



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!



FROM THE EDITOR'S DESK

The month started with a lockdown and Shed closure and with no end in sight, once again I resorted to sending members a little humour (or at least I thought they were funny) to keep everyone's spirits up. I trust it has kept many (although I accept not all) of our members amused. Believe me, I think of all our members' welfare when I send these out to you.

While the Shed was closed, some essential maintenance work was carried out as required to ensure that the machines don't seize up on our return, Thanks to all involved.

A big thank you to Tod Thompson, a new members, whose input is already of immeasurable value. He initiated the ZOOM lunchtime catch-ups which have met with mixed success and which we hope to keep going even after the lockdown. Tod has also agreed to take over as Members' Welfare Officer and we welcome him on board. I trust that the members were pleased with the job I had carried on for about 7 years in that role.

Yet again I have to plead with members to contribute to Scuttlebutt. It was never intended to be just a means whereby I voice my views and favourite subjects. This publication represents the Waverley Shed and the views of all members noting all their achievements is our goal. Regrettably, with very few exceptions, no amount of encouragement and enticement have resulted in receiving material for the newsletter. This attitude will inevitably result in the demise of the newsletter. That is the choice confronting the members.

Tom

**Our 8th Anniversary Party has been postponed, we will set a new date when the current pandemic restrictions have been lifted. Yet again, something outside our control has put our best-laid plans on hold, but as we have said before:
STAY POSITIVE AND TEST NEGATIVE!**

COVID-19 UPDATE

As a consequence the Shed remains closed until further notice. Government health regulations prevent us from entering the Shed. Therefore, we cannot lend any tools or books until restrictions are lifted.

When the Shed reopens a **QR code will be available for members to scan**. Members with smart phones must use the QR code or go to the Service NSW web site and enter their details. Members without smart phones will have to sign in manually on Services NSW record form. This may be an inconvenience, but if we are to get rid of this disease then we should do everything possible to eliminate or minimise its transmission.

Members must also have their temperatures checked and recorded.

All members still must sign in and out in the usual sign in book located inside the Shed front door.

It is likely that other restrictions may apply, we require full compliance by members.



**You don't
need to be
this sick to
get tested**



COVID-19

**Always carry a clean
mask with you**



Is it a stroke?

Act **F.A.S.T.**



FACE
droops



ARM
weakness



SPEECH
difficulty



TIME
is critical.



ZOOM IN LOCKDOWN

Our second attempt at ZOOM Catch-ups was successful thanks to the efforts of **Tod Thompson**, one of our newest members, who had the idea to host the session.

Members will recall that just before the Summer break Rodger Jamieson tried to entice those members who had not at that time been coming to the Shed for fear of the health situation with limited success, but the idea died out with the break.

This latest session at 12:15 (lunchtime) on Monday, 28 June was a great success with 7 members participating (and 2 apologies).

Obviously the concept attracted a lot of interest and very interesting discussions, just as if we were having lunch together on the patio. It was so successful that we decided to have the session regularly on Monday each week during lockdown and continuing on for those members who for any reason can't make it to the Shed.

After a low turn-out for the second session, the third session was again a resounding success with 8 participants! We were able to catch up with one member who was in hospital and another who is enjoying the lack of lockdown in outback Western Australia!. The fourth session had 4 participants (with 2 apologies).

A decision has been made to continue these ZOOM sessions on Mondays starting at **1:00pm** for a lunchtime (or post lunch) session until further notice.

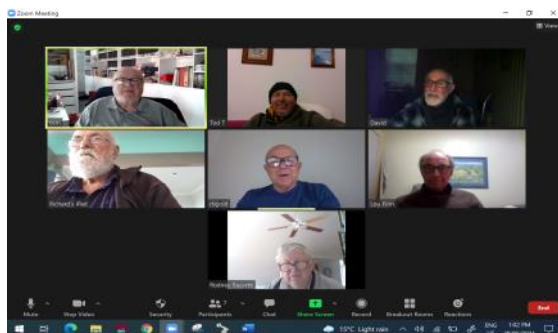
Please diarise it ... **1:00pm on Mondays**

Address: **<https://us02web.zoom.us/j/81288394099>**

If you have never used ZOOM before, but have a computer, just enter the address, click on, and follow the instructions.

The idea of these lunchtime catch-ups is commendable and we thank Tod for his ongoing commitment to host the sessions

Thank you Tod!



SHED GOINGS-ON (CURRENT PROJECTS ETC.)

With the Shed in lockdown, obviously we can't report on members' projects. Whilst all this is happening, we would be disappointed if our creative and multi-skilled members would be sitting on their hands at home doing nothing but watching TV, and we are sure that tyou are not!

So, how about sharing your home projects with us all? Just a few words (how many is up to you!) and a photo taken with your phone would be fantastic.

Please submit them to the Editor by email to **tom@aces.net.au**



**REMEMBER WHEN YOU COULD REFER
TO YOUR KNEES AS RIGHT AND LEFT?

INSTEAD OF GOOD AND BAD.

AH GOOD TIMES, EH!**



THERE ARE NO HEALTH PROMOTION SEMINARS AT THE WAR MEMORIAL HOSPITAL DURING LOCKDOWN

All enquiries contact: Catriona Beaumont 93690215 or by email to catriona.beaumont@health.nsw.gov.au



SHED CLEANLINESS

“RULE 12 -Housekeeping

Each member is responsible for the cleanliness of his work area. It **must be left clean and tidy** when the member signs out for the day”

This passage is from the Induction Booklet each member is given (and it is emphasised at the induction) so all members are aware that it is their obligation to clean up after themselves, not just in the kitchen area, but also around their work area.

Regrettably this has not been observed by some members thereby passing on the duty of cleaning up to others, particularly when members leave to go home early and they leave it for others to do so e.g. supervisors,

This is unacceptable, supervisors are members like you, who join the Shed to work on projects while they also give of their time to help you and are not at the Shed to clean up after others.

So, you are asked to:

- Clean up your mess
- Clean up your surrounding area
- Put away the tools (and cups in the kitchen) you have used.



TESTING AND TAGGING OF ELECTRICAL EQUIPMENT

It is a legal requirement that all electrical equipment that is to be plugged in or connected to the electrical supply be tested and tagged at regular intervals.

These interval depend on each different electrical equipment. As they are not to be connected to supply, battery operated equipment does not need tagging but the battery charger does have to be tested.

The test is to determine the safety of the equipment and if there are any issues with the equipment or the cordage that is to be plugged in, the equipment fails the test and is immediately discarded.

This testing at WCMS is carried out our own licensed testing team. Due to COVID closures we fell slightly behind, but the “Test and Tag” has now taken place and we thank our “tester” David “Bremmy” Brem and his trusty assistant Graham Ely (who is undertaking a licensing course).

So, what does this mean? The answer is simple:

1. You must only use “tagged” electrical tools and equipment at the Waverley Shed. If you find that the equipment you intend to use does not display a “tag”, you must not use it but report it to the Supervisors. It will be tested ASAP and tagged so you can use it later.
2. You must not bring power tools (i.e. tools that need to be plugged into a power point to operate) into the shed to be used unless they have been tested and tagged by the WCMS team of testers.

If you wish to have your personal equipment tested and tagged, this can be organised in consideration of a small contribution to the Shed's running expenses.





TONY'S STEPPING BOXES

Tony Mandarano has built a set of 4 different size pine boxes that stack inside each other



The boxes are made to a design provided to Tony by a Physiotherapist friend of his who treats young children with disabilities. They are to be used to train the children to exercise their leg muscles and to balance as they step up on the boxes of increasing heights.

MEASURE TWIC
CUT ONCE

SHOULD WE INSTALL THIS SIGN AT THE SHED?



DOGHOUSE BUILDERS

BEWARE!

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



AGEING AND BEING ABLE TO CONTINUE WOOD WORKING AND WOODTURNING

By Phil McLeod

It is an unfortunate fact of life that as we age all those little aches and pains that were an inconvenience when we were younger become somewhat debilitating.

In most cases back ache, hip and knee pain will eventually mean that we can no longer stand for long periods of time. This is when some of us will stop a hobby that we have enjoyed for many years. However, this should not be the case. As with most things, if we are prepared to make some compromises and accept a little help we should be able to continue to work with wood for many happy years.

Medical and pharmaceutical help is one option, and should be explored. However, I wish to address a more physical possibility. This has come about because of meeting members of the Woodturners Guild and from my own members at Eastern Woodturners. We now have a number of members who cannot stand for long periods, and one member is in a wheelchair.

Certainly one option is to use chairs of varying heights and to adjust benches to appropriate heights for people to work on or at.

Even various pieces of machinery can be adjusted to meet special needs. But, one piece of machinery that I wish to address is the **SIT DOWN LATHE**. This is a picture of the lathe. It can be purchased complete, or as just the stand. The picture shows it with a Vicmarc lathe attached. It is available from Timberbits, (I should point out that I AM NOT an agent for Timberbits).



From the TIMBERBITS website:

Product Information

VICMARC Lathe - VL200S Sit Down ASM EVS 1.5kW Cost with Lathe \$5335.00 plus shipping.

The **Vicmarc VL 200 Sit Down** lathe has been designed to suit people in wheelchairs or for people who have trouble standing for a long period of time. The lathe comes complete with an electronic variable speed unit, a 1.5kW motor and a magnetic remote switch box that can be positioned anywhere where you are working.

The stand can also be purchased separately to suit a VL200 Short bed Lathe. Stand Only - Part No. V01083

The stand is designed to be adjustable to suit many different applications and sizes. The adjustable legs allow up to 150mm height adjustment (every 25mm) and the pivoting bed allows a tilt angle from 0 to 45 degrees.

The height range from the floor to the centre of the spindle while the lathe is tilted at 45 degrees is from 750mm to 900mm and when the lathe is tilted at 0 degrees the height range is from 950mm to 1100mm.

Because you can buy the stand on its own you have a fair amount of flexibility with this stand, the cost of the VL200 lathe is \$3025.00, while a Nova Comet II costs just \$1049 from Carbatec meaning that you do not have to spend a large amount of money to get the desired capability.

You can put your own small lathe on the stand. Because the lathe stand is hinged it can be used in the normal way by people who can stand for the required amount of time.

Because the stand tilts the lathe to 45 degrees it means that people sitting at the machine are able to apply the tool to the job at the correct angle. This makes the process of working at the machine much safer for everyone involved.

As you can see, setting yourself up to turn wood while sitting down need not cost the earth.

So, what am I saying? Do not give up on your hobby just because you feel you cannot continue to work the way you used to. Find options, and use them and accept help from other people to get you where you want to be. I intend to be working with wood, making sawdust and shavings for as long as possible. You should too.



"WHAT IS A PANBRAKE"?

Richard Cortis will answer: "It is a special type of sheet metal bender" and it is terminology that has been established in trade circles for a very long time. The term "brake", as used in modern sheet metal fabrication, comes from the Middle English verb "breken" (or break), which meant to bend, change direction or deflect.

Pan brakes are manually operated machines used for bending thin sheet metal. They consist of a clamping bar to hold material firmly during the bending process. This clamping bar has removable fingers/blocks to enable of box shapes or partially formed pieces (which is why it is otherwise also known as either a "finger brake" or a "box brake").

Richard acquired a **Hafco PB-24: 600mm x 1.0mm Mild Steel Bending Manual Panbrake S249** and he describes the machine as being suitable of bending metal about 600mm wide and 1mm thick steel (and a little thicker aluminium). So, if you want a neat little metal box, this is the machine that may be able to fold the bits for you.

In his usual helpful way, Richard has put himself forward and has agreed to help members who may want something bent, and you have a detailed design or plan for what you may want to get done, Richard is your man. Richard usually attends the Shed to share lunchtime with us.



OFFER OF HELP FROM COLIN LIPWORTH



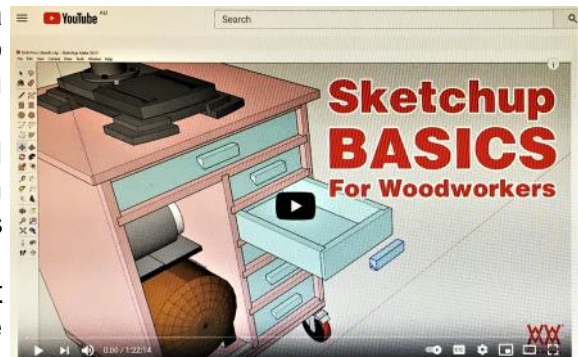
Colin has used SketchUp in a woodworking environment in the past, and has completed a few diverse projects using the software. Whilst he does not consider himself to be an expert, he is happy to share his experiences with fellow Sheddors.

SketchUp is a 3D modelling computer program for a wide range of drawing applications and there is no reason why you may not be able to use it once you have been trained.

Colin suggests that a quite a comprehensive tutorial on using Sketchup in a woodworking environment can be found at https://youtu.be/r2K6gmcc_jA, it utilises the same version of SketchUp that is used by Colin.

Colin has indicated that he would be happy to assist people online if they are doing the tutorial and have questions.

He would probably do this by accessing their computer with TeamViewer.



**BEHIND EVERY
GREAT MAN
THERE'S A GREAT
WOMAN**



The Ten Most Common Router Bits

Reproduced/adaoted from internet articles

A router is most probably the best versatile portable power tool you can buy. There are hundreds of different sizes and styles of router bits available to help you. But the vast number of choices can make it difficult to know which router bits you need, especially if you're new to routing. Here is a list of 10 carbide-tipped router bits, once your woodworking skills and confidence grow, you can look for more bits.

1 Straight-Cutting Bit

As its name implies, this bit cuts straight, square-bottomed grooves. It's available in various diameters. Use this bit to cut rabbets, dados, and grooves for plywood cabinet backs and drawer bottoms. Many router bits have a ball bearing pilot which guides the bit and keeps it in place. But this is a nonpiloted bit, so be sure to use a fence to guide the router along a straight edge and ensure straight, accurate cuts.



2 Rounding-Over Bit

Use this edge-shaping bit on the edges of shelves, tabletops, chair arms, and other places where you'd like to round over a sharp edge. The bit is fitted with a ball-bearing pilot that controls the width of the cut. Adjust the router base to control the cutting depth. Rounding-over bits come in a wide range of sizes, designated by the radius of the cut.

3 Roman Ogee Bit

Perhaps the most popular of all edge-shaping bits, Roman ogee router bits have a distinctive profile for cutting classical decorative detailing into the edges of tabletops, picture frames, vertical stiles, and horizontal rails. A ball-bearing pilot attached to the end of the bit controls the width of the cut..



4 Cove Bit

A cove bit is essentially the opposite of a rounding-over bit. Instead of simply rounding the edge, it cuts a concave radius out of the edge. The result is a simple, decorative edge that enhances furniture legs, cabinet doors, and bookshelves. They are designated by the sizes of the radiuses they cut,

5 Rabbeting Bit

A rabbet is simply an L-shaped notch cut along the edge of a board or panel, which can then accept another board or panel at a right angle, forming a rabbet joint. One of the easiest ways to cut rabbets is with a rabbeting router bit equipped with a ball-bearing pilot. Rabbeting bits are identified by the width and depth of cut they produce. Rabbet joints are most often used in cabinetmaking to build drawers, to join cabinet sides to cabinet tops, and to install cabinet backs.



6 Flush-Trim Bit

If you work with plastic laminate or wood veneer you need to use a flush trim router bit. This straight-cutting bit (see 1. Above) has a ball-bearing pilot that permits you to trim overhanging surfaces perfectly flush with the substrate. Use this bit when building plastic-laminate counters, tabletops, cabinets, and cabinet doors and drawer faces. It's also useful for flush-trimming wood veneer. There are many sizes available.

cont. p. 9

cont. from p. 8

7 Chamfer Bit

This edge-shaping router bit cuts an angle, called a chamfer, into the edge of a board or panel. It's commonly used to remove square, sharp corners from shelves, picture frames, countertops, and vertical posts. A chamfer bit is also used to create V-shaped grooves between boards (when two chamfers meet edge to edge they form a V-groove). Chamfer bits come in various sizes and a few different angles.



8 Core Box Bit (left)

This is a nonpiloted router bit that cuts round-bottomed grooves. It's most often used to rout flutes in columns and vertical stiles, but is also useful for routing decorative grooves in door panels and for carving wooden plates and platters. The bit is available in cutting various diameters.



9 V-Groove Bit (right)

The aptly named bit cuts decorative V-shaped grooves in cabinet doors, drawer faces, table legs, and wall panelling. This nonpiloted bit comes in a wide variety of diameters and V-groove angles.



10 Slot-Cutting Bit

This specialty bit provides a quick, accurate way to cut narrow slots or grooves into the edges of cabinet door frames, floorboards, picture frames, drawer parts and to instal tops and bottoms to boxes. It's ideal for cutting spline grooves for spline joints. The bit has two "wings," each equipped with a sharp tungsten-carbide tooth. The width of the slot is determined by the thickness of the cutting teeth. The slot depth depends on the distance from the ball-bearing pilot to the cutting teeth.



A common question asked is "Can I use a router bit in a drill?"

Drills lack the power and speed for effective and safe routing. ... A drill bores holes and is designed for downward pressure, while a router shapes edges and cuts grooves and is able to handle significant sideways pressure. This mechanical difference, among others, makes a drill unsuitable for use with a router bit.





OUR SHED: VICMARC VL240 ASM EVS HEAVY DUTY LATHE

This lathe has a swivel head feature which allows for the headstock to turn its normal straight position out which aid in turner comfort when turning inside vessels and bowls. It has an accurate locking feature which ensures that the lathe will return to perfect zero position.



The VL240 has an electronic variable speed drive that gives up to 200% torque on low RPM with a powerful 1.5kW motor.

The lathe is mounted on an adjustable stand which is made from 5mm thick plate steel. It has been designed with a 700mm wide footprint for stability and rigidity and the adjustable legs allow you to customise the height. The stand also features wood shaving discharge chute and a knee stop bar.

The motor and headstock are fitted with digital speed readout located on the headstock which displays the actual spindle RPM.

This lathe is available for all members who have been certified in its operations to use, please see the technical team for instructions on its operation and then certification.

We also have a HAFCO lathe that is available for sanding and turning longer spindles, instruction and certification is also required



BRAINFREEZE

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



SAFETY TIPS FOR LATHE USERS



Article reproduced with kind permission of Hornsby Men's Shed

- **Personal Protection Equipment** – no excuse guys! No loose clothing to be worn, switch from glasses to full face-shield types and even though lathes are not noisy, wear ear protection.
- Take **extra caution using stock with cracks or other defects** such as bark inclusions, knots, irregular shapes or protuberances. **Beginners should avoid** until they have greater knowledge of working such wood and their chosen machines.
- **Roughly "round" each workpiece** before mounting, reducing the amount of wood to remove.
- **All adjustment tools must be removed** and placed clear before commencing work.
- **Rotate your work by hand to make sure there is clearance all around.** If your work strikes the tool rest or the lathe body, it could split and be thrown back at you.
- **Check that the lathe spins towards you and the tool rest sits above the centre-line** of your work.
- **Sharp tools greatly lessen the chance of biting** into your wood and throwing it off its mounts.
- **Start the lathe on its slowest speed.** This will reveal any "out-of-round" vibration causing it to be thrown off or painfully ripping the tool from your hands at higher speeds.
- **Stop the lathe frequently,** to inspect the work to see if defects are being revealed as material is removed.



POTTERY WHEEL REPAIRS - 2014

A telling indication of the diverse skills of the Waverley Shed's members is the repairs carried out to a pottery wheel back in 2014.

The history of the pottery wheel can be traced back thousands of years and its use spread through the ages to all parts of the world. Today it is normally motor driven and allows the potter to concentrate entirely on their hands and the clay and to sit whilst he or she works.

BUT! There are not too many people that can fix these machines when they fail.

That's when William Honeyball stepped in. With his experience the pottery wheel was repaired in short time.



I visited my son last week when I asked him if I could borrow a newspaper. He said: "This is the 21st century and we don't waste money on newspapers. Here, use my iPad!" I can tell you this ... that fly never knew what hit him!



SLEEP DISORDERS

(Extracted from 13th Edition of "Information Booklet"
by Sleep Disorders Australia)

EXCESSIVE DAYTIME SLEEPINESS has a significant impact on quality of life. People with daytime sleepiness struggle with social, academic and work demands, they are at risk of motor vehicle and workplace accidents and generally have poorer health than comparable adults.

Accurate diagnosis is important, not only because of the negative impacts of sleepiness and its root causes on health and social function but because excessive sleepiness is generally remediable with appropriate treatment. See your doctor for help.

SLEEP APNEA occurs when the airway in the throat collapses during sleep reducing airflow or completely blocking the airway. This disrupts sleep and reduces oxygen supply to vital organs. Severe sleep apnea affects about 5% of adults. Fortunately effective treatment is available and once treated the person with sleep apnea can lead a normal healthy life.

In many people sleep apnea results from being overweight. If this is the case, losing weight may help or even cure the apnea (as well as reducing the risk of cardiovascular disease, high blood pressure and diabetes). Seek medical advice from your doctor.

INSOMNIA is a common and distressing difficulty in falling asleep, going back to sleep, or waking too early.

There are many different causes of insomnia. Some medical conditions may cause insomnia, particularly pain chronic respiratory problems, or other sleep disorders. Some medications such as blood pressure tablets or asthma medication, as well as substances like caffeine, nicotine and alcohol may trigger insomnia or make it worse. Psychiatric conditions such as depression and anxiety are common in causing insomnia. Other precipitating factors such as illness, loss, death of a family member/friend, financial stresses, work and relationship issues may be factors. Even when these triggers are no longer present, or reduced at least to some extent, the insomnia can continue. Insomnia can be a vicious cycle, in that the more you worry about not sleeping, the harder it is to get to sleep.

Just as there are many causes for insomnia, there are many treatments, but in most people the insomnia will get better by itself. If it persists, ask your doctor for a referral to a psychologist, a certain number of sessions with a sleep psychologist are subsidised by Medicare.

- Reduce the time you spend in bed instead of compensating for poor sleep by giving yourself more time to fall asleep or go back to sleep, because that behaviour leads to even worse sleep. Keeping the same getting up time will help re-set your brain clock.
- Get up and go to another room if you are unable to go to sleep or go back to sleep within about 15 minutes. Read or listen to music in a dim light, and when feeling less tense and more comfortable, go back to bed and "let yourself go". You MAY need to do this a number of times a night until you get your sleep back into a better pattern
- If there is an underlying medical condition that is contributing to the insomnia, get help from your doctor.

NARCOLEPSY is an uncommon but very debilitating neurological sleep disorder characterised by a combination of symptoms, differing in the combination and severity, but generally:

- Drowsiness during the day, tiredness, lack of energy, exhaustion, or a combination of these either continuously or at various times throughout the day. Sometimes sleepiness occurs so suddenly and with such overwhelming power that it is referred to as a "sleep attack" which may be as short as a minute or as long as an hour. The sufferer wakes up refreshed and be alert.
- Cataplexy which is the sudden loss of muscle function which can be as severe as a collapse, or just a weakness in the knees, jaw or facial muscle, droop or possibly inability to speak clearly

There is no cure for narcolepsy but some symptoms can be managed with medicines and lifestyle changes. Seek medical advice urgently before you have or cause an accident.

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.*

Old medicines lying around the home
'just in case' are dangerous...



If taken when they're out-of-date
If taken when not prescribed for you
If in reach of little prying fingers



"OH, FOR THE LIFE ON THE ROLLING SEA!"

by Richard Cortis

I grew up in Watsons Bay, attending Vaucluse Public school, Scots College, and University of Sydney where I received my degree in Civil Engineering. We lived in Marine Parade in Watsons Bay and I always had a boat.

In the early 1950's, there were Navy ships tied up to the wharf. Amongst them, Murchison and Platypus. They all went to the scrap yard in the end.

On weekends, fishing from the wharf was very popular. Most people caught only yellowtail, leatherjackets, along with the occasional Maitoi and the poisonous toadfish or pufferfish. With my seven foot dinghy, paddling under the wharf was easy. With friends, we would back paddle up to under the edge of the wharf and give one or two lines a good sharp pull, then retreat and watch the fun unfold on the wharf above. Occasionally, hooking two fishing lines together could be fun to watch, particularly if we pulled one and held on for several seconds before letting go.

After the dinghy, I had a Moth sailing boat which we sailed on the Bay. Later, as I entered my teenage years, I joined Woollahra Sailing Club and developed my sailing skills in racing. I had several Moths over the years.

After the little seven foot cedar dinghy, I had a nine foot fibreglass dinghy when fibreglass was the latest technology. A little later, we acquired an outboard motor. A Mermaid seven horsepower outboard. There had never before been a more cantankerous and unreliable outboard motor than this one. It had a 185cc two stroke, air cooled "Hurricane" brand engine. The wretched thing never ever worked properly. I recall having to row home from Shark Island on more than one occasion. It suffered from many ailments. This was before proper two stroke oil, so I always had oiled up spark plugs. Another issue was leaded petrol where occasionally lead metal from the petrol would condense onto the spark plug and short across the plug points, stopping the engine, usually a long way from anywhere. I became very adept at changing spark plugs mid-voyage. Eventually I grew up and moved on to other things that did not involve that wretched machine.

I continued to sail Moths but I also branched out to crew on bigger boats, proper yachts! One day, I bought myself a plastic sextant and taught myself celestial navigation, after which I aspired to go to sea and actually navigate. In 1979 I got a berth on a 31 foot yacht called Shenandoah and competed in the 1979 Sydney to Hobart yacht race. We came fourth overall and were only a few minutes off that coveted win. I started in eight Hobart races and finished five, we had a few other good results.

The three I did not finish were "very interesting", and perhaps even more than somewhat challenging. In 1984 we were knocked down by a very large wave, rolling almost completely over, and filling the boat with water up to the top of the bunk cushions. Thoughts of death crossed my mind. The fastest bilge pump is a frightened man with a bucket.

I sailed other passage races up and down the coast, with several trips to Lord Howe Island, Noumea in New Caledonia, and to Gizo in the Solomon Islands.

My last boat was a Sparkman and Stephens Defiance 30 called Mistress. The original owner managed to arrange the sail number G69 which was usually installed on sails as G.69 which I retained for the 25 years I owned the boat. I sold Mistress in 2015 having owned a sailing boat, in one form or another for fifty nine years.

I have now swallowed the anchor, now days, we travel in a motor home which is much easier to moor up for a quiet night.



Moth in Watsons Bay c. 1957



Left: "Mistress" G-69N rounding a buoy in 2010



MODEL SHIP BUILDING AS A HOBBY IN 2021

by Tom Wolf

I don't remember building any models until I was in my teens, in those days as I was growing up and where I grew up there were no such things. We did however make our own toys to play with.

My first attempt at modelling was in early high school years when we had to do a school report for "Library", a compulsory subject. At the time I was into Biggles books, so I purchased 2 very small Airfix kits (a Sopwith Camel and a Fokker triplane) and made a diorama in a shoe-box. All this because I couldn't speak or write English, so I let the models speak for me.

In my university days the models I made (all plastic) became more sophisticated but were good enough to be chucked away, never good enough to keep or for display.

I started employment, moved away from home, and in a whimsical moment bought a wooden kit of the Endeavour from Hobbyco. The kit was for intermediate standard and it took 29 years to build (between a career, marriage, kids etc) but finally finished in 2002, but by then I was hooked.

Nowadays I build between 2-3 models each year, edit a Model Shipbuilding Club newsletter, attend monthly meetings and try to find time for family commitments.

With all that said, I now consider myself as a relatively experienced modeller and feel comfortable in giving advice to those who are thinking of taking up the hobby.

- The first thing is, that models are for your satisfaction only, there is no urgency to finish a project. It has been said that "It Ain't a Hobby If You Have To Hurry"
- Don't try to do anything beyond your comfort zone, you'll get more comfortable as you go along and gain confidence
- Don't go overboard with tools, all you need is a set of good quality knives with size 11 blades, a small hammer (or nail pusher), a pair of small pliers and a wire cutter. You can obtain the rest later as you need them.
- It makes no difference what medium you use, plastic models can look just as fantastic on your display stand as wooden models and you have a better choice of kits available.
- Reasonably priced kits are available for all kinds of subject to choose from, cars, planes, ships, trains, houses ... just about everything..
- A very important matter ... it pays to join and belong to a club, it is often said that a modeller's best friend is the club he/she belongs to, there are always members in those clubs who have "done it before" and are only too happy to help you.
- There are not as many hobby shops around Sydney as there were 10 years ago, but the selection of model kits available on the internet is incredible

So, despite the title of this article which happens to relate just to me, the best way to get interested and stay interested is by creating a project for the kind of model that best interests you.

If you like cars, it would be silly for me to suggest that you build a boat. In fact you will get a lot of satisfaction modelling classic cars (or even a collection of all the different cars you have ever owned).

The greatest satisfaction and confidence booster occurs when a visitor comes to your home, admires your model and compliments you by not believing that you created such a beautiful object. This is referred to as the "WOW factor", and it occurs regardless of whether your model was a beginners or an advanced standard model.

You may have seen advanced modellers in action and said "I couldn't do that" or worse still, "I wouldn't have the patience to do that". I don't accept these arguments. You shouldn't worry if your model turns out less pretty than anybody else's, if you persevere and build more models you too will become more proficient. As for patience, if you have the patience to do something as mindless as watching TV, you obviously have the patience of a saint, so the second argument also fails.

How best to finish this article? If you wish to involve yourself in a pastime that has fine skills as well as discipline, you can do a lot worse than giving modelling a try. If you want more encouragement, come and speak to me.



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.

CHORIZO w. FIELD MUSHROOM and SHERRY - Serves 4

Ingredients:

- 1 dried chorizo, (about 150g) sliced
- 500g field or portobello mushrooms, cut into quarters
- 1 clove garlic, sliced
- 3 tbsp extra-virgin olive oil
- Half a cup of dry sherry
- 2 small tinned tomatoes, chopped
- 2 tbsp chopped parsley

Method:

1. Gently heat a large frying pan and cook the chorizo in the oil for a few minutes until a little crisp.
2. Add the garlic and cook until golden. Reduce the heat and add mushrooms and parsley and a little salt (careful because the chorizo is salty). Stir and cook for 4-5 minutes until the mushrooms are coloured and have begun to soften.
3. Add the sherry and tomato and reduce the heat. Cook gently until the mushrooms are cooked and the sauce is reduced.



Serve with crusty bread as tapas or as an entree.

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.



STAND BACK
DAD
IS COOKING!



RIDING THE PICHY RICHI RAILWAY

By Richard Cortis

Quorn in South Australia became a railway town in 1879 when the railway line from Port Augusta was opened. It then became the crossroads of any north-south and east-west travel in Australia in 1917, as a result, many fine buildings were built as the town expanded. We travelled to Quorn, which is the home of the Pichi Richi Heritage Railway. The society is named after the Pichi Richi Pass which is on a part of the alignment of the old Ghan Railway (originally ran up to Alice Springs in the Northern Territory) between Port Augusta and Quorn. The alignment was abandoned and replaced by a new standard gauge railway in a different location.



The society has restored the section of track between Port Augusta and Quorn where they run occasional train trips, mostly using a steam locomotive, but occasionally use a diesel locomotive in high fire danger periods.



Also restored (inside and outside) is the Commissioner's Carriage which is used on heritage trips. We took the short trip from Quorn, over the Pichi Richi Pass, to a place called Woolshed Flat where we had some lunch whilst they turned the locomotive around and joined it onto the other end of the train for the trip back to Quorn.

Quorn also has a nightly light show, projected onto the grain silos in the railway yards, much like the projections onto the Sydney Opera House, but showing images of tourist attractions and plenty of history around Quorn.

I am a Seenager. (Senior teenager) - contributed by Peter Black

I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car. The people I hang around with are not scared of getting pregnant and I don't have acne. Life is great.

I changed my car horn to gunshot sounds. People get out of the way much faster now.

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

I didn't make it to the gym today. That makes five years in a row.

I decided to stop calling the bathroom the "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

Old age is coming at a really bad time.

When I was a child I thought "Nap Time" was a punishment. Now it feels like a small vacation.

The biggest lie I tell myself is "I don't need to write that down, I'll remember it."

I don't have grey hair; I have "wisdom highlights"! I'm just very wise.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?

Of course I talk to myself. Sometimes I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

I have more friends I should send this to, but right now I can't remember their names.

Now, I'm wondering: did I send this to you, or did you send it to me?