



WAVERLEY COMMUNITY  
MEN'S SHED INC.

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

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

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



### FROM THE EDITOR'S DESK

We again come to a vital time for the continuing success of the Waverley Shed - "Renewals Time"! You'll get your Renewal Notice in the coming days and your earliest renewal would be appreciated, We now have a credit card facility that will be available for the renewals, alternatively you can still renew by cash or direct deposit, don't forget to put your name into the "description" when you pay by direct deposit, and send a copy of your receipt to the Secretary.

*Tom*

**THE WAVERLEY MEN'S SHED**



**NEEDS YOU**

**TO RENEW YOUR MEMBERSHIP  
NOW!**



**SAFETY IS  
NO ACCIDENT**



## PRESIDENT'S BLOG

Happy New Year Shedders!

The Shed has opened for 2023 and I hope everyone is looking forward to a great year of fellowship, learning and good health.

The challenges for the year are: to have fun, to learn new skills, and make lots of toys to give away next Christmas, with all this done in a SAFE and friendly environment.

The Shed reopened on Monday 16th Jan and some of you will have seen that a lot has been achieved in the break. The back room is a lot clearer, some of the machines have been moved around and there has been a lot of cleaning ... but there is a more to be done in the bench area. We need the room to allow us to take in more members (from our now long waiting list ) and reduce the congestion.

Many thanks to the team that came in during the break to make our 2023 even better. The team included; Peter Black, Rodney Goldberg, Mo Dhanoya, Tony Mandarano, Steve Weymouth, Graham Ely, Neil Barnard & Tod Thompson.

Thank you all, and thanks to those whom I left off the list.

*Peter Charlton*



**THANK YOU GED  
AS GED HYDE LEAVES HIS  
POSITION AT THE WAR  
MEMORIAL HOSPITAL, THE  
WAVERLEY SHEDDERS  
THANK HIM FOR HIS  
SUPPORT OVER MANY  
YEARS, AND WISHING HIM  
SUCCESS IN ALL HIS  
FUTURE ENDEAVOURS**



## UNITING WAR MEMORIAL HOSPITAL

Invites you to a face-to-face seminar on

### **BOWEL HEALTH**

**Monday, 6th February 2023—1pm to 3pm**

**War Memorial Hospital Day Centre**

- Common bowel conditions affecting older people and their treatment
- Diet and healthy bowels

Bookings essential: Catriona **93690215**  
or **[catriona.beaumont@health.nsw.gov.au](mailto:catriona.beaumont@health.nsw.gov.au)**







## FLOOD RELIEF

Many Men's Sheds around NSW were damaged, or worse destroyed, in the recent unprecedented flooding.

We at Waverley were fortunate not to suffer any damage and even more fortunate to be in a position to help our fellow Shedders.

The worst affected areas were in the north of the State around Lismore and we are pleased to inform our members that your Committee determined to assist the Lismore Men's Shed with a donation of machinery and tools to help them get back on their feet and serve their community just as they did before the floods. Over the summer, machines and tools were packaged and taken to a depot for sending to our fellow Shedders.

**Well done Shedders!**



## TOOL DONATION

Independent Community Living Australia (ICLA) was first established in 1984 to aid a group of Bondi boarding house residents with psychosocial disabilities who were facing eviction. It is a not for profit organisation operating mostly in the east and inner western suburbs of Sydney.

ICLA's program is to secure transitional and long term homes for people living with mental health conditions and psychosocial disabilities.

As part of the on-going program, ICLA plans to make up small tool kits to be placed into each home it provides to enable its residents to carry out minor repairs when necessary, and to this end the Waverley Me's Shed was asked to help out with its stock of some surplus unwanted but useable hand tools. These tools were old and ready to be chucked out and had previously been offered to members without success and we were most pleased that they could be utilised in such an imaginative way.

Nathan Sumeet, ICLA's property manager, attended in mid-November and picked up some tools and they are being compiled into various tool boxes to distributed in this worthwhile manner.



## THE FAMILY GONG

**By Richard Cortis**

My family has had a gong for many decades that now needed a lot of TLC. I remember that as a child, I lived in Watsons Bay and my mother used to ring the gong from the front door when it was time to come home.

First, I made a gong hammer, then it was time to make a support frame to replace the original that was demolished in a move.

I made the brass stand and the timber base, then I repaired the gong where the ornate hanger came off the main bell by using silver solder and soft solder as the ornate hanger bit was in two pieces.

Not a bad job from an old guy? Lots of work to turn the two pieces of the little fitting at the top of the hanger so it could be screwed together and then to make the brass shine.





## CATCHING UP WITH FRED

A group of Waverley Shedders caught up with **Fred Oertli** in late December for lunch and drinks at The Orient Hotel in the Rocks.

We don't see Fred too often nowadays as he has moved north-side to Narrabeen, but is hopeful of returning to the Eastern Suburbs soon.



## LETTER TO THE EDITOR

**Clif Munro** wrote that regretfully he could not attend our end-of-year party as the timing coincided exactly with **taking delivery of his new trike.**

Nice to see Clif still has that stay young forever feeling!

**ENJOY THE NEW TRIKE MATE!!**



## CRAIG'S TABLE

**Craig Rubenstein** always comes up with new concepts. He has now completed a **coffee table.**

The arched base legs were made from venetian blind slats. They are laminated by being glued whilst bent under pressure in a jig

**An interesting design?**



## MO'S NAMEPLATES

Mo Dhanoya is making name plates for the doors to his grandchildren's rooms.

Cut-out letters and figurines painted up will make a simple but imaginative and wonderful present.

**Well done Mo!!**







## HARRY'S CHARCUTERIE BOARDS

Following up on their success at ShowCase, **Harry Jacobs** set about finishing some more **charcuterie boards** that were requested by one of the visitors.



Five boards were delivered to the lady just before Christmas, and Harry finished another one during the summer break and ready for delivery.

No two boards alike, the lady is delighted with the result.



## FUN WITH A BILLY CART

We've previously reported that **Jordan Stuart** was building a billy cart that he was to race in a rally. That rally has now taken place and, even though the cart did not finish the course, all participants had a fantastic time. The activity of making the cart was enjoyable and the rally, despite not finishing the race, capped it all off. **WELL DONE JORDAN!!**



## RICHARD'S WORK STANDS ABOVE THE REST

In his usual way, **Richard Cortis** has saved **Tom Wolf's** bacon. Tom has completed a model of the bow section of HMS Victory and due to the fact that the model requires an short and a long **pedestal stand for display**, making the unusual brass pedestals required special attention.

A visit by Tom to Richard's workshop/garage with the model is all it took, and BINGO!!



## A NEW GIFT IDEA?

**Clif Munro** writes that his partner **Liza** creates **dioramas of friends' lives**.

Here is one completed for a friend (with names and images erased to preserve anonymity).



The concept is in the form of a book with aspects of the friend's life. It is not totally to scale but with 1:12 elements.

Liza wrote the story on the walls, with a transcript in the accompanying card.



## SUMMER BREAK AT WAVERLEY



The lights were on when I was going to the Gym, so I dropped in to the Shed in early January to find it a hive of activity, with a small group working on setting up/rearranging the machinery to make it more user friendly. **Thanks guys!**

## NORFOLK HOLIDAY



Even on a holiday to Norfolk Island, **Richard Cortis** is thinking of interesting items for Scuttlebutt. ... **Thank You!!**

Richard writes that when he was visiting a museum he noticed a cross section of a **Norfolk Island Pine** and a branch stub. The branches seem to grow out of the trunk at planes, separated by about a metre or so.

The knots from the branches weaken the trunk timber which is why they were not particularly useful for ship builders, and with a bit of care the branches can be removed intact all the way to the heart of the trunk.

The cross section is a very interesting background and the branch stubs in the cross section actually look like they are wedges driven into the trunk when, in reality, that is how they grow.



## ALSO ON NORFOLK ISLAND ...

While he was visiting the museum, **Richard Corits** also came across something that interested your Editor, so he is including the item for your reading! There it is!!

A large and very detailed model of **HM Armed Vessel Bounty**.

Richard was told that the model was built by the local doctor over a period of 5 years.





Our defibrillator automatically reminded us (by constant beeping) that its battery needed replacement over the Summer break. This article was in a previous issue and is reprinted as it is just as relevant at this time.

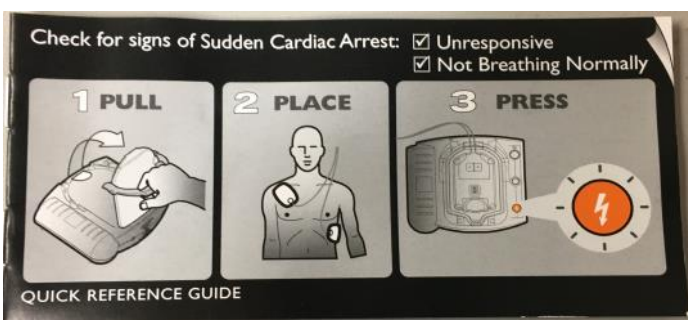
## DEFIBRILLATORS

A defibrillator (or AED ie. automated external defibrillator) can save someone's life if they have a cardiac arrest. The sooner you use a defibrillator, the greater the person's chances of survival.

**Dial triple zero (000) and ask for an ambulance if someone has had a cardiac arrest.**

### What is a defibrillator?

A defibrillator is a device that uses electricity to restart the heart or shock it back into its correct rhythm. It is used when someone has a sudden cardiac arrest (SCA). This is when the heart suddenly stops pumping. The defibrillator analyses the heart rhythm and decides whether an electric shock is needed.



Each year, more than 30,000 Australians suffer a cardiac arrest. If it happens outside a hospital, their chances of surviving are less than 1 in 10.

**Giving the person immediate cardiopulmonary resuscitation (CPR) and using an AED early on can greatly increase their chances of survival. The most important thing is to use the defibrillator quickly.**

### Where can I find the nearest defibrillator?

A portable defibrillator, or AED is located at the Waverley Community Mens Shed in a packet with the word **HEARTSTART** clearly marked on it, it is on top of the First Aid cupboard in the front room. There is a simple-to-read set of instructions in the packet.

### When to use a defibrillator

You can use a defibrillator whenever CPR is needed. A person needs CPR if they are unresponsive and not breathing normally.

**Remember, time is crucial. If someone is unresponsive and not breathing, call an ambulance on triple zero (000), start CPR and use a defibrillator as soon as possible.**

### How to use an automated external defibrillator (AED)

**Anyone can use an AED. After it is turned on (the green button), the device will tell you what to do.**

Make sure the area around the person is clear. Don't touch the person while you are using the AED because this could interfere with how it reads the person's heart.

If necessary, the AED will tell you where to put electrodes (pads) on the person's body. The device may deliver more than one shock. The AED may instruct you to continue CPR after the shock. **Continue CPR until the ambulance arrives (if you are able).**







# MARK MORAN VAUCLUSE MEN'S SHED ACTIVITIES REPORT '22

markmoran  
VAUCLUSE

The activities of the Men's Shed at Mark Moran Vacluse (MMV) continued in 2022 (with the occasional lockdown necessitated by health orders). As an Annexe of the Waverley Shed, the Shedders at this retirement village/nursing home continue to provide support for each other and to the residents of the village, as well as the general community in the area. Principally conducted by Dach Hall and Tom Wolf, many male residents attend the Shed (aka Men's Cave) for a cup of coffee/tea and a chat, they as well as all other residents bring along their broken bits and pieces for repairs.



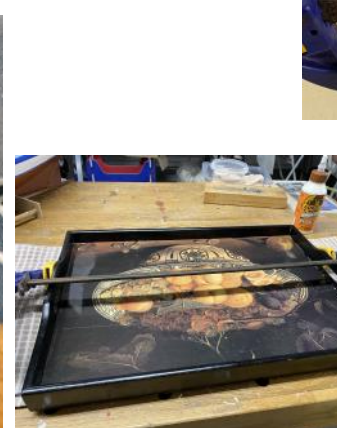
In the past 12 months many tables and chairs have been given a second (and probably their last) chance of life



The need to shorten items such as belts and handbag straps is a regular occurrence, not so regular is the shortening of legs on stools as the residents have problems sitting on them.



Tables get a bit of a beating in this environment as they are often used as body support.



More unusual items brought along for the Shedders to fix include broken spectacles, spoon stands, storage boxes and trays.

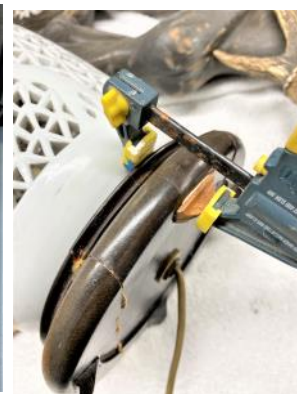
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We are often asked to do repairs to decorative items such as ceramic and wooden sculptures that have fallen (or been dropped) and often the residents just want to give them a quick coat of varnish or paint to refresh them.



Broken light bases and lamp shades also offer work for the MMV Shedders



More on the crafty side, we have fixed arms back onto dolls, framed family "jigsaw puzzle" pictures, ... and then there's the ship model making and repairing that is an on-going adventure for Dach and Tom, culminating in the annual EX-PO where it is all exhibited.



**So, what's next?** The Committee of the Waverley Men's Shed, the MMV Shedders and Mark Moran Vaucluse management have agreed to co-operate in a program of activities for the people in aged care at MMV .

This will involve the people in care finishing (sanding) pre-cut wooden parts created by the Waverley and MMV Shedders, then painting and assembling them.

The finished toys are to be donated to a children's charity in the joint names of MMV and the Waverley Men's Shed.

This will include **toy cars** and **"kokeshi dolls"**





At the Waverley Men's Shed we have a special relationship with the management of the Mark Moran Village at Vaucluse. This article appeared in their newsletter (December 2022 issue) and is reprinted acknowledging the source and with their kind permission.

markmoran  
**VAUCLUSE**

## **GAMES FOR SENIORS:** **Fun for all abilities**

Get ready to play! We've listed some of the best games for seniors that combine fun, joy of community and mental stimulation for you to play this summer. They are a great way to fill the time if you're lacking for company, or want a quiet day in.

Games provide convenient ways to have fun, either alone or as part of a group. They eradicate boredom, relieve stress, and make parties and other social engagements easier, more enjoyable, and less intimidating. They also help exercise our brains. For some people, playing certain types of games might be beneficial for things like mood, memory, concentration, reasoning, and imagination. Games might be especially helpful for your brain if they require you to learn something new.

Plus, countless games can be modified for seniors or elderly people who have physical or cognitive limitations. For example, it's easy to find or create games that have large type, which is good for older people who have vision problems. And if time or attention spans are a concern, many games can be played and completed in less than 30 minutes.

The variety of senior-friendly games that are now available is astonishing. So to help you narrow down the possibilities, we've provided some of the best examples for you:

### **Puzzle, Tile, and Board Games**

Tabletop games are fantastic for social gatherings. That's why a lot of seniors turn to this form of entertainment, especially when they want to encourage friends or family members to visit. Plus, a studies suggest that playing board games might help slow cognitive decline or reduce depression in elderly people. And since board games are generally played sitting down, they are good for seniors who have limited mobility.

### **Video Games**

Video games offer a form of visual and auditory engagement that most other kinds of games can't match. Many of them provide truly thrilling experiences as well as opportunities to connect with other players (of all ages).

If a video game is completely new to you, then your brain may benefit from the challenge of learning how to play it.

We are informed that the most popular types of video games among older adults are card, tile, puzzle, and logic games. But a lot of seniors also enjoy strategy, role-playing, and action-oriented games. So try out several different kinds and see what you enjoy.

Most seniors play video games on their laptops or desktop computers. But you can also play games on a smartphone, digital tablet, hand held game console, or TV game console (such as the Nintendo Switch, Sony PlayStation, or Microsoft Xbox). Games for computers and mobile devices can often be down loaded for free or played online at no cost.

Here are some electronic games that are especially worth checking out: Bejeweled, Candy Crush Saga, Snipperclips Plus and Gummy Drop to name a few.

### **Word and Number Games**

A lot of seniors enjoy keeping their math or language skills sharp by playing fun games or solving satisfying puzzles related to words or numbers. Great options are available for playing solo or as part of a group. Consider these examples: Crossword Puzzles, Word Search, Sudoku, Scrabble & Boggle.

### **Outdoor Games**

Don't overlook the benefits of physical games. For seniors who still have good or decent mobility, getting outside can provide opportunities for enjoyable exercise that boosts overall health and well-being. Many older adults who are in good shape enjoy playing tennis. Here are several other, less taxing popular outdoor games: Shuffleboard, Bocce, Water Balloon Toss, Croquet, Lawn Bowling. Get moving you won't regret it.





# SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This was an offering by **Peter Charlton** at the 2022 end-of-year party, a recipe that Peter has found easy to make.

Do not be alarmed – it is named for its looks alone, this is a mixture of nuts, bits of biscuit, a little booze and sugar, eggs and chocolate, rolled into a log and then dusted with icing sugar. The result is an impressive chocolate dessert slice that looks salami-esque. It needs to be made ahead to set and it does keep very well. A batch will keep in the fridge and when required, or serve it sliced or whole to impress your friends with the big reveal. It is however hard to stop eating this perfect post-meal chocolate delight.

The recipe turns simple ingredients into gorgeous chocolate treat packed with the textures of biscuits, cherries and nuts. Delicious!

We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to tempt fate at times and to prove victorious.

## CHOCOLATE SALAMI: makes one log.

### Ingredients

- 550gm broken digestive biscuits (approx. 1")
- 170 gm glace cherries (cut in half)
- 170gm sultanas
- 100gm mixed nuts (peanuts, broken walnuts, pistachios, whole almonds)
- 250gm dark chocolate (broken into pieces)
- 225gm golden syrup
- 225gm unsalted butter (diced)
- 50gm icing sugar
- 15ml brandy (optional)



### Method

- Place the broken chocolate, diced butter and golden syrup in a pan & over a low heat, then melt until smooth
- Remove from the heat & allow to cool for 5 minutes.
- Place the biscuits, fruit & nuts into a separate mixing bowl & combine.
- Pour chocolate, butter & syrup mix over the dry mix & stir in until everything is evenly coated.
- (Optional) Now add the brandy if it suits your taste.
- Lay out the greaseproof paper (approx. 60cm long) on your worktop.
- Place the mixture along the centre to form a sausage/log shape approx. 30cm long.
- Roll the greaseproof around the outside, then twist both ends of the paper to pinch the mix tight and create a thick log.
- Place in the fridge & chill for a couple of hours.
- Remove from the fridge & take out of paper, and lightly dust the outside with icing sugar for a beautiful finish.
- Serve at room temperature, with your favourite accompaniments such as brandy cream or hot chocolate.

**Bon Appétit!**

**If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.**

A bit of humour (with apologies?) borrowed from the newsletter of the Midlands Men's Shed (WA)

## **Lesser Known Knights of the Round Table**

- ♦ The knight who was afraid to fight: Sir Render
- ♦ The knight no one believed: Sir Real
- ♦ The knight too big to sit at the table: Sir Round
- ♦ The knight who designed the table: Sir Cumference
- ♦ The undercover knight: Sir Veillance
- ♦ The knight who was never killed in battle: Sir Vivor
- ♦ The knight who exceeded expectations: Sir Passed
- ♦ The knight who showed up unexpectedly: Sir Prize
- ♦ The knight who overcame obstacles: Sir Mount
- ♦ The knight who funded the kingdom: Sir Tax
- ♦ The knight who kept the maps up-to-date: Sir Veyor
- ♦ The knight who drank too much: Sir Rhosis
- ♦ The knight who stood in for the king: Sir Rogate
- ♦ The knight who stood out among the rest: Sir Perb
- ♦ The knight with the fragile ego: Sir Amic
- ♦ The knight who performed in three rings: Sir Cus
- ♦ The saddest knight of all: Sir Rowful
- ♦ The knight who wasn't needed: Sir Perfluous
- ♦ The knight who liked to dance: Sir Prance Alot

... We do not want any more witty contributions on this item ... PLEASE.

You ask why you are getting this? Well, that's all I had (Ed)



No words necessary

Photo by Richard Cortis, August 2022