



WAVERLEY COMMUNITY  
MEN'S SHED INC.

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

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

Volume 2 Issue 6

JULY 2021

Editor: Tom Wolf: <[newslettereditor@waverleycommunitymensshed.org.au](mailto:newslettereditor@waverleycommunitymensshed.org.au)>

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



## FROM THE EDITOR'S DESK

Yet again this damned coronavirus has caught up with us causing a closure of the Shed, but we hope to get back to normal operations ASAP. **REMEMBER TO STAY POSITIVE AND TEST NEGATIVE!** We continue to observe Covid protocols, and we encourage our members to be patient and get vaccinated.

Once more the call goes out for help. We desperately need someone to learn the job of Treasurer, because Rodger has indicted after more years than we can remember that he will not be standing for any more terms in the job. His successor needs to familiarise himself with "our way of doing things".

We are also looking for an Assistant Editor for Scuttlebutt. If you think you could help, please let me know, I am happy to teach you all that you need to know.

As we come up to our 8th anniversary, we are looking forward to celebrating it with all our Shedder mates after we missed out on last year's party.



Tom

It's our 8th Anniversary, so,

LET'S  
**Party!**

at the Shed,

on Wednesday, 28 July at 12:00noon

Bring your plate of food or some drinks (no alcohol) along!!



**War Memorial Hospital**

invites you to a free seminar on

**Uniting**

# Sleep

**Monday 5<sup>th</sup> July 10am to 12pm**



- Common sleep problems and their treatments
- Sleep patterns and ageing
- Tips for a good night's sleep

**Held between 10:00am to 12:30pm at the Day Centre**

**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)>



## THANK YOU PHIL WICKS, WOLPER FOUNDATION and THE WAR MEMORIAL HOSPITAL



After many delays due to the pandemic, we were able to successfully host a full certificate First Aid Course on Tuesday, 8th June 2021 and the Emergency Care Course on Tuesday, 15th June 2021.

The Courses were instructed by Phil Wicks on behalf of the Royal Life Saving Society and Uniting made the Education Centre available to us.

We are grateful for the support of both Phil Wicks and Uniting, and we particularly thank the generous grant from the Wolper Jewish Hospital Foundation whose grant of funds made the success of the Course possible. It is encouraging to realise that so many of our members will now be able to provide assistance to their families, friends, fellow Shedders and the community. The 2 Courses our members participated in were:

- The Full Certificate course which covers all basic elements of first aid including CPR and provides a first aid certificate for 3 years.
- The Emergency Care Course which involves Basic care (Defibrillator and EpiPen use) plus bandaging of injuries.

Regrettably, some members who wished to participate missed out due to other commitments and/or the oversubscribing of the Courses (limited to 6 per Full Certificate Course).

If any member **missed out but would like to participate** in another Course to be organised, please notify the Secretary at [secretary@waverleycommunitymensshed.org.au](mailto:secretary@waverleycommunitymensshed.org.au).



## THE BETTER DRIVE STUDY

# VOLUNTEERS NEEDED

A TRIAL OF TRAINING  
PROGRAMS TO IMPROVE  
DRIVING SKILLS IN OLDER  
ADULTS

- Are you aged over 65?
- Do you have a current drivers licence and drive regularly?
- Do you plan to keep driving?

If you answer YES to these questions please contact us on  
9399 1135  
[betterdrive@neura.edu.au](mailto:betterdrive@neura.edu.au)

*This study has been approved by the UNSW Human Research Ethics Committee (Protocol HC190439)*



## VOLUNTEERS WILL:

- Have their driving assessed by professionals
- Get detailed feedback about their driving
- Have vision, memory and reactions measured
- Take part in a driving skills refresher program

PARTICIPATION WILL HAVE  
NO IMPACT ON LICENCE,  
RESEARCH ONLY



# HEAL COUNTRY!

4-11 JULY 2021



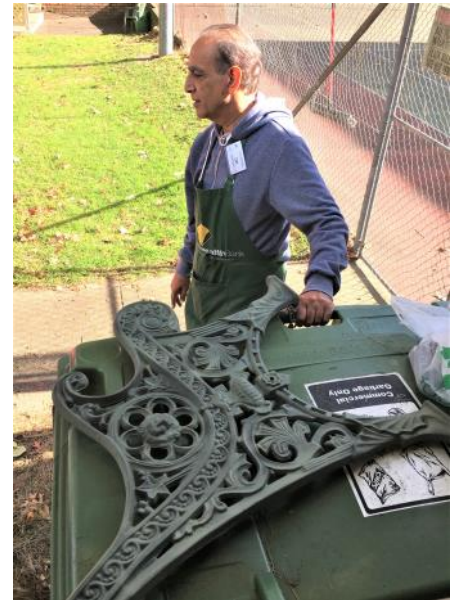
# SHED GOINGS-ON (CURRENT PROJECTS ETC.)



**Ian Dawes** is making a palm tree bowl that will have an interesting pattern when finished.



**Mo Dhanoya** is renewing an old garden seat, de-rusting the steel ends with the help of **Tony Mandarano**. Great way of doing it! ... Tony is working and Mo is looking on!



Then it was time to cut the timbers to fit the seat, and again Tony is doing the cutting while Mo is his trusty assistant (looking on).



**Peter Ulmer** (right) is still working on the same chair, regretting that he ever started on it.

**Jack Leigh** (left) has started making an air dryer box for meat. His wife likes to dry and salt meat and use it as and when she needs it (a Brazilian way of cooking).



**William Honeyball** has finished the repairs/restoration to a small fold-down table. It was a most satisfying project that brought back many memories.

cont. p.5



cont. from p. 4



**Graham Ely** is using the lathe under instruction. Here he is seen working on the inside of a small and intricate Jacaranda bowl. Made from a Jacaranda branch that was



cut off the tree only 5 or 6 weeks ago, Graham rough turned it at just 2 weeks then let it dry for 2 weeks. Now he is able to get a lovely smooth finish on it without sandpaper. Unlike 'ordinary' bowls this one has a smaller opening than the inside diameter, something that requires special skill hollowing it out.



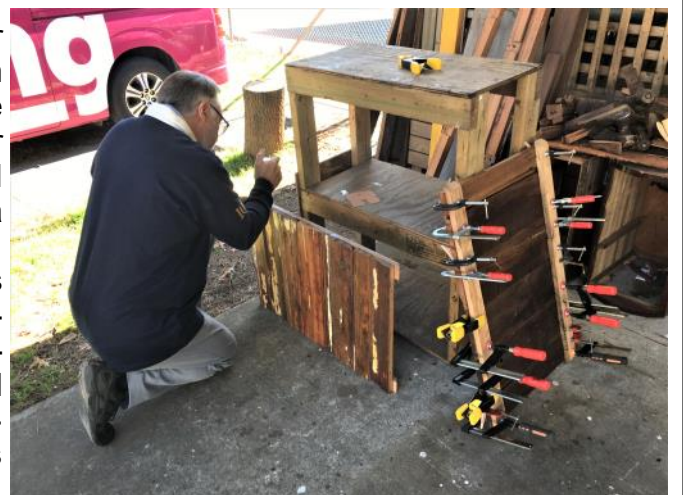
**Mike Barker** (left) is ready to assemble his wine bottle and drinking glasses table. This very simple design has been imitated by others in the Shed.

**Jeff Silberbach** is doing some "running repairs" to furniture (including an armchair) to be used by his daughter who is moving out of home.



When **Martin Przybylski** recently joined the Shed, he already had an idea for his first project. He wished to use the weather-board timber panels from the home his mother was raised in to build a storage box. After weeks of designing, measuring and

more designing, and measuring again, he is finally at the stage of cutting and assembling his box.

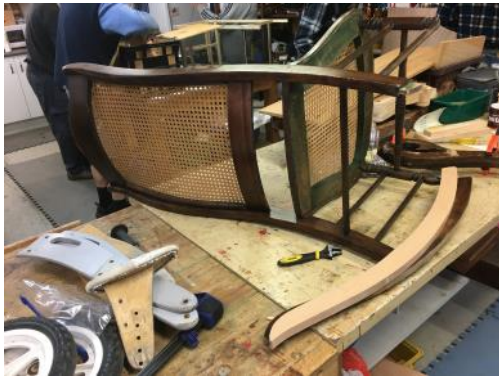


cont. p.6



cont. from p. 5

On the way to having the model placed on permanent display at the Tribute Museum at Jones Bay, **Tom and Sandy Wolf** dropped in at the Shed to let us have a final look at the 1:350 scale model of HMT Dunera. Tom built much of the model at the Shed.



A community project that was undertaken was the repairs of an old wicker rocking chair. It had a broken rocker and leg and one of the armrests had seen happier days. **Tom Wolf** and **David “Bremmy” Brem** have just about replicated or repaired the broken parts of the chair which should be ready to go back to its home very soon.

You measure twice and cut once. New “P” member **Peter Spicer** is putting that adage to practice as he measures, cuts and assembles artist canvas stretchers for his artist wife. He was helped by **Rodney Goldberg**.



**Gad Kainer** (right) is making a name sign for his daughter's property on the Central Coast. The name is to be carved by hand into a piece of hardboard and Gad is practising getting the size of the lettering right.



We've had the bits and pieces for some time, but finally the motorcycle rocker is being assembled, and soon it will be looking for a good home.

cont. p.7



cont. from p. 6



**Peter Black** has spent the past few weeks (whenever his supervisory duties allowed him time) in designing and making wooden handles for a designer handbag. Still seeking perfection, he is well on the way to completing this project.

**Peter Charlton** took a few moments away from helping others to work on the inside of a bowl.

Regrettably the outbreak of the coronavirus in our local area has brought our operations to a stop, but we hope to be back in full swing soon!



## ALL IN A DAY'S FUN!



Those who attended the First Aid Course had a great time. Learning the skills to help others doesn't mean you can't enjoy your day, although Rodger's play-acting pretending that he had a deep puncture wound may have gone too far? Rodney has no sympathy for him. Meanwhile Bremmy found a friend that doesn't talk back to him!



**DOGHOUSE BUILDERS**

**BEWARE!**

**YOUR DOG COULD GET  
TO LIVE IN A NICER  
HOUSE THAN YOU DO!**



# ROUTER TABLE SAFETY



Reproduced/adapted by permission of the Hornsby Mens Shed

Table routers can be very **hazardous**. A search through forums on the internet should provide a wealth of **Router table** designs and ideas that incorporate both safe operation and facilitate dust collection.

The use of push blocks, feather boards and fence dust collection makes the use of a **router table** a much safer operation, and the router table can be quite safe if one uses the proper techniques and safety guidelines.

Although most router bits are small, routers and bits deserve your attention and respect. As with all power tools, you can enjoy them safely by following safety guidelines,

**The most serious hazards when operating the router table are:**

1. **Accidentally contacting the bit which is rotating at an extremely high speed.. Touching the rotating bit, particularly large diameter bits, can cause serious injury to fingers and hands.**
2. **Kickback that can occur if the bit grabs the work-piece and throws it at high velocity from the table. Kickback is a major cause of 1 above.**

## **Safe Feed Direction to Avoid Kick-back is from Right to Left**

With very few exceptions, the work-piece always moves against the rotation of the bit which on a router table is from right to left as shown in Photo A right.

Making a mistake with feed direction can easily initiate a very dangerous kickback with little or no warning.

Feeding the material against the rotation of the cutter as shown in Photo B affords control because the cutting action creates resistance to the force being applied by the operator to move the wood across the bit.

This balance of forces makes controlling the wood much easier.

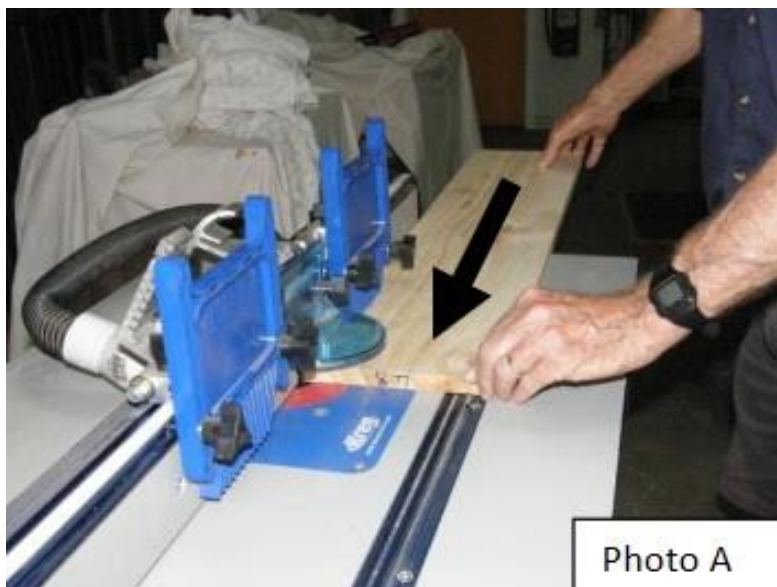
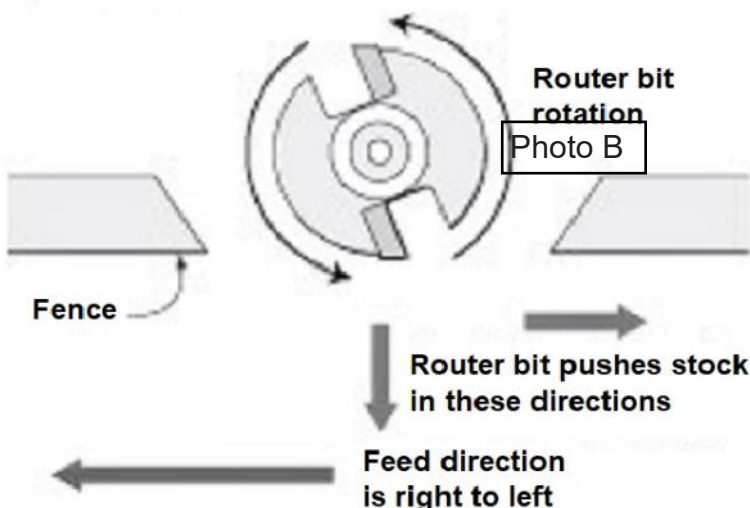


Photo A

**Router bit rotates into stock (against feed direction) and pushes stock away from fence and back toward operator.**



If the wood is introduced from left to right in the same direction as the bit is rotating the bit cutter edges instantly become very efficient high-speed power feeders that can suddenly eject the wood, leaving your empty hands dangerously close to the cutter.

This situation is particularly dangerous because the force you were applying to the wood before it kicked immediately causes your now empty hands to lurch toward the bit.

**Serious injury can be the instantaneous result**

cont. p.9

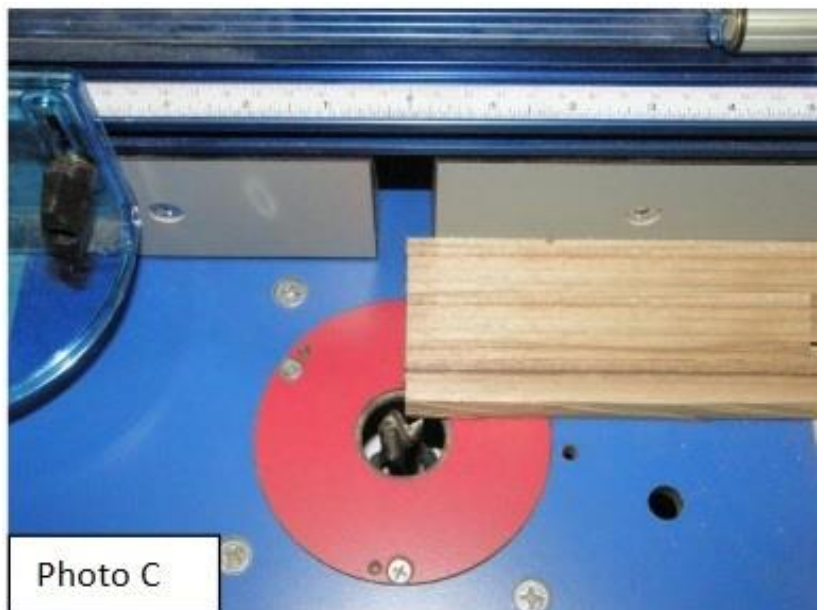


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### General Router Safety Requirements

1. Wear eye protection (e.g safety glasses) when performing an operation on the router table.
2. Wear hearing protection. The router emits a very loud noise that can cause hearing damage.
3. Wear a dust mask when routing timber that generates a lot of dust.
4. Switch power off at the power point when fitting the bit to the router
5. Keep fingers well clear of the rotating bit. Be especially careful that your fingers are not in the path of the bit at the end of a cutting pass, use feathers and push stick whenever possible.
6. If your fingers are likely to come anywhere near the bit use a push tool to position your hands a safe distance from the bit.
7. Take light cuts. Make multiple cutting passes removing only a few mm on each pass. Heavy cuts invite problems and often lead to tear out. If necessary, move the fence forward to reduce the depth of cut, or if using a bearing guided bit switch to a larger guide bearing.
8. Always ensure that the work-piece is held firmly down of the table and against the fence or bearing guide and, whenever practical use feather boards to support the work-piece against the table and fence.
9. If practical always use the bit-guard.
10. Never start the router with the bit in contact with the stock.
11. Don't force the work-piece into the bit or overload the router. Feed the work-piece at a steady speed.
12. When fitting the bit don't bottom out the bit in the collet or partially insert the bit. Instead, completely insert the bit, and then back it out approximately 1 to 2mm and make sure the collet nut is securely tightened.
13. Avoid shaping very small stock. Instead, shape a larger piece and reduce it in size afterwards. If you must shape a small piece, build an appropriate jig or secure the work within the jaws of a wooden handscrew clamp.
14. Check that the vacuum is on and the dust extraction hoses are connected before commencing routing operations.
15. Reduce the router speed to its lowest setting when using a large diameter bit.
16. Freehand cuts (i.e. without the fence to support the work-piece) must be done with a bearing bit.
17. Always use the mitre fence for end shaping. (i.e. cutting a tenon)
18. Do not attempt to clear shavings from the router table while the router is running.
19. Do not attempt to make a cut with the work-piece between the fence and the bit as shown in Photo C right. (it is very dangerous)

If you are uncertain as to how to conduct any operation on the router table request the assistance of a Supervisor or other member with appropriate experience. Some operations, such as cutting stopped slots or shaping curved surfaces may require special techniques or templates to be made to allow them to be carried out safely.







# HOW IS YOUR VISION?

For many of us, as we age our vision deteriorates and we may end up needing reading glasses for example. HOWEVER what if we were to suffer a major vision defect that could not be restored with spectacles?

The most prevalent causes of vision loss and blindness in Australia, as in other developed countries, are the age-related degenerative eye diseases such as macular degeneration, glaucoma and cataract.

**Macular degeneration** is a lasting eye disease that causes vision loss. It is caused by damage to the nerves in your eye. It causes blurred vision and loss of vision in the middle of what you would normally see.

Macular degeneration is the leading cause of legal blindness and severe vision loss in Australia, responsible for 50% of all cases of blindness

Age-related macular degeneration (AMD) is the leading cause of severe vision impairment in people aged over 40 years in Australia. AMD affects the macular region of the retina which is used for straight ahead sight. Activities which rely on the macula functioning well are reading, writing, looking at detailed objects, and colour vision.

Those most at risk of developing AMD are people with a family history of AMD, people over the age of 75 and smokers.

**A Cataract** is a clouding of the clear lens in the eye and is one of the leading causes of vision impairment. While cataracts most commonly occur in those who are older, they can develop in younger people as well. Some people are born with a cataract.

Symptoms include blurred, distorted or double vision and glare sensitivity. When symptoms begin to appear, vision may be improved through the use of new glasses, stronger bifocals, magnification, appropriate lighting or other visual aids. In more advanced cases, cataract surgery is very successful in restoring vision.

**Glaucoma** is one of the most common conditions which affects vision for the elderly. It is a group of eye diseases which result in damage to the optic nerve and cause vision loss. Risk factors for glaucoma include increased pressure in the eye, a family history of the condition, and high blood pressure.

Some people may have high eye pressure for years and never develop damage. Conversely, optic nerve damage may occur with normal pressure, known as normal-tension glaucoma. Diagnosis is by a dilated eye examination.

If treated early, it is possible to slow or stop the progression of the disease with medication, laser treatment, or surgery. The goal of these treatments is to decrease eye pressure. Treatment of certain glaucomas is a medical emergency. Glaucoma occurs more commonly among older people.

**Detached Retina is a Medical Emergency** and is more common after the age of 40. It's often caused by the ageing process. The interior of the eye is filled with a gel-like viscous substance called the vitreous. As we get older, the vitreous can shrink and lose its flexibility and in doing so may pull on the Retina as it shifts.

Sometimes it pulls with enough force to tear the retina, separating it from the back of the eye so that the retina no longer works effectively. Ophthalmologists can easily detect a detached retina and re-attach it using laser surgery and although it may be complex surgery, surgeons get good results.

So if you start seeing black spots, or worse bright flashes of light, you need to **ACT FAST** and get to a Vision specialist as fast as possible. **DO NOT DELAY.**

**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.



## RETURN UNWANTED MEDICINES (The RUM Project)

Return your unwanted medicines to  
your pharmacy for safe disposal





# CASE FOR SHELLAC

Article provided by a member. source unknown

This gift from the insect world is a great finish for home woodworkers. Today, shellac is the most under-appreciated of all finishes, but this hasn't always been the case.

Until the 1920s, when lacquer was introduced, shellac was the primary finish used in furniture factories and small woodworking shops.

It continued to be the favoured finish of professionals finishing interior wood trim and floors, and of hobbyists finishing everything, including furniture, until the 1950s and 60s.

Then polyurethane and "wiping" varnish (varnish thinned about half with paint thinner and often mislabelled "tung oil") were introduced and widely promoted.

Beginning in the 1970s, blends of linseed oil and varnish, like Watco Danish Oil, were promoted in magazines for their ease of use.

Instead of defending shellac during this period, suppliers retreated to the position that shellac was a good sealer for stains and knots.

They also allowed shellac to get an exaggerated reputation for weak water resistance, and they increased its stated "shelf life" from one year to three years. (Shellac slowly deteriorates after it's dissolved in alcohol. After about a year it no longer hardens well enough or is water-resistant enough to be used as a complete finish on most furniture and cabinet surfaces. Always use shellac within a year of when it was dissolved.)

Now shellac is rarely used as a finish except by high-end antique refinishers (which ought to tell you something). This is terribly unfortunate, because shellac still is one of the best finish choices for most woodworking and refinishing projects.

## What is Shellac?

Shellac is a natural resin secreted by insects called lacbugs, which attach themselves to certain trees native to India and Southeast Asia.

Suppliers buy the resin and sell it as flakes, or dissolve it in alcohol and package the solution in cans for purchase.

Natural shellac is orange (amber) in colour and is the best choice when you want to add warmth to wood. Most old furniture and woodwork was finished with orange shellac.



Bleached shellac (sold as "white" or "clear") is best when you want to maintain the whiteness of a pickling stain or the natural colour of light woods such as maple, birch and poplar. You can mix orange and bleached shellac to achieve an in-between colour.

Natural shellac contains about 5 percent wax and will produce excellent results; but dewaxed shellac, whether pre-dissolved or in flake form, is more water-resistant. You can remove wax from regular shellac by letting it settle and then decanting the liquid.

Shellac is a very old finish, so it has an old measuring system based on the concept of "pound cut."

One pound of shellac flakes dissolved in one gallon of alcohol equals a one-pound cut. Two pounds in one gallon is a two-pound cut; one pound in a quart is a four-pound cut; and so on.

The shellac you buy at the paint store is almost always a three-pound cut, which is very thick for brushing or spraying.

Thin this shellac by half with denatured alcohol (shellac thinner) and make adjustments from there to reach the thickness, or pound cut, you feel most comfortable working with.

To obtain maximum freshness and thus maximum hardness and water resistance, use denatured alcohol to dissolve your own shellac from flakes, which are available from many woodworking suppliers. Start with a two-pound cut, and adjust from there.

cont. p.12



cont. from p.11

### **Applying Shellac**

To brush shellac, remember that alcohol evaporates rapidly, so you must work fast. Use a good quality natural or synthetic bristle brush, or a foam brush, and brush in long strokes in the direction of the grain if at all possible.

Work fast enough on your project to keep a "wet edge," and wait until the next coat to fill in any missed places if the shellac becomes tacky.

Spraying shellac is no different than spraying other finishes. Just as thinning shellac reduces brush marks during brushing, thinning reduces orange peel while spraying.

However you apply the shellac, allow the first coat to dry about two hours, then sand with gray, 320-grit stearated (self-lubricated) sandpaper just enough to remove dust nibs and raised grain. Use a light touch to reduce sandpaper clogging and to avoid sanding through the finish.

Remove the dust and apply a second coat. Add more alcohol to the shellac if you're getting severe brush marks or orange peel, or if air bubbles are drying in the film. The alcohol will slow the drying and allow the bubbles to pop out.

There is no limit to the amount you can thin shellac, but you may have to apply more coats to get the build you want. Apply as many coats as necessary to achieve the look you want.

Each new coat dissolves into the existing coat, so there's no need to sand between coats except to remove dust nibs or other flaws. To see flaws like runs and sags before they dry in the film, arrange your work so you can see a reflected light in the area you're finishing. Then brush out the flaws before they dry.

If the humidity is high, or if there's too much water in the alcohol you've used to thin your shellac, it may turn milky-white. This is called "blushing" and is caused by moisture settling in the finish.

Wait for a drier day, use a purer alcohol or both. You usually can remove existing blushing in the finish by applying alcohol on a dry day or by rubbing with an abrasive, such as a Scotch-Brite pad or steel wool.

If, at any time, you create problems you can't remove without creating greater problems, strip the finish with alcohol or paint stripper and begin again.

In between coats you can store your brush by hanging it in a jar of alcohol, or you can clean it easily by washing it in a half-and-half mixture of household ammonia and water. You can reclaim brushes with hardened shellac by soaking in either solution.

When you have applied the desired number of coats (three is minimum in most cases), you can leave the finish as is.

Or you can level it using 320-grit and finer sandpaper and a flat backing block, then rub it to the sheen you want using Scotch-Brite pads, fine steel wool or abrasive compounds like pumice and rottenstone. If the rubbed finish shows finger marks easily, apply paste wax or an oily furniture polish

### **Shellac Pros Cons**

#### **Advantages:**

- Much more water and scratch-resistant than oil or oil/varnish-blends, which cure too soft to be built up on wood.
- Better dust-free results than varnish or polyurethane, which cure very slowly.
- Less polluting, less of a health hazard and less smelly than varnish, polyurethane or lacquer.
- Easier to apply and richer-looking than water-based finishes.
- Easier to clean (with ammonia and water) than all other finishes.

#### **Disadvantages:**

- Not water- or scratch-resistant enough for surfaces such as kitchen cabinets and tables that take a beating.
- Available only in gloss sheen.
- Tends to ridge at the edges of brush strokes.
- Slowly deteriorates after being dissolved in alcohol.



# CREATING THE WAVERLEY SHED

Our members often ask about how the Shed was established.. There is of course a detailed article about the Shed's history and the steps that were taken on our webpage, but we have found a photographic account of the creation of the Shed in 2012-2013 which we now publish commemorating our 8th anniversary.. There were many steps involved in creating our new Men's Shed all those years ago.



Equipment from a grant by Uniting Church in the Market Place was delivered prior to commencing work. Framing for new windows and installation of batt insulation followed. All external and internal walls and ceiling are insulated for sound and heat proofing.



A new power supply was connected to the shed and distributed throughout and new lighting installed at the same time.



Plywood lining was then installed to ceiling and walls, together with Swingflex industrial clear plastic doors between each room



The kitchen and wash tub being installed A flammable liquids storage cabinet was installed in the Storeroom and the fixed machinery fit out proceeds throughout the Machine Room.

cont. p.14



cont. from p.13



Dust control ductwork is connected to the 2-stage dust collectors, then a final check in readiness for...



**The total project cost was \$75,900.00**

We are indebted to:

NSW Government Community Building Partnership  
 UnitingCare Ageing Sydney Region  
 Uniting Church in the Market Place Bondi Junction  
 Clovelly Community Bank Branch of Bendigo Bank  
 Waverley Municipal Council  
 Woollahra Municipal Council

The Official Opening was by Mr Bruce Notley-Smith MP.



The Shed is finally ready to receive the first intake of men.





# 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 from David Brem that 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.

## ZUCCHINI PIE - Vegetarian dish serves the whole family

### Ingredients:

- 3-4 medium/large zucchinis (peeled and diced)
- 3-4 medium/large carrots (peeled and diced)
- 1 white onion (diced)
- 5 eggs
- 1 cup self-raising flour
- 1/2 cup vegetable oil
- tasty cheese shredded
- salt & pepper

### Method

- Mix all ingredients in a blender
- Pour into baking dish and top with grated cheese
- Bake at 180C for about 1 hour



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.

## TODAY'S MENU



## EAT IT OR STARVE

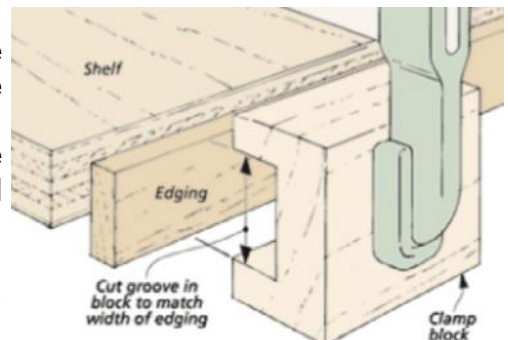


### TIPS & HINTS: APPLYING EDGING

Gluing hardwood edging to plywood is not easy. It's tricky to keep the edging from slipping while tightening down the clamps. So to help hold the edging in place, make some clamping blocks.

These blocks have a shallow, wide groove on one side that's sized to just fit over the edging and plywood and holds the edging flush with the plywood.

To prevent the blocks from getting glued to the work piece, apply wax to the surface of the blocks (or line with clingwrap) before using them.





# VISIT MOGO ZOO

by Tom Wolf

Whilst on holidays with my wife at Tomakin, just outside Batemans Bay, we became aware of Mogo Zoo located very close by. It is located 10km south of Batemans Bay and is a privately owned zoo with Australia's largest collection of exotic animals on display.

Open 9:00am to 5:00pm seven days a week, it is recommended that you allow a minimum of 2 hours for your visit to the zoo, and plan your visit to include the keeper talks and feeding sessions which commence at about 10.30 am.

To whet your appetite, I took these photos:

