



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 2 Issue 10

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Editor: Tom Wolf: <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

I have stolen an expression seen in another newsletter that refused to call the current situation as a "lockdown", but rather called it an "**enforced home project period**". If you have done any such home project, why not drop us a line with a photo, you never know as you may motivate a fellow Shedder to work on a project at home?

At the time of writing this we are still in such an enforced home project period, the **lunchtime ZOOM** sessions which were joined by friends (members of another Shed) put us on notice that other Sheds run "special interest groups" activities for their members who are looking for more specialised activities than WCMS is currently providing. For example, Midlands (Perth, WA) Shed have music, singing and choir as a special interest activity, Hornsby Shed have a woodturning group who meet outside the "community working time" so they can concentrate on their skills. We've tried this before (about 5 years ago) on Thursdays without success, but if you have thoughts on this, please let a member of the Committee know and if there's sufficient interest the issue can be revisited (subject to finding Supervisors for the activity). This could include painting and other hobbies such as modelmaking (just as examples).

Finally, I just want to say that the Waverley Shed Committee is just as concerned and impatient as you all are in trying to open up the Shed. Be assured that as soon as we are permitted to so, the Shed will be re-opened on whatever conditions that may apply.

Tom

DAYLIGHT SAVING

**A busy night at Stonehenge as workers move
all the stones forward one hour ...**



REMEMBER DAYLIGHT SAVING STARTS OCTOBER 3



WAVERLEY MEN'S SHED AGM

The date for the AGM has been set for **2:30pm** on **Wednesday, 24 November 2021**.

As to whether it will be face-to-face or virtual (by Zoom) will depend on restrictions that may exist on the day, you will be advised closer to the date by our Secretary.

Annual Reports will be presented, and in addition to electing a new Committee, certain changes to our Constitution relating to membership will be considered so as to comply with some statutory requirements. Please diarise the date!!



R U OK DAY

Thursday, 9 September was "R U OK Day" which we all spent in lockdown. It was all the more important that we could not forget how difficult this present time is for people in the community (or indeed some of our fellow Shedders and possibly some of your own friends).

An email was sent by Tom Wolf to all members as follows:

"Hi guys. Today is R U OK? Mate Day, so this message is going to you to remind you to make sure all those close and near (and not-so-close-and-near) are OK. Talk to them, make sure! It's also me asking all of you the same. If not, please start a conversation with someone or if need be, ME! Hoping you are all well, there is a light at the end of the tunnel but we just have to stay cautious, Cheers"

The response was enheartening with many members checking in to say that they were doing well and complimenting the initiative to keep everybody involved and connected. Thank you all for your encouragement and response to the various attempts during this lockdown to stay in contact with members.



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

Suspect a Stroke? Act F.A.S.T

F.ace



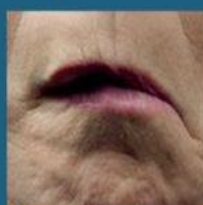
Is their mouth drooped?

A.rms



Can they lift both arms?

S.peech



Is their speech slurred?

T.ime



Time is critical - call 000





All Shed members are also photographers and reporters. So if you are involved with a project, event or whatever that could be suitable for the Newsletter or WEB site, please email the photos along with a short story to us.



ZOOM LUNCHTIME SESSIONS CONTINUE



These well supported lunchtime sessions will continue into the future to allow all our members who, when the current attendance limitations are lifted, for some reason are unable to attend the Shed but wish to stay in contact. This will ensure that we are able to support each other as part of our men's health initiative and avoid the issues caused by isolation. We need to keep joining in because there is likely to be someone there that will be pleased to see you and with a bit of luck there might be more than one.

Time: Every Monday at 1.00pm

Click into: <https://us02web.zoom.us/j/81288394099>

Type the address in your browser or click in and follow the prompts and the ZOOM Convenor (Tod Thompson) will let you in. You will need to turn your camera and the speaker on, but if you don't know how to do it, you'll be helped.

You will get a reminder on Monday mornings, **so come and join in!**



FRED'S INTRODUCTION TO THE WAVERLEY SHED

By Tom Wolf

When I went into semi-retirement, I used to meet a friend every morning for a coffee at a deli in Vaucluse before coming to the Shed. There I was introduced to a Swiss guy who sometimes joined us, but it was a cursory acquaintance.

During one of the discussions this guy (I didn't even know his name) asked if I knew someone who could make cheap picture frames as he was an artist and had dozens of paintings to frame.

That is when I learned his name to be "Fred", I asked him to come around to my workshop (ie my garage) where I would teach him to use a mitre box ... He asked "What is a mitre box?"

With that introduction I suggested that he may wish to learn more and invited him to come to the Shed, not expecting to ever see him at the Shed.



You can imagine my surprise when he turned up at the Shed the very next day, Clif Munro was supervisor and, as was his want, asked Fred about himself. It was then that Fred realised that Clif had been his son's teacher. So, Fred Oertli and the Shed are like a partnership made in heaven, Fred managed to frame all his paintings and became a valuable member of our Shed. He now knows what a mitre box is (and lots more).

Over the years we have learned more from Fred than he learned from us, who can forget all the bee hives/boxes.

We finally came to see and admire Fred's paintings at the Showcase in November 2019.

Since then he has moved to the rarefied atmosphere of the Northern Beaches and we don't see him as often, but he assures us that he is well and still with us.



"TAI-CHI at 3"

Our member **Tod Thompson** is conducting simple Tai Chi exercise classes.

What is it ? - 20 mins of Tai Chi at 3pm AEST, Mon to Fri.

Who is it for? - Anybody with a desire to relax the body and soothe the mind.

How much is it? - Pro bono (free) for members of Waverley Men's Shed

How fit do I need to be? - You need to be able to walk/stand for 20 mins.

The technology bit: - You need to be able to enter a ZOOM room and select speaker view.

The legal bit: - Tai Chi is about as low risk as exercise gets. Clicking on the link below to enter the room constitutes agreement that you assume all risk to yourself.

Time: 3.00pm daily (Mon - Fri)

Click into: <https://us02web.zoom.us/j/87871939322>

If you are interested, please contact Tod by email at TodThompson888@gmail.com or phone **0432082087**

WCMS Disclaimer: This article is not intended, nor should it be read, as an activity conducted by Waverley Community Men's Shed as its programmed activity but merely to inform members of an activity offered and available to them.



POST LOCKDOWN PROJECT Making/Painting Kokeshi Style Dolls

Kokeshi are simple wooden Japanese dolls with no arms or legs that have been crafted for more than 150 years as a toy for children. Whilst the shape is mostly constant, painting these dolls can be anything from simple and basic with very few colours and detailed features, to extremely elaborate and very fine features.

Peter Charlton has come up with the idea that these toys can be created by our woodturners if there is sufficient interest from the members who may be interested in painting the features of the dolls. This activity may be opened up to the spouses/partners of members, with no judgment being passed on the quality of the finished paintwork.

The finished dolls may be:

- Given away to the families of the painters and woodturners
- Donated to hospitals/children's centres
- Sold as fundraiser (eg next Showcase)
- Dealt with any other way the members decide.

If interested, please see Peter on our eventual return to the Shed.



SAD NEWS

In the January 2021 issue of Scuttlebutt we reported on the **Quoll Relocation Boxes** that **Peter Black and his team** from the Waverley Shed made for the transporting of eastern quolls to the Australian mainland from Tasmania back in 2018.

The quolls have been extinct in the mainland environment for 50 years (with the last to be found around Vacluse House in the 1960's). Recently the following extract from a letter from Debbie Andrew, a zoologist from Oatley, was found in the "Open Road" magazine published by NRMA:

"Recent attempts to reintroduce eastern quolls to Boonderee National Park near Jervis Bay do not appear to have succeeded. It would be great to have these sprightly marsupials about in Sydney bushland again, but until we can eliminate the feral fox and cat, it's unlikely to be possible."



LETTERS TO THE EDITOR



Following up on the article on unusual uses of WD-40 in last month's Scuttlebutt, **Richard Cortis** writes: "On the subject of WD-40, I frequently use it to remove those well-stuck sticking plasters that usually pull the hairs off my arm or leg. Just spray it on about a minute before you want to remove the sticking plaster and it just falls off. Wipe off the remaining adhesive whilst it is still soggy from the WD-40. Clean-up with soap and water. I hope it works as well for you as it does for me."



Fred Oertli writes "I'm alive and well. It has been 18 months since I decamped to the Northern Beaches. I am living above Narrabeen Lake in a house with a view, owned by my daughter. So my rent is not entirely wasted, I hope. It's not Vaucluse, of course. Houses up here are generally of the "beach shack" style, but selling for prices not unlike sturdier brick and mortar in the Eastern Suburbs. Daughter Elise would like me to buy up here "on the Peninsula" - and be near her, she adds with a tone that sounds like she was talking to a frail and elderly father. For heavens sake, I'm only 81 and in robust, good health (again). Admittedly, I've had some minor spells this year. First at St. Vincents to get some extra stents into the old arteries. Then at the new Northern Beaches Hospital with a staph-infection. But I'm good now and looking forward to another dozen years, or so. Anyhow, I'm half-heartedly looking for a "shack on the beach", even if I have to pay a near Vaucluse price. Meanwhile the Ex doesn't live far away up in Elanora Heights on an Estate that resembles the Ranch in "Dallas", so I'm good for a square meal every now and then."

A few weeks later, Fred wrote again: "I'm fine. My staph shit infection is good and done. I spend my days on one of the beaches nearby, and collect shells. Got quite a collection already. I'm hoping Queensland opens its border soon, so I can escape to the warmer climate. Judging by today's summer temperatures, however, soon I won't have to escape to anywhere."



Getting lots of mail about "Keep Your Spirits Up", this from **Michael Barker** is typical: "Hi Tom These fresh jokes you come up with are a real novelty. The ones you told at the men's shed were funny the first time but hearing them regularly for 4 years was a bit much. Having said that I am sure the new members enjoyed them. Seriously Tom I really look forward to KEEP YOUR SPIRITS UP. Trust you're both staying home and enjoying that view." *We're good, thanks for your thoughts ... Ed*



Richard Cortis writes about a home project that he completed after his discharge from hospital and making a great recovery: "Table built from clear hardwood decking scraps reclaimed from a nearby builder's bin. Fixings are all stainless steel. Hopefully it will be durable for a couple of decades"



Almost a week later, **Richard** wrote again: "I built this foot step using my table router with all joints glued with epoxy and finished with Tung Oil. 250mm high to reach those higher shelves, made from 285w x 19t shelf pine. Next is another antenna project."

Our gratitude to Richard for keeping in touch and letting us all know that he is well on the road to recovery from his illness (and staying productive)..Ed



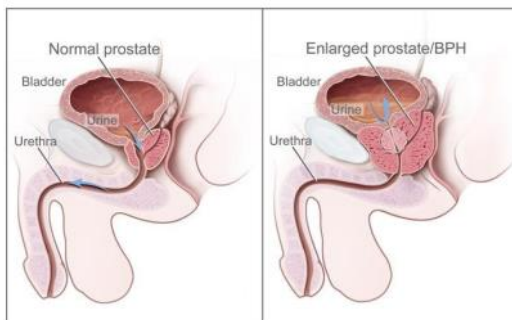
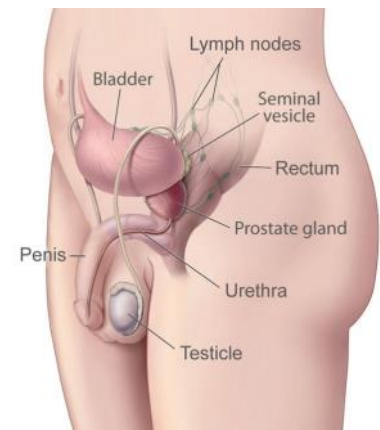
In May 2021 we were privileged to be addressed by Dr. Gad Kainer on the subject of the Prostate, we had a good turnout but as part of our health initiative we reproduce the PowerPoint element of the address for the benefit of our members. We thank Gad for his valuable contribution to the Waverley Shed.

"THE PROSTATE: Things you should know; and things you didn't want to know"

Growing older raises your risk of prostate problems. The three most common prostate problems are inflammation, enlarged prostate, and prostate cancer.

Symptoms of inflammation

- Trouble passing urine
- A burning or stinging feeling or pain when passing urine
- Strong, frequent urge to pass urine, even when there is only a small amount of urine
- Chills and high fever
- Low back pain or body aches
- Pain low in the belly, groin, or behind the scrotum
- Rectal pressure or pain
- Urethral discharge with bowel movements
- Genital and rectal throbbing
- Sexual problems and loss of sex drive
- Painful ejaculation (sexual climax)



Enlarged Prostate or BPH - Benign prostatic hyperplasia (non-cancerous abnormal cell growth).

The result is that the prostate becomes enlarged. BPH is not linked to cancer and does not increase your risk of getting prostate cancer—yet the symptoms for BPH and prostate cancer can be similar.

Symptoms of BPH

- Trouble starting a urine stream or making more than a dribble
- Passing urine often, especially at night
- Feeling that the bladder has not fully emptied
- A strong or sudden urge to pass urine
- Weak or slow urine stream
- Stopping and starting again several times while passing urine
- Pushing or straining to begin passing urine

Inflammation and Enlarged Prostate may be dealt with by drug therapy

- **Alpha-blockers** are drugs that help relax muscles near the prostate to relieve pressure and let urine flow more freely, but they don't shrink the size of the prostate
- **5 alpha-reductase inhibitors** are drugs that help shrink the prostate.

Alternatively, Enlarged Prostate may be dealt with by surgery, there are a number of alternate techniques

Risk Factors For Prostate Cancer

- **Age.** Men who are 50 or older have a higher risk of prostate cancer.
- **Family history.** Men whose fathers or brothers have had prostate cancer have a 2 to 3 times higher risk. A man who has 3 immediate family members with prostate cancer has about 10 times the risk

cont. p.7

cont. from p.6

Prostate Cancer Screening

A screening test may help find cancer at an early stage, when it is less likely to have spread and may be easier to treat.

- **Digital Rectal Exam (DRE)** - This is the least reliable of the screens and only picks up approximately 20% of **advanced** prostate cancers.
- **PSA (Prostate-Specific Antigen) Test** - a value of 4 nanograms (ng) or higher per millilitre of blood as a sign that further tests, such as a prostate biopsy
 - ◊ If both total PSA and free PSA are higher than normal (high percentage of free PSA), this suggests BPH rather than cancer.
 - ◊ If total PSA is high but free PSA is not (low percentage of free PSA), cancer is more likely. More testing, such as a biopsy, should be done.

Prostate Biopsy

- A positive test result after a biopsy means prostate cancer is present.
- A pathologist will check your biopsy sample for cancer cells and will give it a Gleason score. The Gleason score ranges from 2 to 10 and describes how likely it is that a tumour will spread. The lower the number, the less aggressive the tumour is and the less likely it will spread.
- Treatment options depend on the stage (or extent) of the cancer (stages range from 1 to 4),

Treatment options for prostate cancer

- **Active surveillance** - This does not mean doing nothing, but involves a regime of regular PSA tests and sometimes repeat prostate biopsies to monitor the cancer.
- **Radical prostatectomy** - can be performed using open surgical or minimally invasive techniques.
- **Radiotherapy** - Radiotherapy can be administered like an X-ray, by directing the beam from outside the body onto the prostate), or by inserting radioactive 'seeds' or needles into the prostate.
- **High Intensity Focused Ultrasound** - high energy waves are focused onto the prostate to generate temperatures >80 degrees
- **Hormonal therapy** -
 - ◊ Stopping the production of testosterone,
 - ◊ Surgically removing the testicles
 - ◊ Taking medications, or 3-6 monthly injections to 'turn off' the testicles.

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.*

**SHARE WHAT'S
GOING ON AT
THE SHED**

**OR JUST WHAT'S
GOING ON IN
YOUR MIND!**





NUMISMATICS - a.k.a coin collecting

By Tony James

If you are collecting those coloured \$2 coins or know what a first and last prefix mean, then maybe you will already know what this article is about. There seem to be few families that do not have a collector (otherwise known as a hoarder) in their midst and it falls to children or 'impartial' carers to see what was in dad's drawer /box, garage and the pile of coins, banknotes, curios, stamps and souvenirs, when the great cleanout occurs.



Two types of items may surface:

Australian pounds, shillings and pence, from pre-decimal days or currency from the country where the family lived prior to arriving in Australia.

Or, there is that pile of unexplained coins and currency left over after overseas vacations which is known as holiday money.

Today we have a plethora of coin designs to inspect when we empty our pockets or wallets

Coin collecting comes in the change these days with coloured \$1 and \$2 coins and then the 50 cent pieces and even some 20 cent pieces have received commemorative reverses over the years.

All of these are worthy and inexpensive items to collect and will start the

novice on the road to becoming a fully-fledged addict who will nightly sort their small change and check the serial numbers of the notes in their wallet.

Please just do not give fuel to the E-bay con artists who seem to have found a "rare two dollar coin" with HH initials! Banknotes – well disregarding the Tik Tok stories and amateur journalists who hear a story and get confirmation from even more amateur expert, the plastic banknotes not only have the year of issue within the serial number but also have first and last prefixes.



only appeared in 1966 is now worth at least \$12 and readily exchanged for silver value. Who said we cannot all invest in bullion? I can provide free valuations upon request, dependent upon lockdown.



The year of issue is indicated by the first two digits of the serial number and reference to the website of the Reserve Bank of Australia will indicate if you hold in your hands one of the first issues of the year's release or one of the last.

Or, as usually the case, one of the millions in-between. Some issues of these banknotes have short print runs and these are the ones that collectors get excited about.

Before you dismiss the idea don't forget to look at that tin of old coins again.

The round 50 cent piece that only appeared in 1966 is now worth at least \$12 and readily exchanged for silver value. Who said we cannot all invest in bullion?





LOCKDOWN RESTORATION PROJECT

By Tom Wolf

Whilst this restoration project started just before the lockdown, it was completed during the current lockdown period. This solid hull Marine Model Company kit model of the Hudson River Sloop "Victorine" was last marketed in the 1950's. When sold in the original box, the model kit was described as an "authentically detailed wood and metal ship model". The finished model was (using the then applicable Imperial measure) 22" long and 24" high in 3/16" = 1" scale.



Close inspection revealed that some of the metal components (made of lead) had corroded and required re-painting.

Further, there was not a single rigging component installed that could be saved and a substantial number of rigging blocks had been lost. Consequently what was required was not a restoration but a virtual re-build to bring this model to a satisfactory standard.

The re-build was hampered by the lack of instructions (particularly the rigging diagram), until they were obtained through a ship modelling club in Chicago, USA.



MAROUBRA LIONS BOX FOR FLAG STAND - 2015

In 2015 we were asked by Maroubra Lions to help out with a replacement Flag Stand Box as the old box was in a very bad shape.

The flags are utilised during the Lion's meetings and ceremonies the box is vital to ensure the flags are not damaged as it is being stored and transported.

Peter Black stepped in and made the box and he, along with Clif Munro and Tom Wolf attended the Lions' meeting for the presentation in March 2015.

The Lions were delighted with the result and expressed their gratitude to the Waverley Shed.



BRAINFREEZE

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

DID YOU KNOW? THIS IS TRIVIA!

Fuel Gauge Arrow

If you drive a car, you will see an arrow in your gas gauge that points to the left or right. It actually indicates where the gas cap is on the car! You probably already know this information if you drive your own car, but this is useful if you are driving a rental or a borrowed car. However, some cars that were made before 2010 might not have this



New Clothes

There are people who think that new clothes come with extra fabric so that they can use it for tears. However, it is actually supposed to be used as a trial cloth when you do the laundry. You will not need to risk the whole garment! You can identify the best setting so that any bleeding or shrinking can be avoided. You don't want your new clothes to shrink or bleed onto your other clothes, right?

Pot Handle Hole

Holes in the handles of pans and pots exist so that you can hang pots and pans after washing them. They will dry completely if you do this. Also, when you cook, the pot and pan handles can serve as a holder for the ladle or stirring spoon. You can simply insert the utensil in the hole to keep it sanitary! What's more, you won't have to spend time trying to remember where you placed the ladle.



Padlock hole

Padlocks are really important, but do you know why they have a hole at the bottom? When water gets inside the lock, it can still go out through the hole. Since padlocks can be placed outside, they are subjected to different types of weather. This makes the hole an important feature. Also, when the lock is jammed, you can pour WD-40 or oil through the same hole.

Screwdrivers & Wrenches

There are times when a screw gets so rusty that it's a nightmare to remove. You try everything that you can to get it out but it just won't move. Did you know that you can slide a wrench over your screwdriver to help get the job done? Doing this will help increase applied torque. This trick is also useful if you are dealing with tricky angles.



BUNNINGS
warehouse

Tip #22:
**When unable to find
staff to help you**

**Go to the gardening
section and start one
of the chainsaws ...
they will come and
find you.**



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 **Peter Black** has found easy to make and so delicious that he always eats 2 at a time.

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.

ALI'S ALMOND TART: makes 12.

Ingredients

- Coles pastry cases (a pack of 12 in the freezer)
- 120g almond (or hazelnut) meal
- 40g sugar
- 100g unsalted butter
- 1x egg
- 1 tsp vanilla essence



Method

- Pre heat oven to 180 (160 fan forced).
- Melt butter in Micro or over a pan of hot water.
- Place meal, sugar, egg, vanilla and softened butter in a bowl and **MIX** well.
- Place frozen pastry cases onto an oven tray, fill with mixture (I often put chocolate chips on base of cases before filling with mixture). If you have any left over put into paper patty cake cups
- Bake for 15 – 20 minutes.
- Cool on Rack.
- Store in an airtight tin.

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.



**I'm new to cooking.
Can anybody tell me
how much whisky
goes into mashed
potatoes?**

ANY OF THESE APPLY TO YOU?

Contributed by Graham Ely (but you've probably seen/heard them all)

- My goal for 2021 was to lose 10 Kilos. Only have 14 to go.
- Ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce, and cheese. FINE, it was a pizza....OK, I ate a pizza! ARE YOU HAPPY NOW ?
- A recent study has found women who carry a little extra weight live longer than men who mention it.
- Senility has been a smooth transition for me.
- I may not be that funny or athletic or good looking or smart or talented..... I've forgotten where I was going with this.
- I love approaching 80, I learn something new every day and forget 5 other things.
- A thief broke into my house last night. He started searching for money so I got up and searched with him.
- Just remember, once you're over the hill you begin to pick up speed.
- It's weird being the same age as old people.
- When I was a kid I wanted to be older...this is not what I expected.
- Chocolate is God's way of telling us he likes us a little bit chubby.
- It's probably my age that tricks people into thinking I'm an adult.
- Marriage Counsellor: Your wife says you never buy her flowers. Is that true? Him: To be honest, I never knew she sold flowers.
- Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember..Don't sing!
- I watch people about my age mountain climbing; I feel good just getting my leg through my underwear without losing my balance!
- If you can't think of a word say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.
- I'm at a place in my life where errands are starting to count as going out.
- Coronacoaster: noun; the ups and downs of a pandemic. One day you're loving your bubble, doing work outs, baking chocolate cake and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like.
- I'm at that age where my mind still thinks I'm 29, my humour suggests I'm 12, while my body mostly keeps asking if I'm sure I'm not dead yet.
- I don't always go the extra mile, but when I do it's because I missed my exit.
- You don't realise how old you are until you sit on the floor and then try to get back up.
- We all get heavier as we get older, because there's a lot more information in our heads.



WRONG HINT!

David Beckham gets in a taxi at Dublin airport. He notices the driver looks at him insistently in the rearview mirror.

After 5 minutes the taxi driver asks, "Ok. At least give me a hint"

David Beckham sighs and says. "I had a brilliant career at Manchester United, married one of the Spice Girls and played for more than 100 times for England's national team. Enough?"

Driver replies: "No, you idiot! Where are we going??"