



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 3 Issue 4

APRIL 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!



FROM THE EDITOR'S DESK

The renewals are progressing really well with most members having renewed. If you are still waiting to renew, please do it without delay so that our administrative people can get on with why they joined the Shed, namely working on their own projects.

So soon after celebrating our 2nd anniversary of Scuttlebutt we have come to a crossroad. We are running out of printable material. We have no shortage of jokes (if you can call them that), but we have dried up of stories of personal experiences. As editor, I find it difficult to understand how so few wish to share these experiences. If you are scared of writing a story, come and see me and we can combine our energies to create a masterpiece.

Tom



IDENTIFY A SCAM BY THE EMAIL SUBJECT LINE:

Attempted scams can often be identified by what is in your email's subject line. These are some examples of scam subject lines.

- "Your access to Digital Banking has been temporarily locked"
- "Your account access has been temporarily limited"
- "Important Message"
- "Verify your Recent Activity"
- "Report your cards as lost, stolen or damaged"
- "For your online protection"

Links provided by emails using these Subject Lines will take you to a phishing website which may ask for personal information such as online banking sign-in details &/or credit card details.

Do not click the links in the email or enter your personal information. Your Bank will never ask you to click a link to sign in to your online banking. When receiving genuine communications, your Bank will always ask you to sign in securely by typing your Bank's website address into your browser or using your Bank's mobile banking app.

For more information contact your Bank





FIRST AID COURSES



Through the generosity of the **Wolper Hospital Foundation** we have funding to conduct first aid training for the members who are interested.

We are also looking for a person able to provide the courses, as Phil Wicks who has run the courses previously over many years has retired (thank you for your past support, Phil).

We will try to hold a choice of 2 courses, a full Certificate Course (including CPR) good for 3 years, and an Emergency Care course involving fractures and injuries, bandaging, and basic care (defibrillator and EpiPen). We hope to cover the full cost (or at least most of the cost) of the courses from the grant..

We invite all members who wish to undertake either of these courses to let us know which course is preferred by email to secretary@waverleycommunitymensshed.org.au

We will then notify those who have registered interest of the date/s of the courses when they are arranged.



WCMS BADGE

Many members have already purchased one or more of the **Shed's iron-on badges**, there are still some badges available for purchase at **\$5.00** each.

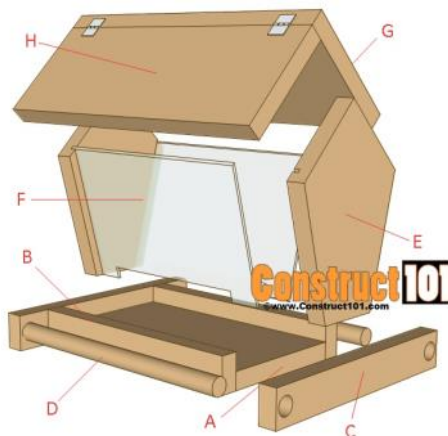
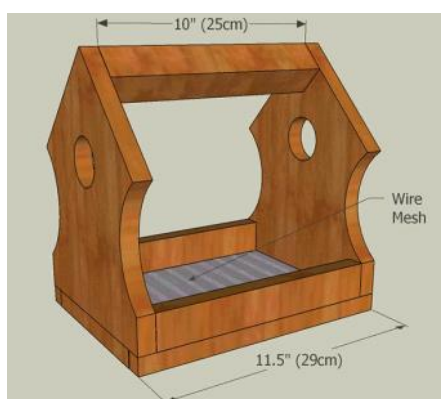


PROJECT IDEA - BIRDFEEDER

Report by Tom Wolf

In reading the newsletters of other Men's Sheds it seems that some of the Sheds are making bird feeders as projects to give away to pre-schools, but as they can be made as simple or as complicated, as small and as large as you wish, other options (including your own back yard or balcony) also spring to mind. We showed Mike Barker making a bird feeder last month.

I am just going to illustrate with some photos downloaded off the Net and let your imagination take over. There are lots of plans available on the internet, or you can just design your own!





SHED GOINGS-ON (CURRENT PROJECTS ETC.)



"Who on Earth was stupid enough to use that glue the last time this chair was repaired?" - **William Honeyball** laments while he's **fixing a chair**.

Ever busy, **Mo Dhanoya** often makes kitchen gadgets, this time he is making a **traditional Indian food stirrer**. **Mo** is also seen using the small bandsaw busily making **a toy cars**.



Jordan Stuart (left) turning a part for a **gadget** that he's been making since the day he joined the Shed

The **possum box making** is continuing on unabated, a great project being assisted by **Rodney Bassetti**



David "Bremmy" Brem has substantially increased his **transport toys** production. There's just about enough to be donated to a good home.

Rodney Goldberg in his role as Supervisor usually helps others with their projects, but now he has finally found a little time to do a personal project. He is making a **challah board** for his son from a lovely piece of hardwood.



Peter Charlton gets to discuss (or is it show off) his work on a **table base** with the owner



Tod Thompson's backgammon board is coming along nicely.

Richard Cortis has made a **fold-up table** for his RV travels



cont. p.4

cont. from p. 3

Harry Jacobs' saga in making a **chess board** was nearing its end, with Harry being helped by an army of technical advisor's assistance. Our new member **Neil Barnard** whose skills (and patience) as a teacher have come to the fore, but Harry has now decided to abandon all the work and start to make another chess board.



Charles Gerrard (left) has finished the easels that he's been working on for a while and has divided his time between working on his **antique clock** as well as another **rocking horse**



Kenny Lazarus (right) is installing a **hanging system** onto the back of wooden disks that his daughter will use to paint on



Ian Dawes is finishing off (yet another) **bowl**. Ian is one of our lathe instructors and welcomes the rare opportunity to do work for himself. The photo doesn't speak highly enough to show off the bowl he has finished made of Myrtle, a very difficult wood to turn.



Peter Charlton received a request to make a **golf club rack** for the Avondale Golf Club archive room. The fact that it is already filled with clubs suggests that we may get a request for another, but that is only speculation



Peter Black's playground fort being made for the Galilee School at North Bondi is nearing completion. In this major project, Peter has received assistance from many members, including **David "Bremmy" Brem** and **Tony James**

cont. p.5

cont. from p. 4



Gad Kainer (left) is making use of old fence palings, making **dry floral boxes** for his daughter



Alan Rubel (right) is making **cheese and fruit charcuterie boards** for his kids



Peter Ulmer and Peter Spicer (right) are both making **toy airplanes**



New member **Ray Tajer** (left) is making **racquetball paddles** for his grandchildren.



Martin Prybyski (right) is continuing the work of restoring the 4th (or is it the 5?) of 8 **dining chairs** for his home. Tedious and dusty work, but Martin is persevering and doing a great job!

**Partners' Dinner
on 15 March 2022
at Souths Juniors**





WCMS: PERSONAL PROTECTION EQUIPMENT (PPE) SAFETY



Based on and adapted from the Rules of the Hornsby Men's Shed

General Policy (as set out in the WCMS "Shed Rules")

When working at the Shed members **MUST**

Wear enclosed footwear

Avoid loose clothing, long hair and jewellery that can become entangled with moving parts.

Shed supplied PPE

Members are encouraged to bring their own eye and hearing protection equipment such as face shields, goggles, protective glasses and ear muffs.

Stocks of these items are also available at the Shed for members' use. When using the Shed PPE, members **MUST** first clean and sanitize the item to ensure it is safe to use and in the case of eye protection equipment, has clear visibility. All Shed Eye and Ear PPE should also be cleaned after use and returned to storage.

Members are also encouraged to bring their own dust masks. Stocks of basic dust masks are available at the Shed for members' use, these masks **MUST NOT** be returned to storage but should be retained by the member for their own future use. It is expected that the member will re-stock the Shed's dust mask.

Safety Glasses

Safety glasses **MUST** be worn when operating the lathe.

The wearing of safety glasses is Recommended for all types of saws, drills, routers, disk grinders and cutters.

Ear Protection

The wearing of ear protection (ear muffs, ear buds) is Recommended especially for any member with sensitive hearing or any ear condition.

Most of the time Shed equipment is used for short periods however where a member plans to use either the Table Saw, Router or Thicknesser for an extended period (10 mins or more), the member **MUST** first give notice to other workroom users to allow them to either put on ear protection or move elsewhere.

Dust Masks

The wearing of a dust mask is Recommended when using any machine sander.

Push Sticks/Pads

When operating the Table Saw, Router and the Band Saws, members should first consider the use of push sticks/pads and make sure they are readily to hand. Push Sticks/Pads **MUST** be used when working with smaller and/or thinner pieces of timber and at the end of a cut.

CAUTION

THIS MACHINE HAS NO BRAIN; USE YOUR OWN



A SIMPLE BOWEL TEST COULD SAVE YOUR LIFE

From Information brochure issued by the Australian Government

The home test kit sent in the mail to 50-74 year olds is free, easy to do and can detect early signs of bowel cancer. Doing the simple test could save your life. It's easier than you think - 1 million Australians do it each year

From age 50, your risk of bowel cancer increases and sometimes the symptoms are silent. That's where the screening test comes in - 50 to 74 year olds will be sent one in the mail to do at home. The test checks for tiny traces of blood in your poo and it can detect early signs of the disease

So, don't underestimate the power of your poo, it could save your life. Take the test, the odds are in your favour. 90% of bowel cancers diagnosed early can be treated successfully.

WHY DO THE TEST?

Australia has one of the highest rates of bowel cancer in the world-around 17,000 people get bowel cancer each year,

The simple test could improve your chance of a long, healthy life. It's quick, clean and easy-collect two tiny samples of poo, put them in the post and you're done.

WHO SHOULD DO THE TEST?

Both men and women are at risk of bowel cancer. Testing early and regularly will reduce your risk. Doctors recommend that 50-74 year olds with no symptoms do the test every two years to help detect bowel changes early when they are easier to treat.

Bowel cancer doesn't just affect older people, from the age of 50 your risk of getting bowel cancer increases.

WHAT IS THE TEST LOOKING FOR?

The test checks for tiny traces of blood in your poo. Bowel cancer or polyps (small lumps) can grow in the bowel lining. Tiny amounts of blood can leak from these growths and can be found in poo. Not all polyps turn into cancer. Removing polyps reduces your risk of bowel cancer.

SYMPTOMS

Bowel cancer can develop without any symptoms. This is why it is important to do your free test every two years. Symptoms can include:

- blood in your poo or in the toilet bowl
- a recent and persistent change in your toilet habit, such as looser poos, severe constipation and/or if you need to poo more often than usual
- unexplained tiredness or weight loss
- stomach pain.

If you notice any of these symptoms, it does not mean that you have bowel cancer, but it is very important that you talk to your doctor as soon as possible.

Bowel cancer can affect people under 50, so make sure all your family members and friends know these symptoms and talk to their doctor if they are concerned.

If you're aged 50-74, look out for your kit in the mail.

For more information, go to www.cancerscreening.gov.au or call 1800 118 868

DON'T IGNORE NUMBER TWO



SCREENING SAVES LIVES

Bowel cancer is the number two
cause of cancer death in Australia



TRAVELLING NORTH - November'21

By Richard Cortis

Back in October 2021, the Greater Sydney Area had been “locked down” in an attempt to control the spread of the COVID-19 virus. Travel from Sydney was allowed as far as the Blue Mountains, but on 1 November 2021, residents of Sydney were to be allowed to travel to regional New South Wales, but not interstate. Having been unable to travel for several months, Dagmar and I booked our camper-van into the caravan park at Katoomba on 30 October so we could make an early start on our travels to “the regions”.

So, off we went, camping the first night, in Gulgong and the next in Gilgandra (which was a bit of a shocker hearing the road trains that went all night during wheat harvest time with a bumper crop being stripped).

Next up, we free camped at Pilliga, in the black soil paddock next to the hot water bore baths, which is why we went there. Pilliga village is about two kilometres from the bore baths and has a pub, a basic shop, and a police station with a VERY tall antenna mast. Not much else. We had several swims and relaxed a bit, then it threatened to rain, so in the dark we broke camp and retreated to firm pavement near the pool. In the morning, hot and a bit bothered, we set off northwards.



The thermal pool at Burren Junction was closed, so on to Walgett and then we headed to Lightning Ridge where we stayed in the caravan park attached to the pub. We went shopping in Lightning Ridge and found a shop that was the most extensive and interesting Junk Shop we have seen in a long time with everything that an opal miner, home handyman, camper, traveller, tourist, or local householder may ever need, kitchen utensils, tools, hose tails for hydraulic hoses, mouse traps, tools, and much much more.



We had a soak in the hot water bore bath (hot at 41C) and came out smelling of hydrogen sulphide. Is that H₂S in the water good for geriatric arthritic joints?

We went for a drive through a couple of the “Car Door” tourist drives in Lightning Ridge. People really do live in those ramshackle buildings and continue to fossick, apart from the rusty corrugated iron sheds and the long-retired caravans, there were a couple of gems. One was a sort of fort built out of bottles and ironstone boulders.

Another was a full-scale ironstone hacienda, but with domes and battlements. Holes in the ground everywhere with piles of mullock from the prospecting, no safety regulations observed around here.

We next drove the 75kms to Goodooga for a dip in their new bore baths. Driving through the village we did not see another person, but at the bore baths, there were a couple of caravans. We mostly had the pool to ourselves.



To get to Goodooga, from Lightning Ridge travel north for 30km on the Castlereagh Hwy, then turn left and drive 45kms to Goodooga on a rough old road that registered 2000 steps on my phone whilst I was driving. I guess the water was at about 38C or 39C, cooler than 41C in Lightning Ridge and a bit warmer than 35C at Pilliga. The pool was new and very pleasant with excellent facilities. I guess they want to attract tourists to the town. Other than that, there was nothing of interest to stay for in Goodooga, so we drove the 75km back to Lightning Ridge.



Next, we drove to Narrabri and stayed 2 nights because the roads around our friend's rural property had been flooded and we needed to let the water get away. Time for some more shopping and a bit of exploring around town. We visited Sawn Rocks, 35 kms out of Narrabri. Spectacular rock formation in Mt Kaputar National Park.

cont. p. 9

cont. from p. 8

We left Narrabri after waiting a day to let the creeks go down so we could pass reasonably safely and took the highway towards Moree, turning right at Bellata, heading towards Terry Hie Hie and Waa Gorge (pronounced War). The rain had been heavy and had washed out some black soil topsoil from adjacent paddocks, leaving it spread across the road.

This is sticky stuff which stuck to our wheels, making them a bit bigger and a bit more square, leading to a rough ride. The soil tended to come off where there was enough water still flowing across the road and we got a good clean-up at a concrete ford where there was about 10 cms of water covering the road.

At the junction we turned right onto the gravel road leading towards Waa Gorge. The road was a bit rough after the rain but we only had to go four kilometres to our friend's homestead where we had a 4WD tour of their crops awaiting harvest, hoping for no more rain for them. We stayed overnight, having a great dinner, but had to leave in the morning because more rain was forecast.

We said our goodbyes taking the road through Terry Hie Hie towards Moree, then turning east towards Warialda where we did some shopping and had a nice lunch. We headed east for 6kms and then went down the road to Cranky Rock. This is a spectacular rock formation with a creek with a nice pool for a cool dip. The view from the lookout was impressive, looking down to the creek as well as out to the horizon. We stayed overnight in the camping area and listened to the rain all night.

The morning was cold and we headed towards Glen Innes, stopping at a very impressive lookout in the national park. Glen Innes was a vibrant town but the heavens opened.

In the morning, we set off towards Grafton, deciding to move on to Maclean after getting stuck in a traffic jam. The intended caravan park in Maclean was just awful, and out of town. The show ground was better but all the good sites were roped off because of the rain.



We moved on to the coast at Minnie Water, again finding a 1950 vintage caravan park, but we had travelled enough, so we stayed. In the morning we had a long walk along the deserted beach, looking at the brilliant sea, but we wanted to move on. We only went 15kms to Woolli, finding another traditional caravan park, but we had a site overlooking the river 20m away. We went for a bike ride to the end of the spit and then out to the end of the river mouth breakwater, where we watched the boats come and go for a while. The evening was spent on the ham radio, the wind dropped

and we had a blissful evening.

Our next stop was the NRMA Darlington Beach Resort or glitzy caravan park a bit north of Coffs Harbour. Several of the Solitary Islands are visible off-shore, with direct access to the beach. The caravan park is generously spacious, and is set in a forest of mature trees which provide shade. There was not much surf because the wind was blowing offshore. However, when the tide is out, the sand was hard enough to ride our bikes. Kangaroos graze in and around our camp site and there are many bird species. It could be quiet here except for the kids in the water park by day and the trucks on the motorway all night. We are here on the coast quite a bit earlier than intended as



we fled from the rain and boggy roads further west.

Moving south towards home, we had two nights in the caravan park beside the creek, a bit out of South West Rocks. We found the bike track through the caravan park leading from the creek to the river and we had a great 15kms ride on generally level pathways, except for one short "walk up" hill.

Our last night away was spent in the caravan park at Old Bar, near Taree where we had a walk on the beach.



SS WARRIMOO

Report by Tom Wolf

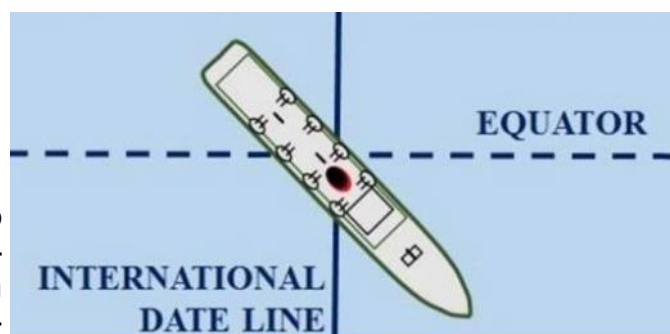
As editor of Scuttlebutt, I am often sent newsletters from other Sheds. And so I saw a story about SS Warrimoo in the Midland (Perth) Shed's Newsletter. However, on researching the story for authenticity some doubts came to light. Nevertheless, and if nothing else to put the story to bed, this is the result of my research:

SS Warrimoo was an Australian/New Zealand passenger ship, launched in 1892.



The fiction:

The story is that the ship allegedly crossed the intersection of the International Date Line and the Equator precisely at the turn of the year from 1899 to 1900 on 31 December 1899 at midnight under the captaincy of Captain John Phillips.



This supposedly resulted in the bow of the ship being in the southern hemisphere in the summer on 1 January 1900, with the stern being in the northern hemisphere in winter on 31 December 1899.

The ship was therefore at once within two different seasons, in two different hemispheres, on two different days, in two different months, in two different years and two different centuries.

The story circulated as early as 1942, and was popularized by John Euller in the magazine *Ships and the Sea* in 1953, but it is generally believed that this story is fictitious as a contemporary newspaper report states that the Warrimoo crossed the Equator on its way from Vancouver to Brisbane on December 30 1899 and the story ,

if it were true and due to its incredible claims, would have become notorious prior to 1942. Rather, the newspapers of the day merely reported that SS Warrimoo arrived in Australia on January 6, 1900, a feat it could not have done if it were in the position claimed on New Year's Eve, it could not have possibly travelled that distance in that time.

The facts:

Whatever may have been the events of 1899/1900, in 1914 SS Warrimoo was given the role of a troop ship and in 1915 delivered the first New Zealand (Māori) Pioneer Battalion to Egypt on their way to eventual deployment at Gallipoli and later on the Western Front in France, in both campaigns as part of the ANZAC forces.

On 17 May 1918, as part of a convoy from Bizerta to Marseille it collided with the French warship Catapulte.

During the collision the warship's depth charges became dislodged and detonated in the water causing ruptures to the Warrimoo and Catapulte.

Both ships were lost along with several lives





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.

STEAK DIANE - Serves 4

Ingredients

1. 1 tblsp unsalted butter
2. 4 thin rump/minute steaks, tenderised

Method

- a. Heat the butter in a sautee pan over moderately high heat, until the foam starts to subside. Add the steaks in one layer (do this in batches if the pan is not large enough) and cook until browned.
- b. Turn steaks over, season top with salt and pepper and cook the other side. Keep warm on a heated plate.

Sauce:

1. 60ml (1/4 cup) worcestershire sauce
2. 1 heaped tablespoon tomato paste
3. 80ml (1/3 cup) water
4. 4 large cloves garlic, finely chopped (or 4 tsp minced garlic)
5. 1 shallot, finely chopped
6. 60g unsalted butter, cut into small pieces
7. 2 tblsp chopped parsley

Method

- a. Add worcestershire sauce, tomato paste and water to the pan, and cook over high heat, scraping up any browned bits from the bottom. Add garlic and shallot and reduce sauce by half. Drop in the butter, one piece at a time, shaking the pan to emulsify the sauce.
- b. Check seasoning, stir in parsley.
- c. Serve the steaks with sauce poured over.



Variation (1): Use boneless **chicken** breast or thigh fillet instead of steak

Variation (2): Pepper Sauce: As above but substitute teriyaki sauce/marinade for Worcester shire sauce, add cracked pepper to taste

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.



THE 5 FOOD GROUPS

- Grain (cereal) foods
- Vegetables and legumes/beans
- Lean meats and poultry, fish, eggs
tofu, nuts and seeds
- Milk, yoghurt, cheese and/or
alternatives, mostly reduced fat
- Fruit



TOOLS EXPLAINED: YOU KNOW THE NAME, BUT DO YOU KNOW WHAT IT'S USED FOR?

Submitted by a member who seeks anonymity, source not known

DRILL PRESS: A tall upright machine useful for suddenly snatching flat metal bar stock out of your hands so that it smacks you in the chest and flings your beer across the room, denting the freshly-painted project which you had carefully set in the corner where nothing could get to it.

WIRE WHEEL: Cleans paint off bolts and then throws them somewhere under the workbench with the speed of light. Also removes fingerprints and hard-earned calluses from fingers in about the time it takes you to say, 'Oh sh*t'

DROP SAW: A portable cutting tool used to make studs too short.

PLIERS: Used to round off bolt heads. Sometimes used in the creation of blood-blisters.

BELT SANDER: An electric sanding tool commonly used to convert minor touch-up jobs into major refinishing jobs.

HACKSAW: One of a family of cutting tools built on the Ouija board principle ... It transforms human energy into a crooked, unpredictable motion, and the more you attempt to influence its course, the more dismal your future becomes.

VICE-GRIPS: Generally used after pliers to completely round off bolt heads. If nothing else is available, they can also be used to transfer intense welding heat to the palm of your hand.



OXYACETYLENE TORCH: Used almost entirely for lighting on fire various flammable objects in your shop. Also handy for igniting the grease inside the wheel hub out of which you want to remove a bearing race.

TABLE SAW: A large stationary power tool commonly used to launch wood projectiles for testing wall integrity.

HYDRAULIC FLOOR JACK: Used for lowering an automobile to the ground after you have installed your new brake shoes, trapping the jack handle firmly under the bumper.

BAND SAW: A large stationary power saw primarily used by most shops to cut good aluminium sheet into smaller pieces that more easily fit into the trash can after you cut on the inside of the line instead of the outside edge.

TWO-TON ENGINE HOIST: A tool for testing the maximum tensile strength of everything you forgot to disconnect.

PHILLIPS SCREWDRIVER: Normally used to stab the vacuum seals under lids or for opening old-style paper-and-tin oil cans and splashing oil on your shirt; but can also be used, as the name implies, to strip out Phillips screw heads.

STRAIGHT SCREWDRIVER: A tool for opening paint cans. Sometimes used to convert common slotted screws into non-removable screws and butchering your palms.

PRY BAR: A tool used to crumple the metal surrounding that clip or bracket you needed to remove in order to replace a 50 cent part.

HOSE CUTTER: A tool used to make hoses too short.

HAMMER: Originally employed as a weapon of war, the hammer nowadays is used as a kind of divining rod to locate the most expensive parts adjacent the object we are trying to hit.

UTILITY KNIFE: Used to open and slice through the contents of cardboard cartons delivered to your front door; works particularly well on contents such as seats, vinyl records, liquids in plastic bottles, collector magazines, refund checks, and rubber or plastic parts. Especially useful for slicing work clothes, but only while in use.

SON OF A BITCH TOOL: Any handy tool that you grab and throw across the garage while yelling 'Son of a bitch' at the top of your lungs. It is also, most often, the next tool that you will need.