



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

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

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

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



FROM THE EDITOR'S DESK

Please give this your serious consideration! You may notice that this month's issue contains very little "content". Do you want to know the reason? It is simple. We ran out of things to print due mainly to the lack of effort by the members in not supporting "Scuttlebutt". I leave the rest to you guys.

Tom

Men + Shed = ? Curious

Come and find out at the
Waverley Men's Shed Show

Dates: Saturday and Sunday
November 5th and 6th

Location: Training Room at the
War Memorial Hospital
125 Birrell Street, Waverley

Times: 10 am to 4 pm

*Best entrance for the show is Carrington Road Gate opposite
Waverley College*

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

Remembrance
Day

11 November

lest we forget





IS IT TIME?

From a letter from the National Diabetes Services Scheme

When it comes to your health, there's no doubt the last couple of years have been tough. We've all had to adapt to living in a different way and prioritising the health and safety of ourselves and our families.

And that's especially the case if you are living with diabetes.

Even without the impact of a global pandemic, living with diabetes means there's always a lot to keep on top of. Health appointments to keep, things to remember, checks to have done. It's understandable that some of these may have fallen through the gaps of late.

One of the most important checks to keep on top of, but easiest to forget if you're not experiencing any problems, is a diabetes eye check.

People with diabetes have an increased risk of developing eye problems which, if left untreated, can lead to poor vision, even blindness. Sometimes there will be no signs or symptoms. In fact, changes in vision may be so gradual you may not notice it for some time.

And if you've been distracted by other things, like staying safe during COVID-19, you may have let your eye check appointments slip by. It is recommended to have diabetes eye checks at least every two years or 12 months for Aboriginal and Torres Strait Islander Peoples, or as recommended by an eye care provider.



**AUSTRALIAN
MEN'S SHED
ASSOCIATION**
Shoulder to Shoulder

MENTAL HEALTH ISSUES

Mental health awareness and suicide prevention is a loud national conversation. But, the alarmingly high rates of male suicide in Australia tell us we've still got a long way to go to break down the barriers and stigma around seeking help.

In Sheds around the country, mental wellbeing is a consideration of Shedders every time the doors are open - whether it be by lived experience, by lending a friendly ear or by carefully creating a place of purpose, belonging and mateship. Tough conversations are struck up in Sheds and we stand shoulder to shoulder to get through together.

We must continue to role model both asking for help and showing up for our mates. We know Men's Sheds have improved, even saved, many lives. Men's Sheds are a global village, doing local good: Shedders standing shoulder to shoulder for the betterment of men and communities all over the world.

Got a feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it. By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or shedmate open up. If they say they are not OK, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are OK, that person will know you're someone who cares enough to ask.

Keep turning up for yourself and others. If you, or someone you care about, is in crisis and you think immediate action is needed, call emergency services (triple zero – 000), contact the person's doctor or mental health crisis service, or go to your local hospital emergency department. Lifeline is a 24 hour crisis support and suicide prevention service.

Call on 131 114 or visit lifeline.org.au



**"The greatest lesson in life
is to know that even fools
are right sometimes."**

... Winston Churchill



SHED GOINGS-ON (CURRENT PROJECTS ETC.)

We are pleased to report on some more exciting projects being created at the Waverley Shed.



Rodger Jamieson has made a **wooden sword** with great precision. It may not be "Excalibur" but will make a fantastic gift.

We previously reported on the "**party cannon**" that **Peter Black** was making. It is now complete and ready to fire those party poppers in time for New Year's Eve?



Ian Dawes is making a **chessboard**, he is "consulting" with **Rodney Goldberg** about the finer elements.

Richard Cortis has made some stainless steel **guide pins** for the table router, 50mm long and 16mm diameter with an M8 thread to suit the router table. May be useful for doing in-lays and funny shaped things.



Steve Weymouth is repairing/restoring a **dining chair**, carefully reassembling the pieces with fresh glue (and strong clamps).

Tom Wolf (with a lot of help from **Mo Dhanoya** and **Tony Mandarano**) is making **wooden cars** for the next Bunnings Childrens DIY.



Richard Cortis is proud of the "**Husky dogs**" he's bringing to the ShowCase. We agree as long as they don't become fire dogs?

Kenny Lazarus is making **Pirate Ships** for Bunnings Childrens DIY and for the Showcase.





Do you know the difference between HTTP:// & HTTPS:// when you open up a website address?

Keep this in mind!! Especially those of you who order online. This is how hackers get your information. Do you know what is the difference between **http://** and **https://**?

Many are aware of the difference, but it is worth sending to anyone who does not.

The main difference between **http://** and **https://** is it's all about keeping you secure.

- HTTP stands for Hyper Text Transfer Protocol.
- The "S" stands for "secure".

If you visit a website or web page and look at the address in the web browser, it will likely begin with the following: **http://**

This means that the website is talking to your browser using the regular "unsecured" language.

In other words, it is possible for someone to "eavesdrop" on your computer's conversation with the website.

If you fill out a form on the website, someone might see the information you send to that site. This is why you never ever enter your credit card number in an **http://** website!

But if the web address begins with **https://**, that basically means your computer is talking to the website in a secure code that no one can eavesdrop.

If a website ever asks you to enter your credit card information, you should automatically look to see if the web address **begins with https://**.

If it doesn't, you should **NEVER** enter sensitive information such as a credit card number, ID and personal information, etc.

KEEP THIS IN MIND it May Save you a Lot of Grief!

Spot the Difference?

maybank2u.com is not the same as maybank2u.com

citibank.com is not the same as citibank.com

(the first one is correct, the second one is from hackers)

The "a" in the later url is a cyrillic alphabet.

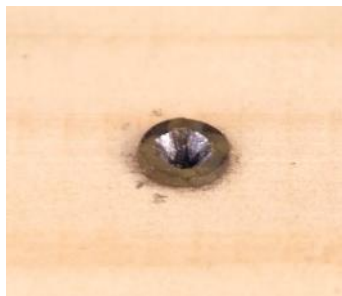
An average internet user can easily fall for this. Be careful for every mail requiring you to click on a link.

Please Stay Alert

HANDY HINT - BURRED SCREW REMOVAL

What do you think? You have a burred screw to remove, and if you have a Dremel (or another brand of rotary tool), use the grinding wheel to cut a groove large enough and deep enough to house your screwdriver.

You should have little difficulty and if you are careful, no damage will be caused to the surrounding timber.





YOUR RIGHTS AS A CONSUMER

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

As a consumer it is important to know your rights. Telemarketing, online shopping and online banking have brought many benefits for consumers, but also some risks. Dodgy salespeople and businesses may use email, telephone, mail and door-to-door sales to take advantage of you. They may also use high-pressure, misleading and confusing sales tactics to get you to sign contracts you don't understand. This means that you can be locked into contracts you can't pay for and may become involved in legal action.

Telemarketers

There are rules about how and when telemarketers can contact you. If you don't want telemarketers to call you, you can add your number to the **Do Not Call Register**. Call **1300 792 958** or visit **www.donotcall.gov.au**. You can also find out more about telemarketers' obligations and how to make a complaint at **www.fairtrading.nsw.gov.au**

Unsolicited consumer agreements - Door to door sales

Door-to-door salespeople must give you a **10 day 'cooling off' period** to cancel the contract if you change your mind. If you don't want salespeople to visit your house you can display a **Do Not Knock sticker** next to your door or on the front gatepost of your house. Salespeople can be fined if they refuse to leave your home if you ask them to or if they ignore the sticker. Make a complaint at **www.donotknock.org.au**

Electronic banking

Never share your PIN or passwords with anyone. Keep them in a safe place, separate from your debit or credit cards. If your debit or credit card is lost or stolen or if someone makes an unauthorised on-line withdrawal from your account, tell your bank immediately. Most banks will not make you pay for unauthorised transactions that happen after you have notified them - as long as you didn't contribute to the theft, for example, by telling someone your PIN or password.

Goods and services on-line

When you buy goods they come with a guarantee that they will be of acceptable quality. This means they must be safe, free of faults and do all the things you would normally expect them to do.

Services you buy must be provided with acceptable care and skill, give the results that you and the business agreed to and be delivered in a reasonable time. If they don't, you may have a right to have the thing you bought repaired or replaced, get a refund, cancel the contract or get compensation. You can contact NSW Fair Trading for help. Call **133220** or visit **www.fairtrading.nsw.gov.au**

Gas, electricity and water providers

Energy & water providers must send you a **Customer Charter** that explains your rights and responsibilities. All energy retailers must give you time to pay and offer you a payment plan. If you are having difficulty paying, they must offer to refer you to their **hardship program** for support. Talk to your energy or water provider as soon as you have a problem to avoid disconnection. If you are having difficulties with your energy or water provider contact the **Energy & Water Ombudsman NSW (EWON)**. Call **1800 246545** or visit **www.ewon.com.au**, EWON offers a free, fair and independent dispute resolution service.

Financial hardship

If you can't pay your bills you may be experiencing financial hardship. Rather than taking out a high cost loan (often called 'payday loans'), you can ask your bank and utility provider for a hardship arrangement to payoff your bills. You can also get free help through **Financial Counselling Australia**. Call **1800 007007** or visit **www.financialcounsellingaustralia.org.au**

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Insurance

If your insurance company rejects your claim, there are things you can do. You can ask for an internal review of the decision. If you are still unhappy with their decision, you can make a complaint to the **Australian Financial Complaints Authority (AFCA)**. Call **1800 931678** or visit **www.afca.org.au**. Insurers shouldn't make you pay your excess upfront if you can't afford it. If this happens to you, ask to speak to your insurer's financial hardship section.

Health care

If you have concerns about your doctor or other health care professional's practice, you should talk to them first. If your concerns are not resolved, you can contact the **Health Care Complaints Commission (HCCC)**. The HCCC is an independent body that deals with complaints about health services in NSW. Visit **www.hccc.nsw.gov.au** or call **1800 043159**.

National Disability Insurance Scheme (NDIS)

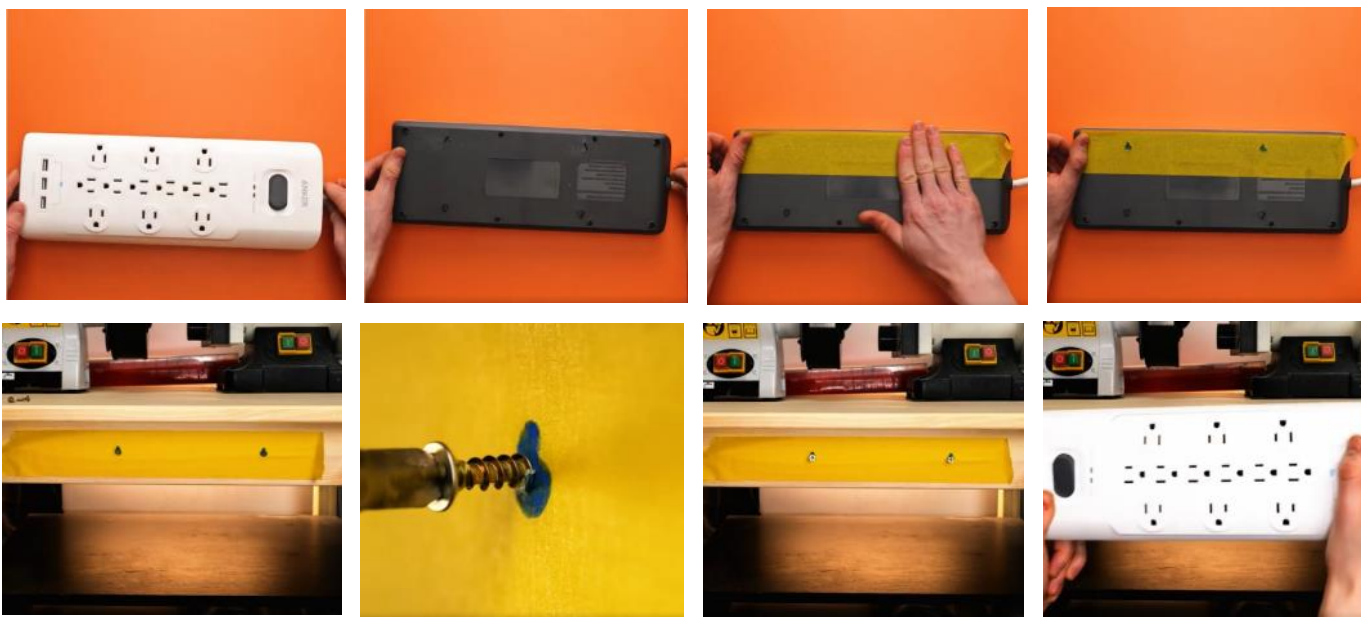
If you are in the National Disability Insurance Scheme (NDIS) you should have access to supports you need, like transport, equipment and linking you and your family with support Services. If you are not happy with the quality or safety of the services you are receiving, or the quality of the goods you purchased, you can make a complaint. You can complain directly to your service provider. If that doesn't fix your complaint, you can complain to the **NDIS Quality and Safeguards Commission (NQSC)**.

Call **1800 035544** or visit **www.ndiscommission.gov.au/participants/complaints**.

The NSW Office of Fair Trading may also be able to help you if you have a complaint about goods or services you bought, through the NDIS, visit **www.fairtrading.nsw.gov.au**

HANDY HINT: INSTALLING YOUR POWER BOARD

What do you think? Lining up the screws holding the power board to the wall or skirting creates difficulties for all of us, so here is one way to line it all up and make the job easy!



OVERWEIGHT??

Two deer hunters hired a pilot to take them way back into the forest. After the hunt, the pilot returned and saw that they shot six deer.

"The plane won't carry six deer, you'll have to leave two of them," said the pilot, trying to be friendly.

Unwilling to leave their dead deer, the hunters said "We got six on the plane last year."

The pilot gave in, and just five minutes after take-off the plane crashed into the forest. Lucky to be alive, one of the hunters said, "Any idea where we are?"

The second hunter said, "Yeah, right about where our plane went down last year."



MRI (Magnetic Resonance Imaging)

Extracted/adapted from Information brochure found at a hospital

What is MRI?

MRI stands for Magnetic Resonance Imaging. MRI uses a strong magnetic field and radio waves to image both soft tissue and bony structures. MRI does not use x-rays or ionising radiation. MRI can be used to emphasise both structural and functional abnormalities and can acquire images of the body from any angle.

What is MRI used for?

MRI scanning is used for imaging nearly all body parts. MRI is often the imaging technique of choice for the head, spine, spinal cord, and joints. MRI has now been adapted for use in a wide range of clinical applications including the functioning of human organs, blood vessels, breast and cardiac imaging.

Is it safe?

MRI scanners do not use x-rays or ionising radiation. The technique is considered a safe test as long as entry into the strong magnetic field is not contraindicated by implants or physical objects. It is imperative that you disclose all operations you have had and any implants you have in your body. MRI scans cannot be performed on patients who have a Cardiac pacemaker, a neurostimulator or aneurysm clips. Patients with other medical implants such as Cochlear implant, stents or grafts in arteries will need to be assessed prior to having an MRI, to ensure their safety before commencing the test.

In some MRI examinations intravenous contrast may be recommended. Contrast agents are used to increase the detail and clarity of images as well as add information on the functionality of the area being scanned. Contrast is not a medication and does not have any drug like effects. MRI contrast is not the same as contrast used for CT, it is not iodine based.

Details of all allergies, medications and medical conditions should be disclosed to clinical staff prior to your test.

What will happen when I have my MRI done?

As with most imaging techniques the exact procedure will vary slightly depending on which body part is being scanned. As a general guideline:

- You will complete a safety form with specific detail for implants including the make, model and serial number from the implant identity card or from your implant surgeon
- A specialised coil will be placed around the area of interest.
- You will lie on the MRI table which will move into position prior to scanning. A loud tapping sound will be heard during the scan. You should be given earplugs or headphones before the scan begins to reduce the noise.
- You will be able to speak with the radiographer throughout the scan. The radiographer can hear you in the adjoining control room through a two-way microphone system.
- You may require an intravenous contrast injection.

What do I need to do before my MRI and how do I prepare for the test?

- You will need a referral from your doctor before having an MRI scan.
- Bring any previous relevant imaging you have with you at the time of your examination
- Advise booking staff of any medical conditions that you think may mean preparations or the test are contraindicated. If you have an implant and have been given an identity card, we will require the make, model and serial number of the implant.
- Always keep taking your medication.

Is there any special preparation if I am having sedation?

You should be advised if you need to fast prior to sedation being given, and you may be required to remain in the department for observation. It is recommended you have someone to accompany you home. It is recommended that for the next 12 hours you **DO NOT**

- Drive a car
- Drink any alcohol (including beer)
- Make any important or legal decisions (such as sign documents)

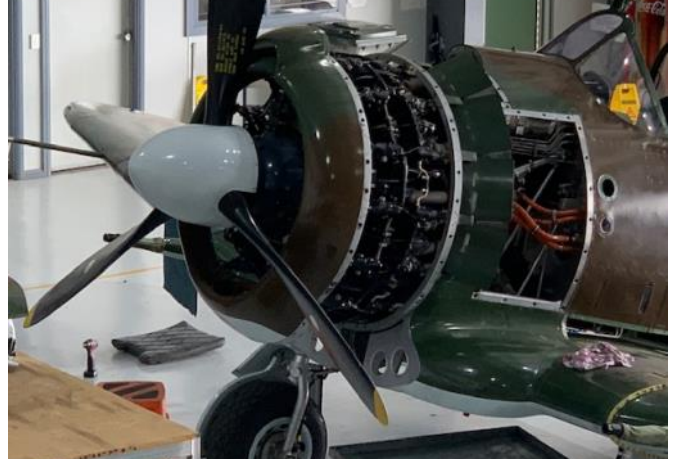
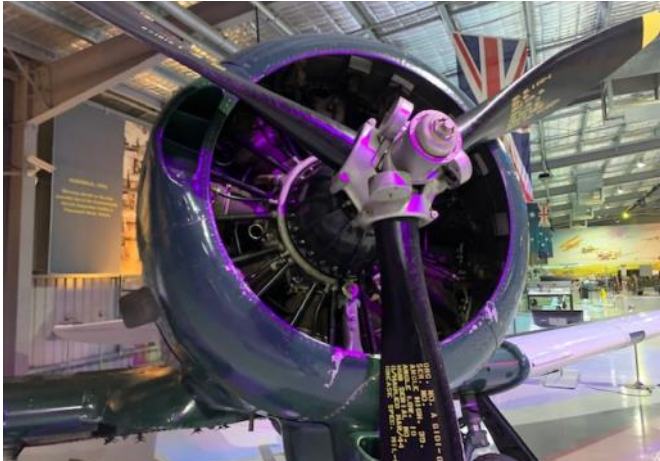
Disclaimer: This article is not intended, nor should it be read, as medical advice. It is merely information to be used in recognising and responding to some symptoms and if in any doubt, medical advice and attention should be sought.

RICHARD'S VISIT TO TEMORA

Photos by Richard Cortis



As we know (and appreciate), Dagmar and Richard Cortis travel around our fair shores quite a lot in their mobile home. We are fortunate that Richard provides pictorial record of their travels, in July 2022 they travelled to Temora and visited the Temora Aviation Museum at the local airfield. Our guess is that as an engineer, Richard has a soft spot for old airplanes (don't we all?)



A recent study found that women who carry a little extra weight live longer than men who mention it.



"NIPPON MARU" IN YOKOHAMA

Photos by Tom Wolf

"Nippon Maru" is a Japanese museum ship and former training vessel. She is permanently docked in Yokohama Harbour, in Nippon Maru Memorial Park.



She was built in 1930 as a training ship to train officers for Japan's merchant marine.

The ship brought up 11,500 cadets over 54

years until her retirement as a training ship in 1984, when she was replaced as a training ship by "Nippon Maru 2"

During her service, "Nippon Maru" logged 45.4 times around the earth (1,830,000kms in total). The ship has been open to the public since 1985.

Rigged as a four-masted barque, during her career as a training ship, she was manned by a crew of 27 officers, 48 seamen, and 120 trainees. She measures 97m in length, with a beam of 12.95m and a draft of 6.90m.

Tom Wolf visited Yokohama in September 2022.



DID YOU KNOW? MORE TRIVIA!

Centreline Marker

There are many ways to draw a centreline, but this method doesn't require any measuring or trial-and-error adjustments.

To build the marker, you'll need two hardwood bars $\frac{3}{4}$ " x 1" x 12", two Plexiglas links $\frac{1}{4}$ " x $\frac{3}{4}$ " x 4- $\frac{1}{2}$ " and four #6 pan head screws $\frac{3}{4}$ " long. Start by making the links. Scribe a line down the exact center of one link and mark two holes with an awl, $\frac{1}{2}$ " in from each end. Stack the two links together and drill the holes using a drill press. (The holes should be just barely large enough in diameter to let the screws slip through.)

Mark centrelines along both wood bars. Drill pilot holes for the screws that are 1" and 5" from the end of each piece. Fasten the links to the bars. Leave the screws a little loose so the links can pivot. Close the bars together and mark holes in each link directly above the line formed by the bar's inner edges—this is the precise centre of the links, end-to-end. Drill holes on these marks just large enough to admit the point of a sharpened pencil. Countersink the holes if you wish. To mark a centreline, snug the bars up to your stock. The marker jig works for boards up to 4" wide.



Hot glue clamp

Hot glue holds small stuff better than clamps. When you have to cut, shape, file, sand or finish something small, reach for your hot glue gun and glue the piece to a pedestal stick. The hot glue will hold just about anything as well as or better than any clamp ever could (if using a clamp is even possible). When your project is complete, try to pop it loose with a putty knife, but don't use too much force, you might tear out the wood or break the piece.



Square Edges

Don't Trust Factory Edges is a hack that's been known to pros for years. Just because boards of timber have factory-finished edges doesn't mean they are always square. Before pulling tape and marking a cut, check to make sure that it's a reliable edge. This is easily done by throwing a speed square on the end of the timber. If the edge looks off at all, just slide the speed square over and shave off a fraction of an inch with a saw to make it square. It's a few seconds of work that can save hours of frustration in the long run.



Setting the depth-of-cut on a circular saw

Make this handy jig that is just a thick block of wood with $\frac{1}{4}$ " wide slots cut at precise, incremental depths. To set the depth-of-cut, place the circular saw on the appropriate slot on the gauge, loosen the saw's depth stop, drop the blade until it bottoms out, and then re-lock the depth stop. The gauge also works upside down for setting the height of a table saw blade.



Sanding Block

Make your own from hardwood scraps left over from a woodworking project. Cut each one to $\frac{3}{4}$ in. x 1- $\frac{1}{2}$ in. x 4- $\frac{1}{2}$ in. (which is just the right size to wrap a quarter sheet of sandpaper around). Cut groove with kerf of sawblade, the "kerf" cut helps hold the sandpaper in place until you're ready to change it.

