



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 3 Issue 7

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



FROM THE EDITOR'S DESK

Graham Ely, our Secretary, has sent a survey to all members asking a very important question as to attendances. Quite correctly he has identified that our membership level (and renewals) is pleasingly high, yet attendances at the Shed are very low. On behalf of your Committee he has asked for your insight as to why this may be happening, and all members should consider if something is missing? Can we improve in some way? If you have not responded, please do so soon.

I personally believe that beside jobs and projects, there is also a need to look at other interest areas for members. Not everybody is a skilled trades person or wants to build things. Our charter is to foster men's health and well-being, a large part of that is getting together with shared interests.

The Shed is available to use every week afternoon and evening (and all day on Thursdays and Fridays) for special interest groups to pursue their interest, the blocking point is the question of Supervisors. If you can get a Supervisor interested in your project (to open up the Shed etc) and you are keen to set up and run a special interest group for members, please come forward and let a Committee member know so it can be given serious consideration. These activities could include such things as jewellery making, photography, electronics, computers, cards, mahjong, etc. (just about anything).

Tom

It's our 9th Anniversary, so,



at the Shed,

on Wednesday, 3 August at 12:00noon

Bring your plate of food along (same plates as before!!) or make a monetary contribution and we'll do the buying (see Peter Black)

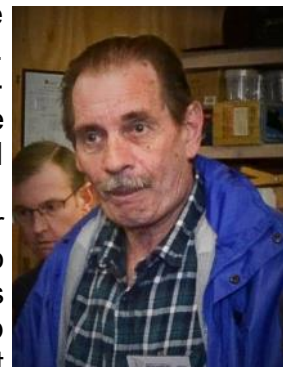


VALE ALEX McINTOSH

It is with great sense of sadness and sorrow that we note the passing of our foundation member and good friend Alex McIntosh. Alex was quietly spoken and he was there from the outset, one of our original Technical Advisors, Alex introduced box-making and pen-turning to the members of the Waverley Shed. We recall his dry sense of humour and selfless dedication to passing on his knowledge and experience.



Alex had been in ill health for quite some time and moved to Queensland to be closer to his children. Alex finally gave up his gallant and determined fight against his illness on 26 April 2022.



We pass our condolences and prayers to his wife Linda and his entire family at this time of grief, we remember Alex fondly and he will be missed by the Waverley Shed community and all who knew him.



WATCH OUT FOR SOPHISTICATED INVESTMENT SCAMS!

Investment scams can be hard to spot, and often have significant financial impact as people are unaware they have been scammed until attempting to withdraw money from their account. Scammers use alluring techniques to convince you of their legitimacy by:

- Creating professional-looking websites or apps
- Promising increased you investment benefits or returns if you complete tasks or refer friends/family
- Sounding knowledgeable during phone conversations and claiming to have investment qualifications or expertise
- Providing good quality prospectus documents or reports showing high returns
- In some instances, claiming capital will not be lost due to insurance and guarantees provided by well-known organisations.

Utilising keywords commonly entered in popular search engines, e.g. How to invest, high-rate term deposits etc. They often pay for advertisements that rank higher in online search results. In 2021, Scamwatch received reports of \$177million in reported losses to Investments scams. This figure only represents those who reported their scam to Scamwatch directly. **Always complete a thorough investigation** of any investment opportunity. To ensure you are receiving advice from a legitimate business, review the ASIC professional services register for licence information, and always contact the claimed company on a publicly advertised phone number to validate the request/offer.

If you believe any of your recent online banking payments may be the result of a scam, please **contact your Bank immediately**.

For more information on investment scams **visit your Bank's website**



**WAVERLEY COMMUNITY
MEN'S SHED INC.**

PUT THE DATES ASIDE!!

**Friday, November 11
to Sunday, November 13**

**Training Room, WAR MEMORIAL
HOSPITAL 125 Birrell St Waverley**

**Come and see what your friends and
neighbours have made for
themselves and the community**

**All kinds of art and crafts will be
displayed**

**Invite some friends to visit us at War
Memorial Hospital**

**Best entry for the display is the
Carrington Road Gate opposite
Waverley College**

**PLEASE NOTE - PARKING ON THE
HOSPITAL GROUNDS IS ONLY FOR
PATIENTS AND THEIR FAMILIES**



USE OF EQUIPMENT:

This article is reproduced with the kind permission of the Midland Men's Shed (WA)
but just as applicable at the Waverley Men's Shed.

The simple rule for the Shed is to leave the equipment and work space as you would like to find it. What does that mean?

- Every piece of equipment has a home (if you don't know, ask around)
- Ensure the equipment is left on its default settings (no surprises for the next person)
- Clean up after yourself including the bench and the floor
- Report any problems with the equipment to the Supervisor (so it can be fixed or replaced, it's not about blaming or shaming)
- If you are not sure or can't remember how to use equipment, ask around



A CLEAN DESK
is the sign of a sick mind



SHED GOINGS-ON (CURRENT PROJECTS ETC.)

Inspired by M.C. Escher, **Tony Mandarano** has made a **continuous cube**. Not very practical as it has little loading capacity as a table, it does however confound many due to its fascinating features.

William Honeyball doesn't do things in half measures and he invariably has a number of projects progressing simultaneously (that is why it seems as if he is working on a project indefinitely).



This is the case with an **antique box** that seems as if he's been working on for a year or more? He cleaned off all the old veneer from top and two front doors and re-veneered all, he also cleaned out the lock and made a new key for it. Now it will have the lock re-fitted and a finish coat. Slow and steady wins the race.

William has also repaired the broken leg of a nice antique table. In the process he removed the small castor as a previous repair by an unknown repairer had caused the table to cant over and become unstable. William added a 7mm lift piece to compensate for the unbalance and made it once more a nice antique.



And then there's Fred's Clock!! The main spring had become detached from its arbour and therefore the clock could not be wound up. William sorted it out and now correct timing is possible. He is stunned that he has actually done something that worked first time!

Peter Chapman has been working on a small child's push-along for some time, it is now finished and Peter is very happy with the result.





NO, YOU PROBABLY DON'T HAVE ALZHEIMER'S DISEASE:

This article is reproduced from the newsletter of Midland Mens Shed (WA) by prior arrangement and permission

At least some of us have experienced slight memory lapses or the occasional bouts of forgetfulness and have quickly jumped (wrongfully) to the conclusion that we're on the path to Alzheimer's disease.

Fear not, it's quite normal and generally not something to get worried about. It seems that if you are aware of these "moments", you can be pretty much assured that your mental capacity is fine.

In the following simple analysis, Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière Hospital Paris talks about the subject in a way that simplifies the issue and reassures the reader.

According to Professor Dubois, "If anyone is aware of his memory problems, he does not have Alzheimer's."

But, but...

You may disagree, saying "But, but...I forget the names of friends or sometimes even those of my family members." Or, "I don't remember where I put things, or I find myself standing in a room wondering why I went in there in the first place and secondly, what was it I going to do?" As you'll see, you're not alone as these are some of the most common complaints that folks over 60 report:

- forgetting the name(s) of people
- going into a room in the house and not remembering why they were going there
- a blank memory when trying to remember a movie title or who starred in it, or the title and subject of a book
- the inability to recall where they left their glasses, wallet or keys. Apparently, this happens to all of us, especially after the age of 60! The problem is that when we begin to notice the frequency of these "memory lapses", we tend to jump to the conclusion that we are losing our ability to remember things – what we were doing, places, people – to name just a few scenarios. But it's normal. It's not necessarily the onset of Alzheimer's.

Forgetfulness Could Be a Good Sign

According to a new study conducted by the Centre for Addiction and Mental Health in Canada and published in the Journal of Clinical Psychiatry, being aware of forgetfulness is a sign that you're unlikely to develop dementia. It's those who are unaware of their forgetfulness, a condition called anosognosia, who are more likely to go on to develop the disease.

"If patients complain of memory problems, but their partner or caregiver isn't overly concerned, it's likely that the memory loss is due to other factors, possibly depression or anxiety," said the study's lead author Dr. Philip Gerretsen.

Some More Reassurance...

Many people are concerned about their so called 'oversights' despite evidence to the contrary. So, Professor Bruno Dubois does endeavour to reassure the majority of people who have these concerns by publishing the following important observations:

- Those who are conscious of being forgetful have no serious problem with memory. Those who suffer from a memory illness or from Alzheimer's, are not aware of what is happening.
- The more we complain about memory loss, the less likely we are to suffer from memory sickness.

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.



WILLS AND OTHER WAYS TO PLAN AHEAD

Extracted (and edited) from the 2022 Diary published by Legal Aid NSW

Wills

A Will is a legal document that sets out how you want your assets, called your estate, to be distributed after you die. This can include real estate, artwork, money and even items of sentimental value that you want to give someone. You can also say in your Will who you want to care for your pet and what kind of funeral you want. You must appoint an executor in your Will. Your executor is responsible for making sure that your estate is distributed as set out in your Will. It is important to choose an executor who has the financial and taxation skills to carry out the role.

How do I make a Will?

Do-it-yourself Will kits are available, but it is best to talk to a professional to make sure your Will is legally valid and reflects your wishes. A Will must follow strict legal requirements and be properly signed and witnessed. A solicitor or NSW Trustee & Guardian can help you make your Will.

What does it cost to make a Will?

Solicitors' fees vary and can depend on how complex the Will is. It is a good idea to shop around and compare fees. NSW Trustee & Guardian can help you prepare your Will, call 1300 102030 or visit www.tag.nsw.gov.au to make an appointment. They can provide their Essentials Package containing a Will, a Power of Attorney and Enduring Guardianship document. There is a fee for document preparation services, the cost depends on your financial status. If you choose a professional executor, such as a solicitor or NSW Trustee & Guardian, to be executor of your Will, they will charge fees to administer your estate when you die.

How often should I review my Will?

Your Will expresses your wishes at a particular point in time. You should review your Will regularly to make sure it accurately reflects your current wishes. You may want to update your Will when:

- your relationship status changes. For example, if you re marry your previous will is automatically revoked you welcome children or grandchildren into your family
- your executor becomes ill, is unable to handle the responsibility or dies a beneficiary named in the Will dies your partner or spouse dies
- you want to change the amount of money you left someone when you made your last Will
- you retire-retirement is a good time to do your estate planning and possibly look at setting up tax effective arrangements through your Will
- buy or sell assets-people often leave assets to someone in their Will and then sell them before they die. This could mean that some beneficiaries receive nothing, while others get more than you intended.

What will happen if I die without a Will?

If you die without a Will this is called dying 'intestate'. If you die intestate you lose the opportunity to have a say in how you want your assets and sentimental items to be distributed. Your estate will be distributed according to a formula set out by the intestacy laws and people may miss out or not get what you intended them to have. It is better to plan ahead and have a valid and up-to-date Will in place.

Other ways to plan ahead

You can plan ahead while you're fit and healthy by deciding who you would like to make decisions for you. You can do this by making a Will and two other documents called an Enduring Power of Attorney and Enduring Guardianship appointment.

cont. p. 7

cont. from p. 6

If you were no longer able to make decisions for yourself because of illness or injury, what would happen to your personal, financial and business affairs? If you don't have planning ahead documents in place and you lose the capacity to make decisions for yourself, your family and friends may not know what you would have wanted to do about your financial, health, and lifestyle needs. They may have difficulty paying bills from your bank account. If a decision needs to be made about selling your home to pay for you to move into residential aged care or a home that is more suitable for you, they would have to go to a court or tribunal to have someone appointed to make decisions for you. People you have not chosen could end up managing your money or making decisions for you. They could decide where you live, what happens to your home, if you are placed in aged care or what medical treatment you receive.

What is an Enduring Power of Attorney?

An Enduring Power of Attorney is a legal document that appoints a person or organisation you choose to make decisions for you about property, financial and legal affairs-like managing your bank accounts, paying bills, and buying or selling property.

What is an enduring guardian?

An enduring guardian is someone you appoint to make personal and lifestyle decisions for you, like where you live, which doctor you go to, what medical or dental treatment and other services you get. It only covers decisions about lifestyle and health. A Power of Attorney covers legal and financial decisions.

What is an advance care directive?

An Advance Care Directive records your instructions for doctors and health care workers about the treatment you want or don't want in the future. It's a good idea to discuss your wishes about your future health care with your doctor, family, friends and enduring guardian, so if the time comes when they need to make decisions for you, they will know what you would have wanted. Unlike an Enduring Power of Attorney and Enduring Guardianship, there is no standard form you need to use for an Advance Care Directive. You can find links to some tools that may help you at www.health.nsw.gov.au/patients/acp

Planning for retirement

Because we are living longer and healthier lives, many of us will have a longer retirement too. Planning for the future should also involve taking stock of your financial situation and thinking about your income sources after you retire, such as the age pension, superannuation, savings, and investments. The earlier you prepare for retirement, the more control you will have over your options. However, it is never too late to plan. It is a good idea to talk to an expert about financial and retirement planning.

Planning for children with disability

Families of people with disability, especially older parents, often worry about what will happen to their child when they are no longer able to care for them. You can use your Will to make sure your child will be looked after when you die, often by setting up a trust. This is a complex area and you should get specialist legal advice about your options. The Department of Social Services has produced two booklets to help families plan for the future care of family members with high support needs, and explains how they can use Special Disability Trusts to look after them financially.

Organ donation

You can donate some of your organs and tissue after you die, but you should tell your family and other people close to you because they will need to agree to it before it can happen. Even if you have already recorded your donation wishes somewhere else-for example by ticking a box on a driver licence renewal form-you can register as a donor through the National Organ Donor Register. You can cancel or change your decision at any time. Call 1800 777203 or visit www.humanservices.gov.au



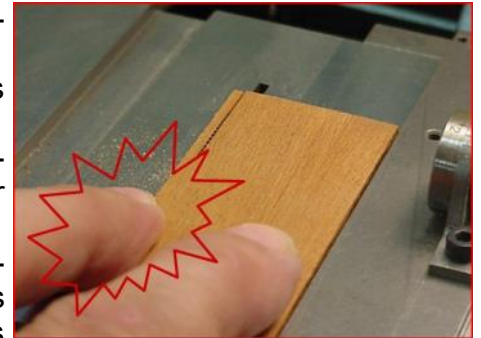
ROTARY TOOL SAFETY

Most hobbyist use a rotary tool for carving, engraving or polishing, but it may also be used for sanding, cutting, grinding and so on. Rotary tools remove material - whether it is metal, wood, plastic or ceramic - at high rates of speed. The danger in using the tool is due to its high speed and the sharpness of the bits

Before using any power tools (including rotary tools) read and understand the manufacturer's instructions on its safe use, failure to do this can result in serious injury.



- If the tool has an adjustable speed, ensure you use the appropriate speed setting for the job at hand. Do not exceed the recommended speeds for the type and size of bit being used or composition of the stock being drilled.
- Keep your work area clean and well lit. Cluttered benches and dark areas invite accidents.
- Do not operate power tools in explosive atmospheres, such as in the presence of flammable liquids, gases or dust. Power tools create sparks, which may ignite the dust or fumes.
- Ensure that you do not have or wear any loose items of clothing or jewellery that may entangle with the fast rotating bits
- Keep bystanders, children and visitors away while operating a power tool. Distractions can cause you to lose control.
- Prevent any shards from getting into your eyes by wearing safety glasses.
- Excessive sparks may require more protection, in which case you should get a face shield.
- Position yourself and bystanders away from the plane of the rotating accessory or a workpiece, a broken accessory may fly away and cause injury beyond immediate area of operation.
- Never hold a small workpiece in one hand and the tool in the other hand while in use. Clamping a small workpiece allows you to use your hand(s) to control the tool, use a "V" block when working on cylindrical objects.
- **Always** keep your fingers away from rotating saw-blades and abrasive bits. If necessary, use sacrificial scrap timber to keep your project close to the rotating blade.
- Never lay the power tool down until the accessory has come to a complete stop
- Mandrel mounted wheels, sanding drums, cutters or other accessories must be fully inserted into the collet or chuck.
- Do not use a damaged accessory. Before each use inspect the accessory such as abrasive wheels for chips and cracks, sanding drum for cracks, tear or excess wear



Kickback and Related Warnings

- Kickback is a sudden reaction to a pinched or snagged rotating wheel, backing pad, brush or any other accessory and is the result of power tool misuse and/or incorrect operating procedures or conditions. It can be avoided by taking proper precautions.
- Maintain a firm grip on the power tool and position your body and arm to allow you to resist kickback forces
- Do not grind with the side of a cutoff wheel.
- Do not attempt to make an excessive depth of cut.
- Never attempt to remove the cut-off wheel from the cut while the wheel is in motion otherwise kickback may occur.
- Do not restart the cutting operation in the workpiece. Let the wheel reach full speed and carefully re-enter the cut.



TINNITUS

Disclaimer: This article is based on research from the Internet and is general information only, and is not intended, nor should it be read, as medical advice. It is to be used in recognising and responding to some symptoms and if in any doubt, medical advice and attention should be sought.

Tinnitus is sound in the head with no external source. For many, it's a ringing sound, while for others, it's whistling, buzzing, chirping, hissing, humming, roaring, or even shrieking. The sound may seem to come from one ear or both, from inside the head, or from a distance. It may be constant or intermittent, steady or pulsating. It can sound like the constant buzz of cicadas.

Almost everyone has had tinnitus for a short time after being exposed to extremely loud noise. For example, attending a loud concert can trigger short-lived tinnitus. Some medications (especially aspirin and other nonsteroidal anti-inflammatory drugs taken in high doses) can cause tinnitus that goes away when the drug is discontinued. When it lasts more than six months, it's known as chronic tinnitus.

Many people worry that tinnitus is a sign that they are going deaf or have another serious medical problem, but it rarely is.

Tinnitus affects about one-quarter of Australian workers and new research suggests your risk of getting tinnitus depends on your job, a major cause of tinnitus was noise exposure. Farmers, transport drivers, automotive workers, and other tradespeople were more likely to experience it, men were also more likely to experience tinnitus than women.

The link between the condition and occupations with hazardous noise levels suggests it could be partly preventable, but it doesn't matter what you do or what your status is in life, when tinnitus hits you, it can hit you really hard. It's very hard for those who don't have the condition to understand what these people are going through.

Tinnitus can occur if your hearing changes, from noise exposure, infection or through acquired hearing conditions such as nerve deafness.

There are all sorts of tinnitus treatments available. You can take pills and potions or try neuromonics, sound therapy or tinnitus retraining therapy. However, according to *The Cochrane Reviews*, which provides a meta-analysis of research, they work inconsistently at best and sometimes not at all. It's possible that many patients who have had success with therapies would have become habituated even if they had done nothing.

Counselling, however, does seem to help tinnitus sufferers, particularly in the early stages of adaptation.

There are also a few practical things you can do to help quieten down that noisy head. Ian O'Brien is an audiologist and French horn player with the Queensland Symphony Orchestra. His very loud instrument is the cause of his tinnitus.

Audiologists talk about CATS—coffee, alcohol, tobacco and stress—they're the things that tend to typically exacerbate tinnitus. There are lots of things that can exacerbate tinnitus. Salt is one, because of its relationship to high blood pressure, and high blood pressure can increase tinnitus. As for not developing the condition in the first place, healthy ear management can help.

HANDY HINT - MOVING A LARGE OBJECT

What do you think? You need to move a large object but you just can't get a grip on it. The solution may be as simple as making a cradle out of rope!



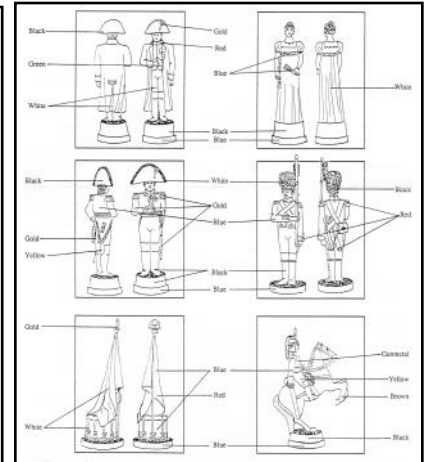
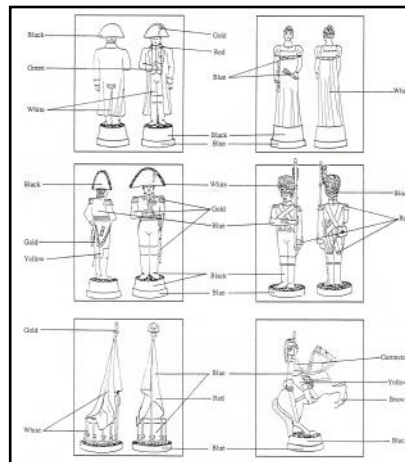


RE-LIVING THE BATTLE OF WATERLOO ON THE CHESSBOARD?

The making of tin soldiers, particularly Warhammer, WarZone and other Fantasy figurines is a hobby pursued worldwide by thousands of devotees. It involves the melting of soft "white" metal (50/50 solder stick, antimony or pewter) and pouring it into moulds, these moulds can be purchased or home made.

Prince August, an Irish manufacturer, has created a variety of chess pieces that can be moulded and then painted, the adversaries are a little more imaginative than just black and white bits of wood. Available on the internet, these sets include:

- Battle of Waterloo: Wellington –v– Napoleon
- The Crusades: Richard the Lionheart –v– Saladin
- Battle of Agincourt: English –v– French medieval forces
- Battle of the Alamo: Texans –v– Mexicans
- Ancient battle: Egyptian Rameses II –v– Assyrian Sennacherib
- Fantasy: Servants of the Shadow –v– Lords of the West
- Robin Hood: Robin of Sherwood –v– Sheriff of Nottingham
- The Three Musketeers: The King's Men –v– The Cardinal's Men
- American Civil War: Union –v– Confederacy



The mould sets include the rubberised moulds to make all the pieces for the particular set (and each mould is usually good and strong enough for up to 1,000 pourings and more) and as well as metal, the moulds are equally suitable for resin pourings.

A recommended colour chart comes with the sets. The cost varies as to where you get it but is available directly from Prince August for about AU\$75 per side (plus GST and postage)

Tom Wolf has made the Battle of Waterloo sets, these were on display at the November 2019 Show and received a lot of favourable comment.



ANCIENT CHESSMEN

With chessboards being made, Clif Munro brought along his set of (reproduction) **Isle of Lewis chessmen**, named after the island of on Lewis in the Outer Hebrides of Scotland where they were found in 1831. They are a group of distinctive 12th-century chess pieces carved from walrus ivory and when found, the hoard contained 78 chess pieces.

Today, 67 pieces are owned and usually exhibited by the British Museum in London, and the remaining 11 are at the National Museum of Scotland in Edinburgh. The pieces are from various different chess sets and despite the number found, the pieces found can't be assembled to make up one complete set.





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.

CLASSIC BRITISH BREAD AND BUTTER PUDDING

Ingredients

- 700g panettone, cut into slices 1cm thick
- 40g unsalted butter, softened
- 50ml dark rum
- 50ml dry marsala
- 600ml milk
- 600ml thickened cream
- 1x cinnamon stick
- 1x lemon, rind grated
- 4x eggs
- 125g caster sugar
- Icing sugar, to dust



Method

1. Preheat the oven to 170°C. Lightly grease a 1.5-litre ovenproof dish.
2. Lightly butter each slice of panettone, lay slices, slightly overlapping, to fill the dish.
3. Combine the rum and marsala and pour over the panettone.
4. Place the milk, cream, cinnamon and rind in a large saucepan over medium heat until just simmering. Remove from heat, remove and discard the cinnamon stick.
5. Whisk eggs and sugar until pale. Pour the hot milk over the egg mixture and whisk to combine. Strain over the panettone, pushing the slices down until covered by custard. Place the dish in a large baking tray, pour boiling water into the tray to halfway up the sides. Bake for 30-35 minutes until golden and custard is just set.
6. To serve, dust with icing 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.



CAESAR SALAD

DID YOU KNOW? EVEN MORE TRIVIA!

MILK CARTONS:

Whether you're pouring milk on your cereal or a glass of juice, it can be a struggle to deal with those boxes they come in. Undoing the cap and pouring out the contents can sometimes result in the fluids coming out too fast and creating a mess.

Nevertheless, what you may not realize is that you've been holding the carton all wrong. You're supposed to hold the box so that the spout is at the top, not the bottom, so you have a more controlled pour. No more messy clean-ups while you're trying to make breakfast.

It might seem to go against everything that you've been taught about pouring, but it's worth it. Relearning this habit will save you spills, and ultimately, make the product last longer.



SODA CAN TABS:

When we open a new can of soda, most people can't help but play with that little tab or bend it over and over again until it pops off. After all, what else can you do with it once it's open? Nevertheless, did you know that the little hole on the tab was created to hold your straw?

For those who don't want to put their lips to the can, you can insert your straw through the hole and sip at your pleasure, without having to worry about the straw slipping out or the carbon dioxide from the drink pushing it out.

When you think about it, it's a genius design that should be much more widely utilized than it actually is. Now you know, you can help spread the word and revolutionize the can-drinking game for the masses, just like manufacturers intended!

WOODEN SPOONS:

We've all been there. You're cooking a pot of pasta and you look away for one second to check your phone or wash a dish and, the next thing you know, you hear the sizzling sound of the pasta boiling over. It causes a huge mess, wasting water and getting your burner grimy.

Luckily, preventing that is easy. Just take a dry wooden spoon and place it on top of the boiling pot. Dry wood is hydrophobic, which means that it is unable to absorb water. When the bubbles come in contact with the spoon, they're destabilized, and the boiling water retreats, saving you a headache.



READING OF THE WILL



Confucious say:

"Where there's a Will, there will always be a lawyer wanting to pay for his children's education from his fees for doing the Probate."