



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 4 Issue 7

JULY 2023

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



PRESIDENT'S MESSAGE

Shedders,

Things are going well, our numbers are up to the maximum and we are having fun. The numbers are up because we have taken in several new members to the point where we now have had to implement a waiting list. (If only we had a bigger Shed!)

We are having fun because Sheddars are learning new skills and making things they have not made before. This is one of the aims of our Shed - doing something different that stretches our mind.

Many of the new things being made are toys, toys for us to give away to under privileged children. The production of toys is something that we all should be doing more of, it is good for the recipients and is good for the Shed.

To members who have not tried toy making - give it a go. There are many different designs you could try and we are not limited to the existing designs, if you have an idea give it a go and when proven, document the pattern and encourage others to follow your lead.

In other news/developments:

- the session we had a few weeks ago on 'Seniors Rights' was a great success. It was very well attended and included an interesting section on communication advice.
- we've had a request from Ronald McDonald House, Randwick for two sets of outside tables/chairs as well as three large planter boxes that RMCDH want to grow herbs in for use by their residents. Don't be shy to give a hand when needed please.

Peter



**WE'RE HAVING A PARTY, A
10TH BIRTHDAY PARTY!**

12 noon, Wednesday, 26 July

**\$25 or bring a plate,
check with:**

Mike Barker 0418978552



WELFARE NOTICE!!

PRINCE OF WALES HOSPITAL EMERGENCY DEPARTMENT MOVE

If you need to attend the Prince of Wales Hospital Emergency Department, it has moved to its new site. Road signage directs you to the new location.
The new Adult Emergency Department drop-off is accessible from Magill Street, via Botany Street, Randwick.



OUR WORK IS ACKNOWLEDGED

Our work (and in particular **Peter Black's bench**) was acknowledged in the Waverley Council Volunteer News April 2023 issue. Thank you Peter for all your hard work.



Men's Shed Waverley

Thank you to the **Men's Shed Waverley** for their help in replacing a tired piece of garden furniture recently at the **Waverley Community Garden**.

Waverley Men's shed is a safe space for volunteers from around the Eastern Suburbs, who meet and work to create a range of useful objects out of wood and other materials. The Waverley branch of the shed has been operating for over nine years and is an inclusive and welcoming place for men of all ages to meet, talk and improve mental health and wellbeing.



FROM THE EDITOR'S DESK

One thing that every member has grumbled about over the years is the machinery use certification process at the Waverley Mens Shed. Many a Committee has tried to fix it without too much success, and now the current Committee is looking at making the teaching, testing and recording of the right to use machinery more easy and available to members. It recognises that members' capacity is affected by age and health and therefore it is suggested that certification is for a limited period only with re-certification regularly, it also recognises that most members only wish to do simple work and that more complex work on machines requires a higher certification.

As the personal safety of members and machinery damage are all factors, if any member feels that he may have some concern that they may wish to have addressed, now is the time to speak up and discuss with Committee members and the certifying team.

Tom



Uniting War Memorial Hospital

invites you to a face to face seminar on

CANCER MYTHS AND FACTS

Monday 3rd July 2023 12.30pm to 2.30pm

- Most common cancers in older people
- Updated information on testing and treatment for cancer
- Myths and misconceptions

Entry from 12pm, light lunch will be provided

Bookings essential: Catriona 93690215

catriona.beaumont@health.nsw.gov.au

War Memorial Hospital Day Centre, 125 Birrell St., Waverley

Seniors only





SCAMS:

by Roger Patten and reproduced with the kind permission of Midland Men's Shed Newsletter

We all get them. We answer the phone only to hear nothing, then after a few seconds, a friendly voice gives you a warm hello and asks how you are doing today!

So because you are polite, you listen to what they have to say, and sometimes this can lead to losing money. Then there is the text message that says that Amazon or PayPal or E Bay has, or wants to take money from your account because of some reason or other, and please click on the link below to get your money back. There are so many scammers nowadays and it is hard to pick them from a legitimate businesses.

There is only one successful way to deal with these contacts and that is DON'T RESPOND.

Mobile phones usually have a contacts list with all the people you know in it. When anyone calls, it automatically shows you who is calling. If it has a number without a name, DON'T ANSWER.

If it is from a legitimate business, they will find another way of contacting you. If you can't help yourself and do answer and someone is there, ask them "Do I know you?"

If yes, then ask them their name, if No, then hang up!!

With text messages, if genuine, they will give details of the reason they are contacting you but even then, don't click on any link, ever. Then delete it.

Look them up on Google and get the number, and ring them. Ask if they are trying to contact you.

Usually, common sense prevails. Assume every caller or message is a scam until you know otherwise. **Don't be afraid to appear rude.**

Don't ever give details to anyone, especially your bank account.



A BIT OF REMINISCING

By Tom Wolf

I recall the first day 10 years ago that I attended the Waverley Shed, it was the first day it was open to the public, and I look back on the incredible achievements over the years.

It all pales into insignificance with what I consider to be even more valuable ... the fantastic mateship that evolved and grew between individual members over those 10 years.

It is with great pride therefore that I wish Waverley Community Men's Shed and all its members a **HAPPY 10th BIRTHDAY.**

It is nice to recall that none of this would have been possible without the work done by people, still members today, who made it all possible. I of course mean Rodger Jamieson, Peter Chapman, Clif Munro and William Honeyball (and Catriona, Ged and Dennis)... **THANK YOU!**

For those newer to the Shed who may be interested in the history of how it came to be, there's a valuable article setting it all out, available on the Shed's homepage.

I can assure you it didn't just happen, but an incredible amount of work and belief in the values of the Shed, its objectives and principles, is what drove these guys to create what we have.

PHOTOGRAPHY EXHIBITION

Armistice in Korea

1953-2023

How Australian veterans
remember the Korean War

Armistice in Korea: a new photography exhibition at the Anzac Memorial

To commemorate the 70th anniversary of the Armistice of the Korean War, a new exhibition at the Anzac Memorial honours the service and sacrifice of Australian Korean War veterans, featuring photographs and stories of 11 veterans. The exhibition is in the Memorial's Auditorium, open daily from 9am to 5pm until 30 July 2023. Entry is free.



A CAUTIONARY TALE OF PLANNED OBSOLESCENCE

by Richard Cortis

I have penned this article as it may be of interest to members planning to travel in Australia, particularly those planning to travel in more remote areas.

Recently, my wife, Dagmar, and I were travelling in the Flinders Ranges in South Australia, which, although a bit remote, is definitely on the tourist trail.

After leaving Hawker we both received text messages advising that we were entering a 4G only area. So? What does this mean to me?

We found out when Dagmar tried to use her six year old iPhone in Rawnsley Park Station where we were staying for a few days. Her phone refused to make or receive phone calls. My newer iPhone was unaffected.

After checking and cross-checking settings, we gave up and did some walking and local sight-seeing as planned.

Later, when we dropped in to Wilpena Pound Resort, about thirty kilometres up the road, the phone worked.

Be aware that there is absolutely no phone or internet for about thirty or forty kilometres between Hawker and Rawnsley Park and between Rawnsley Park and Wilpena. This is expected as it is not the Hume Highway!

Again, when we moved on from Wilpena Pound to Blinman, there was no coverage, but I digress. In Blinman my four year old iPhone worked, but Dagmar's older phone did not. No 3G service here either!

Here is the rub. If she wants to use her phone in all service areas, she must buy a new phone that supports 4G calling.

Don't plan to travel without updating your phone to support 4G calling. Is this planned obsolescence?

Enjoy your travels!



DISCUSSION ABOUT SENIORS' RIGHTS

On Monday 29th May, 14 WCMS members attended a presentation by Tamara, an advocate of Senior Rights Service, about the rights of persons in aged care, and in particular the Charter of Aged Care Rights.



In a very detailed way we were informed about the rights of the aged to have high quality services, to be treated with dignity and respect without abuse and neglect, and many other topics.

Tamara explained the various agencies that exist to protect these rights, and our members were then given the opportunity to ask questions. **We thank Tamara for her presentation.**



MY FIRST MECHANICAL LOVE AFFAIR

by Peter Robilliard

My first car was a 1963 Renault R4, bought in 1969, but as it later transpired, it was no ordinary, run of the mill, R4!

Recently, I found an old letter I had written to my parents while I was at boarding school in 1962.

I probably read about it in a Wheels magazine and mentioned this car as being innovative and worth a look. Little did I know that I would end up owning one 7 years later.

In 1969, I started looking to buy one. Accompanied by my father, I ended buying one from a Highway Patrol cop who wanted some funds to restore his Austin Healey. I knew that this model, with its 845 cc, 32 HP motor had a top speed of 68 mph.

The speedo in my car registered 80 mph with my foot on the floor. I just thought that it was an optimistic speedo until I was booked for doing 70 mph in a 60 mph zone outside Bathurst. That was 'interesting' as the speedo was actually registering 70 mph!

The next lightbulb moment was after it had a tuneup and the ignition timing was restored to its correct position. What a revelation that was!! Talk about front wheel drive wheel spin? Hilarious!!

The R4 was comfortable to sit in, with a plush ride, economy which is still good compared to today's cars. It was so much fun to drive with its push me/pull you gearshift, good steering and driving position.

No wonder then, that the R4 was in production for 31 years and over 8 million sold. Just like modern versions of the Mini, Fiat 500 and VW Beetle, there are plans to introduce a new updated Renault R4.



AN INVITATION TO ALL MEMBERS



SMSC

www.smse.org.au

Hosted by

Sydney Model Shipbuilders Club

EXPO 2023

The Sydney Festival of Model Shipbuilding



FREE ENTRY

West's Ashfield Leagues Club
115 Liverpool Road, Ashfield NSW 2131

Saturday 29th July 2023 - 10:00am - 8:00pm

Sunday 30th July 2023 - 10:00am - 4:00pm

Fun for the whole family - Talks & Demonstrations

Sponsored by:





ON MY TRAVELS

by Richard Cortis

Whilst in Broken Hill, I had a look at the railway museum and saw the John Lang-Lathe on display.

It was used at the Silverton Tramway Locomotive workshop from 1910 to 1970 and was driven by a single pulley with variable speed cone drive that was converted from steam to electric in 1949.

Powered by an 11hp motor, the lathe has 7' distance between centres; 2'6" chuck; and weighs 10 1/2 tons

I thought this lathe may be useful for turning

those larger wooden articles, the variable speed control cone and belt system is interesting, but probably a maintenance nightmare.

(Our turners could probably spindle turn an entire tree trunk? Maybe a totem pole? ... Ed.)



LETTER FROM A SUPPORTER

Former member and continuing supporter Steve Michell enjoys receiving his Scuttlebutt, the article on dovetails made him recall an unusual way that he has seen dovetails used.

On his travels along the Nile in Egypt, Steve came across a form of dovetail joining masonry blocks at the Kom Ombo Temple. Possibly 2000 years old and it probably has a few more years to go.



NEW CAKE RECIPE

In earlier issues of Scuttlebutt we shared delicious recipes with members in the hope that they would make lovely dinners for themselves and their loved ones.

Regrettably they ceased due to lack of new recipe ideas, but **Graham Ely** has now come up with a cake recipe he wishes to share with all our members:

Every year I share my delicious super easy cheesecake recipe with

ONLY 4 ingredients!

1. Keys,
2. car,
3. wallet,
4. bakery.

Enjoy 🤓🤪

Wouldn't you know it!
Brain cells come and
brain cells go ...

but FAT cells
live forever!





SHED GOINGS-ON (CURRENT PROJECTS ETC.)

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



Eagle eyed **Graham Ely** found this hanging in a tree in South Maroubra (photo left). Anyone recognise it? (please don't flood the Editor with answer/s) ...There are no prizes!!

Sid Lewinski completed another successful assignment for the Shed. The photo (right) delivering a repair **job** he has just completed for Livi, a resident in the Bushell Wing of the Uniting accommodation next door. The job included installing a new bracket, gluing the two shafts together and manufacturing two new hand wheels so Livi could adjust the height.



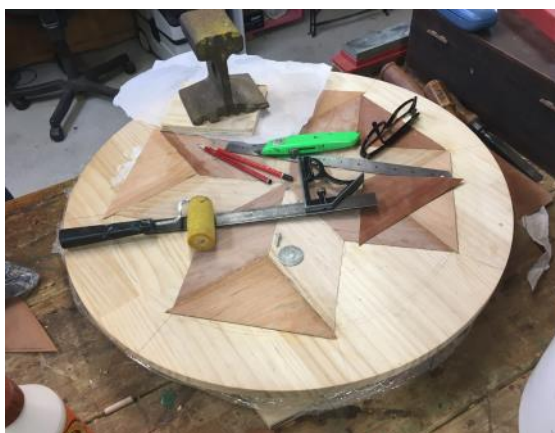
David "Bremmy" Brem is making **toy cars** (left) in time for the Father's Day Childrens' toy giveaway at Bunnings Eastgardens at the end of August. Are any other members interested in joining in? Better to start early rather than leave it to the last minute?



Peter Black is making a **shoe rack/cabinet** to specifications (right)

New member **David Russell** is busy repairing/restoring a **chair** for his daughter (left)

Pierre Carrion is making a **chopping board** with a "ying-yang" design (right).



William Honeyball is making a **table-top** for his grandchildren. It incorporates veneered marquetry inserts in a geometric design. (right)

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Gad Kainer is making repairs to a **woven hemp chair** whose legs decided to go E-S-W-N when a rather large person sat on the chair, so it needed a little additional engineering to ensure it didn't happen again (left)



Albert Verdian (right) is a new member who has taken to **turning** and his first attempt has 'turned' out very well. His second product was a hardwood locating peg for the water wheel grinder.



David Russell made 8 **mahjong tile boards** as a community project for the Rose Bay Mahjong Club. Impressive!



Pierre Carrion never sits still, no sooner does he finish one project but he is already stuck into the next, this time a **street library box** (right).



Our oldest member (he hates that title), **Harry Jacobs**, has moved away from making his characteristic charcuterie boards (with intricate inlays) to making **chess boxes**. (left)



Andrew Prior is continuing with the **possum box** making as a community project for WIRES (right)



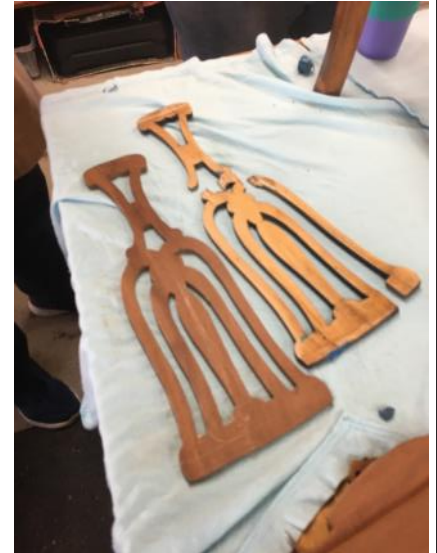
New member **Stephen Lardi** is making a **bread box** with the guidance of other members. (left)

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cont. from p. 8



Graham Ely has become the acknowledged **chair repair** expert (sorry William!). He was asked by Harry Jacobs to repair the back of Harry's daughter's chair which required some **intricate scroll work**. (left and below)



No, it's not a dartboard! **Tony Mandarano** is making a **round coffee table** with an interesting target motif. (right)



Jordan Stuart uses a "**home made**" **duplicator** to turn numerous identical objects on the lathe. The purist turners are probably "turning" in their graves, but it is practical (left)



Tom Wolf's 1:350 scale model of **HMT Dunera** is progressing. This model is being built with the "bread and butter" method (thin layers of timber for each deck on top of each other making a solid hull) and the jig is complete, the hull itself is a work in progress (right).

The date of launch? Tom reckons that "it ain't a hobby if you have to hurry"



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cont. from p. 9



Peter Black is demonstrating making **dovetail joints** on the table router (left).



Jeff Silberbach is enjoying **turning** the odd item or two on the lathe. (right).

NOTHING IS IMPOSSIBLE



Tom Wolf asked **Richard Cortis** to help out with an incredibly difficult job.

Tom uses small plinths to stand his model ships on- to when on display, and previously Richard had made Tom a set of plinths where 1 plinth was a small stubby plinth, but the other was taller with a huge bevel. This was so that the plinths could support a specific model where the bevelled plinth was to support the model's upturned bow while the other supported the base keel.

That project didn't proceed and Tom didn't want to throw (and waste) that set of plinths, so he asked Richard to cut off the bevel from the existing plinths and match the 2 plinths, all without scratching up the polished brass. What Richard did is best shown by a pictorial record:



1.

1. Facing the end after cutting off the original bevel



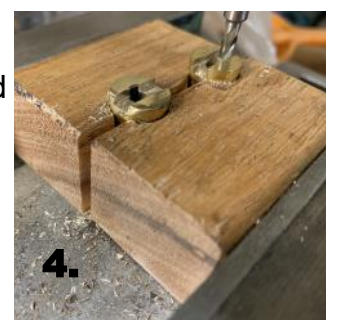
2.

2. Drilling the timber work holder so we can machine the keel slots



3.

3. Cutting the work holder so it can be clamped in the mill



4.

4. Milling the keel slots in the support plinths.



5.

5. Shows how the fiddly little plinths were fitted in the work holder.



6.

6. The finished product after a bit of polishing

FALLS PREVENTION - Home Safety

Is your home a hazard?

One in three people 65 years and over living in the community will have at least one fall during the next 12 months.

More than half of these falls happen in and around the home.

A safe home and surroundings can help you to maintain an independent lifestyle and reduce your risk of falling.

Check your surroundings and take steps to make them safer

- Floors: Secure rugs (or remove them). Have non-slip floors. Remove clutter.
- Cords and cables: Remove cords and cables from walkways.
- Lighting: Ensure adequate lighting in all rooms, steps and stairs. Use night lights inside and sensor lights outside.
- Stairs and Steps: Mark edges of steps clearly, use slip-resistant strips. Install handrails the full length of the stairs/steps.
- Bathroom: Install grab rails, use a non-slip mat, be careful on wet floors.
- Kitchen: Mop up spills straight away. Don't climb on chairs to reach high cupboards.
- Garden areas: Make sure that paths are even and free of moss. Keep paths free of garden tools.

For further help:

- Home safety checklist - on home hazards and suggestions to manage them, is available in the Staying Active and on Your Feet booklet. Ask your health professional for a copy, or see www.activeandhealthy.nsw.gov.au.
- Ask an occupational therapist for suggestions on how to adapt your home environment.

For further information:

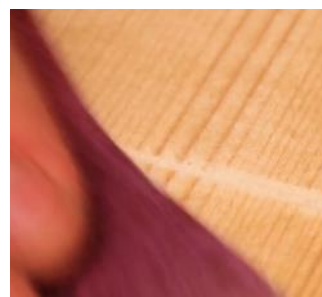
Email: falls@cec.health.nsw.gov.au

Web: www.cec.health.nsw.gov.au

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.

HANDY HINT - GAP FILLING WITH GLUE AND SAWDUST

What do you think? Instead of using putty or wood filler (which may have a different colour to your timber), why not use a mixture of the sawdust from that timber and PVA (white glue) to fill gaps and holes, just sand it back when it's all dry. The pictures explain it, and it stays longterm!



WORDS FROM OUR PARENTS:

Reproduced with permission from Midland Men's Shed Newsletter

Most of the generation of 60+ years were **HOME SCHOOLED** in many ways. See below - in our parents own words!

*My mother taught me **TO APPRECIATE A JOB WELL DONE** ...*

"If you're going to kill each other, do it outside. I just finished cleaning."

*My mother taught me **RELIGION** ...*

"You better pray that will come out of the carpet."

*My father taught me **LOGIC** ...*

"Because I said so, that's why."

*My mother taught me about **STAMINA** ...*

"You'll just sit there until your spinach is gone!"

*My mother taught me **MORE LOGIC** ...*

"If you fall out of that swing and break your neck, you're not going to the store with me."

*My mother taught me **FORESIGHT** ...*

"Make sure you wear clean underwear, in case you're in an accident."

*My father taught me **IRONY** ...*

"Keep crying, and I'll give you something to cry about."

*My mother taught me about **WEATHER** ...*

"Your room looks like a tornado hit it!"

*My mother taught me about **CONTORTIONISM** ...*

"Just you look at that dirt on the back of your neck!"

*My mother taught me about **ENVY** ...*

"There are millions of less fortunate children in the world without wonderful parents like you!"

*My mother taught me about **TIME TRAVEL** ...*

"If you don't do as I say, I'm going to knock you into the middle of next week!"

*My mother taught me about **CIRCLE OF LIFE** ...*

"I brought you into this world and I can take you out!"

*My mother taught me about **ANTICIPATION** ...*

"Just wait until we get home."

*My mother taught me about **GENEOLOGY** ...*

"Shut that door! You think you were born in a barn?"

*My father taught me about **JUSTICE** ...*

"One day you'll have kids, and I hope they turn out just like you!"

*And my mother taught me about **RECEIVING** ...*

"You are going to get it from your father when you get home!"

Because their young child was about to have surgery, a DNA test was conducted that came back with the result that neither the mother or the father were the natural parents of the child. The mother knew she had been faithful and could not understand the result. Although the father didn't seem upset by the result, the mother was distressed and asked the father how it could be?

He replied: " You remember as we were leaving the hospital with our baby, he made the dirtiest of nappies, and you asked me to go back inside and change the baby?"