



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

Now the holiday season is over and we are back to full time Shed activities (subject to Omicron restrictions), we come to a vital time for the continuing success of the Waverley Shed - "Renewals Time"!

Your Renewal Notice will be in an email to you soon. If you hardly ever check your emails, now is the time to change that bad habit. Please don't wait for the last moment to renew for the period commencing 1 March 2022 to February 2023.

There is a small increase in this year's membership fees to reflect changes in insurance and AMSA costs, and the abolition of the voluntary "coin system" in the kitchen to comply with members' wishes at the last AGM.

After really flogging them at last year's renewals, it seems some member don't know we have an iron-on badge which is also available for \$5 each, you may wish to purchase yours when you renew.

Whilst we are still trying to arrange a credit card facility, it will not be available for the renewals, please renew by cash or direct deposit, don't forget to put your name into the "description" when you pay by direct deposit, and send a copy of your receipt to the Secretary.

This month we also acknowledge to financial assistance we received in the latter part of 2021, the funds provided will buy some new machinery and other items necessary for the Shed.

We still have funds to enable members to attend a first aid course of their choice, courses will be organised (COVID restrictions permitting), prior to June.

Tom

WELCOME BACK!

OLD COOTS GIVING ADVICE
It's possibly wrong, but it is FREE!



An old photo endorsed with a fresh caption ... lunchtime at the Shed.



VALE DR.KELVIN EDWARD HOPPER

It is with great sadness that we inform our members of the passing of our Shedder mate Dr.Kelvin Hopper. Kelvin was one of our quiet achievers who just enjoyed coming along, working on his projects and being in our company.

Kelvin held a PhD from ANU and apart from academic and research interests, he led a rich and varied life, with interests in print making, photography, the arts and theatre.

He was an avid bike rider and cross-country skier and travelled widely throughout his life.

Kelvin fought a long battle with Parkinson's disease and a few months ago he was moved into care at Mark Moran Little Bay but his condition gradually worsened and he was admitted to Prince of Wales Hospital on Sunday, December 19, 2021.

Sadly Kelvin passed away peacefully at 6.30 am on Wednesday, December 22 with his wife Carolyn Getczy at his bedside for the last three days. Kelvin will be sadly missed and fondly remembered by his family and many friends

May he rest in peace.



CERTIFICATE OF APPRECIATION

The Hon Dave Sharma MP presented the Waverley Community Men's Shed with a Certificate of Appreciation for our "Service to the Wentworth Community in 2021"

It was a very difficult year for many of our members, but it is particularly nice to know that our hard work did not go unnoticed.

WELL DONE GUYS!



Australian Government

Community Grants Hub

Improving your grant experience



I am very pleased to advise that your organisation, Waverley Community Men's Shed Inc, ABN 96 435 996 391 has been successful in its application for funding under 2021 Volunteer Grants.

The Australian Government recognises the vital contribution of volunteers in strengthening and enriching our communities. This Grant will help your organisation support your volunteers to carry out their important work.

WE ARE GRATEFUL FOR THIS GENEROUS GRANT



SYDNEY ROYAL EASTER SHOW ARTS & CRAFTS

In the November issue we informed our readers of this competition. This is a reminder that Online entries close on Monday, 7th February 2022.



HEALTH PROMOTION SEMINARS AT THE WAR MEMORIAL HOSPITAL

at 10:00am on 7th FEBRUARY 2022 -

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

<https://us02web.zoom.us/j/85001283184?pwd=T1Y3Z2tDbHJhQ3p1a0xkZUhjOFR2QT09>

Enquiries: Catriona Beaumont 93690215 or catriona.beaumont@health.nsw.gov.au



A VOTE OF THANKS FOR CONTINUED SUPPORT

In November 2020 the Waverley Men's Shed received a generous grant of funds from **The Wolper Jewish Hospital Health Foundation** to assist in the provision of health initiatives for our members for one year.

In line with the terms of the grant, some members have completed First Aid Courses and our AED defibrillator and EPIpen have been updated but unfortunately we were unable, due to the intervention of the pandemic lockdown, for all of our members who wished to receive First Aid training to undertake that training.

We are grateful that the **period of the grant has been extended** and therefore we can offer subsidised First Aid training to all members as soon as the pandemic restrictions are lifted.

We invite all members who wish to participate in such training to register their interest with our Secretary by email to secretary@waverleycommunitymensshed.org.au



DON'T BE SCAMMED BY CONVINCING CALLERS

Be aware of callers impersonating reputable organisations (such as telcos, federal police, government services, utility providers, banks, or online shopping services) providing convincing stories to gain your trust.

Some bank customers reporting scam calls have been led to believe they had received an unexpected credit from a refund/overpayment or were assisting to help to catch hackers. The caller requested they install Remote Access Software and placed pressure to urgently act on their request.

Remote Access Software allows third parties to connect to your device by sharing unique codes. The third party can then view any information accessible on your computer or mobile phone. This access will allow third parties to control your device by using genuine programs such as TeamViewer, Anydesk or Access Assist. If you share access to your mobile phone your banking security codes will also be visible.

Hang Up and contact your Bank immediately if you're asked to sign in to Online Banking at any point, regardless of the callers instructions. **This is highly likely to be a scam.** Reputable organisations will not request this type of activity from you.

You can help prevent scams by doing the following:

- Never download software at the request of an unverified caller
- Hang up on unsolicited callers. Check the employee is real by calling the organisation on their advertised number (not one given to you).
- Never share your personal or financial information, this includes sharing your password or security codes
- If access has been given or transactions have been performed, report it to your Bank immediately

For more information contact your Bank



SHED GOINGS-ON (CURRENT PROJECTS ETC.)

At the end of last year we finally were able to return the **rocking chair** that we started repairing before the big lockdown. It was brought to us with a broken arm, leg and rocker, that was all fixed by **Tom Wolf and David Brem** before it was delivered back to its grateful owner. Took quite some time but we hope it will be enjoyed for many years to come.



John Hayes finished the year making a **“jewellery box and comb”** for Christmas for his grandchildren. What a fantastic idea!!

Tony James has been making **“note (money) storage boxes”** for his numismatic business. Our New Year wish for Tony is that he fills them up with his own crisp Australian \$100 notes. Can't ask for more than that!



Martin Przybylski finally finished off the **“storage chest”** made from old weatherboard panels from his mother's birth-home in time to give to his daughter by Christmas.

We have often commented on the quirky things that **Mo Dhanoya** makes. This time it is a **“squirrel money bank”**. We hope his grandchildren will be able to squirrel their pocket money away!



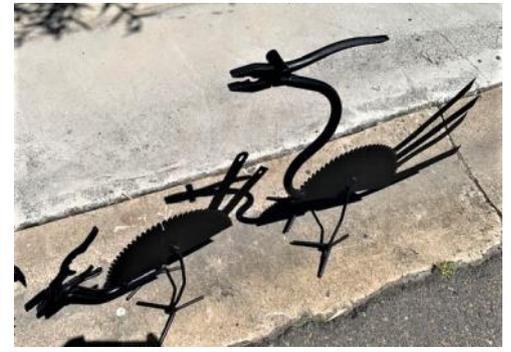
It has taken since before the “COVID-Delta” lockdown (but who's in a hurry?) for **Mo Dhanoya** to also finish his **“spice box”**. He started in April and now it is ready for the next curry night

cont. p.5

cont. from p.4

Having time over the silly season, **Richard Cortis** made some flight of fancy **metal sculptures**.

Meet this cute **"duck"**, Richard's latest creation (but created too late for the Bunnings sale), is made from a motor bike motor crank shaft, brake drum, drive sprocket, bolt cutter jaws, and a busted spring from a rabbit trap. It did take Richard a while to figure it all out.



It is good to see that work at the Shed is returning to pre-holidays levels, even though we are again operating on the "COVID-Omicron" restricted basis.



Rodger Jamieson is making **"native bee boxes"** (right),

and **Peter Black** is making a **playground "kitchen bench"** (left) as well as a large number of **possum boxes**, work that he is assisted by many Shed members.



"Here comes the train ... c'mon train"! **David (Bremmy) Brem** is making **wooden train locomotives** for his toy drive and is also multi-tasking (as usual) making a **coffee table**.

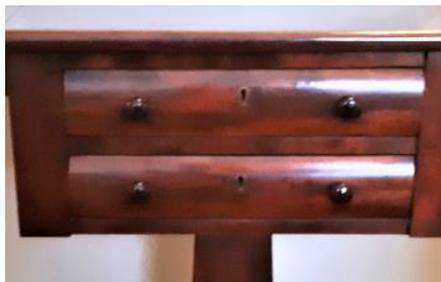


WELL DONE, IAN



Brian Haddock, a member of the community, requested some drawer knobs to be made to complete his restoration of an antique table.

Ian Dawes set about making the 4 knobs which proved to be a great success as shown by the photos provided by Brian.





Type 2 Diabetes for Men: Early Signs, Risk Factors, and How to Manage Your Life With It

Type 2 diabetes is often a progressive condition in which the body becomes resistant to the normal effects of insulin and/or gradually loses the capacity to produce enough insulin in the pancreas. We do not know what causes type 2 diabetes. Type 2 diabetes is associated with modifiable lifestyle risk factors. Some people may be able to significantly slow the progression of the condition through changes to diet and increasing the amount of physical activity they do. Type 2 diabetes also has strong genetic and family-related risk factors.

Ignoring symptoms Can cause long term complications and illness, so seek medical advice if you have any issues.

Some common symptoms include:

1. **Frequent Urinating** - When one's blood sugar level is high, the kidneys will filter the excess sugar from the blood. Therefore, one will have a constant urge to urinate, especially during the night.
2. **Increased Thirst** - Frequent urination then causes the body to lose water. Such dehydration would result in one feeling thirsty constantly.
3. **Constant Hunger** - Type 2 diabetes hinders glucose, a simple sugar used as fuel in the body, to move from the bloodstream into the body's cells. Therefore, people with type 2 diabetes are often troubled by hunger, no matter how much they've eaten
4. **Feeling Drowsy** - Type 2 diabetes means not enough sugar gets into the body's cells from the bloodstream. In this case, the person always feels tired and exhausted.
5. **Blurry Vision** - Type 2 diabetes also causes an excess of sugar in the blood, which can damage the tiny blood vessels in the eyes, leading to blurred vision. If diabetes is left untreated, it can eventually lead to vision loss
6. **Slow Healing of Wounds** - The body's nerves and blood vessels can also be damaged by type 2 diabetes and result in circulatory failure. Therefore, wounds, even ones as minor as small cuts, can take weeks and months to heal.
7. **Tingling and Numbness in the Hands or Feet** - Blood circulation affected by high blood sugar can cause tingling or numbness in the hands and feet. Such neuropathy will get worse if someone with diabetes doesn't get treatment.
8. **Patches of Dark Skin** - If a person notices patches of dark skin on the neck, armpits, or groin, it means they are at risk for diabetes. Known as acanthosis nigricans, these dark spots are usually very soft to the touch.
9. **Yeast Infections** - For people with diabetes, too much sugar in the blood and urine means there is plenty of food for the yeast to grow. The growth of yeast can eventually lead to infection.

In addition to the early symptoms, there are controllable and uncontrollable risk factors to be aware of.

10. **Controllable Risk Factors** - Certain habits can put you at greater risk of diabetes, such as a couch potato lifestyle, smoking, being overweight, and too much red meat, high-fat dairy products, and sweets. However, with proper attention and control, one can control these risk factors.
11. **Uncontrollable Risk Factors** - There are also risk factors in your DNA that you can't control. You are more easily diagnosed with type 2 diabetes if you reach age 45, if your family has such medical history, and if you are Hispanic, African-American, Native American, or Asian

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.



Many Sheddars live in multi storey buildings, the majority of which have concrete floors. Many older buildings suffer from “**concrete cancer**” which is the non-technical name for corrosion damaged concrete. The damage appears when the steel reinforcing bars embedded in the concrete begin to rust. So that Sheddars may acquire a better understanding of the background and the processes involved, I have penned some simplified notes which are set out below.

SOME BACKGROUND TO CORROSION DAMAGED CONCRETE

By Richard Cortis

Normal reinforced concrete

When Portland cement concrete is new, it is quite alkaline, which is the opposite of being acid. The alkalinity in the new concrete passivates the surface of the steel reinforcing bars, making them resistant to corrosion even in the presence of moisture and oxygen. As the concrete ages, it absorbs carbon dioxide from the atmosphere and the alkaline material (Hydroxide) reacts chemically with the absorbed carbon dioxide which changes the alkaline material to a carbonate material which is more neutral and significantly less alkaline. This process is called carbonation. When the alkalinity has been reduced in the carbonated concrete, the concrete is no-longer able to passivate the surface of the steel and protect it from corrosion. The strength of the carbonated concrete is very similar to the strength of the new (un-carbonated) concrete so the structural properties of the concrete elements are not affected. The carbonation process commences at the surface of the concrete and advances into the concrete at a diminishing rate.

The rate of progress of the carbonation front depends on many factors. When concrete ages and the carbonation front reaches the steel reinforcing bars, it becomes possible for the steel reinforcing bars to corrode (rust) when there is water and oxygen present.

The structure begins to deteriorate when the corrosion advances and the accumulated corrosion product, rust, on the surface of the steel bar expands sufficiently to burst the surface concrete away from the rusted steel bar. This bursting process is called spalling.

Chloride salt contaminated reinforced concrete

When concrete becomes contaminated by chloride salts, the salts tend to accumulate around the steel reinforcing bars. The chloride salts in the concrete tend to act as an electrolyte which can conduct electric currents via the concrete between more pure and less pure areas on the surface of the steel bar. This system acts like a battery with the electrolysis consuming the steel reinforcing bar to form a rust product.

Above a certain concentration of chloride salt in the concrete, this process of electrolytic corrosion can progress even in un-carbonated concrete. In the presence of moisture, this electrolytic corrosion process can proceed very rapidly and many times faster than the normal carbonation based corrosion process.

Chloride salts can be contributed from many sources including sea spray and atmospheric pollution. However, a very significant source of chloride salts affecting multi storey residential buildings is the ubiquitous Magnesite floor topping material.

Magnesite is manufactured from sawdust and glue. The glue used in the manufacture contains very high concentrations of chloride salts. Where the magnesite is kept dry, the chloride salts are restrained within the magnesite. However, if the magnesite gets wet, some of the chloride salts from the adhesive tend to dissolve and flow downwards from the damp magnesite into the pores of the structural concrete floor where they can take part in the chloride based corrosion process.

Water to support the corrosion process may come from many sources which include rain water penetration, overflowing pot plants, leakage from bathrooms, a burst water heater tank, leaky kitchen plumbing and leakage from refrigerator evaporation trays.

Once the magnesite has been wetted once, the chloride salts tend to be more easily released in subsequent wetting events. However, the most insidious property is that the chloride salts tend to be hygroscopic, enabling them to absorb moisture from the humidity in the atmosphere.

cont. p.8

cont. from p.7

Once the concrete has become contaminated with chloride salts from the atmosphere, the chloride salts can acquire moisture from the atmosphere to support an on-going, but slower, corrosion process. Accordingly, eliminating sources of liquid water will not cease the corrosion process. If there is corrosion supported by chloride contamination in the concrete, it becomes necessary to take positive action to reduce the rate of corrosion.

Options for rectification

Where there is spalling in carbonated concrete, concrete repair can be repaired using standard processes and specially formulated repair mortars. These concrete repairs can be expected to remain durable for years, with the durable service life depending upon many factors which include some physical properties of the concrete.

With concrete which has been contaminated with chloride salts, the approach becomes much more complex. There are more factors which limit repair options.

Without reducing the chloride salt concentration to close to zero, it is likely that the corrosion process will continue. In extreme cases, it can be necessary to demolish and re-cast severely corrosion damaged and chloride contaminated structural elements. However, in the majority of cases, it is possible to effect some form of repair which will extend the remaining service life of the structural element towards the expected service life of the overall structure.

The approach to repair will normally need to be decided after assessment of individual repair sites. The cost of repair of chloride contaminated and corrosion damaged concrete is significantly higher than the cost of repair of simple carbonated concrete.

Assessment and repair of corrosion damaged concrete requires some specialist skills. Building owners should seek specialist advice if corrosion damaged concrete becomes evident.

SOME CAR HINTS

These are hints that may save you money in the remote circumstance you may need to use them, **AT YOUR OWN RISK!!**

Fix A Dent With A Plunger And Hot Water

Pour the hot water over the dented area, and then cover it with the plunger and pull! A slight dent will come out soon enough, and even a deep one can become less noticeable. Good luck!



Clean Headlight Lens With Toothpaste

If your headlight lens become foggy over time, just scrub the lens with toothpaste and a little elbow grease, and they will shine like crystal again! But you must cover the surrounding paintwork because the mild abrasives in toothpaste can easily affect the enamel. Also, this is not a permanent resolution of the problem, the lens is likely to milk up again soon!

Apply Clear Nail Polish On Windscreen Chips

If your windscreen happens to have a chip, it's possible to crack the glass further, making your everyday driving dangerous. If you don't want to replace it right away, apply multiple drops of clear nail polish in the chip hole to prevent it from spreading, **BUT THIS IS ONLY A SHORT TERM SOLUTION!** The windscreen should be professionally repaired or replaced to comply with laws.





PADDLESTEAMER AT YARRAWONGA

By Tom Wolf

Over the Summer break I travelled to the NSW/Victorian border at Yarrowonga/Mulwala. These towns are separated by the Murray River and Lake Mulwala. Lake Mulwala is a man-made reservoir created through the construction of the Yarrowonga Weir across the Murray River. The weir was constructed in 1939.

Paddle steamers and paddle boats have been on the Murray River and in the Murray-Darling Basin since 1853 when William Randell launched the first steamer the P.S. Mary Ann near Mannum, South Australia. Australia has the largest collection of active paddle steamers and boats in the world, and this is a great way to experience the Murray River and its bygone era.

The name P.S. means paddle steamer or paddle ship; P.B. means paddle boat; P.V. means paddle vessel; and M.V. means motor vessel. There is confusion at times around this. Generally, boats that have been converted from steam power to diesel power will change their name from P.S. to P.B., however some boats have remained under the name P.S. for their heritage connection yet no longer run under steam power.



The vessel **P.S.Cumberoona** operates on Lake Mulwala for tourists. This grand old lady has become a popular fixture on the Yarrowonga Foreshore that includes tour experiences enhanced by the sounds of paddle wheels splashing and old whistles tooting.

The P.S.Cumberoona is a replica of the paddle steamers which worked their way up and down the mighty Murray in the days when

the river was the major link to the trading world. The original paddle steamer Cumberoona launched at Echuca in 1866, Cumberoona is an Aboriginal word that means "Crooked River".

The 25.2 metres long replica vessel was built by the community as the only Albury Bicentennial project and has recently been fully restored. It incorporates interior viewing windows to underwater paddles and a viewing balcony to the original steam/boiler circa 1902 engine room operations.

On the Murray River foreshore near the bridge that connects the townships there's a set of paddle wheels on display. The paddles are connected with a drive shaft to a cogwheel that would be connected to the engine.



What is Celibacy? Celibacy can be a choice in life, or a condition imposed by circumstances. While out to dinner with friends, my wife and I listened to one of the dinner-friends declare, "It is essential that husbands and wives know the things that are important to each other." He then asked the guys at the table: "Can you name and describe your wife's favourite flower?" I leaned over, touched my wife's hand gently, and whispered, "Self-raising, isn't it?" And thus began my life of celibacy.....

DID YOU KNOW? SOME MORE TRIVIA!

Quick Fix for Dents

To fix dents in wood surfaces. Soak a washcloth in water and ring it out a bit so it's not sopping wet and put on the affected area until the water wicks through the wood. With an iron on its highest setting, place on the damp washcloth over the affected area whilst making small movements back and forth and in circles. Press down firmly and continue until the washcloth is dry and the water evaporates. The wood fibres are absorbing the water and should expand back to where they were originally. Continue the process and repeat by adding more water until the dents rise up to be flush with the rest of the material.



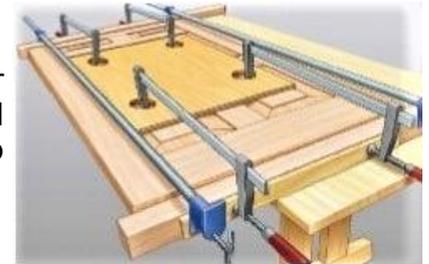
Caps for Clamps

If you have lost the protective caps of your clamp, you can use the caps of soft drink or water bottles which will fit quite well. They will protect the metal head or the tightening screw head of the clamp from marring the wood, and they are durable. Depending on the clamp size they may fit over the head with just friction pressure or may need a little silicone caulk to hold in place.



Clamp Extender

If you have a long project to glue but the overall length of your clamp is too short, you can fabricate a cheap and quick plywood clamp as shown in the picture. Drill a few large holes for the clamp heads and it will keep the pressure square to the workplace.



End Grain Sanding

When applying liquid stains, the stain soaks more deeply into the pores of the end grain than the face grain, darkening the ends much more than the faces.

One way to even out the stain colour is to sand the end grain with higher-grit sandpaper (600-grit) than the face grain (220-grit) and the result will be a much better colour match.



Planing Surfaces Flat

You can tell if the entire surface of a board that has been run through a thickness planer is flat by scribbling a chalk mark on the surface of the board. When it is run through the thicknesser and is flat, the chalk mark disappears.





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 Charlton** enjoys as it is so 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.

ALMOND BISCUITS

Ingredients

- 300gm (3 cups) Almond meal
- 220gm (1 cup) Castor sugar
- 1/8 tsp Almond essences
- 3x Egg whites
- 1 cup Flaked almonds
- 1 cup sugar to dust

Method

- Put almond flakes on a flat plate
- Combine almond meal, castor sugar and almond essence in a large bowl
- Add lightly beaten egg whites and stir until mixture forms a firm paste
- Roll small balls (1 1/4" diameter) on the flaked almonds
- Place balls onto oven trays and flatten a little
- Bake at 180C for 12-15 minutes or until lightly browned.
- Cool on racks
- Dust with sugar



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 tried to make
a salad ...
I failed!**



MORE T-SHIRTS ON SHOW

Here are some more T-shirts that have a message, we actually have a rule against wearing offensive garments at the Waverley Shed. Therefore we hope that you will excuse this second collection, your Editor found them too funny to miss.

