



WAVERLEY COMMUNITY  
MEN'S SHED INC.

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

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

Volume 3 Issue 1

JANUARY 2022

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

Website: <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

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



**HAPPY NEW YEAR!**  
**THE WAVERLEY SHED**  
**WILL REOPEN ON**  
**MONDAY, 10 JANUARY**



## FROM THE EDITOR'S DESK

We finish off a year that to most of us is best forgotten and we embark on a fresh journey with, I hope, a very positive attitude. With plenty of time on our hands, most of us have lots of projects in mind, coupled with lots of travel plans. With that in mind and the fact that I will also be travelling at different times this year, an Assistant Editor for Scuttlebutt is desperately needed, no experience necessary.

The Shed is in a sound financial position thanks to the hard work of the Committee who unflinchingly commit themselves to the welfare of the Shed and its members. And I am sure that the members would wish to thank the Supervisors without whom the Shed could not function.

We sincerely hope that we are through the worst of it, and we can start anew. The membership fees will be due again in a couple of months and what's more we can again have visitors and welcome new members to the Shed. If you know anyone interested in joining, bring them along or ask them to contact Graham Ely at <secretary@waverleycommunitymensshed.org.au>.

The Christmas Party was a lot of fun, a big thank you goes out to Peter Black and Dave Colwell who year after year turn it on for us. As usual, the food was great and plentiful and it was so nice to see so many of the members together again.

**Tom**



## NEW SCAM ALERT!

Phishing SMS and emails aim to capture personal and banking details via fake websites.

What's new:

- You receive a payment to your bank account.
- Someone claiming to have sent you the payment in error contacts you via phone or SMS, asking you to return the funds to an account number. Callers may claim to be the bank or sender of the funds.
- You complete the payment via Online Banking.

Bank customers actioning these requests noticed further payments to the payee by scammers using the compromised credentials.

Financial institutions have processes for mistaken payments, notifying you in writing (not a phone call from a number that may appear to be genuine).

If you think you've entered your details into a fake website or have been asked to return a payment in error, please reset your Online Banking password, and call your Bank immediately.

**For more information contact your Bank**



## RECYCLING AT OFFICEWORKS - "Don't Bin It, Bring It"

With electronic waste (e-waste) growing three times faster than other types of waste, the average Australian generates 23kg of it each per year.

There are some products you can't put in your recycling bin. Officeworks gives old technology and stationery new life, with their free, easy and secure recycling programs.

So, don't bin it, take it back to Officeworks!

**What items can you recycle at Officeworks?**

- E-waste recycling
- Printer cartridges and ink cartridge recycling
- Mobile phone recycling
- Battery recycling
- Pens and markers recycling



**Certificate of Membership 2022**

**Waverley Community Men's Shed Inc**



**AUSTRALIAN  
MEN'S SHED  
ASSOCIATION**  
Shoulder to Shoulder

Membership Number: AMSA100751

Issue Date: 1 December 2021

The Australian Men's Shed Association recognises a Men's Shed as a community based, non-profit, non-commercial organisation accessible to all men. A shed's primary activity is the provision of a safe, friendly and healing environment where men are able to work on meaningful projects in the company of other men. The major objective of a Men's Shed is to advance the health and wellbeing of members, and to encourage social inclusion.

**We are AMSA Members for 2022**





# SHED GOINGS-ON (CURRENT PROJECTS ETC.)

With the Summer break just around the corner, members have been busy finishing projects

**Tod Thompson** is making a *hangboard* developed to help rockclimbers develop finger strength. The idea is that the hangboard has various hand/finger grips attached and is then installed at a height that ensures the climber is off the ground when gripping the grips.



In the morning it was just a lump of timber, but by early afternoon **Rodger Jamieson** was well advanced on *turning a bowl*. He returned a week later to do the sanding and polishing

**Harry Jacobs** has been making a *chess board*, he has been receiving assistance from our Tech. Supervisors, **Rodney Goldberg** and **David Brem**



**Tom Wolf** has been working on making his model ships and has completed a number of model build/restoration projects. He is now making *pedestal stands and bases to house perspex cases* to be used in displaying his work..



**Peter Black** and **William Honeyball** have been busy making *street library boxes* of Soroptimist International Randwick Easter Suburbs, "a global voice for women".



When **Graham Ely** started off with a huge lump of timber, we were convinced that he was going to make a matchstick, but as it turned out he was making a set of *candlesticks*.



# BUNNINGS CHRISTMAS MARKET 2021

WCMS was invited to participate in this Christmas market and **Graham Ely, Rodney Goldberg and Ian Dawes** went along and set up a stall for the Shed. On sale were a variety of toys, bowls and assorted items that were made in the Shed over the past year for fundraising.



It was an extremely successful day with substantial sales being made, whatever is left over will be donated to various charities in time for Christmas. A big **THANK YOU** to all who participated in making and/or selling these items and a vote of thanks to Bunnings for letting us set up our stand.







## "THE PARTY"!!

What a way to finish the year!! 32 members and 4 guests attended a feast well catered by **Peter Black** (who was our host) and **Dave Colwell** (as our bbq-ologist extraordinaire). The variety of delicious food brought by the members was fantastic, and it was truly plentiful. A great time was had by all.

We were pleased to welcome **the Hon Dave Sharma MP** (member for Wentworth [Commonwealth]) and **the Hon Marjorie O'Neill** (member for Coogee [State]) - who is also our sponsor, and we were able to thank them both for their generous support of our Shed. We were reminded that our Shed relies heavily on the grants and other financial support from all levels of government.

We were pleased to support Dr O'Neill's "children's toy drive" with a large box full of wooden toys that will go to good homes.

A big "Thanks" go out to those who supported us by donating items for our auction that raised funds to support the Shed.



Photos by Rodger Jamieson



## OUR SHED: Hafco L-612A Belt & Disc Linisher Sander

This linisher turns a belt and disc of abrasive material to smooth a workpiece, creating a level, even surface. At the Waverley Shed we use it only for timber

The L-612a has a 240V electronic drive with a powerful 1.5kW motor, the one motor drives both the belt sander and the disc sander.

The belt sander can be adjusted for both vertical and horizontal operation. Both the belt and disc operations have a tilting work table. Before commencing work, the tilt must be checked to ensure it is at the appropriate angle for the workpiece.

The linisher 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.

As with all machines in the workroom safety gear is to be used, in many linisher operations a dust mask alone is adequate protection, but eye protection is also to be considered. Tie back long hair or beards, wear tight fitting clothes, especially sleeves, without long ties, do not wear jewellery.

### **Safety:**

- **Turn the dust extractor on before turning the machine on.**
- Allow the motor to reach full speed before sanding
- Keep workpiece flat on the work table at all times
- Hold workpiece firmly against the table before applying pressure on the abrasive belt, but do not force it. You may burn the work face.
- Move workpiece from side to side, do not keep in one place.
- Keep fingers and other body parts clear of the belt while sanding.
- Never attempt to sand small items (smaller than 40mm) and ensure workpiece is free of **metal nails, screws and staples**. Use metal detector if unsure
- If workpiece jams or damages the abrasive belt or disc, switch power off immediately and report the incident to a Supervisor.
- Never leave the machine unattended while it is running
- Do not make any adjustment to the machine apart from the work table or angle guide (if in use) while the machine is operating.

### **Clean-up:**

**Dust-extraction must be turned off** and all excess residue is to be removed with dust pan and brush after the belt has ceased rotating.



# BRAINFREEZE

## NO WORDS REQUIRED?





# PYROGRAPHY

**Pyrography** is the free handed art of decorating wood or other materials with burn marks resulting from the controlled application of a heated object such as a poker. It is also known as **wood burning**. It is one of the oldest forms of art, using two elements of the natural world: wood and fire.



The generic term Pyrography (from the Greek *pur* =fire and *graphos*=writing) refers to the same technique applied on any suitable surface like wood, leather, gourds, even paper.

It is the art of burning a design, picture or script in wood or leather using a heated metal point.

A large range of tones and shades can be achieved. Varying the type of tip used, the temperature, or the way the iron is applied to the material all create different effects

An example of pyrography done on plywood, prepared by Bruce Campbell of the Hornsby Men's Shed, is shown on the left.



## Safety

The main hazard to be wary of is the extremely fine wood dust when sanding the wood or in some cases the pitch/sap or resin that emits harmful fumes when burning. All wood dust is hazardous & can cause respiratory problems if you do not wear a mask, some more than others & should be avoided. You should always wear a quality dust mask/respirator while power carving, and use a good dust collection system to avoid a lifetime injury to your lungs. These recommendations really are not just for power carving or sanding, but they should be used for burning as well. Remember:

- **DO NOT** burn on pressure-treated wood. It is treated with chemicals that, although safely bound in the wood fibres for construction purposes, are inherently dangerous to woodworkers and woodburners.
- **DO NOT** burn on any type of treated wood: Chemically treated, stained, painted, sealed with a finish, etc. If you must use this type of wood be sure that you have thoroughly sanded it to remove all traces and are burning on **bare** wood.

Prepared Wood, Medium Density Fibreboard (MDF), man made boards and plywood should never really ever be burned on for several reasons. Prepared wood usually has been chemically treated and burning on it will release toxins into the air. MDF is made out of toxic materials and may cause cancer and other health issues. Man-made boards and such also have layers of glue that releases toxins that may not cause immediate harm but impact one later on in life. Regardless of what you decide, it is always important to work in a well ventilated room with a running fan to encourage the circulation of fresh oxygen and to remove the lingering smoke. We have a pyrography set in the Shed if you are interested in using it



# INGENUITY

## THE MONGOLIAN WAY.



# PREVENTING FALLS

Extracted from information pamphlet found at St.Vincents Hospital

Building your balance is the best way to avoid falling, regular exercise will improve your balance and posture thereby strengthening your muscles and bones.

## Your risk of falling increases with:

- Age - over 65 years
- Confusion
- Previous falls
- Prolonged illness & inactivity
- Surgical procedures
- Poor balance & strength
- Poor hearing & eyesight
- Effects of some medications

**Be aware of how your body and mind are feeling.** If you start to feel dizzy, pain, drowsy or depressed, please make an appointment to see your GP.

- Check your medicines: always keep an up to date list with you and follow-up with your Pharmacist or GP, if needed.
- Keep a healthy mind: activities, such as puzzles, home repairs, reading, social groups will all help to keep your brain active. This will help to increase your reaction time and alertness to hazards.
- Fuel your body: Eating dairy products for calcium, green vegetables for vitamins and minerals, sunshine for Vitamin D is all good for your general well-being.

**Feeling confident as your body starts to get older,** will help you to adapt to the changes in your body and make you feel safer so that you can enjoy life.

- Make your home safer - remove rugs, mats, furniture to create larger spaces.
- Check your Eyesight - turn on extra lights and clearly mark the edge of steps. Visit your GP or Optometrist for regular check-ups.
- Use safe footwear - wear flat shoes with good grip and fitted securely. Visit a podiatrist or GP if you have pain in your feet as this can affect your walking or balance.
- When changing positions- lying to sitting or sitting to standing. You may feel dizzy or weak, which can increase your risk of falling.

## How can you reduce your risk of falling?

- Keep your wits about you and avoid obvious (and some non-obvious) dangers, don't forget you are no longer a teenager
- Ask for help if you need it when getting out of bed, especially at night
- Always use your walking aid
- Use non-slip footwear
- Sit on the side of your bed before standing - you may feel weak or dizzy
- Keeping your spectacles and hearing aids close by
- Please remember to TAKE YOUR TIME



If you DO have a fall, please do not attempt to get up on your own. Please call for help.

## WOULD YOU DARE?

A woman sends a text to her husband: "Honey, don't forget to buy bread on your way home after you meet Valerie."

The husband writes back: "Who is Valerie?"

Wife: "Nobody, I just wanted you to answer so I got confirmation you saw my text."

Husband: "But I'm with Valerie right now and I thought you saw me?"

Wife: "Where are you?"

Husband: "At the bakery!"

Wife: "Wait, I'm coming down now!"

Afer 5 minutes the wife send a message: "I'm at the bakery, where are you?"

Husband: "I'm at work, but now that you are at the bakery, buy the bread! Xx





# CRACKED TOOTH SYNDROME

As the name implies, cracked tooth syndrome relates to a variety of symptoms and signs caused by a crack in a tooth. To improve the chances of saving a cracked tooth, early diagnosis and treatment are important. Most cracked teeth can be saved. If a crack is located and treated early, your dentist may be able to prevent the crack from progressing through the tooth.

The dentist may use different terms to describe the crack, including craze, fracture, crack or split: Sometimes dentists use these terms interchangeably and sometimes to describe a specific type of crack.

Cracked tooth syndrome usually occurs in a molar or premolar but may affect any tooth. The syndrome may involve:

1. teeth with large fillings or restorations where the crack runs under a weakened cusp (the raised edge of a tooth)
2. teeth with minimal or no fillings where the tooth has been subjected to heavy biting forces due to grinding
3. teeth that have suffered trauma.

Cracks may start in the top of the tooth and run downwards. These cracks may propagate and involve the pulp, nerve and root.

## Symptoms and Signs of a Cracked Tooth

- Sharp and erratic pain upon chewing (especially when biting on grainy food) or after release of biting pressure; not all cracks cause pain
- Pain or discomfort when the crack is exposed to cold or hot food or liquids
- Sensitivity to sweet foods
- Difficulty in pinpointing which tooth hurts or whether the pain is coming from a top or bottom tooth
- The crack may not be visible to the eye or detectable on a dental X-ray film
- If the crack extends below the gum, a pocket of gum disease extending along the root surface
- Often, a patient will present with a history of other cracked teeth.

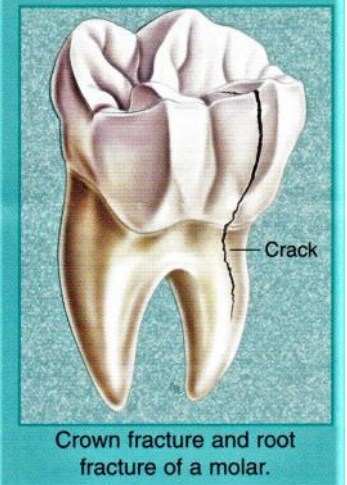
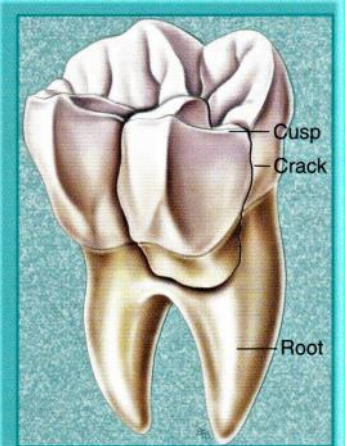
## Causes of Cracked Tooth Syndrome

- Cracked tooth syndrome has become more common because people are keeping their teeth longer than in previous generations. As a result, people often have large fillings that may weaken the teeth and make them prone to fracture.
- Many people's lives are more stressful nowadays, leading to clenching or grinding of the teeth, particularly at night. This is called bruxism. Bruxism can cause teeth to crack; see the Australian Dental Association patient education pamphlet *Bruxism*, available from your dentist.
- Over the years, daily wear and tear from clenching, grinding and chewing can slowly cause cracks.
- Chewing on hard foods or substances, such as ice, sweets or pencils.
- Trauma such as a blow to the teeth, especially if the upper and lower jaws have been rammed together.

## UNTREATED CRACKED TEETH

The longer a simple cracked tooth is left untreated, the more likely it will become a complex crack. The pulp inside the tooth may die, and infection in the tooth may occur. It will then be necessary to perform root canal treatment or, in some cases, extract the tooth.

In severe cases, the tooth may split in half. In this case, the tooth usually has to be extracted. A bridge, denture or dental implant may then be needed.



**Disclaimer: This article is a summary of what is known about cracked tooth syndrome and does not contain all known facts on this subject and is not intended to replace advice from your dentist who should be consulted if any symptoms are experienced.**

# DID YOU KNOW? SOME MORE TRIVIA!

## Rubber Band

When you paint, don't apply too much paint as it will cause runs, or the paint will wrinkle up when it dries. It is better to apply more than one very thin coats of paint. To make sure you do not use too much paint, wrap a rubber band around the paint can. Simply wipe the brush against the rubber band to prevent using more paint than necessary.

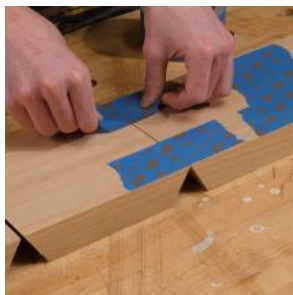


## Renewing old Epoxy

When you notice that the resin in one or both of the two containers (resin or hardener) had crystallized exactly like honey that's been in the cupboard too long, the solution is to set the container in a bowl of hot tap water. After about 15 minutes, empty the bowl and refill it with hot water. After about a half hour, the epoxy regains its normal consistency, good as new

## That Glue is Still Good!

What do you do if your PVA (white) glue gets too thick to use. It is suggested that you mix in a drop or two of vinegar. It sounds like an old wives' tale, but it really works!

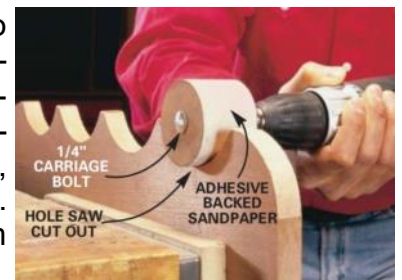


## Align Angles with Tape

Clamping mitred edges can be a real hassle because they never seem to line up correctly. The easiest way to get around this problem is to use masking tape as clamps. First set the pieces so that the outer edges are facing up and tape them edge-to-edge. Then flip the pieces over so the bevelled edges are facing up and glue them together. Complete the process by taping the last two edges together and let sit until completed. The tape removes easily and the glue won't attach to the tape, making sanding and finishing very simple.

## Hole Saw Drum Sander

Sanding the inside of a hole or curved surface can be difficult. To simplify the task, insert a 1/4 x 3-in. bolt into the pilot hole of a hole-saw cut-out. Secure the bolt with a washer and nut. Using a hack-saw, cut a 1/4-in. deep slot in line with the bolt. Cut a piece of adhesive-backed sandpaper so that you can slide one end into the slot, wrap it around the cut-out, and slide the other end back into the slot. Chuck the bolt into a drill, and you now have a homemade drum sander.



# THE PRESCRIPTION

A nice, calm and respectable lady went into the pharmacy, right up to the pharmacist, looked straight into his eyes, and said, "I would like to buy some cyanide."

The pharmacist asked, "Why in the world do you need cyanide?" The lady replied, "I need it to poison my husband."

The pharmacist's eyes got big and he exclaimed, "Lord have mercy! I can't give you cyanide to kill your husband! That's against the law! I'll lose my license! They'll throw both of us in jail! All kinds of bad things will happen. Absolutely not! You CANNOT have any cyanide!"

The lady reached into her purse and pulled out a picture of her husband in bed with a woman the pharmacist recognises to be his wife.

The pharmacist looked at the picture and said, "Well now. That's different. You didn't tell me you had a prescription."





# 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.

## CHEESE TWISTS - 24 pastry delights

### Ingredients:

- 6 Sheets of frozen puff pastry, each sliced into 4 pieces
- 2 Eggs
- 250g Shredded tasty cheese

### Method

- Line baking tray with baking paper (curved side up)
- Brush puff pastry pieces with beaten whole egg
- Spread layer of shredded cheese
- Roll up and squeeze both ends
- Twist
- Brush top and bottom with egg
- Spread shredded cheese on the top
- Bake on 180C for 25 minutes



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 WANT TO GROW  
MY OWN FOOD  
BUT I CAN'T FIND  
BACON SEEDS.**

Now that food  
has replaced sex  
in my life ...

I can't even get into  
my own pants





# T-SHIRT COLLECTION

We have enjoyed seeing some interesting T-shirts over the years, we actually have a rule against wearing offensive garments at the Waverley Shed. Therefore we hope that you will excuse this collection, your Editor found them too funny to miss.

