



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 have to say thanks to Charles Gerrard, our hard working Treasurer, who has had to confront and deal with the renewals for the first time and had to do it without the internet. Charles has had to do it without the usual support as most of the Committee have been on holidays (all away at the same time). Nevertheless, if you have not yet renewed, please do so ASAP. If you don't find your name tag on the board, it is because you have not renewed! Alas, after many years of getting internet, WMH changed its internet services and we somehow got cut off in the process, the Committee is trying to re-establish a service as soon as possible, we ask everyone to remain patient..

We also have to give a vote of thanks to Peter Black who is "managing" the Shed almost single-handedly, organising the Supervisor rosters and filling all the gaps by himself.

With this issue, having updated our member lists, we welcome some new faces and remind those who haven't yet renewed that it's never too late?

We remind members that the Shed is always closed on public holidays and long weekends.

Tom



ANZAC DAY
APRIL 25





WOODWORKING SAFETY 101 - GOOD LUCK or GOOD MANAGEMENT?

By Neil Barnard

What is your *modus operandi*?

It is often noticed that members are using machinery and equipment that contravenes workshop "best practice". This puts the operator and others at risk of injury. In private industry that is regulated by OH&S laws, compliance would be essential.

Here are a few examples:

- poor practice of not using PPE
- use of the router table where workpiece is not initially supported and operators are edging small pieces of timber with fingers in very close proximity to the cutter.
- bandsaw guards not lowered to 5 mm above workpiece
- table saw practices where stock isn't suitable for ripping, timber is not correctly supported by the operator and dust extraction being removed (except for trenching)
- machine sanding without the use of dust extraction
- non reporting of broken or defective equipment
- accumulation of dust and timber offcuts in all work areas need greater attention to vacuuming and removal by all Shed attendees

We all need to lead by example and taking short cuts or employing a laissez faire approach only reinforces casual operation of machinery and equipment.



NEXT COVID-19 VACCINE BOOSTER DOSE IS NOW AVAILABLE!

The Australian Technical Advisory Group on Immunisation (ATAGI) recommends that an additional COVID-19 vaccine booster dose be administered in 2023 if you have not had a COVID-19 vaccine dose or confirmed COVID-19 infection in the past 6 months or longer, and you are:

- aged 65 years or older, or
- aged 18 to 64 years with complex, chronic, or severe health conditions that increase your risk of severe illness from COVID-19.

If you are aged 18 to 64 years, and are not at higher risk of severe illness from COVID-19, it is advised you consult with your doctor or vaccination provider and then consider an additional COVID-19 vaccine booster dose in 2023.

You can have an additional COVID-19 vaccine booster dose in 2023 regardless of how many prior vaccine doses you have received. Visit the Australian Government website for further information about the 2023 COVID-19 vaccine booster dose.



ENERGY SOLAR SYSTEMS WITH LG BATTERIES

Richard Cortis has written to remind members who have **LG, SolaX, Opal, Redback, Red Earth, Eguana and VARTA** branded solar batteries that they may have been recalled due to a risk of fire associated with faulty batteries.



Consumers are urged to turn affected batteries off and contact the manufacturer for a free replacement or a refund, LG may provide financial compensation to those who have higher electricity bills as a result of not being able to use their batteries as expected. LG will replace recalled batteries manufactured between 29 March 2017 and 13 September 2018 free of charge. If you have a recalled battery storage system and you don't know how to switch it off, contact your installer or LG Energy Solution 1300 677 273 or email productau@lgensol.com.

Contact the manufacturer if you have a recalled battery and arrange a remedy.

For LG, Redback, Red Earth, Evolve or VARTA energy storage systems, contact LG Energy Solution on 1300 677 273 or email productau@lgensol.com. If you have SolaX or Opal battery systems contact SolaX Power on 1300 476 529 or email service@solaxpower.com.



PICTURE AND MIRROR FRAMING COURSE APRIL 19

with Nail Barnard

ALL WELCOME! The course will include mitre, spline and butt joinery, rebating and use of the compound mitre saw, router and table saw.

If you are interested, please advise Neil, or put your name on the whiteboard.



COURSE FOR ARTISTS IN JUNE (Acrylic painting on Board)

with Rodney Bassetti

ALL WELCOME! Come along in June to the Shed Verandah and start painting with basic board timber from the shed, and some acrylic paints that I will provide.

If you wanted to buy some brushes at Officeworks - buy the "Micador for Artists"- not expensive but good quality.

I will have some old brushes of my own as well.

The idea is to have a good time. And learn the basics of painting. How to use a Pallet Knife will be shown during the course.

So when we all have the right tools we can explain the way I go about reproducing a photograph and then changing it.

I know people say that it must be easy to paint a photograph, well let's see how easy you think it is.

The photo allows you to be seeing the correct sizes of characters or trees, houses and faces. And then drop in a person from another photo. All adds to the painting.

Also after we have mastered the basic process, we start placing more new characters or shapes into the new original painting.

Colours are important and methods are interesting. Neil started with a brush but now "paints" with a Pallet knife.

He started on canvas and now paints on board. So how you will end up painting, is up to you.

I am flexible and still like my canvas but I am also changing.

Just as long as we all have a good time. Neil and I are both entered into the Sydney Agricultural Show for April 2023 and have entirely different paintings, and styles but you can all go along and see the paintings as they will be hung in the Arts Pavilion.

It is great to see your work "Hung" and I hope that you might be there in the 2024 show.

After you have mastered the basic, we can start producing paintings from photographs that you have at home.

The first painting that I did, was very difficult, but even that was appreciated by my family.

You might have an artist in your family also. All good for assisting the kids create something.

Once we have created the painting on board, we can all start creating the frame to hold it. Neil is mastering this, at this very moment.

I have been stealing or buying frames for years but with Neil, all is a lot easier. Another skill to master at the shed and how to use the new Drop Saw.

There is a book on my preferred method (previously unknown to me) called - "Painting Great Pictures from Photographs" by Hazel Harrison ISBN 186155 558 X - have a read.

Write back to me at rbassetti@exemail.com.au, and we can work out how many people we have to start with. And organise some dates.





SHED GOINGS-ON (CURRENT PROJECTS ETC.)

Craig Rubenstein is making a **coffee table** using an old timber slab for the top.



Harry Jacobs is continuing making his creative **charcuterie boards**, apparently there's no shortage of people who want them.

Tom Wolf has finished the prototype/sample **Kokeshi doll** that is being prepared for the nursing home residents to paint at MMV as discussed in previous issues of Scuttlebutt. The proposed dolls will be larger and are being turned by **Jeff Silberbach**. Thanks Jeff, much appreciated.



Kenny Lazarus is making **poker chip holders** to go with the heptagonal poker table that is also in production. The question on everyone's mind is how he can adapt them to make sure he is always winning??



Does **Dave Colwell** know something the rest of us don't? He is carving/making a model of **Noah's Ark**. When he starts filling it with animals it may be time to get an umbrella and new gumboots?

cont. p.5

cont. from p.4

New member **Sid Lewinsky** set out to make a **coffee table** for his first project, never having done any woodwork before. Not too shabby for his first attempt, well done Sid!



The life of a Treasurer is tough, **Charles Gerrard** has been glued to a computer for weeks and be-moans that he can't get any woodwork done! His job has been complicated by the lack of proper internet and telephone services for long periods. Never mind mate, the boys appreciate everything you do.



Peter Ulmer (left) is making a **sink cover** as requested by his wife. Happy wife, happy life?



Peter Black is making a **park bench** for Waverley Council. (right) The project is still in its infancy and more (and better) photos will follow.



Peter Ulmer is totally choofed at the result he was able to get on his **old chest of drawers restoration** project. Really, an excellent result on a chest that looked like it was not worth touching when it was brought in.



Mo Dhanoya and **Tony Mandarano** are making **pine coffee table tops** with a hardwood inlay.





IAN CEMENTS ANOTHER CLASSIC

Ian Dawes has created another classic wooden toy vehicle, a **concrete truck** that it is so realistic that you would expect it at your building site to pour that slab.



NEIL EXHIBITS AT THE SHOW

Neil Barnard has entered his artwork at the 2023 RAS Easter Show. He used acrylic paint and a palette knife on canvas board and has achieved a remarkable representation of our **coastal cliffs**.

Needless to say, he also made the frame.

Nice job too!!



RODNEY HELPS OUT

Rodney Bassetti with Livi (who lives in the Uniting Bushel Wing residence) Rodney assembled and delivered **flat-pack shelving** that Livi needed.



Another successful community project!



STOP DAYDREAMING!
Keep your mind
and attention on
what you are
doing!!



THE 1818 BIBLE AT MARK MORAN VAUCLUSE

markmoran
VAUCLUSE

Mark and Evette Moran, owners of the Mark Moran Vauclose Village, presented the Shedd's at the Men's Cave Annexe of the Waverley Shed with a most unusual problem.



During years of storage and neglect, an antique 1818 Bible came to be severely damaged and needing serious curating.

Dach Hall stepped up to the plate and carried out repairs and restoration with the care that such an irreplaceable and valuable artefact deserves, the Moran Family are delighted.

HANDY HINT - JOINT WITH THE INVISIBLE SCREW

What do you think? You won't need this often but it is a handy hint to store in memory. The pictures tell it all, just finish with sandpaper.



I joined an exercise class and was told to wear loose fitting clothing ...



if I HAD any loose fitting clothing, I wouldn't have joined in the first place!



THE TEN MOST COMMON ROUTER BITS

Reproduced/adapted from internet articles

A router is most probably the best versatile portable power tool you can buy. There are hundreds of different sizes and styles of router bits available to help you. But the vast number of choices can make it difficult to know which router bits you need, especially if you're new to routing. Here is a list of 10 carbide-tipped router bits, once your woodworking skills and confidence grow, you can look for more bits.

1 Straight-Cutting Bit

As its name implies, this bit cuts straight, square-bottomed grooves. It's available in various diameters. Use this bit to cut rabbets, dadoes, and grooves for plywood cabinet backs and drawer bottoms. Many router bits have a ball bearing pilot which guides the bit and keeps it in place. But this is a nonpiloted bit, so be sure to use a fence to guide the router along a straight edge and ensure straight, accurate cuts.



2 Rounding-Over Bit

Use this edge-shaping bit on the edges of shelves, tabletops, chair arms, and other places where you'd like to round over a sharp edge. The bit is fitted with a ball-bearing pilot that controls the width of the cut. Adjust the router base to control the cutting depth. Rounding-over bits come in a wide range of sizes, designated by the radius of the cut.

3 Roman Ogee Bit

Perhaps the most popular of all edge-shaping bits, Roman ogee router bits have a distinctive profile for cutting classical decorative detailing into the edges of tabletops, picture frames, vertical stiles, and horizontal rails. A ball-bearing pilot attached to the end of the bit controls the width of the cut.



4 Cove Bit

A cove bit is essentially the opposite of a rounding-over bit. Instead of simply rounding the edge, it cuts a concave radius out of the edge. The result is a simple, decorative edge that enhances furniture legs, cabinet doors, and bookshelves. They are designated by the sizes of the radii they cut,

5 Rabbeting Bit

A rabbet is simply an L-shaped notch cut along the edge of a board or panel, which can then accept another board or panel at a right angle, forming a rabbet joint. One of the easiest ways to cut rabbets is with a rabbeting router bit equipped with a ball-bearing pilot. Rabbeting bits are identified by the width and depth of cut they produce. Rabbet joints are most often used in cabinetmaking to build drawers, to join cabinet sides to cabinet tops, and to install cabinet backs.



6 Flush-Trim Bit

If you work with plastic laminate or wood veneer you need to use a flush trim router bit. This straight-cutting bit (see 1. Above) has a ball-bearing pilot that permits you to trim overhanging surfaces perfectly flush with the substrate. Use this bit when building plastic-laminate counters, tabletops, cabinets, and cabinet doors and drawer faces. It's also useful for flush-trimming wood veneer. There are many sizes available.

cont. p. 9

cont. from p. 8

7 Chamfer Bit

This edge-shaping router bit cuts an angle, called a chamfer, into the edge of a board or panel. It's commonly used to remove square, sharp corners from shelves, picture frames, countertops, and vertical posts. A chamfer bit is also used to create V-shaped grooves between boards (when two chamfers meet edge to edge they form a V-groove). Chamfer bits come in various sizes and a few different angles.



8 Core Box Bit (left)

This is a nonpiloted router bit that cuts round-bottomed grooves. It's most often used to rout flutes in columns and vertical stiles, but is also useful for routing decorative grooves in door panels and for carving wooden plates and platters. The bit is available in cutting various diameters.



9 V-Groove Bit (right)

The aptly named bit cuts decorative V-shaped grooves in cabinet doors, drawer faces, table legs, and wall panelling. This nonpiloted bit comes in a wide variety of diameters and V-groove angles.



10 Slot-Cutting Bit

This specialty bit provides a quick, accurate way to cut narrow slots or grooves into the edges of cabinet door frames, floorboards, picture frames, drawer parts and to instal tops and bottoms to boxes. It's ideal for cutting spline grooves for spline joints. The bit has two "wings," each equipped with a sharp tungsten-carbide tooth. The width of the slot is determined by the thickness of the cutting teeth. The slot depth depends on the distance from the ball-bearing pilot to the cutting teeth.



A common question asked is "Can I use a router bit in a drill?"

Drills lack the power and speed for effective and safe routing. ... A drill bores holes and is designed for downward pressure, while a router shapes edges and cuts grooves and is able to handle significant sideways pressure. This mechanical difference, among others, makes a drill unsuitable for use with a router bit.



For the last
30 years, all
you've done is
find mistakes
in anything I
say.

31 years!!



This article was in an earlier issue and is reprinted as it is just as important now.

CHEST PAIN

Although Chest Pain may be due to various medical conditions, pain due to blockage of blood supply (coronary artery disease) to the heart is life threatening and requires urgent medical attention. Some other causes of chest pain include indigestion, reflux, muscle strain, inflammation in the rib joints near the breastbone, and shingles. Don't "self diagnose" chest pain, seek medical advice or call 000 for an ambulance.

Chest Pain that is caused by *reduction* in blood supply to the heart is called **ANGINA** while pain due to *loss* of blood supply to heart muscle is called an **INFARCT** (heart attack).

ANGINA

The pain of angina is most often felt in the centre of the chest or behind the breast bone (retro-sternal) area. It is also commonly felt as an unusual pain in the shoulders, down the left arm, and up into the neck and jaw. Angina is a short-lasting chest pain that occurs when heart muscle has an inadequate blood supply – often when it has to work harder than usual. This can occur with exercise or high emotion, cold weather or after eating a large meal. The pain eases with rest and is usually over in a few minutes.

Angina is a **WARNING** sign that there is reduced flow of blood to the heart due to fatty deposits (atherosclerosis) building up on the inner walls of the coronary arteries. This is also referred to as coronary artery disease. Doctors can often help to reduce the chance of a heart attack.

SEEK ADVICE – don't wait for a repeat episodes!

HEART ATTACK – Cardiac INFARCT

Too many Australians die of heart attack because they don't know the signs or wait too long to act. Immediate intervention (cardiac massage and defibrillators) can save lives. Call 000 and continue resuscitation until the ambulance arrives. Getting to hospital as soon as possible is essential. Symptoms of a heart attack are similar to angina, but the pain persists after activity is stopped. There may be sudden collapse and loss of heart beat.

Chest pain is often severe; described as a "crushing pain" in the centre of the chest or behind the breastbone. It may feel as a squeezing, tightening, choking or heavy pressure. The pain often spreads (radiates) to the shoulders, arms, neck, throat, jaw or back.

Heart attack symptoms can vary from person to person (atypical symptoms). There may shortness of breath, sweating, a feeling of anxiety, dizziness and sick feeling in the stomach. If "unusual" symptoms persist for more than 10 minutes, **CALL 000** for an ambulance, don't wait, every minute counts. The faster you get to hospital for treatment, the better.

WHAT TO DO IN A HEART ATTACK

If any activity brings on chest pain, stop what you are doing. If the chest pain persists, call an ambulance to report a possible heart attack. If you have any doubt about your pain, call an ambulance anyway.

Stop and rest quietly by sitting or lying down. Lying on the floor where there is room around you gives easier access to you for the ambulance crew, or first responders.

While you are waiting for the ambulance:

If you are alone and can open or leave your door open, do so.

Call for help and keep the phone with you.

Ask a helper to give you Aspirin - Chew 300 mg (ONE TABLET) straight away, unless your doctor has told you not to take it.

Do not attempt to drive yourself to hospital. Wait for the ambulance. It has specialised staff and equipment that may save your life.

FIRST RESPONDER – FIRST AID

If you observe someone clutching his/her chest and suddenly collapsing, put them on the floor and if they are **not breathing** and unresponsive, initiate cardiac massage - **CPR**. Call **000** for an ambulance. If the premises have a **DEFIBRILLATOR**, attach the leads and follow instructions. **RAPID RESPONSE SAVES LIVES.**

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.*



LEGAL ISSUES FOR OLDER PEOPLE

Decisions after death - Wills, superannuation nomination, funeral and burial instructions

Reproduced/adapted from a Fact Sheet by Justice Connect 2021

Wills

A Will allows you to say what happens to your estate when you die. You can choose one or more person (known as an "executor" - responsible for arranging your funeral, paying your bills, and ensuring your assets are distributed to those you intended ("beneficiaries"); an executor can be someone you trust such as a partner, a friend or a child; or a professional executor. such as a lawyer or trustee company.

You may make provision to give all your assets to an individual or a group to share equally or whatever proportion you wish, and if you want a particular asset to go to a particular individual, your Will should clearly describe that asset.

You need to consider whether you have a moral obligation to provide for someone. If you want to leave someone out of your Will you should provide reasons for this in case they subsequently challenge your Will. One option is to outline these reasons in a letter to your executor. You should review it every few years, especially if your relationships or assets change as a divorce or re-marriage is likely to affect your Will. If you do not make a Will, the law decides who receives your assets according to set rules.

Superannuation benefits

When you die, your superannuation and any death benefits will go to the trustee of your superannuation fund, who can potentially pay this to either:

- a "dependant" - your spouse, child or any other person who is dependent on you; or
- your estate, from where it is distributed according to your Will.
- You can nominate where your superannuation benefits are to be paid, which can be binding or non-binding. A trustee must follow your nominated distribution if you have a binding nomination. A non-binding nomination guides the trustee on who to pay your superannuation benefits to, but the trustee makes the final decision. Some of these nominations may expire, so It's a good idea to review them every couple of years.
- If you do not nominate anyone. the trustee has discretion to pay your superannuation benefit to any dependant or to your estate.

Funeral and burial arrangements

Some people include funeral and burial instructions in their Will, but in practice a funeral needs to be arranged relatively quickly and it may occur before a Will can be found. It is best to discuss your funeral and burial wishes with your executor and other family members and write any instructions down. However. your executor does not have to follow your instructions

Checklist - before seeing a lawyer for a Will

- Is a Will appropriate for you?
- What assets do you own? What debts do you have?
- Do you trust a person as your executor or would you rather pay for a trustee company?
- Who do you want to leave your assets to? Family, friends or an organisation?
- Do you have a moral obligation to provide for anyone? (for example. underage children?)
- If you have young children, who wilt be their guardian?
- Who do you want to leave your superannuation to?

The NSW Trustee and Guardian provides a free service for people on the full age pension, otherwise the cost is \$330: <https://www.tag.nsw.gov.au/wills/make-will>

The Council on the Ageing charges a \$50 service for people on the full age pension: <https://www.cotansw.com.au/programs/legal-pathways/>

Alternatively, you can engage a private solicitor. You should always check the cost before going ahead with the service.

This information does not constitute legal advice.



PRISONER-OF-WAR BONE MODEL SHIPS

By Tom Wolf

France was at war with Great Britain for just about the whole time from 1689 to 1815, and thousands of French sailors spent many years languishing in British prisons during the French revolutionary and Napoleonic wars between 1792 and 1815.



As the French conscripted their sailors, they left behind skilled jobs such as jewellers, woodworkers and craftsmen. Under the prison system they could purchase extra food and luxuries by making articles that could be sold, such as making toys made out of

bone, small boxes covered with intricate straw marquetry work, tea caddies decorated with cut rolled paper and the famous bone ship models that could be sold in the markets held in the prisons. The materials used included animal bones (leftover after a meal), tortoiseshell, woods, metals, glass, hair, paper, cloth, tinsel, straw, grass, dyes and pigments. Beef bone was the most common because the quantity that was available as compared with that of other animals such as mutton, veal and whale (more prevalently used by whalers later in the 19th century)

A notable feature of the bone ship is its whiteness. Bone straight from the animal has a high fat content and soon becomes not just dirty but develops a yellowish hue so the first thing that had to be done was to boil then to remove the fat and the glue-forming substances.



Merely boiling the bones does not whiten the bones sufficiently and it had to be bleached by exposure to sunlight or by using sulphur dioxide (used in prisons as a disinfectant).

The bone was cut in thin strips for the hull planking, while the rigging was from the prisoners' hair from their own heads or their pig-tails. Some ship models bear fittings of silver or gold, as well as of brass and copper, and these precious metals came from several sources, such as from the personal ornaments of the prisoners (eg. rings, ear-rings etc)

Though these ship models are usually described as French prisoner of war models, the prisoners were also from Italy, Switzerland, Poland, Spain and Holland, but as the prisoners were mainly French it is usually assumed that they were the makers of most of them. Some models bear the stamp of French influence by the frequent use of the Tricolour, French ornaments, and decorations, names of French ships and most important of all, French characteristics in the details of rigging and construction.

I unexpectedly came across two 18th/19th century "prisoner-of-war ship models" when I was a passenger on Holland America Lines' "Noordam" on a recent cruise to New Zealand.



One was a two masted model 51cm long, 48cm high, and 20.5cm wide, the other was a three masted model 81cm long, 67cm high, and 22.5cm wide. These models were on board in addition to other ship models, and other marine items shown in the photos.