



WAVERLEY COMMUNITY  
MEN'S SHED INC.

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

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

Volume 2 Issue 12

DECEMBER 2021

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

Website: [http:// waverleycommunitymensshed.org.au](http://waverleycommunitymensshed.org.au)

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

## SEASON'S GREETINGS



Your Scuttlebutt Editor and the Committee of WCMS wish all our Members and their families a Merry Christmas, a Happy Hannukah, and a very happy New Year. We wish that your Holiday Season be filled with the love and joy of your family and friends, lots of health, happiness, prosperity and well being, and that your stockings be filled with heaps of great stuff.



## SUMMER BREAK DETAILS

The Shed will close for the Summer Break on  
**Wednesday, 15 December 2021**

We will have our end of year break-up party on that day at  
12:00noon, for a sausage sizzle.

Please arrange with Peter Black <peterblack206@hotmail.com> what foods you wish to bring, otherwise your contribution of \$20.00 to buy meat, drinks etc will be expected. Attendance by RSVP to Peter only!

Social distancing and other COVID rules relevant for the day will be observed

The Shed will re-open on **Monday, 10 January 2022.**



*Hoping that spending  
the holidays with  
family isn't going to  
set you back 12  
months of therapy!  
Happy holidays*



## FROM THE EDITOR'S DESK

As we are about to take a break for the Festive Season, we should make a conscious effort to include in our thoughts all those friends and neighbours who are "not travelling too well". At the Waverley Shed we have tried our best to keep up with all members through the trials and tribulations of this eventful year, and if we allowed anybody to fall through the crack, we apologise. If you are aware of any members who are experiencing problems or difficulties, please let a member of the Committee know, through our Welfare Officer (Tod Thompson <[todthompson888@gmail.com](mailto:todthompson888@gmail.com)> ) we will do our best to assist.

On a cheerful note, we are planning (yet again) to have a "break-up party", but after last year's disastrous experience with numbers we have to request that everyone who wishes to attend must book in by email to **Peter Black** <[peterblack206@hotmail.com](mailto:peterblack206@hotmail.com)>.

Yes, you can bring food that you need to arrange with Peter Black, otherwise we ask a contribution of \$20.00 per person from which funds we will buy the meat and drinks etc to be served. In all other respects the Shed is functioning well and we expect that early in the New Year we will be back to normal operations, including accepting new members..

On yet another issue, we have accepted another major project for the New Year, so the more hands we have on deck, the better. As usual. Peter Black will be the co-ordinator, so if you wish to help, see Peter to have a job allocated to you.

At the AGM your Committee for the forthcoming year were elected. I thank those who stayed on for offering to serve for another term. We welcome Peter Ulmer who volunteer to take over the role of Treasurer from Rodger Jamieson, who after 8 years is seeking a bit of peace and quiet.

*Tom*



## WCMS AGM REPORT

The Annual Report and Financial Statement was circulated to members and was approved by the meeting. A Special Resolution amending the Shed's Constitution so as to enable us to retain our DGR Status was also approved.

The meeting thanked the outgoing office bearers and committee members for all the hard work they carried out with distinction in 2020-21. Waverley Community Men's Shed is in a sound position and able to face the future with confidence.

We welcome all Members who have yet again agreed to carry out the tasks and responsibilities as office bearers and committee members of the Shed for the 2021-22 year and we welcome all the new faces onto the Committee. It was resolved that the Executive of the Shed may co-opt further Committee Members during the year as may be necessary and required.

Your office bearers for 2021-22 are:.

President: .....	Tom Wolf	Vice-Pres: .....	David Brem
Treasurer: .....	Peter Ulmer	Secretary: .....	Graham Ely
Committee: .....	Peter Black; Ian Dawes; Peter Charlton		
Co-opted to committee.	Jeff Silberbach; Rodger Jamieson; Tod Thompson; Charles Gerrard		
Member Welfare: .....	Tod Thompson		
Webmaster/IT: .....	Jeff Silberbach		
Newsletter Editor: .....	Tom Wolf		



## HEALTH PROMOTION SEMINARS AT THE WAR MEMORIAL HOSPITAL

at 10:00am on 6th DECEMBER 2021 - SAFER DRIVING

Health Promotion seminars are online via zoom, please join using the zoom link below

[https://us02web.zoom.us/j/85001283184?  
pwd=T1Y3Z2tDbHJhQ3p1a0xkZUhhOFR2QT09](https://us02web.zoom.us/j/85001283184?pwd=T1Y3Z2tDbHJhQ3p1a0xkZUhhOFR2QT09)

Enquiries: Catriona Beaumont 93690215 or [catriona.beaumont@health.nsw.gov.au](mailto:catriona.beaumont@health.nsw.gov.au)





## LUNCHTIME ZOOMS DISCONTINUE

With the Shed resuming full time operations without restrictions (other than administrative and vaccination limitations), and with most members who attended the ZOOM sessions during lockdown restrictions now attending the Shed in person, it was realised that nobody was checking into the ZOOM sessions and therefore it has been decided to discontinue these lunchtime sessions that were so important for members' health during the lockdown. We thank Tod Thompson for the initiative in starting the programme and to Uniting Church in the Marketplace for facilitating our ZOOM sessions.



## HANG UP ON PHONE SCAMS

**Don't download software at the request of unsolicited callers.**

Phone scams often lead to criminals requesting you download remote access software.

Callers claim to be from reputable organisations (telcos, utility providers, banks, online shopping services etc) and will tell you elaborate stories to convince you they are legitimate.

Remote access software allows scammers to view information on your computer or mobile. It will even allow them to control your device by using genuine products such as TeamViewer or Access Assist.

Be particularly vigilant if you're asked to disclose any Online Banking sign in details or SMS or other security Codes.

You can help prevent scams by doing the following:

- Never download software at the request of an unsolicited caller
- Hang up on unsolicited callers, check if a story is real by calling the legitimate organisation on their advertised number
- Never share your personal or financial information, this includes your passwords or security codes
- If access or transactions have been performed, report it to your Bank immediately
- Report the scam to [cyber.gov.au/report](https://cyber.gov.au/report)



## PARTNERS' DINNER



Celebrating the end of lockdown conditions, 24 members and partners attended the Chinese banquet dinner held at the Randwick Bowling Club on 9th November. The food was great and the company was even better!





# GOINGS ON AT THE SHED

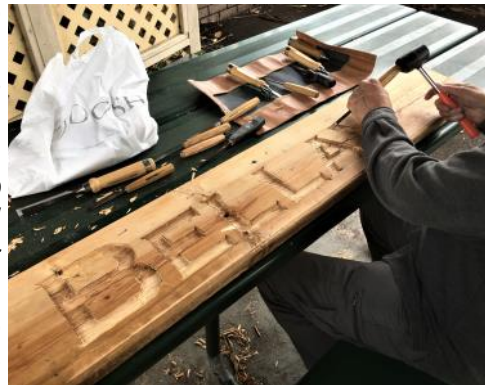
With normal activities resuming post lockdown, our Shed has been a hive of activity with some projects nearing or being finished and others starting.

**Peter Black's "street library"** is nearing completion and will add colour to any street setting.



**Mo Dhanoya** has just about finished the **rocking horse** he started making before the lockdown.

**Gad Kainer** is carving a **sign** for the property his daughter purchased recently. A slow and tedious process, the sign looks fantastic.



**Jack Leigh** is making a **"fold-up guitar stand"** from a design/concept he saw on U-tube. After working on it for some hours he could be heard exclaiming in desperation "it only took him 25 minutes on the video!"



**Tod Thompson** is lovingly repairing a **table** that needs substantially more than just TLC. (far left)

Tod is also working on his **backgammon games box** installing closing latches (left)



**Gabi Klein** and **Alan Rubel** are working together gluing up timbers for **chopping boards**. The boys often co-operate in creating joint projects.

cont. p.5



cont. from p.4

**Ian Dawes** is making toys to be donated in time for Christmas to the Children's Hospital at Randwick. This is in addition to his instructing members on the lathe, turning the odd drawer handle for community members and the **various chessmen** that find their way onto members' chessboards. This chessboard was also made by Ian.



On return to the Shed it was found that just about all (if not all) the turning tools needed to be sharpened, so **Peter Charlton** spent almost an entire day on the **grinding wheels**. A rather thankless task but those tools do get quite a beating with the number of different members (with different styles and some not -so-gentle) using both the lathes.

And both the lathes have been in full operation with **Jeff Silberbach** (left) turning a **bowl**, **Tom Wolf** (centre) making **display pedestals** for his model ships, and **Mo Dhanoya** (right) turning a **platter** which he was most pleased to display.



**Peter Ulmer** is repairing some **toys** for a school (above left), **Rodger Jamieson** (above centre) took a short break from his computer work to **create on the table saw**, and **Graham Ely** (right) was putting his finishing touches to a **chopping board**

cont. p.6



cont. from p.5

The little "Annexe" Shed at **Mark Moran Vaucluse Retirement Village** operates to provide the residents of that establishment to enjoy the same benefits as our members, it is a health initiative to help avoid isolation and loneliness and at the same time to enable the residents to make and repair items for themselves and fellow residents. **Tom Wolf** and our Honourary Member **Dach Hall** run the activities, the Men's Cave (as it is known) has a variety of power tools that annually require testing and tagging in accordance with legal requirements. **David Brem** and **Graham Ely** attended in mid-November to **test and tag** all appliances and tools. **Thanks guys!**



**David Brem** has restored a **rocking horse**, fully fitted with an ample mane and tail, it has already found a home with one of our friends at the gym for his 18 month old daughter.

**Harry Jacobs** is another member interested in chess, he is making a **chess board**.



What do you do with a big tree trunk? You turn it into a **big bowl** just as **Peter Charlton** is doing with **Rodney Goldberg** looking on.

At the other end of the scale, **Ian Dawes** is making his **toy train and carriages** with precision, making it look all so easy.



**Tony James** is under instruction on the **use of the SawStop**. **William Honeyball** is helping Tony make a box for his coins.

**Graham Ely** is restoring a **utility box**, here he is seen applying lining to the inside of the box.



To everyone that  
received a book from  
me for christmas,  
they're due back at  
the library next friday.

Thank you.





# THE WRECKSITES WE VISITED

Photos and text by Peter Chapman

On my recent travels around this great country of ours, the road parallels many great coastlines unavoidably taking you to many shipwreck locations. We all know that right from the earliest seafaring days ships of all descriptions have met their fate on the treacherous reefs and rocks that lie along the 36,000 km of mainland coast. I am sure there are texts that document all of these, and we came across a lot, including some fascinating displays, monuments and stories. Here are a few:

- The Museum of Tropical Queensland in Townsville has a terrific display of the HMS Pandora, the British Royal Navy warship dispatched to the South Pacific in pursuit of the Bounty mutineers in 1790. The ship ran aground on 29 August 1791 on the outer Great Barrier Reef claiming the lives of 35 men.



- Geraldton WA has a wonderful display of the Dutch Ship, Batavia, that was shipwrecked on the 4 June 1629 on Morning Reef in the Houtman Abrolhos islands just off this part of the WA coast.

The Batavia was the flagship of the Dutch East India Company fleet and was en route to the East Indies to obtain spices. It was amazing running your hand over the 400-year-old cannons on display.



- Also in Geraldton is the beautiful yet respectful monument honouring a sunken ship of another era, the HMAS Sydney.

As we know, Sydney is our most tragic naval loss - fired upon by the German merchant raider Kormoran on 19 November 1941 and lost with all 645 hands on board off the north West Australian coast.



- Speaking of ships, there is a project going on that I am sure would appeal to our Shedders, the 'Rebuild Independence Project'.

Independence, a 15 metre 35-ton schooner, was the first vessel constructed in South Australian waters. She was built between April and August 1803 on the shore of the American River on Kangaroo Island to transport seal skins. Her fate is not certain but she was reported lost in 1805. The rebuild is an ambitious task taken on by the men and women of Kangaroo Island to rebuild the Independence, but from what I saw they are progressing well. You can google 'Rebuild Independence Group'.





# GLUTEN INTOLERANCE AND COELIAC DISEASE

**About 1 in 70 Aussies have coeliac disease.**

However, around 80% of this number remain undiagnosed. This means the vast majority of Australians who have Coeliac disease don't yet know it. To confirm the diagnosis of Coeliac disease, you'll need to have blood tests AND an endoscopic 'small bowel biopsy' procedure.

Unfortunately blood tests (serology screening tests for Coeliac disease) have a 10-15% FALSE NEGATIVE rate, especially if you have been on a Gluten Free Diet or taking immunosuppressant agents.

It is also important to have a GENETIC Test (blood test) for Human Leukocyte Antigen HLA-DQ2 and HLA-DQ8 (which collectively are found in approximately 99% of Coeliac Disease).

**What is Coeliac disease?** In people with Coeliac disease the immune system reacts abnormally to gluten (a protein found in wheat, rye, barley and oats), causing small bowel damage. The disease can develop at any age and affects both men and women. Environmental factors do not play an important role in Coeliac disease in infancy, childhood or later in life, but being a first degree relative (parent, sibling, child) of someone with coeliac disease has about a 10-20% chance of also having the disease. If you or a close family member have been diagnosed with coeliac disease, download the family screening letter, which has been designed to take to a GP to request screening for family members who have not already been tested.

A strict, lifelong gluten free diet is currently the only recognised medical treatment for Coeliac disease. People with coeliac disease remain sensitive to gluten throughout their life, so in this sense they are never cured. However, a strict gluten free diet does allow the condition to be managed effectively. Relapse occurs if gluten is reintroduced into the diet. People with Coeliac disease sometimes simply have stools that are a bit looser than usual, and more frequent.



Typically, diarrhea associated with coeliac disease occurs after eating, as does bloating and abdominal pain. Malabsorption of Vitamin D and Calcium is often a feature which leads to Osteoporosis (diagnosed by bone x-ray and Bone Density), is not an infrequent finding, as is Iron deficiency anaemia. Sometimes constipation is the presenting symptom.

If you are diagnosed as having to cut out gluten, where do you start? More and more Aussies are eating gluten free for a variety of different reasons, anything from a diagnosis as gluten intolerant,

to simply reducing or avoiding gluten to help with bloating and energy levels. This is NOT Coeliac disease and should not be confused with the diagnosis of Coeliac disease.

Gluten intolerance or non-Coeliac gluten sensitivity, shares some of the same symptoms as Coeliac disease. It can still cause considerable discomfort, however, and people sometimes use lifestyle changes to try and manage its symptoms. Those who report gluten intolerance say regular instances of diarrhea and constipation are a common symptom. Occasionally having such digestive issues is normal, but experiencing them on most days can indicate an underlying condition.

Always consult your medical professional before making any big health and wellbeing changes, as they can help you look at all the options. It is particularly important to understand is that once you have begun avoiding gluten it can be difficult to test for Coeliac disease.

cont. p.9



cont. from p.8

So, if you are gluten intolerant or Coeliac what can you eat? Being told that you can't eat gluten can be a terrifying experience. In one fell swoop you can easily find yourself in tears trying to piece together all the fun memories you had with bread, pizza and perhaps most devastatingly of all... beer. But now is not the time to freak out, going gluten free, may push you to be more creative with what you cook each day. There are lots of gluten free foods and "breads", but you have to be careful (especially if you're eating out), as certain ingredients aren't gluten-free or may be contaminated with wheat-based products in the restaurant kitchen. It's always wise to declare that you are on a gluten free diet and ask the restaurant for confirmation that what's on the menu is indeed gluten free.

To be safe, you have to become a label detective and read the ingredients list of products in the supermarket to learn whether a product has traces of wheat, rye or barley that could have profound implications for your wellbeing. It may even be in one of the preservatives and may be the result of cross-contamination (that's why you find products carrying a strange label that says "may contain traces of shellfish", even if it's something as far removed from the sea like chewing gum), and ingesting small amounts of gluten, like crumbs from a cutting board or toaster, can trigger small intestine damage.

GRAINS TO AVOID ON A GLUTEN-FREE DIET			
			
WHEAT	BARLEY	RYE	*OATS
COUSCOUS DURUM EINKORN EMMER FARINA FARRO FREEKEH GRAHAM FLOUR	KAMUT KERNZA MATZA SEITAN SEMOLINA SPELT TRITICALE	BARLEY BULGUR BEER BREWER'S YEAST MALT MALT VINEGAR Malted milk	RYE RYE FLOUR
*OATS DO NOT CONTAIN GLUTEN, BUT REGULAR OATS ARE CONTAMINATED  BUY ONLY "PURITY PROTOCOL" OATS			

Plain and simple, vegetables, fruits, meat, seafood and eggs are gluten-free, and grains like rice, chia, corn and flax are also naturally gluten-free. If you do your own grocery shopping and prepare your own meals, then gluten-free eating is relatively easy - after all, you *know* what's in your food.

Gluten-free eating is now so prevalent that many restaurants will in fact label on a menu what dishes are gluten-free, but if in doubt, ask! And if there's a particular dish you have your heart set on, ask if there's any way you can swap an ingredient out

***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.***



Anyone know anyone called Leon that might want these? I ordered Noel but they sent me the wrong one.

# DID YOU KNOW? SOME MORE TRIVIA!

## Reverse switch on ceiling fan

Did you know that your ceiling fan has a switch labelled "SUMMER" and "WINTER"? The "Summer" switch turns the blades of the fan anti-clockwise and helps pull the hot air up to the ceiling (and push the colder air down). The "Winter" setting does the opposite and used together with a heater helps to maintain a room's temperature and consumes less than half of a heater alone.



## Finding Studs With The Help Of A Measuring Tape

If you look at the tape measurement or the tape you have at home really closely, several other numbers will be red, while the remaining ones will be black. Or at intervals on the tape, you might recognize small black diamonds, depending entirely on the brand. These indicators are placed there to determine the studs and space between the studs in your home walls.

## Spaghetti Spoon

Yes, the hole in your spaghetti spoon is useful for draining pasta water. However, there is something else that you can use it for. The slot can actually be used to measure how much spaghetti you want. Try sticking spaghetti pieces through the hole and measure them. Apparently, the amount of spaghetti that you can stick through the hole is one serving. Now you know how much spaghetti to make if you have company.



## Superglue Activator

Baking soda (aka: Sodium Bicarbonate) acts as a catalyst to instantly harden Superglue (Cyanoacrylate) into its plastic form upon contact that makes CA dry more quickly as well as to increase strength. Besides creating a stronger bond it also is paintable, fills gaps, doesn't shrink and able to be sanded

## Neatly Store Your Electric Cords

To avoid those tangled and messy electric cords and to keep them tidy and easy to store, use an old toilet paper roll. Simply roll up each cord and slip it into an empty toilet paper roll. If you want you can decorate them or write the length of the cord onto the roll to help out next time you want to use it



**YOU KNOW IT IS  
REALLY HOT  
WHEN BUNNINGS  
CALLS OFF THE  
SAUSAGE SIZZLE!**





# CHRISTMAS CAKE RECIPE

This popular recipe has been "stolen" from a past Newsletter of the Midland Men's Shed and is reproduced to prove to our wives/partners that even us mature/old/older men can enjoy the festive season. Get started on your baking now and ensure you read the recipe through to the end.

## INGREDIENTS

- |                    |                      |
|--------------------|----------------------|
| 2 cups flour       | 1 cup of brown sugar |
| 1 stick butter     | Lemon juice          |
| 1 cup of water     | 4 large eggs         |
| 1 tspn baking soda | Nuts                 |
| 1 cup of sugar     | 2 bottles wine       |
| 1 tspn salt        | 2 cups dried fruit   |



## METHOD

1. Sample the wine to check quality.
2. Take a large bowl, check the wine again.
3. To be sure it is of the highest quality, pour one level cup and drink.
4. Repeat.
5. Turn on the electric mixer.
6. Beat one cup of butter in a large fluffy bowl.
7. Add one teaspoon of sugar
8. Beat again.
9. At this point it's best to make sure the wine is still OK. Try another cup.-.Just in case.
10. Turn off the mixerer thingy.
11. Break 2 eggs and add to the bowl and chuck in the cup of dried fruit.
12. Pick the frigging fruit up off floor.
13. Mix on the turner.
14. If the fried druit gets stuck in the beaterers just pry it loose with a drewscraver.
15. Sample the wine to check for tonsisticity.
16. Next, sift two cups of salt. Or something.
17. Check the wine.
18. Now shift the lemon juice and strain your nuts.
19. Add one table.
20. Add a spoon of sugar, or some fink. Whatever you can find.
21. Greash the oven.
22. Turn the cake tin 360 degrees and try not to fall over.
23. Don't forget to beat off the turner.
24. Finally, throw the bowl through the window
25. Finish the wine and wipe counter with the cat.
26. Go to Coles and buy a cake.

*Cherry Mistmas!*



**CHRISTMAS  
ON A BUDGET**



## CHRISTMAS IS ON ITS WAY

by Pete Arnell (reproduced with the kind permission of the Midland Men's Shed, WA)

We were asked to write something for the December Newsletter with a Festive **SEASONAL THEME**.

So I'll mention Christmas turkey, roast spuds, sprouts and minced pies, sherry trifle and lots of **WHIPPED CREAM**.

But this is Christmas fare of another Hemisphere, of Chilly Climes and Cold **NORTHERN LANDS**.

Of snow covered roof tops, damp days, long dark nights and bitterly cold **CHILBLAINED HANDS**.

Where people wear 2 pairs of woolly socks to keep their **NUMB FEET WARM**.

And bodies are swathed in anoraks, scarves, thermal underwear, and beanies **WHICH IS THE NORM**.

It is the season of Eggnog, kissing under the Mistletoe, and roasting chestnuts by **THE OPEN FIRE**.

The Queen's speech, dwindling bank accounts, and Christmas Carols sung by the local **CHURCH CHOIR**.

But we live in OZ, a Wide Brown Land, which is girt by sea, we live in a land of **SWEEPING PLAINS**.

Where we drink XXXX, Fosters, Spirits and Wines, which run freely through **OUR VEINS**.

In 40 degree plus heat, we swarm like bees, and hold BBQ's and picnics on **THE BEACH**.

We stand In Speedo's, Bikini's and Thongs with a Esky full of Beer within **EASY REACH**.

Our Christmas fare is Crayfish, Prawns, Oysters and other succulent delights **OF THE SEA**.

While we listen to the sound of Leather on Willow, from the Boxing Day Test **AT THE "G"**.

So it doesn't matter if this festive season you are snowed in under Six **FEET OF SNOW**.

Or are sweltering in 40 degree heat building a fire break, behind the controls of a **BACKHOE**.

The message remains the same, and its this, let us hope **AND PRAY**.

That you and yours have a Peaceful, Wonderful and Joyous **CHRISTMAS DAY**.

## GIFT DISCUSSION

December is the month when the kids begin to discuss what to get Dad for Christmas.

Some insist on a shirt.

Others insist on a pair of socks.

But the argument always ends in a tie.



## ONLY AT CHRISTMAS!

It's almost Christmas and there is a terrible and tragic accident and 3 motorcyclists are killed. They go and knock on the Pearly Gate, but St.Peter won't let them in, he says: "Sorry, but we don't allow any bikies in here."

They plead and explain that they are not from the gangs, but are the ones who ride for charity and to get children's toys, so St.Peter relents and says: "This is a time of forgiveness, so if you can show me that you have the proper spirit I'll let you come in."

The first bikie searches his leathers and locates some roller bearings. He shows them to St.Peter who exclaims "Silver balls! We need silver balls to decorate our tree! In you go!"

The second bikie finds an old sandwich wapped in foil and shows it to St.Peter who exclaims "Tinsel! We need tinsel to decorate our tree! In you go!"

The third bikie keeps searching in his leathers but can't find anything, but then suddenly he produces a red G-string. St Peter is surprised and asks "How is that Christmassy?" The bikie replies "It's Carols!"