



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 3 Issue 9

SEPTEMBER 2022

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

Website: <http://waverleycommunitymensshed.org.au>

All photographs and articles published remain the copyright property of the contributor and WCMS unless released. Some articles are researched from internet material and no copyright infringement is intended

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



FROM THE EDITOR'S DESK

We had a very successful 9th Birthday Party, lots of food and non-alcoholic stuff. We welcomed Dr Marjorie O'Neill, MLA for Coogee, and Counsellor Paula Masselos, Mayor of Waverley Council. In their respective speeches they both reminded us how valuable our work is in the community and wished us success for the future. Big thanks to Peter Black and Dave Colwell for organising, catering and cooking, as well as each member who either brought food or made a financial contribution to make the party such a success.

The date for the AGM has now been set for **Wednesday 28th September at 2:30pm**, members who wish to serve on the Board should notify the Secretary of their nomination as soon as possible. The Board members will be elected by the membership at the AGM.

With attendances (thankfully) high, applications for new memberships are suspended until the AGM for the new Committee to consider. One of the issues is that we lack Supervisors (both Administrative and Technical) so we cannot consider opening on other days. If you think you can help, please talk to somebody on the Committee.

The Arts & Craft Show is getting closer and there seems to be a lot of activity in getting toys ready for sale. If you wish to participate in the Show, whether you have stuff for sale or if you just wish to showcase your work, please contact Peter Charlton, Ian Dawes or Peter Black. You will have to let them know your intentions otherwise they can't plan the event properly!!

Tom

F



face
drooping

A



arm
weakness

S



speech
difficulty

T



time to call
emergency



A SAFE WAX

Report by Neil Barnard

I have used Whittles Waxes that are suitable for furniture, flooring, children's toys and kitchen utensil (food safe). When it comes to wood coating products, Whittles Waxes tick all the boxes.

It is a hard wearing wax that is made in Germany. You can literally eat off hardwax treated products that are made from non-toxic, natural products that contain no biocides or preservatives. Once dry, they are safe for humans, animals and plants.

The wax is easy to apply and very forgiving as it is difficult to mess it up, it is quick drying. Once you have applied a couple of coats, your wooden creation will look good for many years, and if it does fade at all another coat can be applied with minimal preparation.

The wax is available in a range of finishes (matte, classic, satin and gloss) and in a range of 10 colours

The microporous properties of the wax allow the timber to breathe, instead of creating a skin it integrates with the timber and avoids cracking over time. It is also water resistant.

Of particular interest to our members, it is ideal for making wooden products food safe and just perfect for those toys that we make at the Shed.

Whittles Waxes are available at some popular outlets, I have purchased some from Timbecom.



VOTE OF THANKS FOR TOP QUALITY TIMBERS

Over the past couple of months we have been fortunate in acquiring a good amount of American Rock Maple timber from **Top Knot Carpentry and Joinery of Botany**. Rock Maple is a quality hardwood and can be used in a number of applications, such as wood turning, furniture making, kiddie's toys, and musical instruments.

Also, **First Grade Builders of Peakhurst** have given the Shed a few lengths of Blackbutt 130x19, tongue and groove flooring.

Thanks to **Peter Black** and **Peter Charlton** for collecting the timbers respectively from the above companies.

The aim of acquiring this wood is to provide Shed members with access to better quality timber for project making.



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

**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 WMH

**Best entrance 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**



All enquiries and ideas for projects should be addressed to Peter Charlton



SHED GOINGS-ON (CURRENT PROJECTS ETC.)

The saga of the armchair continues, **Richard Cortis** has completed the **metalwork** for the **chair base**, this was a large and detailed project requiring much steel repair and new part fabrication. **William Honeyball** is working on the **upholstery** and re-springing the seat, the owner has decided to do her own upholstery.



Tom Wolf asked **Richard Cortis** to make a couple of **brass pedestals** for the model of Columbus' ship "Nina" that he is building. No sooner asked for, Richard had made 2 pedestals to the required size and design.



Richard Cortis is also making **3 large birds** that were requested by a friend of the Shed who had purchased other metal sculpture at the November 2019 Art Show..



New member **Craig Rubenstein** has got involved in every element of project creation at Waverley Shed, he is making a prototype **wooden fire engine** for the Art & Craft Show.



It is often said that necessity is the mother of invention. **Kenny Lazarus** was requested to make a **frame with an open gap** between the artwork and the frame. After much discussion and "engineering", a gadget was made ideal for the purpose. Wonderful what wire coathangers are good for!

Mo Dhanoya is making **round collapsible tables** (based on the design of square collapsible tables made by Richard Cortis) in time for the Art & Craft Show.



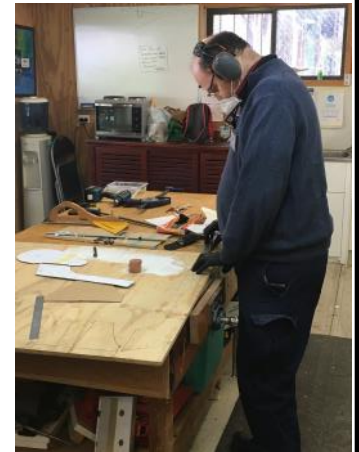
Peter Black and his team have finished a quantity of **micro-bat boxes**, and it was time to do a handover of some of them. From the smiles all round we think that this will be a very successful project for the Shed.



cont. p.4

cont. from p.3

Craig Rubenstein is making a *four wheel push-along*



Michael Barker is making a *corner shelf*



The wood-turning lessons run by **Ian Dawes** and **Peter Charlton** have proved to be a very popular, **Peter Robilliard** (left) attends the classes and is turning very successfully. When he gets a chance away from giving lessons, **Peter Charlton** utilises his time at making *lovely little bowls* (right).



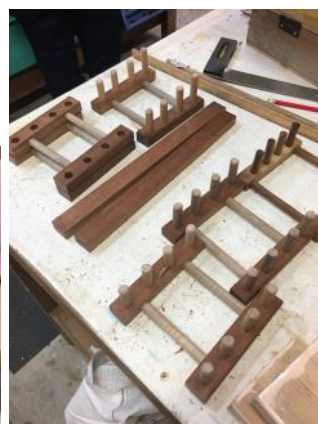
The Shed is a hive of activity with people making various things for the forthcoming Art & Craft Show. **Peter Ulmer** is mass producing his *VW Beetles*.(right)



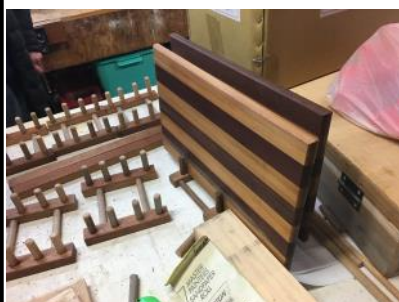
Dave Colwell is making model ships again, this time a **Roman Galley**. Dave makes his models out of a single block of timber



Peter Black is making *bread board stands* for the Art & Craft Show (left)



Tom Wolf uses his surgical tools while gluing the planks to the *hull of his model* of Columbus' ship "Nina" (right)





BUNNINGS DISPLAY

On 20th August 2022, Peter Black, Ian Dawes, Tom Wolf, Graham Ely, Peter Robilliard and Mo Dhanoya set up a display of some of the activities we do at the Waverley Shed.



The display was most successful and the staff at Bunnings, in particular Denise who organised our attendance, were most pleased with the display.

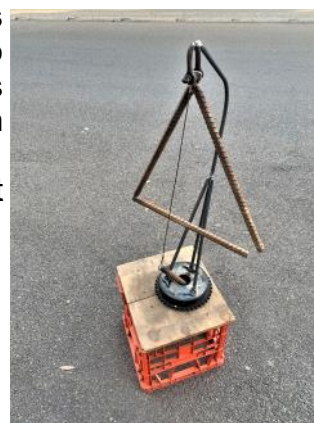
The display involved 3 elements of our work, the assembling of possum boxes, making wooden toys, and ship model making.

By courtesy of Bunnings we were able to give some "tradie" goods to the kids.



RICHARD'S HARD AT PLAY

Never let it be said that **Richard Cortis** isn't using his time to advantage! No sooner has he come back from his campervan holiday than he's at it, making stuff in anticipation of the November Art & Craft Show. He's made a **triangle bell** (the last one sold most successfully back in 2019).



He has also made a novel piece d'art, he calls it "**Jemima Shovel Butt**". You have to admit he has a weird sense of humour?



WHAT A PARTY!

We celebrated the 9th anniversary of the opening of the Waverley Men's Shed to the community with a party on 3rd August 2022, we welcomed Dr Marjorie O'Neill MLA, our Patron and Member for Coogee and Clr. Paula Masselos, Mayor of Waverley Council.



It was nice to see Clif Munro, William Honeyball and Peter Chapman who were some of the original team of founders without whom we would not have the Shed.



The food was both fantastic and plentiful. A great vote of thanks to Peter Black and Dave Colwell, but it has to be said that all the guys chipped in and helped as best as they could.



Given the opportunity to address the men, both Dr O'Neill and Clr Masselos congratulated the men for their commitment to helping the community, as evidenced by the presentation by Charles Gerrard of a rocking horse he had made to Dr O'Neill for one of her charities.



RANDWICK MAYORAL VISIT

Randwick Council Mayor Dylan Parker and Councillor Kathy Neilson visited the Shed on 10th August 2022.

During the visit we were able to introduce Mayor Parker to the workings and methods of the Shed and its involvement in community projects.

We thank Randwick Council for a grant made to the Waverley Shed, this vote of thanks was communicated to our visitors.

Neil Barnard demonstrated the workings of the domino machine purchased from funds granted by the Council. A big thanks to Charles Gerrard for organising the visit.





PEDESTAL DRILL AND ITS SAFE WORKINGS



The pedestal drill at the Waverley Men's Shed is a Hafco DMF-42 "Metalmaster" Heavy Duty Drill/Mill Machine.

This machine is not to be used by any member under any circumstances unless they have been trained and certified in the safe use of the pedestal drill.



- Like most drills, it has a 3 pin chuck & you should tighten each of the 3 points of the chuck, it is surprising how much you can tighten the drill bit, it is essential that the drill bit is tight in the chuck and is not slipping (rotating) whilst drilling. If any unusual sound is heard, turn off the drill immediately and call a Supervisor.
- Always remove the chuck key when the bit has been installed, never turn the machine on whilst the chuck key is in the chuck.
- Select appropriate speed by altering the "V" belt pulleys under the top lid (you may need instruction from a Supervisor to do this) for the type of work, material and drill bit being used, allow drill to reach full speed before beginning a cut.
- For safety, ensure there are no potential entanglements and a clear worktable before turning on the drill.
- Twist drill bits have channels (called "flutes"). These are to allow excess material to discharge from the hole whilst the drill is rotating.
- It is essential for the drill bit to be withdrawn regularly (every 10-15mm) during the process so the excess material can be discharged.
- Always turn the drill off and ensure that all moving parts have come to a complete stop, do not leave the drill running for any reason.
- Turn off the drill in the event of a power outage otherwise the drill will recommence operating unexpectedly when the power comes back on again.
- Ensure the drill table is clear before turning the drill on.
- Never drill anything other than flat objects without using appropriate support for your project.
- Never start the drilling if the workpiece is in contact with the drill

We are a woodworking shed that is predominately cutting & drilling timber.

On the odd occasion metal is drilled:

- All metal projects must be clamped before any drilling takes place
- You must clean the drill bits, plus & I repeat, clean the drill table & timber protector with the final touch use the portable dust extractor to completely remove all metal fillings.

Metal (this includes ALUMINIUM) can cause problems for the future participants where the metal shavings/fillings can mark/scour the job.

You must never drill ARALDITE 2 part Epoxy or similar product that has not cured overnight. Reason being, the glue is more than likely to stick to drill bit & it is almost impossible to clean the drill bit.

IF YOU EXPERIENCE ANY PROBLEMS CALL A SUPERVISOR



PROSTATE CANCER SYMPTOMS TO LOOK OUT FOR:

*This article is reproduced with the kind permission of
Your Life Choices and Midland Men's Shed*

It turns out that most men are unable to recognise any symptoms of prostate cancer.

Prostate cancer symptoms to look out for

Most men, it seems, are generally unable to identify any of the signs or symptoms of prostate cancer – despite it being the second most common cancer diagnosed in men in Australia and the third most common cause of cancer death. One in six men will be diagnosed with prostate cancer by the age of 85.

According to a survey of 1456 men polled for YouGov, 68 per cent were not aware of any of the symptoms and even among older men – who are most at risk – knowledge is fairly low. In fact, 62 per cent of those aged 50-59 didn't know any signs, neither did 60 per cent of 60 to 69-year-olds and 54 per cent of 70 to 79-year-olds. And only one in eight men (13 per cent) spotted the most recognised symptom, which is having to – or feeling the need to – urinate more frequently.

So what else do you need to know about prostate cancer?

Where the prostate is

According to Prostate Cancer UK (PCUK), prostate cancer starts in the prostate gland, which is at the base of the bladder and is about the size of a walnut. The prostate gland gets bigger as you age, and its main job is to make the thick white fluid that creates semen when mixed with sperm produced by the testicles.

Initially there don't tend to be symptoms

Localised prostate cancer (contained inside the prostate) doesn't usually trigger any symptoms. Signs don't normally appear until the prostate is big enough to affect the urethra (the tube that carries urine from the bladder out of the penis).

If symptoms do kick in, they'll likely affect you when urinating

If the prostate does become enlarged, it may lead to an increased need to urinate, straining while you wee, a weak flow, dribbling urine after you finish, and a feeling that your bladder hasn't fully emptied.

PCUK says that while some men might have urinary problems, "these can be mild and happen over many years, and may be a sign of a benign prostate problem, rather than prostate cancer". Another cause of such symptoms can be a non-cancerous enlarged prostate, which is very common. But anyone with any symptoms should get them checked by a GP.

Further symptoms

Other symptoms of prostate cancer can include lower back pain or rectal pain or discomfort, as well as difficulties relating to sex, such as blood in the semen, pain when ejaculating or erectile dysfunction. Signs of more advanced cancer can include bone and back pain, a loss of appetite, testicular pain and unintentional weight loss.

How it's diagnosed

Men with symptoms may have a Prostate Specific Antigen (PSA) blood test, as those with prostate cancer may have a raised PSA level. However, Cancer Research UK (CRUK) says PSA levels can also be raised in benign prostate conditions, or if you have an infection, so a diagnosis of cancer isn't usually made on a PSA test result alone. Men may also have an examination of the rectum, which involves a doctor feeling inside the rectum using their finger. There may be scans and a biopsy too.

Not everyone needs treatment

Some prostate cancers grow too slowly to cause any problems or affect how long you live, and because of this, many men with prostate cancer will never need any treatment. However, some prostate cancers grow quickly and are more likely to spread, so do need treatment.

The risk factors and who gets it

You're more at risk of prostate cancer if you're over 50, if a close relative (father or brother) has had prostate cancer, or if you're black.

What you can do to decrease your risk

CRUK says there's evidence that being active might help to lower the risk of developing prostate cancer. Plus, being over-weight or obese increases your risk of advanced prostate cancer. Sticking to recommended alcohol limits, eating a healthy balanced diet and not smoking are all thought to be potentially beneficial too.

If you're concerned about your prostate health and family history, always speak to your GP.

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.



SYDNEY HARBOUR NAVAL CRUISE

Report by Tom Wolf

The Naval Historical Society of Australia (NHSA) runs a cruise of Sydney Harbour (Port Jackson - west of the Harbour Bridge) on the last Friday of each month, the cruise passes the current or past naval establishments at HMAS Waterhen, Cockatoo Island, Spectacle Island and Snapper Island.

With Covid and adverse weather playing havoc with previous bookings, Mike Barker and I went on the cruise on 29 July, 2022 and we both had a wonderful day!

The programme is run by NHSA volunteers who give very detailed historical information of the involvement of the Navy at our various Harbour installations over the years.

The cost was \$70 a head for a 3 hour cruise including a very nice and ample morning tea of savouries (mini pies) as well as sweets (muffins and donuts) with coffee and tea..



Setting off from Pier 4 at King Street Wharf, we first set off to cruise past the naval ship display at the Australian National Maritime Museum before proceeding past HMAS Waterhen, the current minesweeper base, and then cruising around the islands which formerly played an integral part in the RAN's operations in Sydney.



MEMBERS' TRAVEL MEMORIES

During a recent holiday in WA, **Peter Ulmer** went swimming with some predators with which others would hesitate getting into the water. Peter says he felt completely safe at all times ... anyway, that's his story. The proof that he wasn't eaten is that he came to the Shed and sent us the photo.



Tom Wolf recently returned from a European holiday. He reports that he loved it, and that life in Europe seems to have gone back to normal post-Covid. Here he is seen in Mostar, Bosnia and Herzegovina. The medieval bridge shown in the background stood for 427 years but was blown up during the war in the area in 1993, and rebuilt in 2004..



A TRIP TO WILPENA POUND - FLINDERS RANGES (part 1)

By Peter Charlton

In late June/early July my wife and I set off on a 17 day trip, the plan was to drive for a short time each day and see lots of the country.

Day 1: First stop Gundagai but we found that the Criterion Hotel where we had stayed 50 years ago was not as it was then, so we moved to a motel. While in town, we found the Gundagai Museum was well worth a visit.

Next stop was Hay where we visited the Railway Station where we saw the Dunera Museum. At the "Shear Outback" we learned something of the history of shearing.

Day 2: We then travelled out across the Hay Plains through Carrathool towards Mildura and crossed the flooded Murray River that made it look like a billabong.

Days 3 and 4: We stayed two nights at Mildura, and did an escorted day trip to Mungo National Park.

The provider whom we had booked had Covid so we re-booked via the Tourist Office in Mildura and went with Trevor (not a good move as he was not indigenous). We found that Mildura needed at least another day to learn about the history of the irrigation systems, I particularly liked Rio Vista Historic House built by one of the Chaffey brothers.

One of the things that made it significant was that the furniture and china were all "ex" the Chaffey family.

The Tourist Office gave us a wealth of information about the local birds and other sites to visit.

Trevor did show us the nest of a Wedge Tailed Eagle, we saw dung beetles and ancient fossilised fresh water mussels.

The Wall of China (as seen in the photo) was formed by winds blowing over the dry lake bed forming cliffs as the water rose and fell leaving different coloured layers.



Day 5: From Mildura we went to Burra, an old mining village with a lot of history and an interesting mine. We stayed in one of the old miners' cottages..

Burra is actually a collection of villages that were originally around the mine that had been the source of both financial success and failure. The historians had done a lot of research making the whole place very interesting and if one lived in Adelaide worthy of many visits.

Day 6: From Burra we drove through Orreroo and Hawker on the way to Willow Springs. As it was Saturday, Orreroo was almost closed because all at the locals were at the football.

Hawker had a great art gallery and mining museum (but we did not have time to see it). We did however see golfers walking in the heat on a dusty golf course - no grass at all, each carrying a can of beer. On the way out of Wilpena Pound we stopped again at Hawker and saw the old seismograph.

From Hawker we travelled past the entry to Wilpena Pound to Willow Springs where we had booked 5 nights in the Stockman's Lodge, a new two bedroom cottage on the hill overlooking the rest of the accommodation.



cont. p.11

cont. from p.10

Day 7: In the morning we drove into Wilpena Pound and walked from the Visitors' Centre right into the Pound and up part of the surrounding hills so we could see the Pound and the grassy areas that can carry a large number of sheep when there is rain. Not many months before our visit there had been a major rain event that had washed large numbers of trees down the exit from the Pound.



The photo on the left is from the Willow Springs web site and shows the natural colour of the property but the photo on the right is ours showing that there is green everywhere.

The green grass had been a feature of the whole trip.

After the Pound we went to visit the Old Wilpena Station, now part of the National Park, it was interesting as it had half a dozen old buildings complete with signs showing what and how they were used for. There were lots of lovely Ring necked parrots and a flock of emus on the road in.

The hills around the area are largely bald, part of the reason for this is that when the mines were operational they needed timber to fuel their steam engines and this necessitated cutting down everything that would burn for miles around, this combined with rabbit plagues and drought has left bald hills although the cypress pines are trying to make a comeback.



Day 8: On our second day in the area we went on a 4 wheel drive tour of Brachina Gorge - the guide was great and we saw some lovely rocks, yellow footed wallabies, fossils and some wave rocks left over from when the whole area was a river bed. The guide took us past Stromatolites and some very interesting geology. That afternoon we went to see some rock art at the Arkaroo Site.

The photo on the left is a picture of a picture of Wilpena Pound taken from the air that shows how big it is and how effective it would be to hold sheep and cattle

Day 9: The next day we drove north through Blinman, another historic mining town where we were able to walk into the old mine and see something of the smelting process. There was also an old slab hut in the very small village that was worth a visit.



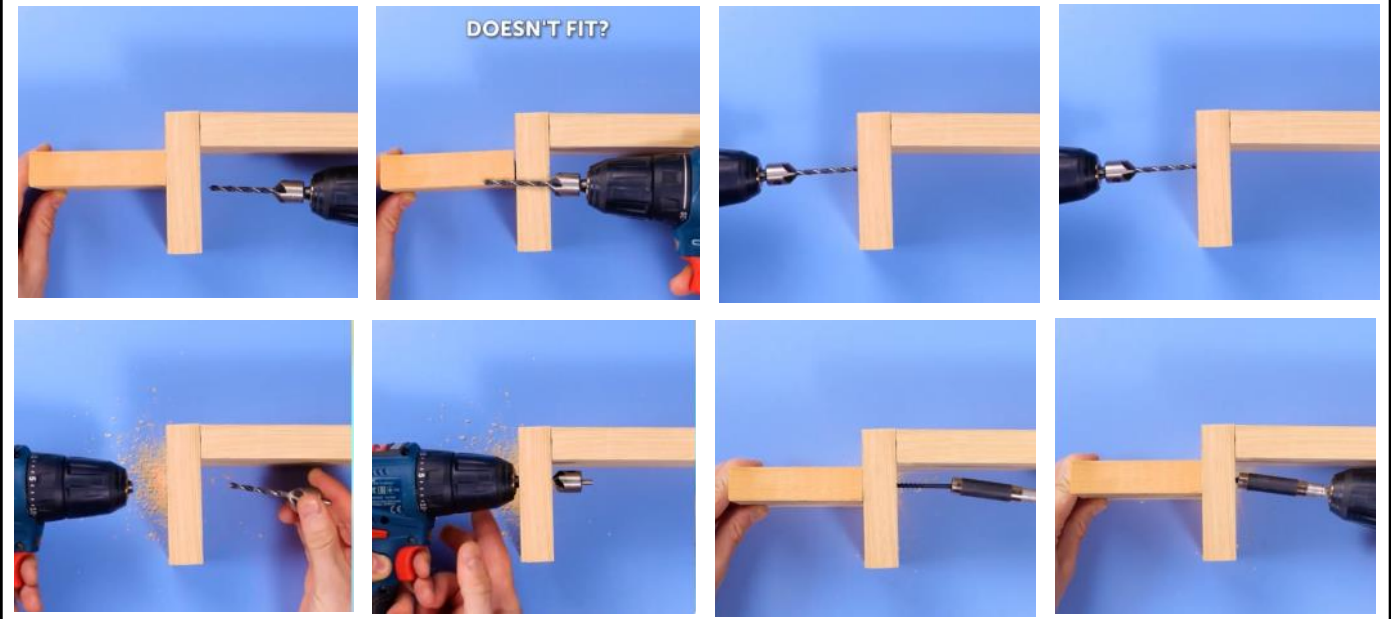
After Blinman we drove past the Walls of China again and through the Glass George, Parachilna, Angorichna (where I was able to buy some contact cement) and past the start of what looked as if it would be a great walk - the Heyson Trail. We saw more emus and many more lovely River Red Gums.



To Be Continued.

HANDY HINT - WHEN THE COUNTERSINK DOESN'T FIT

What do you think? You wish to countersink a drill hole but the angle of timber doesn't allow space for your drill and countersinking bit. Try this simple solution.



RETIRED HUSBAND

As many wives do, after his retirement, the wife insisted that her husband accompany her on her trips to a well-known Department Store.

Unfortunately, like most men, the guy found shopping boring and preferred to keep the shopping trips short but just as unfortunately, his wife is like most women and loves to browse, leaving the guy with endless time to fulfill.

The other day, the wife received the following letter, from that Department Store:



"Dear Mrs. Green

Over the past six months, your husband has caused quite a commotion, in our store, behaviour that we cannot tolerate. Accordingly, we have been forced to, ban both of you from the store. Our complaints against your husband, Mr. Green, are listed below and are documented by our video surveillance cameras:

June 15: He took 24 boxes of condoms and randomly put them in other people's carts when they weren't looking.

July 2: Set all the alarm clocks in Housewares to go off at 5-minute intervals.

July 7: He made a trail of tomato juice on the floor leading to the women's restroom.

August 15: Set up a tent in the camping department and told the children shoppers he'd invite them in if they would bring pillows and blankets from the bedding department to which twenty children obliged.

September 4: Looked right into the security camera and used it as a mirror while he picked his nose.

September 10: While handling guns in the hunting department, he asked the clerk where the antidepressants were.

October 1: Hid in a clothing rack and when people browsed through, yelled 'PICK ME! PICK ME!'

October 18: Took a box of condoms to the checkout clerk and asked where is the fitting room?

October 23: Went into a fitting room, shut the door, waited awhile; then yelled very loudly, 'Hey! There's no toilet paper in here.'

We trust you understand our predicament"