



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 3 Issue 8

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



FROM THE EDITOR'S DESK

When launched, Scuttlebutt was never intended to be the personal communication platform for your Editor, rather a means of communicating messages and information among the members. This has proven to be incorrect, but it can be remedied from here on, all it needs is you, the members.

This newsletter has seen its way through the worst pandemic in our lifetime and has received praise from our members and from people outside our organisation. and it would be a shame if were to discontinue due to lack of interest (or more likely lethargy or LABDI ... "let another bloke do it!").

We welcome the various woodworking courses (lathe, furniture and jewellery box making) that are now up for offer. If you miss out on the initial group of courses, don't despair, for they will be repeated until everyone who wants to participate has been given the opportunity to learn the new skills.



Tom

It's our 9th Anniversary, so,



at the Shed,
on Wednesday, 3 August at 12:00noon
Bring a plate of food (nominate what food you will bring,
see the whiteboard!!) or make a monetary contribution
(see Peter Black)

Please contact Peter Black ASAP to register if you are coming as otherwise you will not be able to attend!!!



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

PUT THE DATES ASIDE!!

Friday, November 4

to Sunday, November 6

**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**



PUZZLE SOLVING TO FIGHT DEMENTIA

This article is inspired by a "Puzzle Book" received in the mail from Dementia Australia. As an introduction, Dementia Australia informs that every three seconds, someone in the world develops dementia, and that the rate of dementia in Australia is rising at an alarming rate. There are an estimated 487,500 Australians living with dementia, and it is estimated that number will more than double in the next 40 years.

Numerous studies have suggested that games, puzzles and other mentally stimulating activities throughout life are associated with better cognitive function, reduced cognitive decline and a reduced risk of developing dementia.

It's never too early or late to start, as brain health can be improved and protected at any age.

Regrettably, as the puzzles in the book are copyright protected, it is not possible to reproduce any of the puzzles. Nevertheless, puzzles can be found in most publications (including the Wentworth Courier and the Southern Courier), your daily and monthly newspapers and magazines and also to be found in abundance on the internet



OLD HABITS DIE HARD



All members now have the opportunity to learn wood turning at no cost at the Shed.

2 courses will be offered:

Bowl Turning and Spindle (candlestick?) Turning instructed by Ian Dawes and Peter Charlton.

The Bowl Turning course will be held over consecutive Mondays August 8th and August 15th.

The Spindle Turning will be held on consecutive Wednesday August 10th and August 17th.

ONLY 4 PERSONS PER COURSE.

You need to register with the Secretary indicating which course you prefer!!!! BE QUICK

Should we be pleasantly overrun with registrations further courses can be organised at a later time.

PS. Future courses to be offered....

Introduction to Furniture Making with Neil Barnard (make a nest of tables), commencing Monday 22 August and Wednesday 24 August, 4 persons (for either the Monday OR Wednesday courses).

Register your day with the Secretary.

Jewellery Box Making with Peter Black later in the year. Some cost may be involved. Please register your interest



VISIT TO CARBATEC

Members of the Shed have the opportunity to visit Carbatec as a group.

We will receive machine demonstrations and advice, and be able to browse their range of tools.

Should you be interested we also receive a 15% discount on purchases on the day PLUS tea, coffee and biscuits.

We DO need to know your interest before we book a date - probably in September.

Register your interest by responding to the Secretary.

WOW



Waverley Men's Shed members have been offered free places in this upcoming program! The next **FREE 6-week men's health program** will be kicking off on **Wednesday, August 3rd on Bondi Beach**, to register:

<https://www.foundationwow.org/sand-n-surf>

THE HAM SHELF



As we know, Richard Cortis is a keen member of the Waverley Amateur Radio Society (WARS). Recently an Amateur Radio friend asked Richard to make a radio shelf which could be set up for portable operations away from home.



Typically, these set-ups are practice events for emergency responses to places where there are no facilities.

The shelf needed to be able to be easily assembled on site and then easily dis-assembled for storage and transport home.

The bottom shelf needed a slope so the bottom row of radios could be easily read. Durability is necessary for field operations.



There are two shelves, each with an aluminium angle each end, drilled and tapped M6 for on-site bolt assembly. Ends are 12mm plywood. Shelves have a lip on the rear sedge so that the radios do not slip off the back. There is ample



space between the shelves to allow hand access to connect cables to the radios.

An onsite talk to assist with computer and Smart phone usage

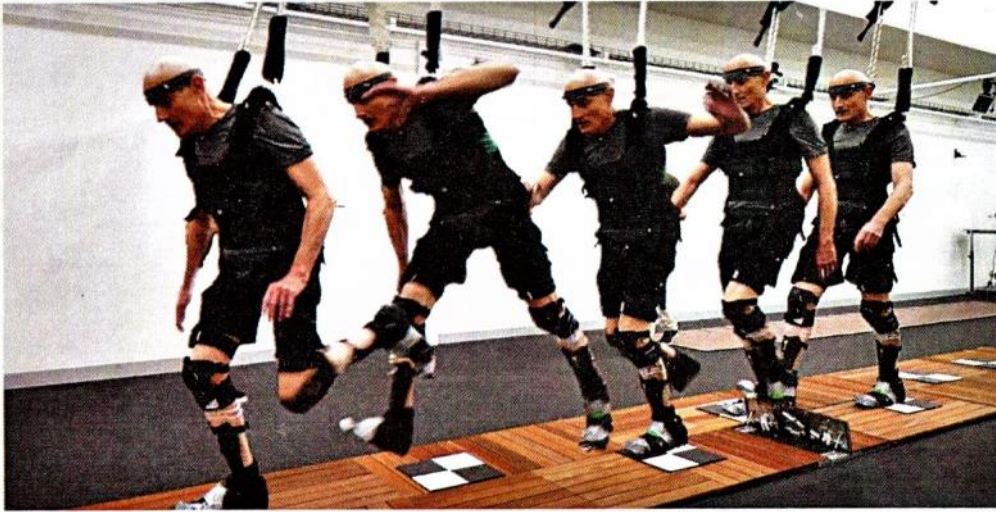
We have an offer from TAFE (with the blessing of AMSA) for a training session Q&A in computer use and smartphone use to ease those niggling problems we all seem to have when the things don't do what you want.

It would probably take a couple of hours one morning or afternoon at the Shed, please register your interest with the Secretary.

SafeTrip

Stepping to avoid falls due to trips and slips

SafeTrip Study: Stepping to avoid falls due to trips and slips in older adults



This study aims to investigate:

- the effective step training to overcome trip and slip hazards in older adults.

You can help our research if you:

- are 65 or older
- can walk 500 meters without mobility aid or resting
- are independent in daily living
- do not have a diagnosed neurological disease, cognitive impairment, history of lower limb, pelvis or vertebral fracture(s) or lower limb joint replacement(s) in the past 6 months.
- do not have existing conditions that prevent exercise (e.g. severe pain, heel ulcers) or advised by a medical practitioner not to exercise.

If you take part in the study you will:

- visit NeuRA in Randwick for up to seven times over 12 months.
- be assessed on your fall risk and ability to recover balance after trips and slips (the photo).
- practise stepping after trips and slips or receive a fall prevention booklet.
- receive summary results of your fall risk profile.

Please contact Carly
Phone: (02) 9399 1067
E-mail: safetrip-study@neura.edu.au
www.neura.edu.au/clinical-trial/safetrip



NeuRA

Discover. Conquer. Cure.

Human Research Ethics Approval: HC100952



THE WRONG DIRECTION!

A guy left home saying to his wife "I have to go and see my doctor". After he left, the wife sat down to watch TV when a news report came in that someone was driving down the highway in the wrong direction and creating a very dangerous situation.

Knowing her husband was about to drive on that road, she rang him and told him about the car going in the wrong direction. He replied "They're ALL going in the wrong direction!"



SHED GOINGS-ON (CURRENT PROJECTS ETC.)

Winter has struck hard and numbers attending are down, but activities and projects continue without a pause.

Neil Barnard is working on a project making *nestling tables*, the intention is that once completed and the procedures finalised, Neil expects that he will be able to conduct classes to members as the making of the tables involves using a large number of the tools in the Shed that many members don't know how to use (yet).



On joining, new member **Peter Robilliard** has been immediately co-opted into Peter Black's "*Possum Box*" brigade. This work seems to continue year-round.



Members who have not worked much with the **SawStop** table saw often ask how the system works. Through sensors the saw is intelligent enough to detect when fingers

(and certain other materials) are about to come into contact with the sawblade and the saw's safety mechanism kicks in to stop the blade in a matter of nano-seconds, by the cartridge stopping the blade and the blade dropping below table level. The procedure destroys the cartridge and the blade as seen in the "spent cartridge and sawblade" photo. Absolute safety at a cost of about \$300 each time.



Did the Earth move for you? The latest timber toy made by **Ian Dawes** makes sure that it will in the future.

Rodger Jamieson is making a *cajón* (pronounced ca-hon), a box-shaped percussion instrument played by slapping the front or rear faces with the hands or fingers, or brushes, mallets, or sticks.



Mo Dhanoya is making a *round collapsible table*, based on the design by Richard Cortis that was featured in an earlier issue.

cont. p.7

cont. p.6

Ian Dawes made a **party popper cannon**. A particularly wide mouthed gun, it can be used to spread party poppers, streamers etc



Ian is also making a new **dragon tow along wooden toy**. This design is much more intricate in its cut-out design to his previous articulated dragon toys.

William Honeyball and **Richard Cortis** are repairing an **antique spring tilt chair** with multiple issues. Richard undertook the repair of the broken and distorted metalwork, the photo shows is the spring tilt mechanism after welding repairs by **Richard**. One support arm had been broken off and the others



were twisted and distorted, so apart from welding on the broken support arm, there was much panel beating to straighten the frame so it can be re-installed and run true when the repairs to the timber frame of the chair base and upholstery will be completed by William. Note that the frame is upside down in the photo. The four arms screw onto the underside of the chair seat and the vertical shaft fits into the leg base so the chair can swivel. The swivel post is wrapped in cloth so Richard did not get much grease on himself..

Meanwhile **William** is working on the seat and the base of the chair.



MICROBAT HABITAT

Peter Black is heading a group of members making **nesting or roosting boxes for microbats** for the Planting Seeds program, they are made of hardwood flooring and decking timber provided by Planting Seeds.



Microbats eat insects and many other garden pests including moths, beetles, aphids, weevils, and crickets. Given their voracious appetite for insects, microbats can help control garden and agricultural pests naturally.



REMOTE ACCESS SCAMS

What is a remote access scam? - A remote access scam is when someone contacts you to request you download software or an app that shares remote access to your device.

What they're after - Remote access scammers are after access to your computer or mobile which will enable them to see the information on your device. Once access is shared, scammers often coerce you to sign into online banking and perform transactions. They may also use this access to steal your personal data or gain access to your friends and family's information.

Signs this may be a remote access scam –

- Someone contacts you needing assistance to catch hackers, fix NBN or computer issues, help with secretive tasks or to provide a refund. Hang up. Legitimate organisations will not require your assistance with any of these scenarios.
- An unexpected caller is asking to access your device by downloading software (e.g. Team Viewer, Any Desk or Quick Support). They may ask you not to tell anyone. Do not follow their directions and hang up.
- A caller is asking you to sign into online banking or share security codes. Hang up. Never sign into Online Banking if you are sharing access to your device. Never share your security codes with anyone.
- A caller asks you to make transactions, or 'refund' a deposit you see in your account and coaches you what to say to the bank. Do not refund. Always be honest with the bank so they can help protect your money.

Important:

- Financial institutions, government agencies and most organisations will never contact you requesting access to your device, share your passwords, security codes, PIN's 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

Who should I contact if I encounter a remote access scam?

- Please report scams or suspicious activity immediately to your Bank.
- Forward suspicious emails to your Bank, then delete the email or message.
- Report all suspicious activity to the Australian Cyber Security Centre at **cyber.gov.au/report**.
- Contact IDCARE toll-free on **1800 595 160** or visit their website **idcare.org**. They provide free, confidential support and guidance to people who have been targeted by fraud, scams, identity theft or compromise.
- Keep up to date on scams by subscribing to the government's scam email alerts from **scamwatch.gov.au/subscribe**.
- Check out our latest scams, for copies of recently reported scams at your Bank's website.



**"You have enemies?
Good. That means you've
stood up for something,
some time in your life"
... Winston Churchill**



OUR SHED: Vertical Oscillating Bench Bobbin Sander - Scheppach OS-58

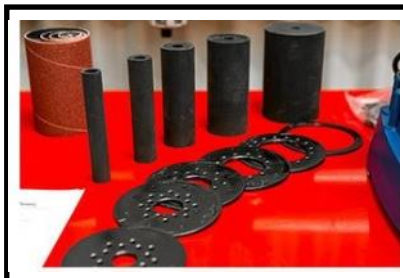
The OS-58 Scheppach bobbin sander is used for sanding deep and wide work pieces, front edges, narrow inner curves, horizontal, vertical, diagonal, with or across the grain.

The action of the bobbin rotating at 2000 rpm and oscillating at 58 times per minute ensures exceptional finishing results. A cast iron table provides a heavy duty, durable, hard wearing surface which will give stability and accuracy. The 450W, 2/3 HP motor provides ample power for most applications.

It has a 40 mm dust extraction port connected to a dust collector ensuring a cleaner and safer working environment. It also features on-board accessory storage allowing convenient storage of all drums and table insert plates.

The bobbin sander is available for all members who have been certified in its operations to use, please see the technical team for instructions on its operation and then certification.

As with all machines in the workroom safety gear is to be used, in many bobbin sander operations a dust mask alone is adequate protection, but eye protection is also to be considered. Tie back long hair or beards, wear tight fitting clothes, especially sleeves, without long ties, do not wear jewellery.



To begin:

- Fit abrasive drum (size appropriate) to work to be done
- Fit appropriate table insert plate to abrasive sleeve
- Ensure that abrasive drum, nut and washer are correctly fitted and tightened with a spanner. **CAUTION! Use the size appropriate washer when tightening!**
- Return exchanged abrasive sleeve and table insert plate to storage position on machine

Operation of machine:

- Allow machine to reach speed before sanding
- Keep workpiece flat on the table at all times
- Do not force workpiece onto the abrasive drum
- Keep hands clear of moving abrasive drum
- Minimum size workpiece is 40mm
- If workpiece jams or damages the abrasive drum, turn off immediately and notify a Supervisor
- Do not leave machine running unattended
- Clean dust residue with dust pan/brush
- Do not block the holes in the table inserts, they are there to allow dust removal through the extraction port and as such enhance the safe operation of the machine.



**WHEN THE
CONES SAY
"NO STOPPING",
THEY MEAN IT!**



PRESSURE INJURY PREVENTION

Extracted from a hospital information brochure

A pressure injury (also referred to as a pressure ulcer or bed sore), is an injury to the skin caused by unrelieved pressure. It may occur when you are unable to move due to illness, injury or surgery. A pressure injury can develop at home or in hospital.

They may develop from poorly-fitted shoes, under plasters, splints or braces, and around medical equipment such as tubes, masks or drains.

Pressure injuries can happen quickly, from lying or sitting in the same position for too long. They can be painful, take a long time to heal, and may lead to other complications.

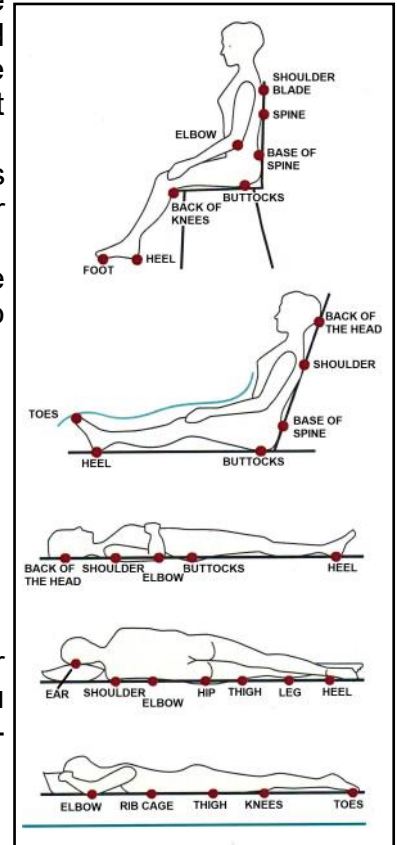
Warning signs of a pressure injury

- redness or skin discolouration
- tenderness, pain, or itching in affected areas
- blistering
- broken skin

Reducing your risk of pressure injury:

- move frequently to relieve pressure, reposition yourself, or ask your carers to assist you to change your position. You can also ask them to regularly remind you to change your position
- keep your skin clean and dry

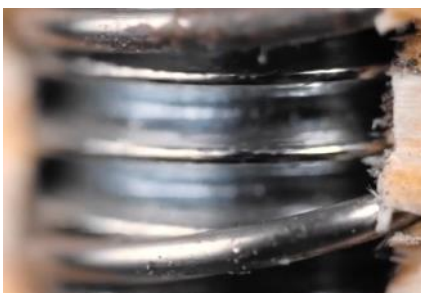
The diagram shows the areas of the body at risk of pressure injury when lying and sitting



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.

HANDY HINT: OVERCOMING A WIDE HOLE IN WOOD

What do you think? The hole in your timber is too wide to securely hold your screw/bolt. A piece of copper wire made into a spring will help you out. Try it!





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 from the Coles collection that **Raymond Garfield** has tried and found easy to make. He says it is 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.

CARROT CAKE

Ingredients

- Olive oil, to grease
- 1/2 cup (80g) brown sugar
- 3/4 cup (185ml) olive oil
- 1/2 cup (125ml) golden syrup
- 3 eggs
- 1 tsp vanilla essence
- 1 cup (150g) self-raising flour
- 1/2 cup (75g) plain flour
- 1 tsp Bicarbonate Soda
- 1/2 tsp Cinnamon Ground
- 2 (about 300g) carrots, peeled and grated

Icing

- 1/2 cup (80g) Pure Icing Sugar
- 1/2 tsp vanilla essence
- 250g spreadable cream cheese



Method

1. **Preheat oven to 170C or 150C fan-forced.** Grease a 20cm (base) round cake pan lightly with oil and line with non-stick baking paper.
2. Put the brown sugar, oil, golden syrup, eggs and vanilla in a separate bowl. Use a balloon whisk to **mix until combined.**
3. Sift the flours, bicarbonate of soda and cinnamon into a large bowl.
4. Pour the olive oil mixture into the dry ingredients. Use a wooden spoon to stir gently until just combined. Stir in the grated carrot.
5. Pour the mixture into the pan and **bake for 1 hour.** Set aside for 5 minutes, before turning out onto a wire rack to cool completely.
6. To make the icing, place the cream cheese, icing sugar and vanilla in a bowl. Use a wooden spoon to mix until well combined, **spread the icing** over the cake.

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.

EXERCISE IS THE BEST MEDICINE?



Research has shown that laughing for 2 mins is just as healthy as a 20 min jog. So, now I'm sitting in the park laughing at all the joggers.

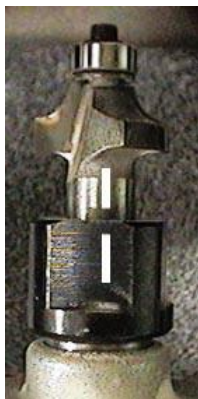
DID YOU KNOW? MORE TRIVIA!

STUBBORN SCREWS—A little lubricant will make the job a lot easier.

Have you ever snapped off or stripped the head of a screw while trying to force it into hardwood? Before screwing into hardwood you should always pre-drill a "pilot hole". A pilot hole should generally be about $\frac{1}{2}$ the diameter of the screw in hard woods and $\frac{1}{4}$ in soft-er woods.

Sometimes even with a good pilot hole, a stubborn screw will re-fuse to go any further. To solve this simply rub a little moist bar soap or paraffin wax on the threads to act as a lubricant. This is es-pecially useful with soft metal screws such as brass and aluminium.

Note: Do not use oil or grease as these products may leach out into and stain the wood



ROUTER BIT SLIPPAGE

Have you found the router bit slipping during use? A slipping bit is an accident waiting to happen. You must ensure that your router's collet is firmly gripping the router bit.

If you make a few cuts with the router and the cuts are not perfectly aligned, the router bit has shifted as the collet is slipping.

Remove the bit and clean out any sawdust, pitch, or other contaminants from the collet. Use a fine bristled brass brush to clean the collet.

Reinstall the bit and repeat the cut. If the router bit shifts again you should re-place the collet.

WHAT TO DO IF YOU HAVE A BROKEN KEY

Have your key got stuck in the lock and when you applied a little bit of pressure and wriggle the key back and forth a bit, it broke off and you're left with half a key in your hand and half a key in the lock? You could call a locksmith, or try using a ... **saw blade.**



This method is sure to work. You will

need a small saw blade from a jigsaw, like the one in the picture. The blade needs to be very thin with very fine teeth. Use a pair of pliers to cut the saw blade, so the end also has teeth and isn't smooth. Make sure there's a large tooth at the end of the blade.

Push the blade into the lock with the teeth facing towards you. That way, you've got something like a little angling rod you can use to angle out the key. Move the saw blade up and down to try and pry out the key. It might take you a few tries, but the broken key will come out of the lock.



PRECISION HEIGHT GAUGE

To set the height of a router bit—within .001", if necessary make this simple stand for the cali-per. It works on a router table or a hand-held router. Two screws with washers secure the cali-per. When you need the caliper without the stand, it's easy to remove. The exact position of the caliper on the stand isn't important; it just has to be plumb.

To use the gauge, set the bit at roughly the height you want. Place the caliper over the bit. Extend the caliper's depth rod until it touches the top of the bit's cutting edge, then turn the caliper's dial face so the zero is right on the needle. Slide the gauge away from the bit and push the depth rod down to the table's surface. The reading you get is the bit's height. If the bit's height is not quite right, adjust the bit and repeat the procedure

