



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 4 Issue 11

NOVEMBER 2023

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Website: [http:// waverleycommunitymensshed.org.au](http://waverleycommunitymensshed.org.au)

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



WAVERLEY COMMUNITY MEN'S SHED ANNUAL GENERAL MEETING

will be held at 3:00pm on Wednesday, 1st November, 2023
at the Men's Shed in the grounds of
The War Memorial Hospital, 125 Birrell Street, Waverley.

At this meeting an Executive Committee and Board Members for
2023/24 will be elected.



FROM THE EDITOR'S DESK

Where has the year gone? It feels like just yesterday we were watching the New Year's fireworks over the Harbour, now we're almost 2 months out from taking out an additional mortgage to fund another batch of seasonal presents

The last day at the Shed for 2023 will be on Wednesday 13 December and as usual we will celebrate the closing of the Shed with a party and sausage sizzle. Once again, Mike Barker will be our host, so please arrange with Mike 0418978552 what foods you wish to bring along, otherwise your contribution of \$25.00 to buy meat, drinks etc will be expected. Attendance by RSVP to Mike only! The Shed will re-open on Monday, 15 January 2024.

Tom

11 NOVEMBER
REMEMBRANCE DAY



Lest we forget



Waverley Community Men's Shed Inc.

Notice of Annual General Meeting

The Annual General Meeting of the Waverley Community Men's Shed Inc. will be held on Wednesday, 1st November, 2023 at 3:00pm.

The business of the meeting will include to:-

- (a) Confirm the minutes of the last preceding Annual General Meeting and any Special General Meeting held since that meeting;
- (b) Receive from the board reports on the activities of the association during the last financial year;
- (c) Elect members of the board and office bearers of the association;
- (d) Receive and consider any financial statement or report required to be submitted to the members under section 44 of the Act;
- (e) Nominate Peter Roebuck as The Honorary Auditor for the financial year 2023 – 2024;
- (f) Appoint Trustees for the 2023- 2024 financial year, and
- (g) Conduct any general business of the Association which will include the following special resolutions of members.

Proxy Form

If you are entitled to vote as a full Financial member and are unable to attend the meeting you can complete the Proxy form attached below and give it to the Secretary to enable your vote to be registered at the meeting.

Board Elections

The Board consists of seven (7) members including the office bearers.

The office Bearers are:

- The President
- The Vice President
- The Treasurer
- The Secretary and
- The Men's Representative.

A Board member may hold up to two (2) offices (other than the President and Vice-President offices).

To qualify as the Men's Representative on the Board a person shall be concerned with or actively involved in Men's Issues, have links to other Men in the local area and be able to represent their needs.

Conditions for Board member Elections:

The normal term of office of a board member is from the date elected to the close of the second Annual General meeting after that election.

The President Shall not serve more than three (3) consecutive terms as president.

"Under our Constitution, approximately one half of the Board shall be elected at each Annual General meeting to enable some continuity of Board members".

Current Board Members:

- President: Peter Charlton
- Vice-President: Peter Black
- Treasurer: Charles Gerrard
- Secretary: Graham Ely
- Mens Representative: Tod Thompson
- Board member: Davis Brem
- Board Member: Peter Ulmer
- Board Member: Ian Dawes

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cont. from p. 2

Co-opted Board Members:

- Roger Jamieson
- William Honeyball
- Jeff Silberbach
- Tod Thompson

The following Board Members will hold Office for a further year:

- Peter Charlton
- Peter Black
- Charles Gerrard
- Graham Ely

These Board Members will retire from being Board Members but be available for re-election.

- David Brem
- Peter Ulmer
- Ian Dawes

David Brem has indicated that he does not wish to Stand for re-election

All Members are invited to attend, however, only Full Financial Members are permitted to vote and stand for election to the Board.

Looking forward to seeing you at the AGM

Peter Charlton

President

Waverley Community Mens Shed Inc

Uniting War Memorial Hospital invites you to a free seminar on
Heart health

Monday 6th November 12.30pm to 2.30pm

- How to maintain a healthy heart
- Updated information on treatments
- Cardiac specialists from St Vincent's Hospital and Prince of Wales Hospital

Entry from 12pm, light lunch provided
Bookings essential: Catriona 93690215
catriona.beaumont@health.nsw.gov.au



War Memorial Hospital Day Centre
125 Birrell St Waverley

Seniors only



A guy walks into a lumberyard and asks for some two-by-fours. The clerk asks, "How long do you need them?"

The guy answers, "A long time. We're gonna build a house."



ONE PHOTO TO SUM IT ALL UP?

By Peter Charlton

The Shed is as busy as it can be for our limited size - it is FULL.

This photo was taken recently showing just some of the current community projects in process, with many more on the waiting list.



From the right in the photo are:

1. An Asian circular shelf (a family heirloom) for nick-nacks that in for repair.
2. One of the two Honour Boards from Clovelly Life Saving Club that are here for sprucing up.
3. A new sight shield to hide one of the Uniting War Memorial Hospital's rubbish bins.
4. An almost completed chair for a community member.
5. A set of three draws from a large chest of draws they need maintenance and new handles.
6. Another chair for a community member that had one of its legs broken off.
7. Behind that is a jewellery box being made for a Shedder's granddaughter
8. A third chair, almost totally dismantled but the broken bits have been repaired and it is now awaiting re assembly.
9. A new toy box for a Shedder's grandchildren
10. A coffee table that has been shortened to suit its new home.
11. A large plastic box that will be part of a set of three planter boxes we are making for the Ronald McDonald House in Randwick.

HANDY HINT - EXTENDING YOUR CLAMP

What do you think? We have all been there, the project is too wide for your widest clamp. Here is an idea that may help you solve your problem





PICTURE PUZZLE FRAMING PROJECT

A community member came to the SheD asking that we manufacture a frame for the jigsaw puzzle with a photo of the Queen.

He had the completed puzzle stuck to a large piece of particle board and we surrounded it with a lovely frame made of Blue Gum flooring.

PS. Photo by Rodger Jamieson, Peter Charlton is holding the frame aloft.



WayAhead

Monthly ZOOM, each 3rd Saturday
1:00pm to 3:00pm

Contact:

supportgroups@wayahead.org.au

or call Anxiety Line on 1300 794 992

Made in Australia and distributed all over the world, for the love of Shedding by the Australian Men's Shed Association.

Available wherever you get your podcasts or simply press **PLAY** at mensshed.org/theshedwireless



You know you're a grandparent when ...

you used to get angry at your kids and now you laugh when the grandkids do the same thing!

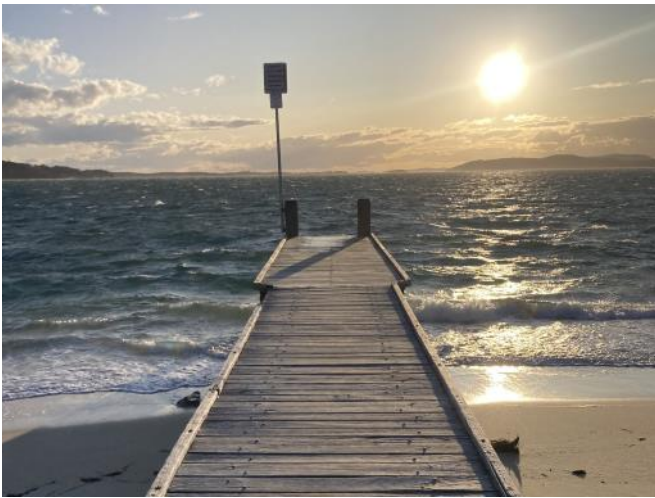




THE NEW AVAN AND THE TRIP TO PORT STEPHENS, STOCKTON AND NEWCASTLE

By Peter Robilliard

My wife Jo and I took delivery of our new Avan caravan on August 10th and set off on a familiarisation and shakedown holiday on August 15th to Little Beach (on Port Stephens) and Stockton. This is our second caravan, and it is in effect our mobile holiday home. We'll always know, whichever town we visit, what our accommodation will be like!



Little Beach has a boat launching ramp and a small jetty at the eastern end of the car park and a short steep hill which is crowned by the Marine Rescue Service building and a cottage museum/cafe, and a WW2 observation bunker. Fantastic views of Port Stephens, as required and expected for the job of coordinating boat rescues. The cafe served up good food and coffee too!



Jo and I have spent quite a few holidays on Port Stephens over the years, including during an East Coast low storm in 1974. The bulk carrier MV Sygna was blown ashore at Stockton Beach during this storm, and on our way home from Port Stephens we checked out this new addition to the beachfront.

Pounded by waves, the ship already had a 'broken back' and was eventually removed from the beach.

The Pasha Bulker was blown ashore in 2007 on the other side of the breakwater on to Nobbys Beach in similar circumstances, i.e. an East Coast low. Unlike the Sygna in 1974, the

Pasha Bulker was refloated, eventually repaired back in Japan and is now named MV Anthea. The entrance to Newcastle Harbour via the Hunter River, using layperson's terms, can be a bit 'tricky'! Over the years, the breakwater has been extended, and now Nobbys Head is no longer an island.

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On the Stockton side, various ships have either been sunk deliberately to extend the breakwater wall, or collided with it in a storm and then incorporated into the breakwater.

When we walked the breakwater, we observed dolphins just metres offshore in the Hunter River. They may have been herding fish away from the hopeful anglers, who knows?



After catching the ferry from Stockton, we arrived 3 minutes later in Newcastle.

Turns out that Novacastrians have decided that a 3 minute commute to the city from Stockton makes the town/suburb a good place to buy a house, so Stockton is seeing plenty of new houses and renovations.

Newcastle was a bit of a mixed bag as far as we were concerned.

We checked out the CBD and found lots of empty shops and buildings. Some of these are being used rent free, presumably to help struggling businesses and artists, as shopping strips, with a few exceptions, are a thing of the past.

There were quite a few new apartment blocks, hotels and restaurants/cafes on the riverfront area. The Sydney to Newcastle train line now terminates about 3 or 4 kms west, with passengers having to transfer to light rail to get to the CBD. See the photo on the right of me standing next to the 'ghost train' loco!

We checked out the main beach, but the swimming pool was closed for a major renovation.

As time was limited, and we were on foot, we didn't see much else of the city. Maybe another time!



**"Success is going from
failure to failure without
a loss of enthusiasm"
... Winston Churchill**

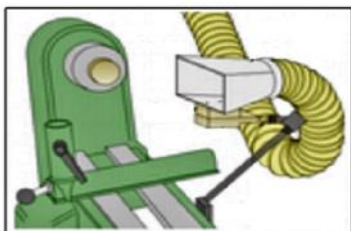
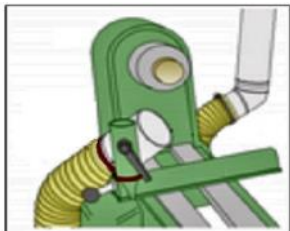


SAFETY FOR TURNERS

Article contributed by a member, source unknown

Wood Turners encounter some unique workshop safety issues not encountered in General Woodworking where a workpiece is restrained in some way and guided into contact with a high speed rotating cutter.

In Wood Turning the reverse is the case. It is the workpiece that rotates at speed in a lathe and a cutting tool is manually held against the rotating workpiece by an operator. This reversal of roles introduces new risks for the operator. All the major operator risks found in General Woodworking are also found in Wood Turning.



These are planning and preparing, good housekeeping, concentration, appropriate clothing and of course, dust extraction and PPE – Personal Protection Equipment.

Efficient dust collection is made more difficult around a lathe, because of limited access plus the amount of waste being removed. Dust collecting points can be mounted (as shown) or a

dust hood on a telescopic arm are the most efficient collectors at the source of the dust.

PPE (Personal Protection Equipment) – An operator's sight, hearing, lungs and hands are the senses at most risk during Wood Turning. Sometimes an irregular workpiece is chosen for its attractive features, one made up of laminated pieces or simply one with a square or rectangular profile.

These choices can be the cause of larger pieces breaking away and being thrown back at an operator. Operators (and spectators) should stand away from the "red zones". These zones are directly in front of (and behind) the workpiece. Ideally, it is recommended that operators wear a full face shield and one that covers the scalp.

It is also best an irregular workpiece is trimmed of waste before mounting in the lathe and tool rest clearance should always be checked before beginning work. Turning should be paused often to check for faults as they might become visible in the surface.

When sanding a workpiece still mounted in the lathe, the tool rest should be removed for better access. It might also be tempting to use an application cloth to apply a finish product, but the risk of a cloth being caught makes this dangerous practice.



GUESS WHO?

Last month we posed the question ... who was that member with the black marlin caught off the coast of Mauritius? Of course it was none other than

Harry Jacobs,

who was a very keen fisherman in his very much younger days.





This article was in a previous issue and is reprinted due to its importance.

ANAPHYLAXIS

Anaphylaxis is a life threatening **allergic reaction** that can occur immediately on exposure to a trigger substance although it can also take up to 2 hours.

It is not just for “peanut allergies”. Some people are allergic to certain foodstuffs and they may not be aware that the food they are eating contains the trigger. People can also be allergic to “non-food” triggers including insect bites.

The first line of treatment for anaphylaxis is the injection of adrenaline using an epinephrine auto-injector such as an **EpiPen**.

An EpiPen contains the active ingredient adrenaline, also referred to as epinephrine. Adrenaline is a hormone that is naturally produced by the adrenal glands in the body in times of stress. This prepares the body for extra energy exertion to allow the body to more readily handle life threatening situations.

When someone experiences anaphylaxis they can exhibit **any** or all of the following symptoms:

- Tightness of the throat from swelling
- Difficulty breathing
- Tongue & facial swelling
- Hoarse voice or difficulty speaking
- A wheeze or persistent cough
- Collapse or falling unconscious
- Becoming pale or floppy (young children)
- Abdominal pain & vomiting with an insect bite

The adrenaline administered through an auto-injector works to reverse these symptoms by acting on alpha and beta adrenergic receptors in the body.

Adrenaline should be administered to someone exhibiting one or more symptoms as soon as possible.

After experiencing anaphylaxis symptoms, 000 should be contacted and the victim should spend at least 4 hours under observation at a hospital.

Adrenaline auto-injectors come pre-filled with a solution that automatically injects when pushed firmly against skin. An EpiPen auto-injector (**located in the First Aid kit at the Waverley Mens Shed**) should be injected into the outer-mid thigh and should **NOT** be injected into veins, fingers, toes, hands or feet. You should inject someone as soon as you detect the first signs of a severe allergic reaction.

HOW TO USE:

1. Form a fist around the EpiPen and **PULL OFF THE BLUE SAFETY RELEASE**.
2. Never place your thumb on the end of the EpiPen.
3. Hold the patient's leg still and **PLACE THE ORANGE END** against the patient's outer mid-thigh.
4. The pen should be against exposed skin, however it can go through ONE layer of clothing.
5. **PUSH DOWN HARD** until a click is heard or felt, and hold in place for 3 seconds.
6. **Ring “000”**;
7. Record the time of administration. If no improvement after 5 minutes a second pen should be used if available.



The above information is in accord with ASCIA (Australasian Society of Clinical Immunology and Allergy) training protocols 2020. For further information and details of free online training please visit the ASCIA website at <https://www.allergy.org.au/>

FALLS PREVENTION

- Foot Care and Footwear

As we age, our feet can change shape and lose some feeling and flexibility. This changes the way we walk and affects balance. Painful or swollen feet can make it difficult to walk. Some shoes or slippers can also make you more likely to slip, trip or stumble, leading to a fall.

Look after your feet:

- See your doctor or a podiatrist, if you have painful or swollen feet, tingling or pins and needles in your feet, or if you have any changes in the shape of your feet (e.g. bunions).
- Ask a podiatrist, a physiotherapist or an occupational therapist for ways to improve circulation and reduce pain in the legs and feet.
- Foot and ankle strengthening exercises can help reduce your risk of falling.
- Wearing correctly fitting, supportive shoes can help reduce your risk of falling.

Choose the right fit shoes

Shopping tips:

- Make sure the sole is not slippery.
- Walk around in the shop to ensure that the shoes fit properly and the heels don't slip.
- Try both shoes on and buy for fit, not size.
- Feet tend to swell during the day, so try shoes on mid-afternoon, with usual socks or stockings and orthotics.
- Don't be pressured by sales staff – if the shoes aren't right, don't buy them.
- Ask your podiatrist about specialist shoe stores if you have trouble finding suitable shoes because of foot problems.

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.*



FIND THAT NAIL!!

We know that nails are deadly to our valuable machinery causing incredible damage unless they are removed before getting them caught in a rotating blade. It can also be an expensive lesson. In case the SawStop, if the cartridge is activated the machine operator may have to pay for a new cartridge and sawblade..

So how do we check it all out? Merely running the metal detector over the timber is not good enough. Metal detectors do not detect alloys and aluminium; nor brass and copper fasteners! So:

1. You have to look for tell-tale signs, such as:
 - a holes in the timber, there may still be remnants of a nail left in the timber
 - b a metallic gleam where the nail broke off at or near the surface
 - c ensure you visually closely inspect on all 6 surfaces of the timber (top, bottom and 4 sides)
2. Run your hand over the timber, often you can feel what you cannot see.



Even if a piece of wood appears clean and new, and not previously used, you shouldn't assume anything! It may have staples that once secured a label that the metal detector won't pick up!!



USING CYANOACRYLATE (or CA) (or as most will know it, SUPERGLUE)

Article by Tom Wolf

I am almost too scared to write this article for fear of the follow-up mail I am likely to receive (so please, no follow-up mail). Use of superglue is contentious. I once heard an "expert" asked why he used 2 pack epoxy instead of superglue, and his answer was that he is waiting for another 50 years to see if superglue retains its bond before he answers the question as he was satisfied with the fact that other glues do bind for long periods. Certainly, we cannot vouch for CA's longevity.

Nevertheless, there are times when the use of an instant (or almost instant) glue has benefits and therefore CA is the only useful glue to be used despite the potential risks. So, here are a few hints I have learned over the years of using CA:

Cyanoacrylate is a moisture sensitive product and should be stored in a dry place. Also, storage in a cold place will extend the life span of the glue. In fact, when cyanoacrylates are maintained in a cool, dry location such as a refrigerator at a temperature of about 10°C prior to opening, the shelf life will be extended to a minimum of 15 months, but care must be taken when ready to use, as placing the product in cool, then hot temperatures will create condensation. After removing the product from the refrigerator, it is best to let them sit until they reach room temperature.

So, you are now ready to use the CA. The bottle or tube containing the glue will have a narrow mouth, but getting the glue to the right spot and in just the right quantity can be tricky. There are commercially available applicators which may avoid your fingers being stuck together (at best) but here is a description of a simple and effective applicator that can be made at home:

1. Take a sewing needle with a small eye, cut or grind off the top of the eye. Then embed the pointed end of the needle into the end of a dowel or a pin-vice.
2. Drip a small amount of CA onto a piece of aluminium foil or cellophane (it can last like this for hours unless it comes into contact with moisture).
3. Dip the cut off needle head into the pool of CA and apply to where necessary and wick them into the project that you wish to adhere
4. If the needle "dispenser" becomes clogged or messy, burn off the dried glue with a flame or scratch it off with a knife

If parts do not fit tightly or cannot be held together conveniently, use CA glue and an accelerator. Squeeze the dispenser until a small drop of CA forms at the tip. Apply to one of the parts to be adhered and press the parts together. You will have several seconds to move the parts to their proper position then, while maintaining the position, apply accelerator to the seam. The CA will harden instantly and can be released. Allow the parts to be left undisturbed for three hours for complete cure.

Accelerators or "kickers" are available commercially and are recommended. If however you wish to make your own:

1. Fill gap with baking soda (sodium bicarbonate) and then drip CA onto the baking soda
2. 1 teaspoon Baking soda (sodium bicarbonate) dissolved in ¼ cup of water and sprayed onto the project (but it will make the joint white in colour and difficult to sand)
3. Alternatively a small drop of acetone (or nail polish remover) can be used as an accelerator, using a similar applicator as described above.

Good luck, let's hope you get the results you seek, but don't forget that you may need to try your process on something other than your valuable project first.

**AND DON'T FORGET, YOU ARE USING CHEMICAL PROCESSES AND REACTIONS, SO
WORK SAFELY IN A WELL VENTILATED AND CLEAN ENVIRONMENT.**



MORE OLD ADS YOU WON'T BELIEVE: How times change

Researched from the internet by Tom Wolf



**YOUR BOY WILL
ENJOY SMOKING A PIPE
PIPE AND TOBACCO KIT**

Specially prepared with the young man in mind. Contains individual boxes of three famous Middleton tobaccos, a handsome Ameroot Pipe (regular \$1.50 value), cleaners and book-let on care of the pipe. In attractive brown leatherette case. **\$1.50** Complete

According to repeated nationwide surveys.

More Doctors Smoke **CAMELS** than any other cigarette!

Doctors in every branch of medicine were asked, "What cigarette do you smoke?" The brand named most was Camels!

You'll agree Camels are the most popular cigarette smoked by doctors. Camels have a smooth, mellow taste that's just what a doctor needs for his own enjoyment. Why do doctors smoke Camels? Camels are smooth, mellow, and satisfying. They're just what a doctor needs for his own enjoyment.

THE DOCTORS' CHOICE IS AMERICA'S CHOICE!

For 30 days, test Camels in your "V's" (V for Voice, V for Taste)

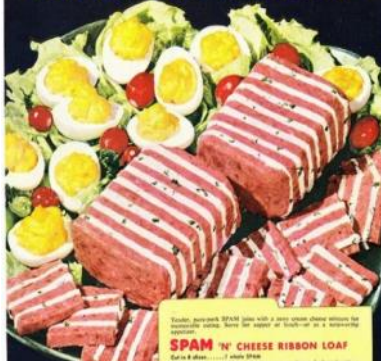
"We'll have lots to smoke this winter, won't we Mother?"



**Grow your own
Smoke your own**

Summer Night Sensation

SPAM 'N' CHEESE RIBBON LOAF



HORMEL
GOOD FOOD

SPAM is a registered trademark for a pure pork product. It is not a ham, but a delicious, convenient, and economical food. It is made from select pork, salted and cured, and contains no artificial flavors or preservatives. It is a delicious, convenient, and economical food. It is made from select pork, salted and cured, and contains no artificial flavors or preservatives.

For a better start in life
start **COLA** earlier!



How soon is too soon?

Not soon enough. Laboratory tests over the last few years have proven that babies who start drinking soda during this early formative period have a much higher chance of gaining acceptance and "fitting in" during those awkward pre-teens and teen years. So, do yourself a favor. Do your child a favor. Start them on a strict regimen of sodas and other sugary carbonated beverages right now, for a lifetime of guaranteed happiness.

The Soda Pop Board of America
1515 W. Hart Ave. - Chicago, ILL.

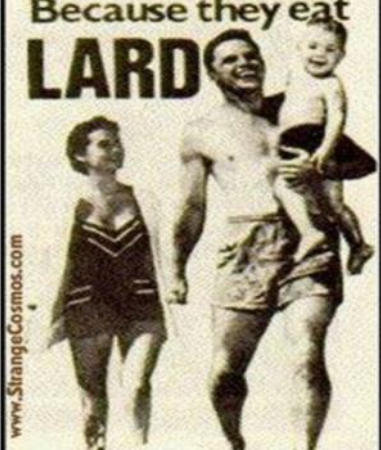
this **BIG**
every day!



Pfizer
VIAGRA™
50 mg film-coated tablet

Worth1000.com

THEY'RE HAPPY Because they eat **LARD**



www.StrangeCosmos.com

Issued by the Lard Information Council


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**Genuine 6 Proof Stuff
SCOTCH - BOURBON**

Why fight oral hygiene—enjoy it! Here's real he-man toothpaste, best argument yet for brushing 3 times a day. 2 1/2 oz. tubes flavored with the real thing—Scotch or Bourbon. Night-before feeling on the morning after. Rinse with soda instead of water if you prefer. Per tube p.p.d. **\$1**

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NEW CURE FOR DRUNKS

THERE IS A CURE FOR ALCOHOLICS THAT HAS SHED ITS RADIANCE INTO THOUSANDS OF DESOLATE HOMES. IT DOES ITS WORK SILENTLY AND SURELY THAT WHILE THE AFFECTED LOVED ONES LOOK ON THE DRUNKARD IS RECLAIMED, EVEN AGAINST HIS WILL OR WITHOUT HIS KNOWLEDGE.

TAWNY COCAINE PORT

THE CURE WORKS LIKE MAGIC, CONSISTING ALMOST ENTIRELY OF COCAINE SYRUP AND WEAK GRAPES. IF ANY DRUNKARD DRINKS COPIOUS AMOUNTS OF THIS COCAINE SYRUP, THEY WILL ALMOST INSTANTLY LOSE THEIR NEED AND WANT OF ALCOHOL AND WILL GAIN A NEW WANT FOR LIFE AND FUN.

DR. HAROLD BROOK
TOUCHER

**TELL THEM TO
DRINK MORE
THEN HAND THEM
BOGG'S TAWNY PORT**

THE CURE IS OBTAINED IN A TAWNY PORT BOTTLE THAT TALKS FOR THE HUNDRETS OF ALCOHOLICS.