



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

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SEASON'S GREETINGS

Your Scuttlebutt Editor and the Committee of WCMS wish all our Members, readers, and their families a Merry Christmas, a Happy Channukah, and a very happy New Year.

We wish that your Holiday Season be filled with the love and joy of your family and friends, lots of health, happiness, prosperity and well being, and that your stockings be filled with heaps of great stuff.



SUMMER BREAK DETAILS

The Waverley Men'sShed will close for the Summer Break on

Wednesday, 14 December 2022

We will have our end of year break-up party on that day at 12:00noon, for a sausage sizzle.

Please arrange with Peter Black <peterblack206@hotmail.com> what foods you wish to bring, otherwise your contribution of \$20.00 to buy meat, drinks etc will be expected. Attendance by RSVP to Peter only!

The Shed will re-open on **Monday, 16 January 2023.**





WHO IS THIS MEMBER OF THE WAVERLEY MEN'S SHED???



On his way home from Cyprus in the late 1950's, this British soldier is seen relaxing on the deck of **HMT Dunera** (the ship that Tom Wolf made a model of as reported in previous issues).

So, who is it? Answer on page 12.



FROM THE EDITOR'S DESK

We finish the year off with an optimistic outlook. It's been a very successful year for the Shed with membership up and great attendances. As many of our members are travelling over the holiday break, we wish everyone safe travels and a safe return.

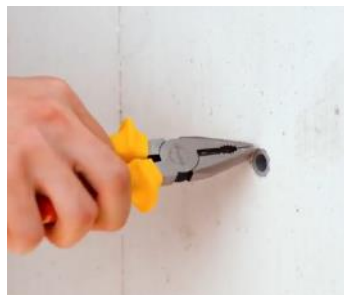
On behalf of all the members, I would like to thank all the guys who help with various jobs each week, without your help the Waverley Shed would not be the great place that it is.

With the Art & Craft Show, the Bunnings Kids DIY activities and the various community jobs that are being done by members, Waverley Shed is totally living up to its community obligations. **Members should be proud.**

Tom

HANDY HINT - REMOVE A WALLPLUG WITH CORKSCREW

What do you think? You wish to remove a wallplug safely. Try using a corkscrew by inserting the screw and pulling it out with the handles



*Dear Santa,
This year all I ask is a
Big Fat Bank Account
and a Slim Body
PLEASE, don't mix up
the two like you did last
year!*



SHED GOINGS-ON (CURRENT PROJECTS ETC.)

In case you missed it, we had an incredibly successful ShowCase in early November. Stuff made at the Shed or elsewhere by members were shown to the public to highlight the great skills of our members, some items that were for sale are now in the hands of new owners, while other items are ready to be donated to various groups. Additionally, other work continues:



Rodger Jamieson is replicating **2 chess pieces**

Richard Cortis' imagination continues to know no bounds as he keeps making statues from rusty (and discarded) tools. These **lizards** were featured at the Showcase.



Craig Rubenstein is becoming an expert at making **childrens' ride-on toys**. He has made a number of them in the past few months.

Harry Jacobs has also got into "mass production" of his **decorative wooden chopping boards** for the Showcase



One of our regular "customers" is a magician who occasionally asks us for repairs to his tables. This time **Neil Barnard** was asked to make **new tabletops**.

Jeff Silberbach is turning **wooden pens** on the special turning jig owned by the Shed



Ian Dawes is making a **box for his chess set**.

Peter Black and his team has started working on ... yes, you've guessed it!! **Possum boxes**.



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cont. from p.3



The master of creating unusual objects, **Ian Dawes** was asked to make **a wooden bottle stopper**. He set to it on the lathe and "Hey Presto"!

Neil Barnard made a **desk and some occasional tables** for the Showcase



Michael Barker is renewing **a garden gate**, new timbers and a good quantity of stain did the trick.

Craig Rubenstein designed and made a **wooden front/back end loader toy**. His design attracted some very favourable remarks from the members.



Tom Wolf has made some **playing card holder** for disabled persons at Mark Moran Vaucluse retirement village.

Steve Weymouth has made two **wooden pull-along "dragon" toys** for Showcase.



Welcome back John. After 5 years' absence, **John Morgan** is back. He is making **a table** with help from **Peter Black**

Tod Thompson is fixing the **broken neck of his guitar**. A dollop of glue and lots of faith!




William Honeyball is making a **shoe stand** with the engineering precision not used since the space shuttle.

Tom Wolf is also making more ... yes, you guessed it!! **Cases for his model boats**. All ready, waiting for the perspex sides and top to be fitted by **Dave Colwell**.



**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
123 Small 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

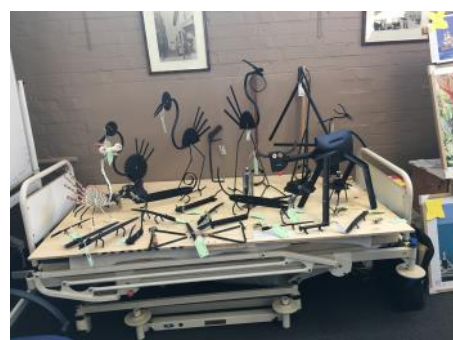
WAVERLEY MEN'S SHED ARTS & CRAFTS SHOW 2022

After a very successful opening night for members, their families, and favoured friends, the Arts & Crafts Show 2022 continued over the weekend of 5 - 6 November to attract members of the public to see our work.

The Show was opened by our patron, the Hon Marjorie O'Neill MP on Friday night when many items were sold (or orders taken) and the organising team made sure that there was adequate refreshments (wine and hors d'oeuvres) to keep things ticking along.

Space limits the number of photos, but here is a selection the shows some of the wonderful items on display. This was an opportunity for members to sell (or not sell) their creations but more importantly to demonstrate the various fantastic skills we have at Waverley not just to our families but to the general community..

We thank the committee, organisers, helpers, and exhibitors for making the effort to make the show such an astounding event.





BUNNINGS CHILDREN'S "HALLOWEEN" D.I.Y. ACTIVITY

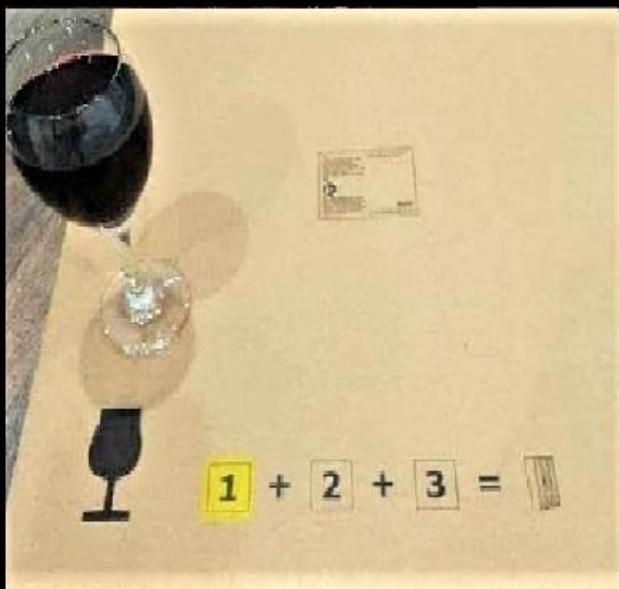
Waverley Shed members attended Bunnings Eastgardens on Sunday, 30 October 2022 to run a Children's Halloween DIY activity.

Tom Wolf (with wife Sandy in support), Peter Robilliard and Tony Mandarano helped children construct "Batmobiles", trains and pirate ships that had been created and made at the Waverley Shed.

The activity was a great success and by 1pm all the wooden toys that had been prepared had been given away to many very happy children whose parents were most appreciative, as was Belinda, the organiser of the activity for Bunnings.



These activities advance community understanding of the activities of the Men's Shed, a big thank you to those who participated not just in the activity of the day, but also to **Mo Dhanoya, Kenny Lazarus and David Brem** who made the toys that were used in the activity.



If I'm reading the
instructions correctly,
after 3 glasses of wine
the bookshelf
assembles itself



SOJOURN TO CENTRAL WEST NSW

Photos and story by Peter Chapman

We haven't been for many many years but have heard so much about the central western region of NSW. So we went, my wife and I in our well-equipped little Fiat Ducato motor home. You could spend a lot of time in the area but we had to limit our trip to four nights in Mudgee and two in Orange. The Riverside Tourist Park in Mudgee and Colour City Caravan Park in Orange were more than adequate for our simple needs (good TV reception but questionable Wi-fi signal). For city people like us the region provides a beautiful country escape just 3 ½ hours from the Eastern Suburbs. There's plenty to do in Mudgee: some great walks like the River Walk in town, The Drip and Hands on Rock out of town; wineries with tastings and lunches, like Moothi with its lovely views and Lowe for its gardens; eateries and cafes of course and there's the full range; retail therapy in the many fashion, arts, craft, jewellery and antique stores; historical features and museums; and visits to nearby towns notably Gulgong.



Clayton and Shuttleworth Traction Engine, built in Lincoln England in 1911 for Fredrick Rowlands of Nowra who sold it to the Henry family of Trunkey Creek in 1928 for crushing of gold ore



Indigenous art "Hands on Rock"

Orange is a big place with its 40,000 population and lots to do. The two days we had there only gave us time to get familiar with the city centre and its many historic houses and buildings. Cook Park is as beautiful place to wander and buy some homemade bikkies and cakes. Lake Canobolas is a must for a drive and a stop off at the lookout and a couple of wineries on the way back. We tried which was very nice.



Sculpture River Walk Mudgee (steel tubing, something Richard Cortis could do)

There are many Heritage Towns in the region with Millthorpe being a favourite. The museum there is beautifully equipped,

maintained and displayed. When I saw the 1911 Clayton and Shuttleworth Traction Engine, built in Lincoln England and used for gold ore crushing here, I knew our William Honeywell would have a personal story about such a machine. And he did. William operated a 'Shuttleworth' in England post the war years when things were scarce.

Six days wasn't long enough to do justice to the Mudgee-Orange region so we'll have to go back.



Moothi Winery Mudgee

THE PROSTATE AND BLADDER PROBLEMS

Extracted from an information brochure by Continence Foundation of Australia

Prostate problems can cause poor bladder control

The prostate is a gland that only men have. It is about the size of a walnut and sits below the neck of the bladder. It wraps around the urethra (urine tube).

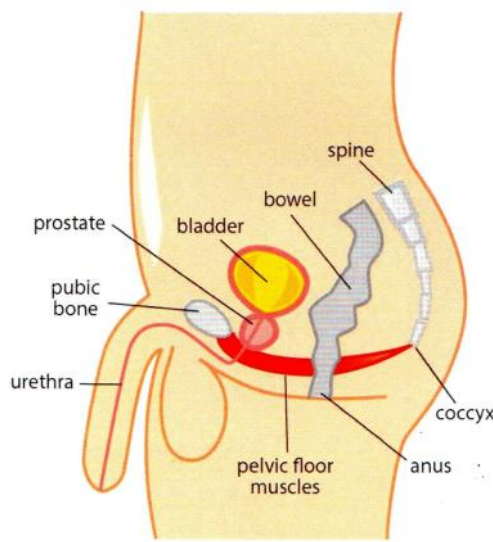
The prostate makes a milky fluid, which is part of semen. This fluid feeds the sperm.

It is normal for the prostate gland to get bigger as men get older. For some men this can cause bladder problems.

The changes to the prostate gland happen over many years.

Poor bladder control can also happen due to other health issues. Men with poor bladder control can be upset and embarrassed by it.

Talk to your doctor or continence nurse advisor if you have changes in your bladder control. You should also talk to your doctor about any concerns you have about your prostate gland.



What are some common prostate problems?

~ Benign Prostatic Hyperplasia (BPH)

This is when the prostate gets gradually larger. This often starts in middle age. About one in four men will need surgery for this problem. There are many successful treatments for prostate problems. BPH does not lead to cancer.

~ Prostate Cancer

Prostate Cancer is often found before you have any warning signs. Your doctor may find it with a blood test called a PSA. They may find changes in your prostate with a digital rectal examination. This is a common cancer. There are treatments available which you can discuss with your doctor.

~ Prostatitis

Prostatitis is swelling and soreness of the prostate gland. This may be due to a bladder infection. It is more common in young men.

Talk to your doctor if you have any pain or discomfort when you empty your bladder.

How do I know if I have a prostate problem?

If you have one or more of the following symptoms, you may have a prostate problem:

- ~ trouble starting the flow of urine
- ~ slow urine stream once started
- ~ needing to pass urine more often through the day or night
- ~ leaking after passing urine or between visits to the toilet
- ~ needing to pass urine again soon after going to the toilet
 - feeling an urgent need to pass urine
 - burning or pain when passing urine
- ~ blood in urine
- ~ feeling that the bladder is not fully empty after going to the toilet.

Some of these problems may not be due to the prostate. Some medicines may also cause the bladder to store up urine.

Your doctor or continence nurse advisor can help you find the cause of your problem.

How can my prostate cause bladder problems?

Narrowing of the urethra (urine tube) As the prostate grows larger, it may press on the urethra. This can stop the bladder from emptying. Urine may get stored up until it starts to leak out. If this happens, see a doctor straight away.

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An overactive bladder and urgency

This can be caused if the bladder has to work extra hard to push the urine through a very narrow urethra. An enlarged prostate restricts the size of the urethra. An overactive bladder can tighten without your control. This can cause an' urgent need to pass urine.

Surgery

After surgery to ease the narrowing of the urethra you may still feel an urgent need to pass urine. Urgency could get worse until the bladder goes back to normal. This can take a few weeks. Surgery for prostate problems could damage the muscles and nerves of the urethra. This can cause poor bladder control. These problems are almost always short-lived. However, major surgery for prostate cancer can lead to long term bladder control problems.

How can poor bladder control be treated?

Your doctor or continence nurse advisor will look to find the cause of your poor bladder control. The treatment for your problem will depend on its cause.

The health professional will check for such things as prostate disease, infection and diabetes. They will also want to know what medicines you are taking. Some medicines can cause bladder problems.

There are a few different ways poor bladder control can be treated.

- Talk with your doctor - Together you may decide that you do not need any treatment. Poor bladder control can get better with time. It can improve with simple changes to your daily habits.
- Medicines - There are a number of medicines that can help with bladder control. Ask your doctor about these
- Prostate surgery - If your prostate is the problem, then surgery can remove all or part of the prostate gland. The type of surgery depends on what is wrong with your prostate gland
- Bladder training - A bladder training program may help the bladder to hold more urine without leaks or urgent feelings. This also helps those with an overactive bladder.
- Pelvic floor muscle training - Pelvic floor muscle training strengthens the muscles. These muscles control how well the bladder and bowel work. Learn how to train your muscles before surgery and start pelvic floor muscle training as soon as you can after surgery.
- Continence products - There are a wide range of continence products to help cope with urine leaks.

Make sure you know enough about:

- what the problem is
- what your treatment options are
- how well they work
- what might go wrong.

With your doctor's help you can choose the treatment that is best for you.



MIRACLE CURE

HELPING YOUR FAMILY FINANCIALLY? UNDERSTAND THE RISKS

Extracted (and edited) from the Legal Aid NSW website

It can be a worry for older people when they see their adult children struggling financially. Someone in your family may be in this situation and you may want to help them. Before you decide to help you should be aware of the risks involved – especially if your home is all you have.

Don't risk your home

Older people may be 'asset rich but income poor'. They may own their home, which may be worth a considerable amount, but their only income may be the pension.

If you are in this position you need to think seriously before you use your home as security to help your children.

You could be at risk of losing your home when trying to help your family financially if you:

- guarantee a loan taken out by your child
- take out a loan in your name, with the intention that your child will pay off the loan
- transfer the title in your home to your child so they can use the property as security for a loan, or
- take out a reverse mortgage on your home.

In the first three situations you will be relying on your child to be able to pay off the loans taken out by them or on their behalf. If they don't keep up with the loan repayments the lender has the legal right to take your home you own and sell it to pay off the debt. If the value of your home doesn't cover the loan the lender can also take other property you may own.

If you take out a reverse mortgage you will only need to pay back the loan when you die or sell your home.

However, you could find that there is too little equity left in the property to pay for aged care accommodation, health care costs or to leave as an inheritance to others.

Tip 1: Think before you sign

If your child is not able to take out a loan on their own it is probably because the bank does not consider them to be a good risk.

That is, the bank is not confident they would be able to pay back the loan and they do not have assets of sufficient value to act as security for the loan if they failed to pay.

Your child may be overly optimistic about their ability to finance any loan they take out. They may not have considered carefully the consequences for you if things went wrong. As you are the one who has the most to lose, you need to be very realistic.

If the bank doesn't consider them a good credit risk, neither should you.

Tip 2: Get independent legal advice

Legal documents such as loans, mortgages and guarantees can be complex and difficult to understand.

Don't rely on your child or a bank representative to explain to you what it will mean for you if you sign any document.

It is important to get independent legal advice before you make any decisions to help a family member financially when your home is your only asset.

This means seeing a lawyer who has not also been seen by your child or the bank, and speaking to the lawyer without anyone else in the room.

This will help you be confident that you understand what you are letting yourself in for. The cost of getting this advice may save you much more money in the long term if things went wrong.

There are often better alternatives to a reverse mortgage. You should also get financial advice before making a decision about a reverse mortgage to make sure you fully understand the risks and alternatives.

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Tip 3: It's ok to say no

It can be difficult to refuse a request for financial help from those you love and want to help. You may want to help but it may not be realistic for you to do so. You should make sure you have as much information as you can about the financial situation of the person you want to help, the agreement you are entering into and the risks involved.

If the only asset you have is the home you live in, you should ask yourself:

- Is the risk of losing my only home too high?
- How will I cope if I have to leave my home?
- Where would I live?
- How will this affect my relationship with my other children or what I intend to do about their inheritance?

Not being able to help doesn't mean you don't love your children. You have a right to protect your own interests.

Your children should understand that to risk losing your home when you are in the later stage of your life is particularly difficult. You don't have the same chance to start over as someone younger does.

Tip 4: A loan or a gift?

If you lend money to a family member it is important that you make it clear in writing whether you intend to give the money as a gift or whether you expect the money to be repaid at some time. The written agreement should be signed by both of you. Without anything in writing it can be hard to prove that the money was a loan not a gift. A written agreement about whether the money is to be repaid, by when and whether interest is also to be paid, will help if there is any disagreement about this in the future.

You should get legal advice before signing such an agreement.

You can take legal action to recover money that is owed to you. However, under the law you only have 6 years from the date the money became owing to you to start court action. It can sometimes be difficult to work out when that date is, and you may need to get legal advice about this.

Tip 5: Think about your pension

Helping your family financially may affect your pension entitlements. Centrelink has rules about how much of your assets you can 'gift' before your pension will be affected.

If you lend money to a family member the loan will be assessed as part of your assets and could affect your pension entitlement. This includes if you take out a mortgage over your home and loan the money to family.

For more information about how your pension could be affected, see the Legal Aid NSW brochure 'Your home and the age pension'.

Where can I get more help?

There are many agencies that can advise and assist. Contact Legal Aid NSW or see your lawyer

READING OF THE WILL



"... to my fabulous wife who has been caring, loving and faithful to me, I leave \$4M. To my son, who is the best doctor in the world, I leave \$2M and to my beautiful daughter who is such a good mother to my grandchildren, I leave \$2M. Then there is my brother-in-law Louis, who always drove the best cars ... mine; and who always lived in the best houses ... mine; and who always smoked the best cigars ... mine; and who always said I will not remember him in my Will, HELLO LOUIS!"



LOU FINN IS THE SOLDIER

Lou Finn is the young soldier shown in the photograph on page 2. An Honourary Member of the Waverley Shed, Lou was a regular for many years until his health deteriorated, but he still makes his way to the Shed every once in a while for a coffee and company.



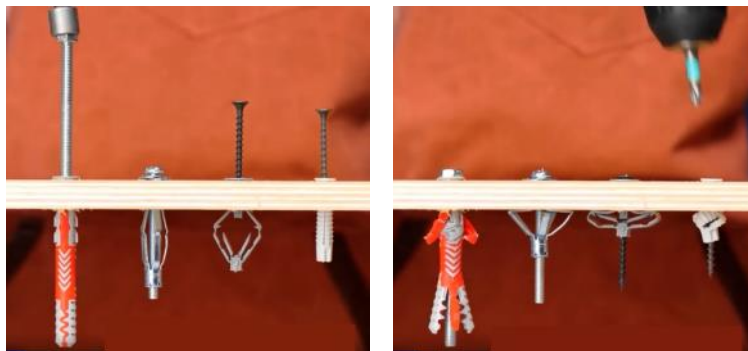
Good on'ya mate!!

HANDY HINT - HOW THE PLUGS WORK

How do they work? Have you ever thought about how those plugs work to give you a secure anchor?

These photos should clear things up and help you pick the right one for your next project.

Good luck!



A YULETIDE CALL FROM DAD

Calls his son in London the day before Christmas Eve and says, "I hate to ruin your day but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough."

'Dad, what are you talking about?' the son screams.

"We can't stand the sight of each other any longer" the father says. "We're sick of each other and I'm sick of talking about this, so you call your sister in Leeds and tell her."

Frantically, the son calls his sister, who explodes on the phone. "Like hell they're getting divorced!" she shouts, "I'll take care of this!"

She calls Scotland immediately, and screams at her father "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. 'Sorted! They're coming for Christmas – and they're paying their own way.'

(Courtesy Midlands Men's Shed newsletter)

