



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 3 Issue 10

OCTOBER 2022

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

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



FROM THE EDITOR'S DESK



Attendance at the Shed continues to be strong, even apart from the classes that have been held. We are however missing a number of our Members who have "gone walkabout" and we haven't heard from them for a long time. We hope you are well, but it would be nice to hear from you to see how you are coping with life.

We've had 2 very successful sessions at Bunnings Eastgardens and we have been invited to return to run a kids' D.I.Y. session making (assembling) toys on 30th October. You will see toys being prepared for this activity (in addition to the Art & Craft Show a few days later) and you may wish to assist., don't be shy and put your hand up ready to lend a hand!

Tom



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

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





WCMS ANNUAL GENERAL MEETING 2022 - REPORT

We thank all those who attended the **AGM of WCMS for 2022**, a good turnout.

The President's Report and the Treasurer's Report were presented to the meeting and they were both accepted and carried. You can read the President's Report on the website.

Under the terms set out in our Constitution, seven (7) Board members are elected for 2 year terms with approximately half of the Board standing down at each AGM.

This year **David Brem, Peter Ulmer and Ian Dawes** did not have to retire (unless they wished to do so).

Tom Wolf, Peter Black, Graham Ely and Peter Charlton had served their 2 year terms and had to retire but were eligible for re-election (if they wished to do so). Therefore there were 4 vacancies for election to the Board.

Tom Wolf indicated to the meeting that he didn't wish to stand for re-election.

Nominations were sought, **Peter Black, Charles Gerrard, Graham Ely and Peter Charlton** were elected to be on the Board for 2 year terms.

In accordance with the resolution at the 2021 AGM, the Board was enabled to co-opt such member it sees fit onto the Committee during the year for specific purposes.

Jeff Silberbach, William Honeyball, Rodger Jamieson, and Charles Gerrard had been co-opted and their term of appointment ended at the meeting.

Tod Thompson had been co-opted as Welfare Officer and his appointment for that position also ended.

The meeting thanked all members of the outgoing Board (elected or co-opted) for their work over the past 12 months.

After the elections, the office bearers were decided by the Board to be as follows:

President:	Peter Charlton
Vice President:	Peter Black
Secretary:	Graham Ely
Treasurer:	Charles Gerrard
Committee:	David Brem
	Peter Ulmer
	Ian Dawes

The Board's power to co-opt any person/s it sees fit to the Committee for specific purposes was approved, the following members were co-opted to serve on the Committee for the next year:

Rodger Jamieson
Jeff Silberbach
Tod Thompson
William Honeyball
Neil Barnard

There are a number of other roles that need to be carried out, and the Committee appointed the following members to serve in these roles:

Public Officer:	Rodger Jamieson
Webmaster:	Jeff Silberbach
Chatterbox Editor:	Tom Wolf
Welfare Officer:	Tod Thompson



NEW SUPERVISORS

The call went out urgently seeking volunteers to be Supervisors to lessen the load after some post-Covid resignations/retirements.

We are pleased to report that **Jeff Silberbach, Peter Ulmer** and **Mo Dhanoya** have agreed to become **Administrative Supervisors** and help the Shed in this crucial role.

Other members may also consider whether they can assist the Shed by undertaking such roles in the future.



WCMS ART & CRAFT SHOW

We are planning an Arts & Crafts Show for the first weekend in November. It will be similar to the Show we held a few years ago and will be held in the **Uniting Training Rooms** on the South East corner of the Uniting site (That is the corner of Carrington Rd and Church St, enter via the gates on Carrington Rd.)

We have, as part of the organising committee, a group which will be promoting the Show with advertising in differing media.

It is proposed that we have an **opening function on Friday evening (4th November)** at which we Shedders can invite our families and friends. The Show will then be **open to the public on Saturday and Sunday 5th & 6th November**.

The aim of the Show is to enjoy ourselves, to build our camaraderie, promote the aims and objectives of the Shed to the public, show our families and the public what we do at the Shed, assist Uniting to engage with the community, and sell some of your projects if you wish.

For the Show to be a success we need members to participate.

Here your organising committee is asking you what area/space you would like to display your work. At this stage we are asking for preliminary information to help us work out how to layout the rooms. Last time we had tables (each 0.7m by 1.5m), and a number of display boards on which product can be displayed.

The specific questions we seek answers to **before Sunday 25 September** are:

1. What items would you consider making for the Show? We already have members making toys, cutting/cheese/charcuterie boards (Can always use more.....). Tea light candle holders, wooden bowls. occasional tables, welded fantasy animals? You may wish to display the half finished project you are working on??? **BUT WE NEED MORE ITEMS PLEASE**
2. Would you like a whole table or a half table or perhaps a shared table - two people could share a single table.
3. A whole display board or a half display board.
4. What proportion of your product would be "Not for sale." By this we mean would you consider contributing to the shed a percentage of your takings? 10%, 20% 50% all of it? Also if you have "leftovers" would you donate them to a charity?
5. You are also able to 'show only' items you may have as a hobby other than at the shed so we still need to be aware of the space required.

We need your response to this notice quickly because the Show is only a few weeks away.



THE SHED WIRELESS

- Hosted by John Paul Young

We have previously brought our members' attention to this Podcast, but our newer members may not be aware of its existence.

If you have never done so, have a listen! A new podcast for Shedders each week!

Produced by the Australian Men's Shed Association and available wherever you get your podcasts or simply press **"play"** at **mensshed.org/theshedwireless**

Mens Sheds are a humble little idea from regional Australia that is now an international phenomenon saving lives and building better communities. Did you know there are over 2,500 Men's Sheds in 12 countries?

I told my wife she should
'embrace her mistakes' ...



so, she gave
me a hug



VALE MIKE FISHER

Sadly, on 24th August we were informed that Mike Fisher passed away at Wolper Hospital.

Mike's family wrote to thank all the guys at the Shed for their friendship. Whilst he didn't talk much when he came to the Shed, the family stressed that we added a great deal to the quality of his life, and the family expressed their gratitude.

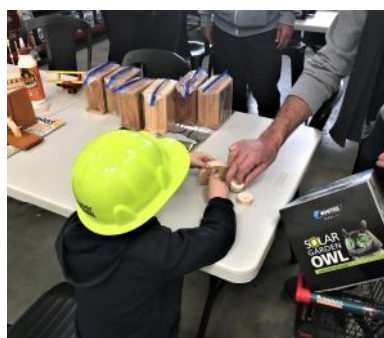


BUNNINGS KIDS D.I.Y. DAY

Following up on the display the previous week, on 27th August 2022, **Graham Ely, David Brem, Tom Wolf, Peter Robilliard and Mo Dhanoya** went to Bunnings at Eastgardens for a DIY activity for the kids to assemble (and take home) wooden toys that were pre-made at the Waverley Shed.



The activity was so successful that we were invited to return on Sunday, 30 October for a Halloween kid's DIY activity



26FT THUNDERBIRD MODEL SHIP

This project is finally finished! As reported in earlier issues, **Tom Wolf** was building a 1:24 scale half-model of "**Peregrine**", a 26ft Thunderbird sailboat. The real ship was sailed some years ago by a close friend of Tom's who is not in the best of health, and Tom has made this model so the friend's sons can present it to their father for Father's Day. Tom received great help at the Shed from **David "Bremmy" Brem** and **Peter Black** who helped in making the frame. Happily, the project was finished on time.





WCMS TRAINING COURSES

During August, all members were given the opportunity to learn wood turning instructed by our team of woodturning instructors, **Ian Dawes** and **Peter Charlton**. Two courses were offered, namely **"Bowl Turning"** and **"Spindle (candlestick) Turning"**. Each of the courses was over-subscribed (only 4 members at a time) and very successful, we thank Ian and Peter for their tremendous help. If you missed out and are still interested in a future course, please register your interest with the Secretary.



Neil Barnard has also run a course on **"Introduction to Furniture Making"** and this course has also met with great success.

Five members attend the recent furniture making course, Peter Ulmer, Jeff Silberbach, Peter Robilliard, Mo Dhanoya and Nigel Harvey developed the skills required to construct a small coffee table.

Stock was ripped and docked on our Saw-stop table saw, then dressed to start construction. Joinery included use of the Domino machine creating mortises in the adjoining timber and inserting a loose tenon. Table legs were tapered on the bandsaw and tabletop edges profiled on the table router.

Some chose to insert inlays into their work. Even though the woodworking is not difficult, it still provides a level of measuring, calculating and accurate use of machinery and equipment in order to achieve a desired outcome.

Neil feels he can speak on behalf of the group and say that they learned a number skills which will be useful in further woodworking endeavours.



The Shed offers support, assistance and instruction in learning and developing new woodworking skills, so if you have any creative ideas or wish to participate in upcoming projects, then please let us know.

Finally, the guys had great results with finished tables. **Well done!!**



BRAINFREEZE REALLY?



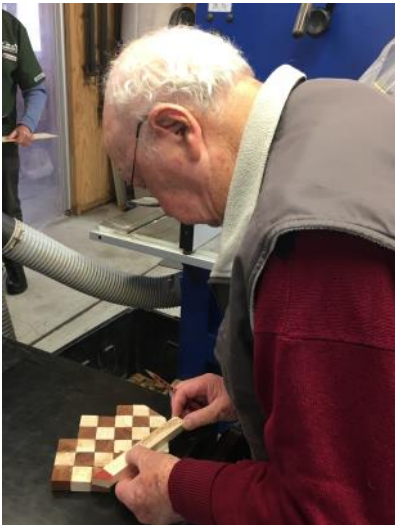
SHED GOINGS-ON (CURRENT PROJECTS ETC.)

We are pleased to see the large numbers of members who have been attending, and work continues on a large number of projects.



Craig Rubenstein has finished his **four wheel push-along** he was reported designing last month (left), in fact he has made a number of them, refining the design each time.

Craig is also making small wooden toys, this time, he is designing a **front-end loader** (right).



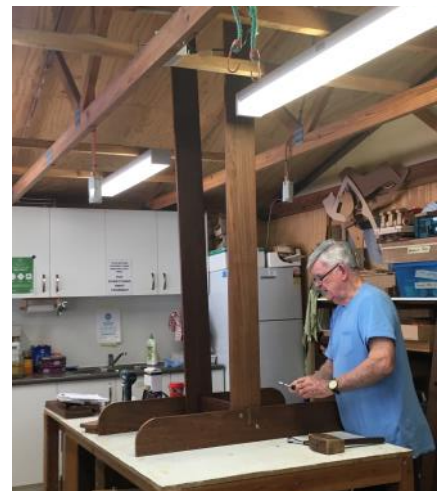
Ian Dawes is turning a pair of **spindle handles** for the Torah Scroll of the Double Bay Synagogue (centre and far right)



Harry Jacobs is making **chopping boards** with an intricate pattern (left)



At the other end of the scale, **Peter Black** is building a **portable wooden monkey bar** as requested by a play group. (right)



**HARD WORK
NEVER KILLED
ANYONE, BUT
WHY CHANCE IT?**

RICHARD IS KEEPING BUSY!!

Richard Cortis is constantly trying new ideas using as many spare metal bits and pieces that he can lay his hands on, anything from rusty old tools to bicycle, motorcycle and other machinery parts

He has come up with a useful end for those worn out rasps. This **crocodile** (right) is an amusing variation.



Richard claims this **chainsaw** giggle item (left) is very difficult to make, it needs much thought, design, fabrication, and assembly!

Less quirky, but the **dinner gong** (right) is made of a BMW motor-bike rear spring and shock absorber enclosure, and some scrap SS from various sources. It has a nice shrill ring too!

If you have any spare metal bits at home you wish to get rid of, check with Richard.

"HMT DUNERA" MODEL GOES ON DISPLAY AT THE TRIBUTE MUSEUM



We have previously reported that **Tom Wolf's** model of **HMT Dunera** was deposited at the newly founded **TRIBUTE MUSEUM** located at Jones Bay Wharf, the wharf where **Dunera** docked, and that the model will be on permanent display. It is understood that a decision as to when and how often the Tribute Museum (a privately owned museum), will be open to the public will be made soon



Regrettably the official opening of the Museum and the display were postponed a number of times due to the pandemic, but finally the Museum was opened with great fanfare of August 28, 2022

The model was donated by Tom's wife Sandy, to the **Dunera Association**, in loving memory for her late father (Alfred [Fred] Katz) and her uncle (Eric Strauss) and in honour of the **Dunera Boys** (as the group of internees came to be known).

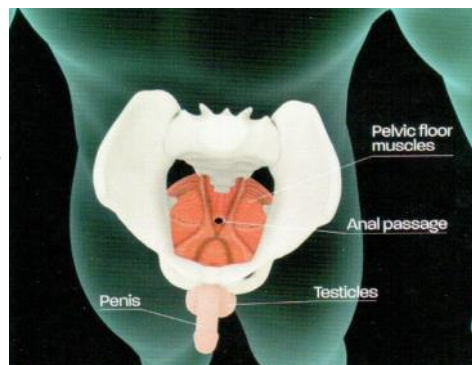
Tom's build of the **Dunera model** took 7 years to complete as he had to overcome many issues with the build that he had never had to confront before.

PELVIC FLOOR MUSCLE TRAINING FOR MEN

Extracted from an information brochure by Continence Foundation of Australia

What are the pelvic floor muscles?

The floor of the pelvis is made up of layers of muscles and other tissues. These layers stretch like a hammock from the tailbone at the back, to the pubic bone at the front. A man's pelvic floor muscles support his bladder and bowel. The urethra (urine tube) and the anus (back passage) pass through the pelvic floor muscles. Pelvic floor muscles help control the bladder and bowel. They may also help with sexual function. It is vital to keep pelvic floor muscles strong.



Should I do pelvic floor muscle training?

Do you have stress incontinence? - Men who wet themselves when they cough, sneeze or are active have stress incontinence. Pelvic floor muscle training may improve this problem.

Do you have an overactive bladder with urgency? - Men who have an urgent need to pass urine more often may have an overactive bladder. This symptom is called urgency. When men leak with this urgency, it is called urge incontinence. Pelvic floor muscle training can help with these problems.

Do you have poor bowel control? - Men who have problems with bowel control may find pelvic floor muscle training helpful. It can help strengthen the muscles that close the anus (back passage). These muscles are part of the pelvic floor muscles. Men of all ages need to have strong pelvic floor muscles.

The first thing to do is to find out which muscles you need to train.

Here are four things you can try:

1. Try to stop the stream of urine when standing at the toilet to empty your bladder. Then start your stream again. You can do this to learn which muscles are the right ones to use. Your bladder may not empty the way it should if you stop and start your stream too often. You need active pelvic floor muscles to be able to stop your urine flow.
2. Sit or lie down with the muscles of your thighs, stomach and buttocks relaxed.
3. Squeeze the ring of muscle around the anus (back passage) as if you are trying to stop passing wind. Now relax this muscle. Squeeze and let go a couple of times until you are sure you have found the right muscles. Try not to squeeze your buttocks.
4. Stand in front of a mirror with no clothes on. Pull in your pelvic floor muscles strongly and hold them. You should see the penis draw in. Your scrotum should lift up.

Your doctor, continence physiotherapist or continence nurse advisor will help you to get your pelvic floor muscles working the right way. Ask them for help if you:

- ~ don't feel a distinct 'squeeze and lift' of your pelvic floor muscles
- ~ can't stop your stream of urine
- ~ do not see any lift of your scrotum and penis.

All men can benefit from pelvic floor muscle training. Training gives you better control of your pelvic floor muscles. This helps improve bladder and bowel control.

How do you do pelvic floor muscle training?

Now that you can feel the muscles working, you can:

- use your muscles to pull your scrotum upwards
- squeeze and draw in the muscles around your urethra (urine tube) and anus (back passage) at the same time. Lift your scrotum up. You should have a sense of lift each time you squeeze your pelvic floor muscles. Try to hold the muscles strongly and tightly for as long as you can. Then let them go. Relax and rest for a few seconds. You should have a distinct feeling of letting go

cont. p.9

cont. from p.8

- repeat the squeeze and lift and letting go. It is best to rest for about eight seconds in between each squeeze of the muscles. Try to hold for about eight seconds. If you can't
- hold for eight, just hold for as long as you can
- repeat this squeeze and lift as many times as you can. Try to aim for between eight to twelve squeezes
- aim to do three sets of eight to twelve squeezes each, with a rest in between. A training program is three sets of up to eight to twelve squeezes
- do this whole training program every day. Try sets while lying down, sitting or standing.

Use your pelvic floor muscles as part of your daily routine. You can brace your pelvic floor muscles to avoid leaking. This is called 'the knack'. Try to brace your pelvic floor muscles before you do physical tasks such as lifting things, swinging your golf club, or digging in the garden. Brace your pelvic floor muscles before doing anything likely to make you leak.

While doing pelvic floor muscle training:

- do not hold your breath
- only squeeze and lift
- do not tighten your buttocks
- do not use your tummy muscles.

Do your pelvic floor muscle training the right way Fewer strong squeezes are better than a lot of half-hearted ones. If you are not sure that you are doing the squeezes right, seek help. Ask for help from your continence physiotherapist or continence nurse advisor. Seek help if you do not see a change in your symptoms after three months.

Make the training part of your daily life

Once you learn how to do pelvic floor muscle squeezes do them often. Every day is best. Give each set of squeezes your full focus. Make a regular time to do your pelvic floor muscle squeezes. This might be after going to the toilet, when having a drink or when lying in bed.

Other things you can do to help your pelvic floor muscles:

- ~ Use 'the knack'. This is when you brace your pelvic floor muscles by squeezing up and holding each time before you cough, sneeze or lift anything
- ~ Always share the lifting of heavy loads
- ~ Take care lifting weights at the gym
- ~ Eat two pieces of fruit and five serves of vegetables daily
- ~ Drink fluid every day. Fluid is everything you drink. Fluid includes milk, juice and soup. The best fluid to drink is water
- ~ Avoid constipation
- ~ Don't strain when using your bowels or emptying your bladder
- ~ If you have hay fever, asthma or bronchitis see your doctor. Your doctor may help to ease sneezing and coughing
- ~ Keep your weight within the right range for your height and age.

All men can benefit from pelvic floor muscle training

EXERCISE IS THE BEST MEDICINE?



Got up this morning and ran around the block 5 times. Then I got tired, so I picked up the block and put it back in the toy box.



A TRIP TO WILPENNA POUND - FLINDERS RANGES (part 2)

By Peter Charlton

Day 10: The next day we set off for Maree from where we were to take a flight over Lake Eyre. It was a long drive (630kms for the day) but passed through Leigh Creek a recently abandoned coal mine town still had a supermarket, school, tennis courts, police station, lots of houses but only 350 people.

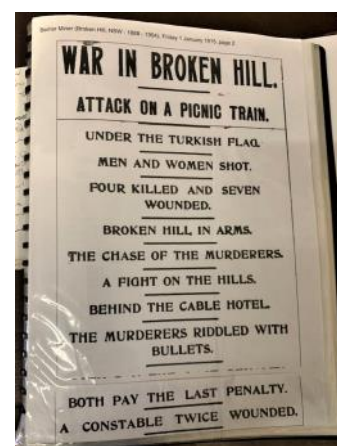
The flight over Lake Eyre was great, hundreds of acres of water but shallow. We had expected to see a lot of birds but were told that if the water in the lake is shallow, less than 1.5m, then the water is too salty for the fish so the pelicans etc spend their time on the rivers leading into the lake. So, we saw few birds till we approached the northern end of the lake where the water was deeper (coming in from Queensland).

From the plane we saw Maree Man but were not told who made him or when. On the way back from Maree we visited the old underground bakery at Farina.



There were only three or four buildings, a disused and very fancy rail station, a pub and couple of houses but I was able to buy a blown emu egg (\$5). It also had its own power station, a diesel motor that by my guess was used for the rail station and signals, not yet superseded by solar power.

Day 11: The next day we left Willow Springs and drove back through Hawker to Broken Hill, on the way stopping at Mannahill or Manna Hill for lunch beside the road. What makes it interesting in that there is no hill; it is flat, flat, flat.



Days 12 and 13: We stayed two nights in Broken Hill where we visited the museum and did a guided heritage walk and toured the main street.

We learned about the 1915 Picnic Train Attack that could be described as WW1 coming to Australia.

cont. p.11

cont. from p.10

Then, next day on towards Wilcannia but went back 3 kms to take the turn off to White Cliffs where we stayed in the Underground Motel for one night.

Having arrived just in time did a mine tour in a current mine, we learned how opals are mined and about the different kinds of opal.

The most interesting was the pineapple opal! The bullock heap made an interesting moon scape.



Day 14: We travelled over the swollen river at Wilcannia on towards Cobar.

The drive after Wilcannia differed from the previous week's drive, the soil looked more fertile and there were large number of wild goats that were everywhere in groups of up to 25ish. We learned in Cobar that the goats are now being harvested.



We spent time in the Cobar Tourist Info Office/museum, then visited the mine pit close to town and drove out to the new mining area. One of the hoardings in town had pictures of the old Cobar mine, a photo that showed the amount of timber required for a mine. This one went broke because they spent too much developing it



Day 15: On the way from Cobar towards Dubbo we passed the Auscott sites at Trange where we saw that they have wrapped the newly picked cotton in yellow and blue plastic to support the people in Ukraine.

Then on to the Narromine Aviation Museum before arriving in Dubbo.

Day 16: We spent the next day in the zoo and visited the indigenous Grinding Groves carvings beside the river at Terramungamine.

Day 17: From Dubbo to home stopping at Bathurst and Wentworth Falls.

A great trip!!!

HANDY HINT - FIXING THE BROKEN DRAWER HANDLE

What do you think? The drawer of your bedroom chest is closed and the handle comes off in your hand when you try to open it.



What do you do to open the drawer so you can get to the screws inside? The answer is simple.

Get a plunger and create the suction necessary to pull the drawer open, this will allow you to reinstall the handle!



TABLE SAW SAFETY (incl. SawStop)

David Brem demonstrated the safe use of the table-saw (even one as safe as our SawStop).

When stripping a lengthy but thin(20x20mm) piece, the piece is **held in and held down** as shown in the pictures.

This method is the recommended and preferred way of operating the saw.



DRY BLOWER FOR GOLD AT MILPARINKA

Richard Cortis found this at Milparinka and thought it may be of some interest to some members. A **portable dry blower** was used to separate gold particles from dirt and stones when there was no water available.

The material to be separated was shovelled onto the course sieve at the top.

The smaller particles fell through onto the finer sieve below.

The bellows was then pumped strongly enough to blow away any loose dust, but not the heavier gold.

Very hard work!!



HAVE YOU EVER WONDERED WHAT HAPPENS TO THE POSSUM BOXES WE MAKE AT THE SHED?

