatly supported by the Waverley Shed.

Although creative capacity is limited by the nature of the set-up of the Vaucluse "Men's Cave", it is an ideal location for the building of models, anything from ships to planes, as long as there is no need to use open flames. In fact, both **Dach Hall** and **Tom Wolf** build their models at the premises.

For example:

Dach scratch built (from the plans and not a Kit) a model of the 48 ft Schooner, "**Landfall II**". Dach had spent over two and a half years sailing the ship across the Indian Ocean, the Red Sea and the Mediterranean, then up to England and eventually across the Atlantic Ocean to USA. The model at a scale of 1:50 took just 2 years to complete to a standard that it was awarded an award at the SMSC Expo of 2018.



Dach also completed the building of "**Polar**" from a kit. This is a scale model of an arctic trawler.



Tom completed a 1:50 scale model of "**HMB Endeavour**" from a kit, The model is different however as Tom modified it so as to reflect the model to appear as the replica ship berthed at Darling Harbour. This required a lot of carving to replace with timber parts those items that were made of metal in the kit.

Tom converted of an older scratch built model into pirate ship named "**Isabella**". This required the cutting, sewing, painting black and installing of sails and a realistic pirate flag

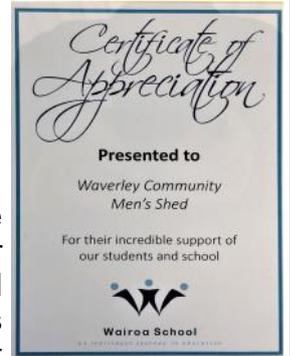


One lady resident of the Village was overheard talking about how much she used to enjoy life with her late husband on board a 25ft "Top Hat" sailboat called "**Adagio**" on Sydney Harbour. She was so enthused about it that Dach and Tom decided to build her a scratch half model which takes pride of place in her unit,

All the models are on display at **Mark Moran Village** and are there for the enjoyment of the residents and their visitors.



PAST PROJECT: WAIROA SCHOOL ORTHOPAEDIC STEPS



Almost from the very day we opened the Waverley Men's Shed in 2013 we have developed a special relationship with the Wairoa School and whenever we can, we provide support for the School. The students at Wairoa School are aged 5 to 18 years, all have moderate and severe intellectual disabilities and we at the Waverley Men's Shed design and build a range of equipment and toys which enable the students to learn and to participate in social activities.

Most students have other complexities, which impacts on their lives daily. These include physical disability, Autism, medical and health care issues which require the staff assistance and specialist equipment. The specialist equipment has included a set of timber steps with hand-rails and a platform designed to be moved to areas across the school, if needed, depending on the identified needs of the students. This allows students to safely practice using steps which is not safe to do using regular stairs,



With the careful design by Peter Black, who was assisted in the building of the steps by William Honeyball and many other members of the Shed, a wonderful set of orthopaedic steps which are safe was made. This provides the opportunity for the School's children to safely practice their mobility skills.

The steps were made of a set of stairs on each side of a landing at the top, but it was a bit tricky because on one side there

are 4 steps, and on the other side only 3 steps. It is understood that these steps are being utilised in the treating and training of the special needs children at the School.



We are informed by Carmel Seeto, the School principal, that specialist physiotherapists and occupational therapists who visit the School to assist our students comment on how wonderful the steps are for mobility training. The equipment is of an exceptional standard.



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 submitted (provided by one of his daughters) which is 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.

STUFFED AUBERGINES (EGGPLANT)- Serves 4

Ingredients:

- 2 medium sized eggplant
- 400g minced meat (use only pork, or beef, or mix of both)
- 75g chopped onions
- 50g tomato paste
- 25g grated Parmesan cheese
- 2 eggs
- oil
- salt and freshly ground pepper

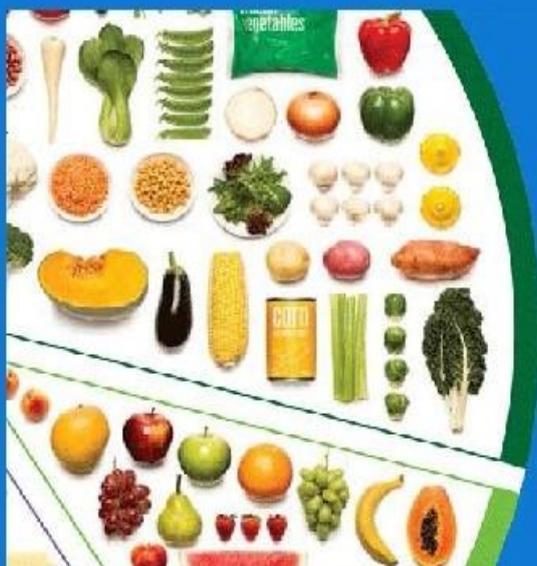


Method:

1. Wash and cut the eggplants lengthwise in half
2. Boil them for 6 minutes
3. Scoop the pulp from inside with a teaspoon, chop and put it in a bowl
4. Heat some oil in a frying pan and lightly brown the onions
5. Add the minced meat and chopped eggplant filling, cook for 10 minutes stirring frequently
6. Add tomato paste, salt and pepper, remove the pan from heat and leave mixture to cool
7. Pre-heat oven to 180C
8. Add the eggs and cheese and mix well
9. Stuff the eggplant shell with the mixture
10. Put the eggplant in a baking dish lined with baking paper and bake in the pre-heated oven for 35 to 40 minutes

Bon Appétit!

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



THE 5 FOOD GROUPS

- Grain (cereal) foods
- Vegetables and legumes/beans
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
- Fruit



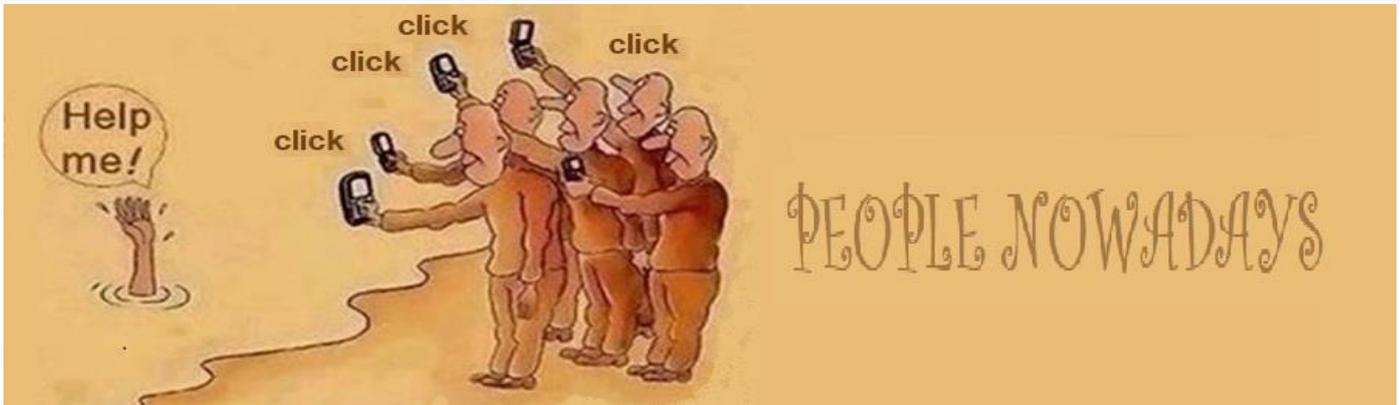
THE CERAMIC FIGURES OF DAVID LOVELL

David Lovell is one of WCMS's quiet achievers. After some health issues in the past couple of years which restricted David's ability to climb to the top of the main mast of James Craig, the tall ship berthed in Darling Harbour, David turned his attention to creating ceramic sculpture figures which he exhibited at the November'19 Show.



The work is beautiful and created great interest among the visitors.

WELL DONE!



PROJECT IDEA: FIDDLEBOARD

People who have recently suffered (or are recovering) from a stroke often benefit from using a fiddleboard which can incorporate a huge variety of activities which can be personalised for their personal needs.

Relatively cheap to make from lots of spare parts in the "miscellaneous" drawer, but usually Bunnings helps out with spare bits and pieces if it is for a hospital or nursing home.



You want it when?



WHAT'S THE RUSH?

Arnold and his wife were cleaning out the attic one day when he came across a ticket from the local shoe repair shop. The date stamped on the ticket was over eleven years old. They both laughed and tried to remember who might have forgotten to pick up a pair of shoes over a decade ago. "Do you think the shoes will still be in the shop?" Arnold asked. "Not very likely," his wife said.

"It's worth a try," Arnold said, he went downstairs, hopped into the car, and drove to the store. With a straight face, he handed the ticket to the man behind the counter.

With a face just as straight, the man said, "Wait, I'll have to look for these." He disappeared into a dark corner at the back of the shop. A while later, the man called out, "Here they are!"

"No kidding?" Arnold called back. "That's terrific!" The man came back to the counter, empty-handed. "They'll be ready Thursday," he said calmly.

TRAVEL ADVISORY

With overseas travel being limited (ie. non-existent), we feature some signs from around the world that are there to attract mainly male customers.

Many cities around the world claim that they cater for husbands at Day Care Centres so that the wives have time for themselves and to relax, and most importantly, to go shopping.

On his travels over many years, Tom Wolf has found 2 of these, one in Edinburgh, and the other in Cape Town. Funny, but the only cost for such care package is sufficient funds for alcohol purchase.

AND here are some other interesting signs that were found on the internet:

