



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

The debate about mandating "boosters" continues, it is fully understandable that there are some who are really concerned about attending the Shed until it is mandated, at this time we have only 1 or 2 members who are not "boosted" or exempt. The Committee strongly recommends, but feels it cannot mandate the "booster". If the situation changes, members will be informed.

We have many of our members and/or their families on the "not too well" list at the moment. Our thoughts, prayers and well wishes are with you, we hope to see you real soon and well on the road to recovery.

*Tom*



## FIRST AID COURSES



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

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..

As our members may benefit from these courses in their homes (and potentially as patients), we are opening up the Emergency Care course to spouses, partners and others who live in the member's households. We feel confident that members will recognise the benefits of members of their household having basic first aid skills should an event happen in their home

The timing of this grant is about to expire, so we can't put this off any longer. 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](mailto:secretary@waverleycommunitymensshed.org.au)

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



**GET THE COVID BOOSTER  
AND FLU SHOT  
BEFORE COVID AND/OR  
THE FLU GET YOU**



## BANKS & THE eSAFETY COMMISSIONER

Your Bank tries to promote the safe use of technology and build stronger digital skills to help all Australians have a more secure, positive experience online. Some of the ways you can be in control of your online safety include:

- Stop and Think - Control what you share online and on social media before you post photos, personal information, and financial information (whether it's about yourself, your friends or your family).
- Check your security and privacy settings - Regularly review your settings and use different, unique passwords for each online account. Set up two factor authentication (2FA) where available for extra protection and always sign out when you're finished.

Report online abuse - You should always report online abuse on websites or apps, if you have the option available. You can also report serious online abuse to the eSafety Commissioner at **[esafety.gov.au/report](https://esafety.gov.au/report)** or to the police.

Learn more about your Bank's partnership with the eSafety commissioner by visiting your Bank's website

**Remember, your Bank will never ask you to confirm your sign in details or personal information via SMS or email.**



## TIMBER, TOOLS & ARTISAN SHOW 2022 IS HAPPENING!!

**ROSEHILL GARDENS RACECOURSE**  
**10-12 JUNE, 10am to 4pm daily**

**We expect that a number of our members will attend as a group or individually, more details when available.**



**LOOK OUT BELOW!!**  
**Rodger Jamieson taking**  
**off at South Bondi**





# SHED GOINGS-ON (CURRENT PROJECTS ETC.)

Have you ever thought (or asked yourself) what happens to you completed community project after you finished the work and delivered it to the member of the public?

Readers will recall that some time ago **William Honeyball** and **Peter Black** made a **street library box** for Soroptimist International Randwick.

The box was delivered undecorated, but William has now received these photos from Lyn showing the decorative design, including a tree of knowledge, a busy bee and a book worm that now adorn the box, Makes you feel kinda good, doesn't it?



Peter installed the fortress at the Galilee Catholic Primary School in North Bondi, much to the delight of the school students.

Another project finally finished (we have been reporting on its progress in past issues) is the **"Fort Galilee" playground fortress** being made by **Peter Black** with help from fellow members.



**Peter Ulmer** is making a **lightweight box** to house a toy airplane he is sending overseas. He decided on making the box as he remembers that when he was a child, all good toys came in boxes..



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**Neil Barnard**, has multiple technical skills that he likes to pass to other members. Presently he is making **a table** and is seen fitting a mortise joint for the base in the photo left.

**Neil** has also made a **jig to bend his planks** for a forthcoming project. We'll keep you posted!



New probationary member **Daniel Gluckman** is replicating a **building base board for a construction toy**. He was given instruction on the use of the pedestal drill by **Rodney Goldberg** before finishing off the board with a hand tool.



**William Honeyball** is making a **street library trolley** for Soroptimist International Randwick. He is being closely supervised by **Richard Cortis** (left)

The project is nearing completion (right)



As busy as ever making things for his grandchildren, **Mo Dhanoya** is making a **"Beatle" toy car** (right) ...



while the **"squirrel" money box** (above) is now finished and ready for its first coin ...

and **the love bunnies** are being prepared in time for Easter.

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No, it's not in prayer, ... and no, this isn't a "guess who" competition either. It is **Rodger Jamieson** and **Rodney Goldberg** trying to find the **leak in the refrigerator gas line** in Rodger's RV (left). By the way, they were successful!

**Graham Ely's table restoration** is almost finished. Just a few more finishing touches are being applied shown in the photo on the right.



**Peter Black's** newest project is making an **end-grain chopping board**. Made up of very many small pieces, Peter has to concentrate to get it right.

**Tony Mandarano** has finished his **anti-gravitation table**. We are left wondering what is holding up the table-top, especially with a pot plant to weigh it down. It is based on a system of isolated components under compression inside a network of continuous tension.



**Raymond Garfield** is making a replacement handle for his **cake spatula**. Raymond usually comes to the Shed to do woodwork to repair or refurbish his home.



**Peter Charlton** is demonstrating/instructing **Gabi Klein** on how to carve the **inside of a bowl** (above)

Many people don't understand the amount of effort that goes into making model toys. You only have to look at **Ian Dawes'** work on **a toy truck** (left) to appreciate the effort, but Ian has a secret! ... He enjoys it!

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Who would have thought that Tom Wolf learned using a sewing machine from his seamstress mother over 65 years ago. Just as well, as the model boats that Tom and Dach Hall build at MMV Vacluse need sails. Tom is seen hard at work using the sewing machine at the annexe.



Tom has been doing repair/restoration work on model ships for the past 2 years, this is his latest effort (seen behind a perspex screen), a French frigate originally made in Mauritius.



## HANDY HINT: FIXING PICTURE FRAME CORNER

What do you think? Your corner joint doesn't fully match and need a minor filling. Try pushing some white glue (PVA) into the joint and fill with sawdust., then sand it off



# BRAINFREEZE

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



# BUILDING A FOLDING PICNIC TABLE

By Richard Cortis

During a recent camper-van trip, whilst camped at Wilsons Promontory, Victoria, I got talking to traveller from Western Australia.

I noted that his picnic table looked like a Men's Shed manufacture which started a conversation and a demonstration of how it worked.

I was invited to photograph his table and its mechanism as it looked like a suitable Waverley Men's Shed project. When we arrived home, I printed the photos and endeavoured to add dimensions so that I could build a "Proof of Principle" model.

I started off with some plywood from a builders' bin, suitably contaminated with cement and the weather and some timber cut from recycled pallets or similar source.

The intent was to develop some idea of dimensions and to then make the thing fold and unfold as intended.

This was achieved over several days and eventually resulted in a workable folding picnic table, though somewhat larger and heavier than intended. At this stage, we had achieved the initial goal of demonstrating proof of principle.



Photo of the table seen at camp. That's not me in the pic as he is wearing socks



The pattern during manufacture. Clearances are critical to ensure folding

The next stage was to refine the design to a smaller and lighter device that would fit in the car boot or the camper-van camping hold and be easily carried in one hand.

To do this I actually went out and bought some pine lining boards for the table top and some 42x19 pine battens for the legs. Money to the wind!

I decided that the preferred size to approximately fifty centimetres square. That is 500x500 for the more technically inclined. The pine lining boards were cut to length, fifty centimetres or 500mm, according to your preference.

I needed four boards per table top, but I also wanted flat edges rather than tongue and groove so two boards were cut in half longitudinally and the tongue and groove joints glued to produce two table top sections, each about 500x250 and having straight cut edges.

I then made four legs, each 600mm long and four table braces, each 400mm long. After a few errors, I managed to fix the leg braces to the table top.

The braces are 19x42 and are glued and screwed to the table top after drilling and shaping the ends. But do not forget to install the piece of dowel for the handle BEFORE attaching the narrow spaced leg braces to the table top!

Next, the legs were shaped at the ends and drilled for the pivot bolts to connect leg to leg to form an X as well as to attach the top end to the leg braces.

An initial assembly revealed that required dimensional tolerances were a trifle tighter than had been applied during manufacture.

Anyway, the system operated and the dimensional intolerances were somewhat overcome when the leg cross braces were installed on the lower section of the legs.

These are necessary to limit sideways sway but are also useful to ensure that the legs are in roughly the right place to fold easily.

The lesson here is that the next iteration will need to have much better dimensional tolerances. Also, after having to re-make a couple of leg braces and one set of legs because the hinge points had been counter-bored on the wrong side to accommodate the bolt heads and nuts of

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the hinge pins, there was the realization that there is both a right hand and a left hand model of both the legs and the leg braces. Anyway, this one worked sufficiently well to be coated and accepted into service in the camper-van.



Following on, I decided that some form of pattern is needed to maintain manufacturing tolerances. So I used the previous construction as a guide to assist in making a set of patterns to locate the leg braces accurately prior to gluing and screwing to the table top.

I cut some pieces of MDF to size and glued some 19x42 pine to the edges so that the table braces could be more accurately aligned prior to fixing in position.

Again, do not forget to install the carry handle in the close spaced leg braces before you glue them into position.

Further, ensure that the bolt head counter-bore recesses are on the correct side of the

leg braces prior to gluing and also that you have one left hand and one right hand leg set. The geometry and mechanism are fairly complex and there are multiple opportunities to make errors at each stage of work.

At this time, my intent is to develop better dimensional tolerances whilst speeding up the manufacture. The first Demonstration of Principle table took more than two days to get working.

The second table took about a day and a half to get up to painting stage. The third table took a bit under one day to get to painting stage. Now I just have to arrange things so I can build two tables in a day so we can have some stock for the exhibition and show mooted for later in 2022.



## A PICNIC IN THE PARK?

Planning a picnic in the park or a day watching the grandchildren playing sport?

Do you need a small simple folding picnic table to put beside your camp chair?

Look no further!

Richard Cortis has made several which are available to members with some proceeds being contributed to the Shed.

Enquiries to Richard







# SCROLL SAW SAFETY and OPERATING GUIDE



Based on the safety advice by the Hornsby Mens Shed

A scroll saw is useful for cutting intricate curves that cannot be cut on any other machine.

Setting the blade through a pre-cut starting hole allows interior cut outs to be made without creating an entry slot for the blade through the edge of the work-piece.

The main hazards when operating a scroll saw are finger/hand injuries caused by contact with the blade; and fine dust inhalation



## Safety Rules

- Wear safety glasses and a dust mask.
- Never place your hands or fingers directly in line with the blade and keep them at least 75mm from the blade; or try to cut a small work-piece that is too small to be held safely; or try to remove small off cuts that are close to the blade when the saw is operating.
- Always make sure the blade is the proper type for the cut you are planning that is installed with the blade with the teeth pointing forward and down.
- Always ensure that the blade is correctly tensioned to prevent it from bending or breaking. Never start the saw with the work-piece in contact with the blade.
- Always hold the work-piece firmly against the table when operating the saw using the "work-piece hold down" (foot) which is to be adjusted to lightly touch the wood.
- Always support round stock in a V-block so that it does not roll and jam the blade or break it; never attempt to cut material that does not have a flat surface under the blade.
- Never force the work-piece into the blade. Apply a slow, even pressure when cutting.
- Never back out of a cut when the saw is running, always turn off the power first.
- Never put hands under the table when the saw is operating.
- Always set the saw speed to its minimum setting before starting the saw then adjust it to the desired speed for the type of cut.
- Use the adjustable table lamp adjacent to the saw to clearly illuminate the saw table area.

## Blade Selection

Some general guidelines to consider when choosing a blade are:

- Wide thick blades with coarse teeth are suited to cutting straight lines and sweeping curves quickly, but won't turn tight corners and leave a finish that will require sanding.
- Narrow thinner blades with finer teeth will cut more slowly, but will turn tighter corners for cutting very intricate work. They will impart a smooth finish that requires no sanding.

Consider material thickness when selecting a blade. Ensure that two to three teeth are in contact with the work-piece at all times.

## Installing a Blade.

Please ask a Technical Supervisor to install or exchange a blade, never attempt it on your own

## Blade Speed

The saw blade speed is adjustable by using the speed control knob. Choosing the best speed is subjective and is dependent on a variety of factors including: type and thickness of material, type of blade being used, required finish quality and experience/personal preference of the operator. Here are some general guidelines to consider when setting the speed:

- For best results and smoothest most efficient cutting, select the highest blade speed you are comfortable using.
- Harder and denser material requires lower blade speeds.
- Slower speeds also work better with very thin blades or when cutting brittle or delicate material such as veneers.
- Some wood species burn quicker at higher blade speeds. To avoid additional sanding later, reduce blade speed at the first sign of burn marks on the work-piece





# GUM INFECTIONS

Extracted from a pamphlet published by the  
**Australian Dental Association**

Periodontal disease is the inflammation and infection of the gums. It is caused by plaque, a thick and sticky film of bacteria that builds up on the teeth. Plaque can harden to become calculus, known also as tartar. Plaque and calculus are caused by poor oral hygiene; that is, the teeth have not been cleaned thoroughly or often enough.

## **Early stage of gum disease:**

Bacteria in plaque and calculus can damage the gums and cause gingivitis, an inflammation of the gums. Gingivitis can usually be treated successfully by removal of the plaque and calculus, followed by thorough brushing and flossing every day.

**Advanced stage of gum disease:** The advanced stage of gum disease is called periodontitis. It can cause serious damage to teeth and the gums, and bone that supports the teeth. As gum inflammation and infection get worse, gum pockets are formed, and gums may recede from the teeth. As a result, the teeth can become loose, fall out or require extraction by a dentist. Periodontitis can result in the loss of many teeth in some people.

**Benefits of treatment:** The purpose of periodontal treatment is to stop or slow down the progression of gum disease. Benefits include having:

- a mouth that feels, looks and is healthier
- teeth that feel smooth and look clean
- a better chance of keeping your teeth for life.

## **Signs of Periodontal Disease:**

- red, swollen, tender, painful or bleeding gums
- gums that have shrunk from the teeth
- persistent bad breath
- a bad taste in the mouth
- abscesses between teeth and gums
- the fit of a denture has changed
- loose teeth; drifting apart of teeth, and gaps appearing between teeth.

When you go to your dentist, the dentist will check your oral health by examining your teeth and gums, and noting whether plaque and calculus are present. Tooth fillings are examined to check whether they are well-shaped and smooth, and are not loose or contributing to gum disease.

Your dentist will check for any change in the size, shape, appearance and texture of the gums which may indicate disease. A periodontal probe may be used to identify areas where gums bleed easily or have recessed, or where pockets have developed.

Your dentist or periodontist will check each tooth for movement, as gum disease can cause teeth to shift position or become loose. An x-ray examination may be needed to check whether the bony socket around each tooth is healthy.

**Giving your dental history to your dentist:** Your dentist will ask you about any problems you may have had with your health and teeth. A previous health problem can affect your treatment and medication. Be certain to give your dentist or periodontist your complete dental and medical history, including any major illnesses, heart problems, surgery, and reactions to medicines, especially antibiotics. This will help the dentist or periodontist to determine which treatment is best for you.

**Disclaimer:** *This article is not intended, nor should it be read, as medical (dental) advice. It is merely information to be used in recognising and responding to some symptoms and if in any doubt, medical (dental) advice and attention should be sought.*





# 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 **Graham Ely** 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.

## G.F. ORANGE AND ALMOND CAKE

### Ingredients

- 2x Large Navel Oranges (select oranges with no marks on the skin as the whole orange is used in this recipe).
- 5x Eggs.
- 3/4 cups Castor sugar.
- 2 1/2 cups Ground almonds.
- 1 tsp Gluten free baking powder
- pure Icing Sugar to serve.

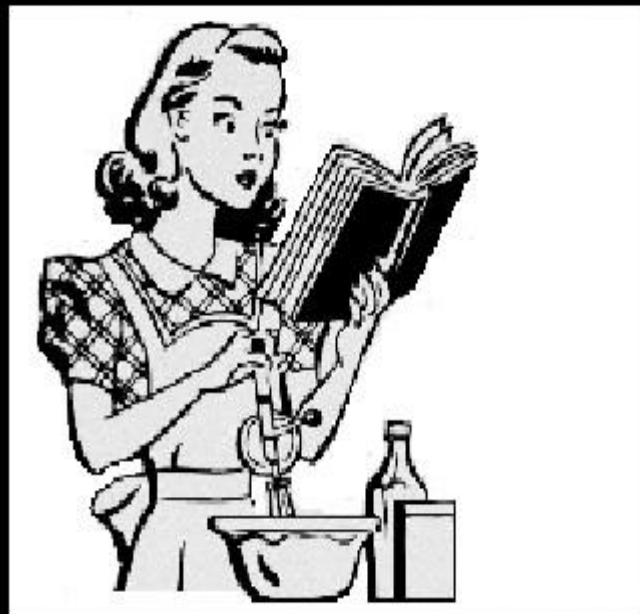


### Method

1. Preheat oven to 170'. Grease and flour a 20cm diameter spring form cake tin.
2. Place the 2 whole oranges in a saucepan and cover with water. Bring to the boil and simmer, covered for 1 hour, ensuring that the oranges remain covered with the water. Drain and cool. Chop the oranges into quarters, discard any seeds, then place the chunks into a blender and puree until smooth.
3. Beat the eggs with the sugar until thick, then add the orange puree, ground almonds baking powder and mix well.
4. Pour the mix into the prepared pan and bake for 1 hour. Leave the cake to firm in the tin for 20 minutes then turn out. Remove the baking paper, turn the cake over and allow to cool the right way up.
5. To serve, sift the Icing sugar on top and decorate with orange zest and almonds if required.

**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 read recipes the  
same way I read  
science fiction.**

**I get to the end and  
think, "well, that's not  
going to happen!"**





# THE CHOCOLATE TRAIN

This is a story that should fascinate chocolate aficionados and train buffs, it is about a train made entirely of chocolate that has set a new Guinness World Record as the longest chocolate structure in the world.

The sculpture, on display at the busy Brussels South station, is a little over 34m long and weighs 1250kg.

Maltese chocolate artist Andrew Farrugia spent over 700 hours constructing the masterpiece.

Farrugia said he came up with the idea of the train last year after visiting the Belgian Chocolate Festival in Bruges. "I had this idea for a while, because you can make a train as long as you like. Actually, it was going to be much smaller than it turned out, but I kept on adding another wagon, and another wagon, and it's the size it is today."

Three days before the event, Farrugia transported the chocolate train by truck in 25 wooden boxes from Malta to Belgium but the train incurred considerable damage during the drive and several of the train's walls had completely collapsed. Luckily, with hard work and little sleep, the chocolate artist was able to fix all the damage before presenting the train to the public.

After measuring the length of the train and confirming no material other than chocolate was used, officials from the Guinness Book of World Records added a new category to the collection of world records and declared the train to be the longest chocolate structure in the world.

