WAVERLEY COMMUNITY MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

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

Website: http//: waverleycommunitymensshed.org.au

IF YOU ARE NOT WELL, YOU ARE NOT WELLCOME AT THE SHED!

FROM THE EDITOR'S DESK

You are receiving this issue from my holiday location somewhere in the Balkans, so it may not have the latest news and developments at the Waverley Shed.

Nevertheless I hope you enjoy it. I'm on a a trip I paid for back in July 2019, and with COVID (and my encounters with it), the lockdowns and isolation, border closures and lots of cancellations, re-bookings, delays and other frustrations, I finally got away. How I'll get back waits to be seen, I'm sure some of you are in the same situation. GOOD LUCK!

Members may be interested in knowing that the Committee is intending to hold another of our craft and skills Showcase close to the end of the year. Graham Ely is organising the venue and the date and Peter Charlton and Ian Dawes are co-ordinating the Showcase. More details will follow when known.

Tom

TIMBER, TOOLS & ARTISAN SHOW 2022 IS HAPPENING!!

ROSEHILL GARDENS RACECOURSE

10-12 JUNE, 10am to 4pm daily

If you wish to join in a group going from the Shed, please discuss at lunchtime on the "deck".

Rodger Jamieson performing the "Ballad of 1891" with the Solidarity Choir at the National Folk Festival in Canberra on Sunday, 17 April 2022

PHISHING SCAMS

Phishing is a way that scammers trick you into revealing your personal information such as passwords, account, identification details or credit card numbers.\ Scammers often impersonate well known businesses that you are likely to deal with such as financial institutions, utility companies, telecommunications companies and government agencies.

They may also take the form of fake vouchers or competitions, surveys, postal notifications, bills, account alerts etc.

You are most likely to receive a phishing scam via email, text message or phone.

Scammers can use your personal information to steal your identity for personal and financial gain.

What could a scammer do with your personal information?

- Access and drain your bank accounts
- Open new bank accounts in your name and apply for loans or lines of credit
- Take out phone plans and other contracts in your name
- Purchase expensive goods in your name
- Steal your superannuation
- Gain access to your government online services
- Access your email to find more sensitive information
- Access your social media accounts and impersonate you to scam your family and friends

You are asked for your personal information.

Do not give it to them. Ask for a reference number, then contact the business yourself separately on a trusted number to verify the call was genuine.

You receive an email or SMS asking you to click on a link.

Do not click on the link. To sign in to an account, type the address into the browser yourself.

A caller is threatening, applies time pressure, asks you to download software, or complete something in secret.

Hang up. Do not act on their requests or download any software that they may ask you to.

It just does not sound or feel right.

Trust your gut instinct and separately verify the person, business or information given to you.

Important:

Financial institutions, government agencies and most organisations will never contact you requesting access to your device, share your passwords, security codes or other personal information via a pop up or a phone call. Never share these with anyone, regardless of the claims being made.

Always call organisations back on trusted numbers found on their website or phone directory to validate any of these types of requests.

SHED GOINGS-ON (CURRENT PROJECTS ETC.)

It is hard not to fall in love with our new scroll saw. **Ian Dawes** loves the ***precision cuts*** he can make with it.

Graham Ely is repairing a pair of ***fold-up picnic tables*** and is fascinated by the engineering that has gone into making them

New member **Luke Mitchell** is restoring a ***patio seat.***

Peter Black is trying out the new ***Japanese saws***. He was extremely pleased with the results.

Tony Mandarano is making ***drink coasters*** from closely sliced tree branches.

Graham Ely is assisting **Ray Tajer** to make a ***large chopping board***.

Jordan Stuart (far left) does a ***"toy test"*** on one of **Ian Dawes'** new toy projects. ***Puzzles, snails and dragons*** (left) are being made for our next Show (or to be donated prior to it).

Tom Wolf is a picture of concentration as he uses the new scroll saw to cut bits for his scratch built scale ***model of a Thunderbird 26***, (1:24 scale)

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Harry Jacobs has **Graham Ely** assisting while he instals the ***hinges to his chess board.*** Harry is the oldest active member of the Shed and attends at least once (but mostly twice) weekly, while he also enjoys lawn bowls. It is great he can continue to lead such an active lifestyle.

Rodger Jamieson has finished ***restoring his guitar***, it looks great!

Peter Ulmer experienced the delights of the new scroll saw when making a ***mirror stand*** for his wife.

Tod Thomson is making another "***hang board"*** to practise his climbing skills and to strengthen his fingers.

Martin Przybylski is now finally working on the 8th (and last) of his ***dining chairs***. The sanding is now over and the staining is about to begin.

Mo Dhanoya is helping **Tom Wolf** starting a model ship's build. The model is a 1:50 scale of ***Colombus' ship "Nina"*** and is a 1950's kit with very few instructions but it should be little problem for Tom with his experience.

Rodger Jamieson came a very credible 4th at the **NSW State Longboard Surfing Titles** in the Over 70s Division on 29th April 2022. Well done mate!

CAT TOWER PROJECT

By Richard Cortis

Recently, my daughter commissioned me to build a new 'cat tower' for her elderly cat. The brief was that it had to be strong, stable and made from recycled material.

A search of the workshop produced some 12mmand 20mm plywood and some suitable timber for the support columns. An old broom handle was cut up and used to make pegs for disused fitness weights as ballast. The lining came from an old Ikea rug which had not been used for about seven years.

Angle brackets were salvaged from a builder's bin. Fixing screws came from stock. But the sisal rope for the scratching materiel around the columns had to be purchased as I had nothing suitable in stock. I bought ten metres but ran out part way up the first column.

Ultimately, I used twenty six metres of sisal rope wound around the columns. It certainly does not look like 26 metres when installed.

The lining rug was cut to fit the four decks with a fold over the edge and 30mm underneath each floor.

I used some PVA glue to hold the rug in place and I used a carpet stapler to fix the edges whilst the glue set. I am not cut out to be an upholsterer!

The final job was some play toys for the cat hung off string tied to eyelets screwed into the underside of the floors.

A couple of ping pong balls, a plastic hose fitting, a couple of old shuttlecocks, and some paddle pop sticks completed the project. I really hope the cat likes it!

MY SISTER'S EGGSLICE HANDLE

By Richard Cortis

After several decades of service, the plastic handle of my sister's eggslice broke off. She went to the Merewether Men's Shed to get it repaired but it was closed. So, she mailed it to me with instructions to get it repaired at the Waverley Men's Shed. Rather than waiting until my next visit to the Shed, I took on the project on behalf of the Shed.

The first step was to break off the remainder of the plastic handle to expose the stainless steel shaft, which I measured for thickness, width, and embedment length.

Next, I chose a suitable piece of hardwood retrieved from a local builder's bin.

I cut two pieces of timber the same size and then used the milling machine to cut a groove in one side to accept the embedded end of the shaft. The shaft was set into the milled groove and bedded on epoxy and then screwed into place using the two existing holes in the shaft.

Next, the rebates were made in the second piece of timber to accommodate the screw head, after which it was adhered to the other side of the handle using epoxy and then clamped hard overnight for curing.

Next day I used my linisher, a power file (like a small belt sander), and some sandpaper to shape the new wooden handle to a useful shape.

After I thought I had put in enough time and effort, I finished the timber with Feast Watson Kitchen Timber oil.

SCREWS

It is important that we use the right wood screw, and with technological developments in construction and wood products manufacturing, it has become more difficult than ever to make choices. This article is based on a very detailed article on the topic by Sandor Nagyszalanczy of the Woodworkers Journal on 25 March 2016. From heads to drives, points to threads, platings to coatings, Sandor gives you a thorough education in the options available in the world of modern screws. We commend our readers to read Sandor's article, this article is just an extract.

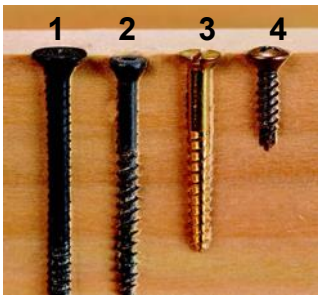
Screw Types & Materials

Among the many materials wood screws are made from brass, bronze, aluminum, etc., steel screws are the most useful for woodworking and interior DIY projects. Old-fashioned tapered steel wood screws can be a pain to use, so many woodworkers switched to inexpensive drywall screws that are made from harder steel that can penetrate wallboard and studs. Drywall screws drive in quickly and without the need for predrilled pilot holes, however they're relatively brittle and will snap when subjected to high drive forces or stress, making them a poor choice for projects requiring strong construction.

"Production screws" have points and threads sharp and strong enough to penetrate the hardest woods and manmade materials, even some metals. Their heads and shanks are durable enough to withstand high torque delivered during driving with a power drill or impact driver, and can withstand the punishing stresses that screw joined furniture or cabinet parts may be subjected to.

Unless they're specifically plated/coated for exterior use, hardened steel screws aren't especially weather resistant, and they are best reserved for indoor projects. Deck screws are basically production screws that have been plated and/or coated to increase their corrosion resistance. For even greater resistance to rust and corrosion, the two best screw materials are silicon bronze and stainless steel.

Head Type



Regardless of a screw's material, size or length, the shape of its head has a significant impact in how well it works in any particular application. Head designs can be divided into two groups: those that sink flush with the work surface and those that stand proud of it.

Bugle head screws (1) drive in quickly and have good holding power in most materials. Trim head screws (2) are a good choice when you only need modest holding power and don't want the head of the fastener to show too prominently. Traditional flat (3) and oval head (4) screws lend a nice clean look to projects but require a conical recess for their heads drilled with a countersink. Many flat head production screws are self-countersinking: they create their own recess that allows the head to sit flush, some with very fine teeth that cut into delicate surfaces without tearing them up.

Among the screw head types that sit proud of the work surface are traditional round head, pan head and cheese head screws. Each has a relatively small head with a flat bottom that bears against the surface of the workpiece. This offers a reasonable amount of hold in hardwoods, but in softer species, the smaller heads tend to crush the wood at the surface. When the joined pieces are stressed, the screw's effective hold is reduced. Screws with larger heads offer more contact area with the work surface and a greater resistance to penetration and pull-through. Washer head screws look like regular round head screws with small washers set under their heads. The added surface area on the underside of the head prevents them from sinking too deeply, especially when driven with power drivers.

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Drive Type

Unless they are building period-style furniture, few woodworkers still use traditional tapered wood screws with slotted heads, as they tend to slip off the screwdriver or driver bit and "cam out" easily, especially when driven with a cordless drill or impact driver. However, many woodworkers still do use Phillips head screws, which came into production in the 1930s and became popular because their cross-slot recess automatically centres on the tip of the screwdriver. They do have a tendency to cam out, especially when used with power drivers, today's woodworkers reduce the tendency to cam out by carefully setting the clutches on their power drivers. POZIDRIV® is a modern variant of the Phillips drive, was developed to retain centering while reducing caming out. It is a good choice for larger/ longer screws that require lots of torque when driven into hard materials.

Two modern drive styles have become particularly popular in recent decades:

1. Robertson square drivers that come in six sizes;
2. TORX drive screws, with a distinctive six-point star pattern usually used for car, motorcycles and consumer electronics. They come in 12 different sizes, the majority of woodworking fasteners are deck screws.

Both Robertson and TORX drives have two qualities that make them a great choice for woodworkers who use power drivers: stick fit and resistance to cam out. Stick fit is the ability of the driver bit and drive recess to form a temporary connection. Once you set a square or star drive screw on the tip of a drive bit, you can drive it without having to hold onto the screw that not only frees up your extra hand, but it allows you to drive screws into all kinds of hard-to-reach places

Pozisquare® is a hybrid that combines a #2 Phillips and a #2 square drive in a single screw head recess that can use either a Phillips or Robertson bit to drive them, but a special Pozisquare (combo) bit gives you better stick fit and virtually no cam out.

Hiding or Covering up Screw Heads

Screws can provide a nice decorative detail on a project, but when you don't want screw heads to show, hiding them or covering them are both options. The simplest way to make flat head screws disappear is to set them into counterbored holes topped with flush-trimmed wood plugs that match the workpiece. You can drill pilot holes and counterbores in separate steps, or use a special bit that performs both tasks at once (we will not address that here, see Sandor's article for what to do).

Screw Points & Threads

The sharp Type 17 auger point found on most production screws enables the screw to quickly penetrate most woods without the need for a predrilled pilot hole.

A wood screw's point and threads have a mighty big task to accomplish. They must pierce the surface of wood, then pull the screw in, without causing the wood to split or splinter. Once driven, the threads have to hold the screw firmly in the wood so that it doesn't pull out or allow the parts it joins to separate, even if they're stressed.

An old-school tapered wood screw needs a pilot hole when driven into all but the softest materials: their points are relatively dull and their shallow threads don't offer much holding power.

In contrast, production, construction and deck screws have very sharp points and threads that are larger in diameter than the shank of the screw itself. This enables them to penetrate most materials without the need for a pilot hole, which adds up to a huge time savings when installing them.

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There's no area of wood screw development that's seen more innovation in recent years than thread and point design.

- The Point: A good screw point bites into non-pilot-drilled surfaces rapidly, pulling the screw down quickly and creating an entry hole for the screw's shank and threads.
- The Threads: Once the point has pulled a wood screw down into the material, it's up to the threads to continue driving it the rest of the way in. Modern thread designs have made many production/construction screws suitable for use in a wide range of materials and applications.

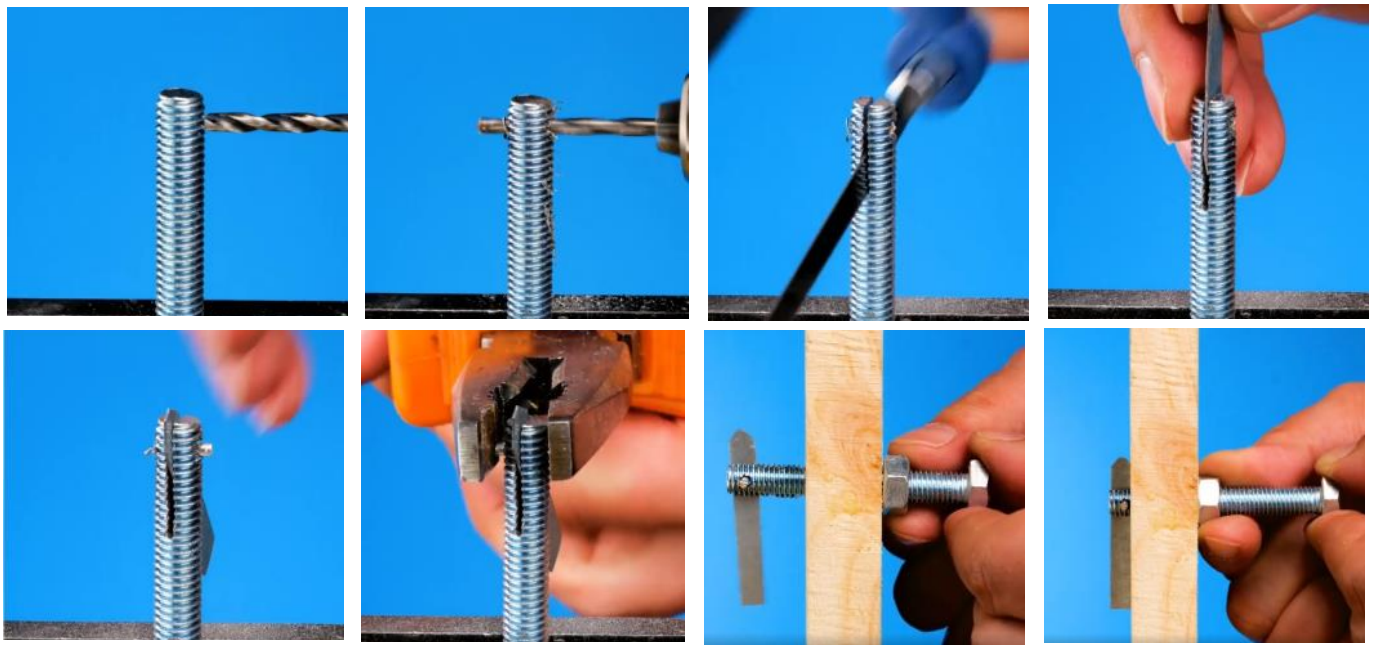
Plating and Coating

In the final step of manufacturing, most steel wood screws receive some kind of plating (a metallurgical process done to bare metal screws) or coating (applied to either bare metal screws or already-plated screws). Screws are plated and/or coated for three reasons.

- Prevent Corrosion: Regular steel screws rust quickly when exposed to moisture. Plating not only helps keep the screw itself from rusting, but prevents rust that forms on the screw from staining the wood around it. The most common plating on wood screws is zinc (provides only a small amount of corrosion resistance). Galvanizing processes, e.g., electroplating and hot dipping, have traditionally provided screws with the best protection against rust, but modern deck and construction screws are also available with high-tech coatings or plating/coating combinations for outdoor environments:
- Enhance Appearance: Other colour choices are available besides silvery bright zinc. Brass -plated screws mimic solid brass screws but are stronger and cost less. Black oxide plated screws' look works well with contemporary style projects.
  To help hide fasteners without counterboring and plugging, some screws come with heads coated with epoxy paint.
- Reduce Friction: The better the surface lubricity of a screw, the easier it is to drive and the less power it takes to drive it in. Slippery screws are also less likely to cam out, break or get stuck when they encounter knots or dense grain. You can lubricate screws yourself by rubbing them with candle or beeswax before driving them, but you can buy screws already treated with a lubricating coating.

HANDY HINT: MAKING A RELIABLE FASTENING

What do you think? You need a reliable fastening but you only have access to one side of the panel. Here is one way to make the fastening with a bolt, a nut and some scrap aluminium.



TOENAIL ISSUES

Toenails serve a purpose, which is to protect your toes. Pain, itching, and discoloration are just some of the signs of toenail problems.
Friction from your shoes, your level of physical activity, and the heat and moisture they're exposed to can wreak havoc on your toenails, as can some health conditions.
We deal with some toenail issues (but not a total list), **but you should consult your doctor or a podiatrist with any issues.**

Toenail fungus is a common condition. About 10% of all people are affected. The older you are the more likely you are to experience it. About half of all people over age 70 develop this infection. Toenail fungus can be caused by a fungal infection on your foot or from walking barefoot where someone else with an infection has walked, such as saunas or locker rooms.
Fungi thrive in dark and damp environments, so people whose feet remain wet for extended periods have an increased risk of toenail fungal infections. This can happen when wearing the same sweaty shoes or boots every day or working in wet conditions.
People with diabetes are also at high risk for this infection.

Ingrown toenails are one of the most common and most painful toenail problems. It occurs when the corner or side of your toenail grows into the flesh.

- This can be caused by:
- cutting your toenails too short
- cutting your toenails on a curve instead of straight across
- injuring your toenail
- having unusually large or curved toenails

Toenail trauma can happen several ways, including:

- stubbing your toe
- dropping something heavy onto your foot
- wearing ill-fitting shoes
- picking at nails

Activities such as running or ballet dancing (maybe not so much for Men's Shedders) may also cause trauma to the toenail, as can a poorly performed pedicure. Injuring a toenail can result in a collection of blood (or hematoma) under the nail. Other damage can include a partially or completely separated nail or injury to the underlying bone.

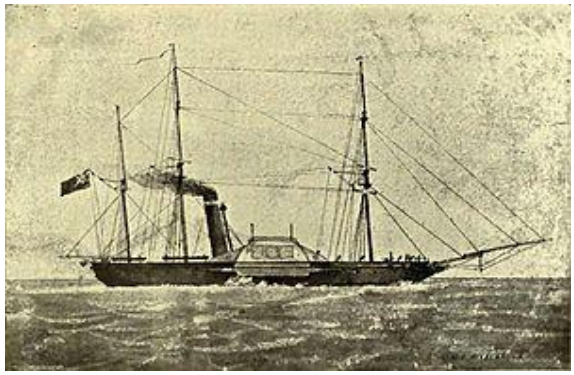
Nail clubbing refers to changes under and around the toenails that cause your toes to take on a widened, club-like appearance. Clubbing is most often caused by an underlying medical condition, such as heart disease, lung disease, gastrointestinal disorders, and cancer. It can also be an inherited trait in some people.
Clubbing can develop gradually over weeks or years, depending on the cause.

***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.**

WOMEN AND CHILDREN FIRST: The "Birkenhead Drill"

Report by Tom Wolf

Over the very many years our members have gathered on "The Deck" for lunch, discussion has occasionally turned to whether the command **"women and children first"** is an age-old established rule of the sea. Most of us accepted this to be a maritime rule going back to the beginning of time, but in fact it is a code of conduct dating from 1852, whereby the lives of women and children were to be saved first in a life-threatening situation, typically abandoning ship, when survival resources such as lifeboats were limited. However, it has no basis in maritime law and is now known as the **Birkenhead Drill.**



HMS Birkenhead, also referred to as **HM Troopship Birkenhead** or **Steam Frigate Birkenhead** was one of the first iron-hulled ships built for the Royal Navy. She was designed as a steam frigate, but was converted to a troopship before being commissioned.

She was wrecked on 26 February 1852, while transporting troops 140 kilometres from Cape Town (South Africa) when she struck an uncharted rock.

Lieutenant-Colonel Seton of the 74th Regiment of Foot was in charge of the troops en route to fight in the Eighth Xhosa War, and when the ship struck the rock Captain Robert Salmond RN (commanding the Birkenhead) ordered Colonel Seton to send men to the chain pumps; sixty were directed to this task, sixty more were assigned to the tackles of the lifeboats, and the rest were assembled on the poop deck in order to balance and raise the forward part of the ship.

The women and children were placed in the ship's cutter, which lay alongside.

Two other large boats (capacity 150 each) were manned, but one was immediately swamped and the other could not be launched due to poor maintenance and paint on the winches. This left only three smaller boats available.

Throughout, Colonel Seton took charge of all military personnel and stressed the necessity of maintaining order and discipline to his officers.

Ten minutes after the first impact, with the engines still turning astern, the ship struck again beneath the engine room, tearing open her bottom. She instantly broke in two just aft of the mainmast.

The funnel went over the side and the forepart of the ship sank at once. The stern section, now crowded with men, floated for a few minutes before sinking.

Just before she sank, Captain Salmond called out that "all those who can swim jump overboard, and make for the boats". Colonel Seton, however, recognising that rushing the lifeboats would risk swamping them and endangering the women and children, ordered the men to **"stand fast"** and the soldiers did not move, even as the ship broke up. Some of the soldiers managed to swim the 3.2 km to shore over the next 12 hours, often hanging on to pieces of the wreck to stay afloat, but most drowned, died of exposure, or were killed by sharks.

Only 193 of the estimated 643 people on board survived, and the soldiers' chivalry gave rise to the unofficial "women and children first" protocol when abandoning ship. The command became particularly famous when given 60 years later at the time of the sinking of the Titanic.

ROYAL FLYING DOCTOR SERVICE VISITOR EXPERIENCE, DUBBO

Text by RFDS, photos by Tom Wolf

If you think that the only great attraction on your visit to Dubbo is the Western Plains Zoo, let me tell you otherwise.

Just outside town (about 8 minute drive) is the RFDS Visitor Centre where you can explore first-hand the resilience, resourcefulness and innovation of the *Flying Doctor*. Join in the action as many of the exhibits are interactive.

Touch down into the world of heroic doctors, nurses, pilots and outback communities. Live each moment as we deliver urgent medical care across a 7.69 million square km ‘waiting room’ - the Australian outback.

See through the eyes of unique outback characters and communities. Experience their stories and challenges across the vast Australian remote areas - as if you’re right there. Today, Flynn's dream is a vibrant reality and the Visitor Experience showcases over 80 years of remarkable outback history.

All proceeds from admissions and merchandise sales go towards the purchase of new aircraft and vital medical equipment. The Royal Flying Doctor Service is a charitable organisation that relies on the generosity of the community to continue its life-saving work. Entry is $20pp or $17pp for Students and Seniors.

DID YOU KNOW? MORE TRIVIA!

Pop Rivet Centre Pin

If you need to cut circles of many diameters (or many circles), changing diameters is easy on this circle-cutting jig that uses a pop rivet as a removable centre pin.

The jig is a timber piece with an attached rail that's sized to slide in the mitre gauge slot on the band saw. Draw a perpendicular line on the timber and install the jig, cut to the line and clamp on a stop block. Remove the jig and drill holes for the pop rivet centre pin, measuring from the cut you've made.

To use the jig, fit the pop rivet in the appropriate hole and install a blank. Its bottom must have a centre hole sized for the pop rivet. Make a straight cut to the stop block. Rotate the blank clockwise to cut the circle. When you cut large circles, support the jig with an adjustable roller stand.

Odd-Width Measuring

To divide 11-3/8-in. (or any other mathematically difficult number) into equal parts without dividing fractions is simple. Angle the measuring tape across the workpiece until it reads an easily-divisible dimension and make the marks with the tape angled. For example, say you want to divide an 11-3/8-in. board into three equal parts. Angle the tape until it reads 12-in., and then make marks at "4" and "8". **BUT DON"T FORGET THE KERF!!**

Excess Glue

No more glue stains, use tape to catch excess glue. To prevent stains caused by oozing glue along joints, clamp the pieces together without glue. Put tape on the joint, then cut along it with a sharp blade. Separate the pieces, apply the glue and clamp them together again. The glue will ooze onto the tape, not the wood. Peel off the tape before the glue dries.

Never-Fail Mitre Joint Clamp

Clamping up four mitred corners is tricky without special clamps unless you make your own. Start with a long 1×4, as it's easier (and safer) to clamp for making the angled cuts than a short piece. Mark out the blocks, and then drill a 1-in. diameter hole in the centre of each one. The hole prevents the blocks from getting glued to your project. Cut 45-degree angles tangent to the hole, and then cut the blocks free from the long board.