



WAVERLEY COMMUNITY  
MEN'S SHED INC.

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

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

Volume 2 Issue 5

MAY 2021

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

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



## FROM THE EDITOR'S DESK

Members have noticed that Uniting's proposed development of the War Memorial Hospital site is open for public comment.

We are fortunate to have a great relationship with WMH management and have been kept informed of the proposed development and our relocation for some time.

We have assurances that the Waverley Shed is to be provided appropriate accommodation within the new complex.

Hopefully this message will allay our members' fears, but we are sincerely reliant on WMH's ongoing goodwill (and we have never been disappointed in their support).

Thank you, Uniting.

*Tom*



## SYDNEY TIMBER TOOLS & ARTISAN SHOW

JUNE 11-13



**IS POSTPONED!! We'll keep you posted.**

## CAPTION COMPETITION





# 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

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

**MEMBERS ARE ENCOURAGED TO ATTEND THE SEMINARS**

Bookings are essential: Catriona Beaumont 93690215  
or by email to [catriona.beaumont@health.nsw.gov.au](mailto:catriona.beaumont@health.nsw.gov.au)



## PREVENTING FINANCIAL FRAUD

This article is not wide-ranging to cover all frauds, but is intended to get our readers to think about the dangers of fraud.

We hear of Seniors being victims of financial fraud, so here are some tips to be aware of, but you have to remain alert, because fraudsters are constantly making up new and additional ways to defraud the unwary. So, it is important to remain vigilant and to keep up with the latest security advice. If you are at all suspicious, be wary of any information you disclose.

1. Never share your ID or security number (PIN). When making a purchase or a payment, insist that the attendant is not able to see you enter the number into the machine..
2. Never share your passwords or security (PIN)
3. Never provide sensitive information over the telephone at a time when someone can overhear you
4. Never provide sensitive information on the computer at a time when someone can see your computer screen or your keyboard.
5. Never provide remote access to your computer to anyone unless you have arranged with a computer specialist whom you know.
6. Never provide confidential information (that includes your date of birth) to a person who telephones you!. The banks and the Tax Office do not ring you asking for sensitive and personal information. If in doubt, go to your accountant or your Bank Branch.
7. When using an ATM, ensure that no-one can see you enter your PIN and cover the view from any potential secret cameras with your hand
8. If you suspect anything, or: notice any suspicious activity on your account
9. A card, mobile phone or other payment device is lost or stolen
10. Your PIN, password or any other banking codes have become known to someone else or are otherwise compromised

**CONTACT YOUR BANK IMMEDIATELY!**

**TO SEE THE LARGE VARIETY OF SCAMS OUT THERE, VISIT [www.scamwatch.gov.au](http://www.scamwatch.gov.au)**

***Disclaimer: This is general advice by way of information only, please rely on your own Bank or financial institution's instructions and protective measures.***



# **ROYAL EASTER SHOW SUCCESS 2021 ARTS & CRAFTS RESULTS**

**Waverley Men's Shed members have met success  
at this year's Show. Our members have won their  
two classes!**

## **CONGRATULATIONS TO RODNEY BASSETTI and PHIL McLEOD**



**The Royal Agricultural Society of NSW  
ArtsCommittee Award**

**The winner chosen from a total of 826 entries.**

**Winner: MR RODNEY BASSETTI  
of VAUCLUSE -  
"THE LONG DAY"**

### **PAINTING**

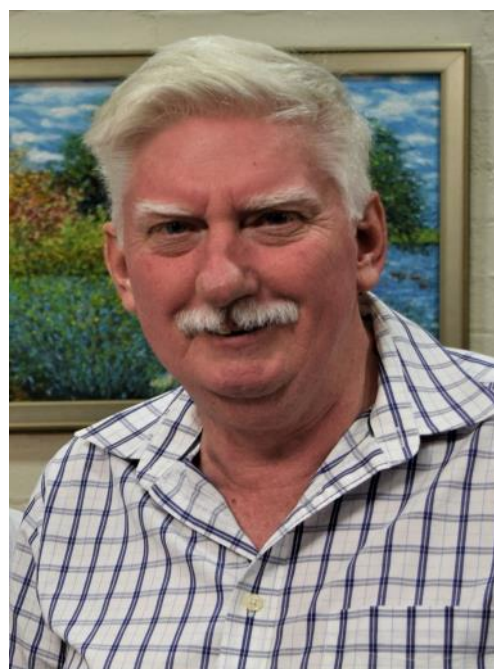
**CLASS: 1 - Rural Subject and/or Landscape  
Painting. Any medium. Urbanscape is  
acceptable within the definition of Landscape.  
1 MR RODNEY BASSETTI of VAUCLUSE -  
"THE LONG DAY"**

### **WOOD WORK**

**CLASS 287 - Platters/Bowls. Turned from  
one piece of timber,  
either solid or laminated but not segmented.  
Also Cash Prize supported by Sydney  
Woodturners Guild Inc.**

**1st Prize MR PHILIP McLEOD  
of KINGSFORD -  
"34cm DIAMETER  
EUCALYPTUS BURL PLATTER"**

**WELL DONE GUYS!**







# "THE LONG DAY"

by Rodney Bassetti

I have been painting for many years. It is a pastime that I could not involve myself in when I was in my "working years" (in which time I did no painting much apart from houses). When I retired I started to feel that I had little to do and I had a need to create, just like you guys creating at the Shed. Beautiful furniture and wooden ships and toys etc. All wonderful and on show at the Arts and Crafts show that we had in November 2019.



Recently I was honoured to be given two ribbons by the RAS of NSW for my landscape painting in acrylic ("The Long Day") entered into the 2021 Royal Easter Show competition. The painting depicts children in the Arena on their ponies, it was painted based on a photo taken a couple of years ago as the children were still parading towards the end of a drawn out very hot day.

In the past 2 weeks, I wrote to the RAS from the artists point of view, and they came back to me very happy with my comments. They are a wonderful organisation that promotes artists and treats them with the respect they deserve when competing in the show contests.

As always I am happy to assist any budding artists within the Shed,

My life revolves around family, fun and painting. I am going to pursue opportunities in the art field, while also keeping and loving my relationship with the Shed. The Awards have changed nothing. I am as always the "nice quiet guy". Throw me an aggressive bone every now and again, so that I stay sane. William knows how to do that.

There is beautiful work created in the Shed . So take the RAS seriously, enter by about December each year and I assure you that you will love it. If you don't win then go back again . The experience is enjoyable anyway.

Just keep creating and talking to one another, to stay healthy.

*Rodney*



# TURNING A PRIZE WINNING PLATTER

by Phil McLeod

The story of how I came to turn this platter goes back several years. Eastern Region Woodturners got a new member, (Paddy Eagar). Paddy was a very accomplished woodturner, but previously had an injury at work that injured his back, so he could no longer stand for long periods. He had worked in northern NSW and was able to gain access to some previously logged old growth forest and to harvest fallen logs and stumps (you would never be allowed to do that now). So, Paddy got a significant number of large burls and round Red Wood blanks.



Burl blank, front view



Burl blank, back view

Paddy was in Sydney for treatment, and to be with a friend now that he could no longer work. He came to the group looking for companionship as much as anything else. He eventually sold his tools to me and donated all the blanks to the group with myself acting as custodian. A number of them have now been used. Paddy's tools were Henry Taylor, if not the

best, they would be right up there with the best.

However, I put aside a couple of the blanks for my personal use. One of them being the Coolabah Burl that would become the prize winning platter. It had sat in my workshop for a number of years. My idea was that "one day" I would do something special with it.

Early 2020, pre lockdown, a friend took delivery of a new lathe and wanted to get rid of his Bruce Leadbeater lathe. Bruce was a legend in the woodturning fraternity for his engineering skills as well as woodturning skills. I bought his lathe, much better than my Hafco machine. Everything was now in place to do "something special".



The Leady lathe

Inspiration came when I saw a platter in a shape that I can only call a "Flying Saucer". Basically a large round platter with convex surfaces top and bottom and relatively small recesses also top and bottom. This was what I was looking for "Something Special".

The blank was over 400mm in diameter, so would not fit over the bed of the lathe. However, the LEADY lathe Headstock swivels. I therefore selected the slowest speed that I could, turned the headstock to give me clearance for the blank to rotate unhindered.

I drilled a hole in the approximate center of the blank, mounted it onto the screw center of my Vicmarc expanding jaws chuck and started the machine. What a wonderful lathe, while getting the blank to round there was little to no vibration at all.

Once it was round I increased the speed to a medium speed and proceeded to work on what would become the base of the piece removing the bark and shaping the convex shape I wanted. I put an oversized recess in the base to give it stability when standing and a convex center in the recess, this was purely decorative. Once the base was shaped I started sanding, and sanding, and sanding.

The base had to be finished before I turned the piece around to do the top. The finish I wanted to use was Organoil. This finish requires you to sand down to about 400 grit, then apply a coat of finish and continue sand to about 1800 grit. A final buff and leave it to dry.

cont. p.6



cont. from p.5



Turned Coolabah item,  
top view



Bottom view, it is 34cm  
in diameter

It was now time to turn it around and do the top. Because I had put an over-sized recess in the base I needed to change the jaws on the expanding jaws chuck and because this part was finished and I did not want to damage the finish, I wrapped a piece of rubber around the jaws.

This provided protection for the finish and lots of friction to hold the piece. It worked a treat.

Now I turned the top and put in the concave recess, sanded it and finished it.

To be honest it is a decorative piece it could only hold a few Easter Eggs or something similar, but I was very pleased with the result.

I have entered items into the Royal Easter Show on several occasions. I have done this thinking it would be nice to win something, but my main motivation was to show people what I could do with woodturning. Some of the pieces were very simple, but each of them I was proud of and I wanted to show that pride. I would encourage turners at all levels to do the same, show your pride in your skills. It does not matter whether you win or lose, just participate with pride. You never know your luck, I didn't.

*Phil*



**PROUD TURNER WITH THE PIECE IN THE "CABINET OF EXCELLENCE"**





# SHED GOINGS-ON (CURRENT PROJECTS ETC.)



**Ian Dawes** grabs a few moments on the lathe in between lessons. There is a never-ending list of members seeking instruction (or more instruction)



**Jeff Silberbach** finds it more convenient to come to the Shed on the days when there is no instruction on the lathe



**Tony Mandarano** seems extremely pleased with the table he has created, turned the stem and cut the intricate legs ... and then it collapsed about 3 seconds after the photo was taken! Not perturbed he set about putting it together again.

In between his other projects, **William Honeyball** has found time to do some repairs to an Art Deco lamp (left). The metalwork was damaged and tarnished and the lamp needed a new switch. Now it looks as good as new.



Not to be outdone by other rocking horses being made in the Shed (see **Charles Gerrard's** and **Mo Dhanoya's** rocking horses as reported in the last issue), **David Brem** has come up with a simplified (but just as "rocking") horse



**Harry Jacobs** (right) relies on the TA's to help him out in using the large machinery. He is now making jewellery boxes for the grandchildren and is being helped by **Rodney Goldberg** and **Peter Black**



When there's nothing else to do, **Mo Dhanoya** and **Lawrence Wong** fill the glue pots (left).

cont. p.8



cont. from p.7



**Mo** is also going ahead with the rocking horse project, this time he is helped by **Tony Mandarano**.



As if he didn't have enough projects to do already, **Mo Dhanoya** is also turning a spice bowl with the help of **Ian Dawes** and **Peter Charlton**



**Peter Chapman** (left) has found a very nice restoration project. The table needs to be scraped back and then stained and varnished.

**Rodney Bassetti** (right) is modifying a computer/iPad base by giving the stand wings to house the battery and a mobile phone



New "P plater" **Jack Leigh** (left) is making a guitar stand. Just about as soon as he finished his Induction, Jack set to work on a favoured project.

**Eddy Gorog** (right) is another new "P plater" who got stuck into a project as soon as he could. He is making a food stand for the middle of the table.



**Graham Ely** has set about restoring an old cutlery box. First he is scraping back the veneer on the lid, then the inside lining will be removed, then new felt lining will be installed.

cont. p.9



cont. from p.8

If you ask **Tony Mandarano** how you make a Maltese Cross, he'll show you his design, but if you ask him how to make a Maltese really cross he'll tell you that his wife Mary gets real upset if Tony doesn't do as he is told. The "Cross" (as well as cut-out designs of a woman and a man) are used to cut cookies commonly known as "figolli" which are traditional Maltese Easter sweets.



Tony is also making a cheese/wine board allowing for the bottle and 4 glasses.

**Graham Ely** (left) is always asked to do jobs by his daughters. This time he is making an "occasional stand" with his usual care for fine detail.



**Rodney Bassetti** is making his "cats" again! Rodney's "Cheshire Cat" design has previously featured as a Project Idea in Scuttlebutt.



In the meantime, work on restoring the **Class "M" Marblehead Pond Yacht** continues (and takes up lots of bench space ... sorry everyone!)

Finishing the hull was just the easy part of the job, rigging it without rigging plans is a totally different task requiring long hours of research as well as the time to rig. The braided cord exact to scale could not be found, and the hooks had to be made from smaller gauge stainless steel wire. Once the rigging started, **Richard Cortis** showed his love of yachts (regardless of size) and came to the fore giving great assistance to **Tom Wolf** and **William Honeyball**

cont. p.10



cont. from p.9



Welcome back! We welcomed back **Gad Kainer** (left) after a very serious and long illness from which he continues to recuperate. Gad came along to make a frame for a display board, he was assisted by **Peter Black** and **William Honeyball** joined in as well..

**Andrew Prior** (right) is making a laminated chopping board. Andrew has been away for a while as he had no project to do, but is now back to make his project.



When **Rodney Goldberg** (above) was asked by friends to repair a child's chair he didn't realise how valuable the item is. It was found to have been made by Baumann Furniture, a factory founded in 1901 in France specializing in children's chairs and armchairs with beautiful curved wooden components, a very rare and expensive item.

## THE SEVEN AGES OF MAN







# MAKING AN "ANDRE ROUBO" BOOKSTAND

As reported first in the April issue of Scuttlebutt, Mo Dhanoya made the prototype of an Andre Roubo folding bookstand.



**André Jacob Roubo** (1739–1791) was a French carpenter, cabinetmaker and author. Roubo's career peaked in 1774 when he published his masterwork treatise on woodworking, titled *L'Art du Menuisier*. This long-standing work covered practically all methods and trades associated with woodworking. Designed centuries ago, the Roubo bookstand is carved from a single board, featuring a carved hinge making it appear as though two boards were interlocked by magic.

Mo is now making the real thing with a Sikh decorative design (a Khanda, the symbol of the Sikh faith) engraved on the face.



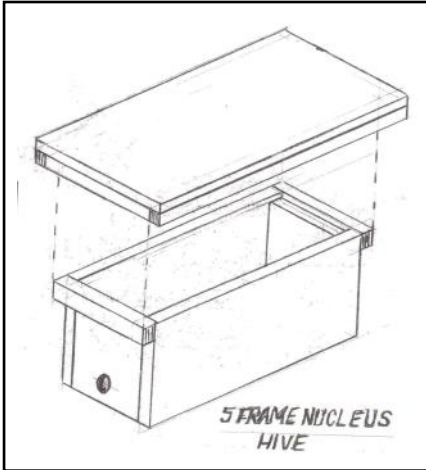




# THE 5 FRAME NUCLEUS BEE HIVE

The bushfires and the floods have destroyed native and honey bees by the millions, so there's a "beemergency". Bees are essential for pollinating plants of every kind.'

A move was started to make hives and bee hotels for those that remain, and the **Beemergency Project** is a simple idea, a can-do attitude and collaboration between a number of Men's Sheds.



The Waverley Shed is participating in this idea that is shared with the other Sheds and some the bee clubs, the Urban Beekeepers of the Inner West and Sydney Bee Club..

**Rodney Goldberg**, armed with plans and materials that have been provided, are helping the project take flight by making small nucleus hives.

We have been fortunate in Sydney, our gardens are lush and provide flowers year round. Our city bees are healthy, well fed with plenty of pollen and honey. In the country areas however hundreds more hives are needed.

What is a nucleus hive? They are known as NUCS (pronounced nukes). Beekeepers select five frames of bees with developing larvae and pupae, and once in the nucleus hive a new queen

bee is added. This produces a new colony in a matter of months, which can then be housed in a full sized hive.

NUCS can be used over and over again, producing several new colonies per year. We were provided with the plans and the timber.

Members should be aware that the Nucleus Bee Hive is different from the Native Bee Hive featured in an article in the January'21 issue of Scuttlebutt.

The large 2400x1200x18 sheets of plywood are stripped and cut to size in accordance with the plans and assembled.



Then, a coat of white paint, and they are ready for delivery.

**We thank Rodney for undertaking this vitally important community project.**







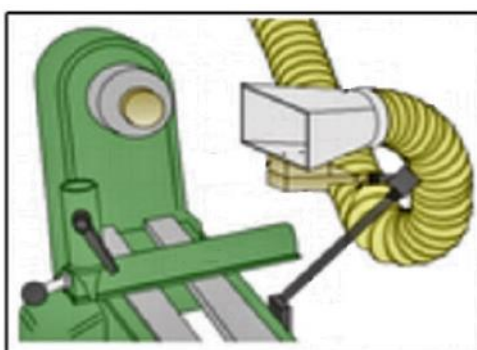
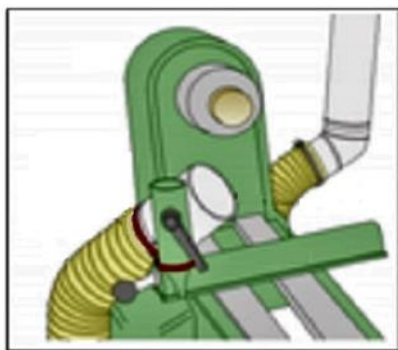
# SAFETY FOR TURNERS

Article contributed by a member, source unknown

Wood Turners encounter some unique workshop safety issues not encountered in General Woodworking

In General Woodworking, a workpiece is restrained in some way and guided into contact with a high speed rotating cutter. In Wood Turning the reverse is the case. It is the workpiece that rotates at speed in a lathe and a cutting tool is manually held against the rotating workpiece by an operator. This reversal of roles introduces new risks for the operator. All the major operator risks found in General Woodworking are also found in Wood Turning.

These are planning and preparing, good housekeeping, concentration, appropriate clothing and of course, dust extraction and PPE – Personal Protection Equipment.



Efficient dust collection is made more difficult around a lathe, because of limited access plus the amount of waste being removed. Dust collecting points can be mounted (as shown) or a dust hood on a telescopic arm are the most efficient collectors at the source of the dust.

PPE (Personal Protection Equipment) – An operator's sight, hearing, lungs and hands are the senses at most risk during Wood Turning. Sometimes an irregular workpiece is chosen for its attractive features, one made up of laminated pieces or simply one with a square or rectangular profile.

These choices can be the cause of larger pieces breaking away and being thrown back at an operator. Operators (and spectators) should stand away from the "red zones". These zones are directly in front of (and behind) the workpiece. Ideally, it is recommended that operators wear a full face shield and one that covers the scalp.

It is also best an irregular workpiece is trimmed of waste before mounting in the lathe and tool rest clearance should always be checked before beginning work. Turning should be paused often to check for faults as they might become visible in the surface.

When sanding a workpiece still mounted in the lathe, the tool rest should be removed for better access.

It might also be tempting to use an application cloth to apply a finish product, but the risk of a cloth being caught makes this dangerous practice.



## BRAINFREEZE

WORKING WITH MATES  
IS NOT ALL IT'S  
CRACKED UP TO BE



# HEART & LUNG EXERCISE

Extracted from brochures found at St.Vincent's Hospital,  
otherwise source unknown.

**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.*

The importance of exercise and how it affects our well being and mental health is often forgotten in these days when our lives are run to timetables dictated by medical appointments, medication and meal times. It is vital to take your heart and lungs out for exercise daily and it is even better if you do it whilst you do something fun and interesting. Talk to your doctor and/or your physiotherapist as to what exercise suits you best.

## Regular exercise will help to:

- Improve your ability to do activities needed for everyday tasks;
- Reduce breathlessness;
- Improve arm, body and leg muscle strength;
- Clear mucus (or sputum, phlegm) from your chest;
- Improve balance;
- Improve mood and make you feel in control;
- Make you independent;
- Assist weight control;
- Improve bone density;
- Reduce the need for hospital admissions.



## Things to remember:

- Before any exercise talk to your doctor to ensure you are medically clear to exercise;
- Aim to exercise for minimum 30 minutes, 5 times a week. It is important to note that the 30 minutes does not need to be done in 1 continuous session if you can't achieve it, but a total of 30 minutes is the target. Always exercise in a safe and friendly environment and select a suitable exercise programme
- If exercising outdoors, **DON'T FORGET** your hat and sunscreen
- Take breaks (rest) and rehydrate (drink water) whilst exercising
- Exercise can be in the home, such as:
  - heel-to-toe,
  - walking on the spot,
  - step-up-and-down (stairs),
  - walking sideways,
  - sit and stand from a chair,
  - balance on one leg using a bench to hang on to if necessary,
  - Walking a straight line heel to toe.
- Weight exercises can be done using 2 shopping bags with identical weight tins in them.

**AND DON'T FORGET TO BREATHE PROPERLY!!  
SMELL THE ROSES AND BLOW OUT THE CANDLES!!**

# EXERCISE IS THE BEST MEDICINE?



**I joined a gym and spent nearly \$400 there, but I didn't lose so much as a single gram. Apparently you have to go there!**





# 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.

## SWORDFISH WITH SALSA ROSSA - Serves 4

### Ingredients (fish):

- 4 x 1cm thick slices of swordfish
- sea salt and ground black pepper.
- 2 handfuls of rocket
- juice of 1/2 lemon plus wedges to serve

### Instructions (fish):

1. Heat pan until very hot and season the swordfish with salt and pepper.
2. Place in the pan and cook for about 1 1/2 minutes each side, until golden.

### Ingredients (sauce):

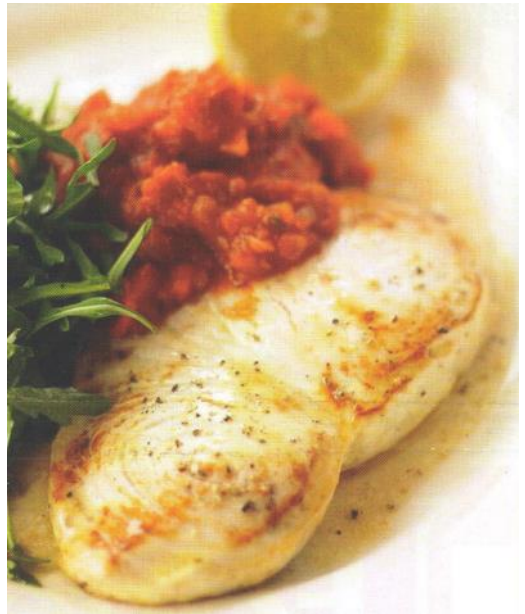
- olive oil
- 1 small red onion, peeled, finely chopped
- 3 cloves of garlic, peeled, finely sliced
- 1 small stick of cinnamon
- 1-2 small dried red chillies, crumbled
- 2 tablespoons red-wine vinegar
- 2 x 400g cans good quality plum tomatoes, chopped
- 1 small jar of red peppers, drained and chopped

### Instructions (sauce):

1. Put a little olive oil into pan, add onion and sliced garlic. Throw in the cinnamon stick and chilli and fry on gentle heat for 10 minutes until the onions are soft and sweet.
2. Turn up the heat and add red wine vinegar. Turn the heat down to low straight-away and add the canned tomatoes and red pepper.
3. Simmer slowly for 1/2 hour, season to taste.

**Serve the swordfish with sauce spooned over the top. Serve with wedge of lemon and sprinkle lemon juice over some rocket on the side.**

**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.**



**Keep reading  
Scuttlebutt for  
more recipes**



## PETER'S RABBIT HUTCH "HILTON"

In early 2014, Peter Black spent 6 weeks creating a most elaborate rabbit hutch for his grandchildren.

In making the hutch (the dimensions can be gauged from the photo), Peter obviously took into account that there would be both male and female rabbits caged in there and made allowances.

By the way, we've never heard of the hutches ever since, but presume it was a success.



## PROJECT IDEA: SCARF HANGERS

This is a very simple project using scraps of left-over timbers.

Cut to the same length as ordinary coat hangers, drill 10 x 25mm holes and clean the holes on the bobbin sander.

Make a wire hook and secure it to the top centre of the hanger.



## COGNITIVE AIDS

In late October 2014 we were requested by the War Memorial Hospital Rehabilitation Department to create some cognitive recognition items for their stroke sufferers to use in their rehabilitation.

The items were requested to be 4 square, 4 circular and 4 triangular shapes about 5-6mm in thickness and about 4cm in size, and painted in 4 colours, namely blue, red, yellow and green.

We understand that these items were used in having the rehabilitation patients identify the shapes and colours and that this assisted in their rehabilitation.



## THE CIRCLE OF LIFE