



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 PRESIDENT'S DESK

All is well in the Waverley Men's Shed, if there was a mouse in the rafters over the last few weeks he would have heard humour, calm discussion and plenty of work.

Just some of the projects currently underway include, Kenny's precisely made cubes, William's inlays and a very big assignment from Ronald McDonald House that is keeping Peter Black very busy. Peter's use of West Aust karri means that the two table/chair combos are very heavy and look beautiful but more of this later.

As your President I feel that I need to understand more about Sheds and the management thereof, so I have taken to talking with and visiting other Sheds. To date I have visited one of the smallest and the biggest with more to come.

The Goulburn Men's Shed is on railway land where they have a number of different buildings as well as access to land that allows them to have a significant gardening sub-set, as well as room to store lots of bicycles that they send to South East Asia when they have a container full.

Lane Cove Men's Shed may be one of the smallest both in terms of area and membership. Their main issue is that their landlord has told them to move on as it wants to redevelop the site.

St Ives Men's Shed is beautifully located on the local Council's Showground, and has ~120 members allowing it to open 5 days a week and provide a number of different activities.

The biggest Shed that I visited was the Buderim Men's Shed on the Sunshine Coast. It is on a very large piece of land with a group of purpose built buildings that cost over \$1.5 million. There is an art room, a timber shop, a metal working building, several meeting rooms, a lead-light room, a kitchen where the local TAFE cooking students give lessons and lunch to members, a music room, a special dust free room for French polishing, a library, a leather work room, a wood carving room and an upholstery room. There are 320 members, two Shed utes for members to rent and a paved parking area for members. I was jealous.

As to how I can improve my performance as President, I am still looking at their systems and procedures.

Peter

**ADD YOUR NAME
TO THE HONOUR ROLL**



SCREENING SAVES LIVES

Bowel cancer screening can
be done in the privacy of your
own home bathroom



FROM THE EDITOR'S DESK

What a fantastic turnout for our 10th birthday party!! It was great to catch up with many of our members who only come along on rare occasions, and what better than at a party.

Attendance at the Shed is heavy during the pre-lunch session with scarcely any bench-space available, yet there's lots of space in the afternoon. So, what's that mean? Unless you must attend in the mornings only, it would be better if you came in the afternoon (and you would also find those machines you can't normally get near available). I leave the rest to you.

Tom



WOOLLAHRA COUNCIL GRANT '22-23

In late 2022 the Waverley Community Men's Shed received a substantial community grant from Woollahra Municipal Council, for which we are most grateful.

The funds were received at just the time we were able to purchase many vital items, and in particular we purchased a **Makita 305mm Slide Compound Miter Saw LS1219**.



The new sliding mitre saw will streamline basic cutting of timbers for projects and the oscillating spindle sander helps with finish sanding of difficult curved projects. The jigs and feather boards help to hold timber in place while cutting. As the members are aware, the drop-saw was installed but was found to have some issues and was sent back for repairs. The drop-saw has now been returned as repaired and has been installed. It is accompanied by 2 tables that match the level of the drop-saw, one on each side. This

will be a very popular element and make the use of the drop-saw much safer.

Members will also be aware that the use of the drop-saw is limited to those who have been certified as being able to use it safely.

Uniting

invites you to a free seminar on

Nutrition and oral health

Monday 4th September 2023, 12pm to 2.30pm

- **Protein and calcium requirements**
- **Hidden sugars in food and drinks**
- **Looking after your teeth and gums**

Entry from 12pm, tea and coffee provided
Bookings essential: Catriona 93690215 or
catriona.beaumont@health.nsw.gov.au

War Memorial Hospital Day Centre
125 Birrell St Waverley

Seniors only





OUR 10TH BIRTHDAY BASH

On 26 July we welcomed the Hon. Allegra Spender MP (Member for Wentworth), Shaun Carmichael (representing the Hon. Susan Wynne, Mayor of Woollahra), and Catriona Beaumont (one of our founders) to our party, and regrettably we received apologies from a number of community leaders and representatives who had other commitments.

A great turnout of members enjoyed conviviality, mateship, good and ample food to celebrate this great event and incredible achievement.

A vote of thanks to **Dave Colwell**, who as in past years cooked up a storm, to **Mike Barker**, who co-ordinated the event, and to all the blokes who chipped in and cleaned up the Shed (both before and after the party).

Here are some photos:





SHED GOINGS-ON (CURRENT PROJECTS ETC.)



Some time ago **Peter Black** custom made a set of **monkey bars** for a lady. It was now necessary to check that it all worked and to repair and strengthen all worn/broken bits.

Peter worked hard to get it all done, he was ably supported by the members when it was time to put it together under the watchful supervision of Jim Khedoori



No sooner did he finish the monkey bar repairs, **Peter** immediately launched into making **outdoor tables** for Ronald McDonald house



Dave Colwell is our expert at "cracking" **Perspex** to size. Using a method most of us are scared to use for fear of cracking/breaking our Perspex sheet, here he is seen helping Tom Wolf make his boxes for model ships. (right)



Wheels, wheels and more wheels. The toymaking at the Shed is insatiable and **Mo Dha-nya** is helping out

Whilst on the subject of wheels, **David Brem** is proudly showing off his latest **motorcycle design**.



David Brem and **Graham Ely** are making a 1200mm table into a 900mm **glass-top table** at the request of fellow member, **David Nathan**. Shown cut in half, the table will be joined after the removal of 300mm in the middle.

cont. p.5

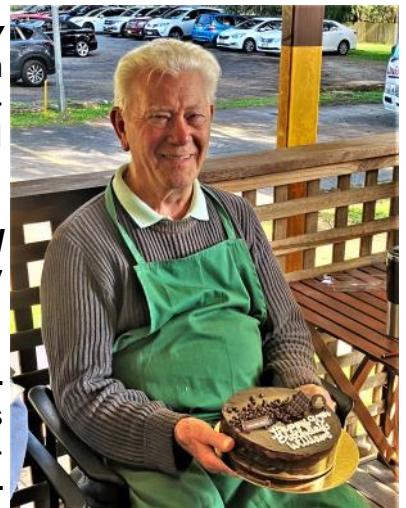
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Peter Robilliard is nearing the completion of his first **dining chair** repair for his home, only 5 to go! (right)



Alan Rubell is turning a piece of composite timber into a **fruit bowl** with a most intricate design. (left)



Ian Dawes has completed a **toy front end loader**, yet another in the construction industry vehicles which has found a good home.

Kenny Lazarus is making a set of **3 small boxes** to suit any occasion, not for any particular purpose

You had to be at the Shed to celebrate **William Honeyball's 90th birthday!!** William's contribution to the Shed and all the members was acknowledged in a speech by **Peter Black**



IF YOU GET THIS MESSAGE AFTER SUBMITTING YOUR TAX RETURN ... IGNORE IT!!

If you receive a text from what appears to be myGov claiming your tax refund has been automatically processed - **don't fall for it**. The Australian Competition and Consumer Commission's Scamwatch said "these are scam messages", designed to swindle you out of your hard-earned money.

"Watch out for messages appearing to be from myGov claiming your tax return has been processed," it said,

"Ignore, delete, and block."



The ability to speak several languages is an asset, ...



but the ability to keep your mouth shut in any language is priceless.



HARRY'S "KNIGHT"

Harry Jacobs has finished his **chess board** and he has placed the chess pieces into the box, all ready to play/display.

Prior to his emigration to Australia, Harry's son-in-law developed an interest in African primitive sculpture and artifacts. His collection is many and varied, many are displayed in their home.

Among those that never made the cut was this beautiful set of hand carved chess men which languished in a plastic bag in one of his cupboards which really deserved to see the light of day.

And so the idea of the chess board was conceived to enable the set to be adequately displayed. By comparison with other works, it

was established that the works emanate from Malawi and are of relatively recent vintage.

Whilst a lot of the credit has been given to Harry for the final product, he most willingly acknowledges the assistance and guidance of **Kenny Lazerus** and **Rodney Goldberg** as well as many others in the Shed who assisted him in bringing the project to its successful conclusion.

As a matter of interest, Harry did work in Malawi and during his travels he came across a man sitting in an open shed with corrugated roof cover and thatched grass sides. He had an assistant (or was it an apprentice) who roughed out similar carvings of elephants. The boss man then took over and completing the carvings.

Harry could not resist buying them and having them framed for display in his home. One of the rough carved elephants by the apprentice, is displayed at the top row (see circled).

The materials used are the same black wood used for the chess men, and the other is ivory which could be either elephant tusk or hippo teeth.



A VERY DIFFICULT REPAIR

This glass and wire wall hanging ornament was presented for repair at the Shed., Richard Cortis agreed to try to do the repairs if possible. The ornament had one end of the hanging chain broken off.

The whole piece was made of glass and wire, soft soldered together, which presented a repair problem because old joints are difficult to repair due to accumulated dirt, grime and corrosion.

Also, it is difficult to re-solder big joints because the surrounding solder tends to melt and flow away, creating a much larger problem.

With some effort and several attempts, a suitable repair was effected without destroying the article.



BRAINFREEZE

INCREDIBLY THERE'S A
WHOLE GROUP, AND
NOBODY NOTICED!



BUILDING YOUR FAMILY TREE

by Peter Ulmer

I have been involved in the world of computer-based genealogy for about 10 years, taking over my father's 40-year paper-based journey upon his passing.

Looking into your family's history, you can uncover fascinating stories and connections of your ancestors which is both fun and frustrating all at the same time.

The starting point is to decide on the software to use. There are numerous programs or websites available such as **ancestry.com** (<https://www.ancestry.com>).

I avoided these free web-based sites as you are either locked in or requested to pay for information even when that information is freely available.

After some research, I chose **MacFamilyTree** (and **MobileFamilyTree**) as they're very easy to use, cloud-based and publishable, offer prompt online support and are cheap to buy and upgrade (if required).

MacFamilyTree is Mac-based, whereas **MobileFamilyTree** is i-device-based (<https://www.syniumsoftware.com>).

Delving into your family history is an exciting and rewarding journey, providing you with a deeper understanding of your heritage and identity.

Here are some basic steps to help you get started:

1. Start by **"collecting as much information as you can"** from your family members, including names, dates of birth, marriage, and any other significant events. Old family documents, photographs, and heirlooms can be valuable sources of information.
2. Using your genealogy software, **"start building your family tree by entering the information"** you have gathered. Begin with yourself and work backward through generations.
3. As you progress, **"double-check the accuracy of the information"** you've collected. Cross-referencing with official records such as birth, marriage, and death certificates (<https://www.nsw.gov.au/births-deaths-marriages>) will help ensure the reliability of your data.
4. **"Bring your family history to life"** by incorporating photos, videos, and other media into your family tree. These visual elements can provide a richer context to your ancestors' lives.
5. Genealogy is often a collaborative endeavour, so **"share your family tree with other family members"** who might have additional information or insights. **MacFamilyTree**, **MobileFamilyTree** and most genealogy software allow for easy sharing and collaboration.
6. **"Utilize online databases and archives"** to search for historical records that can fill in gaps in your family tree. Census records, military service records, and immigration documents are excellent sources of information.
7. **"Regularly back up your family tree data"** to avoid losing your hard work. Your software should offer cloud-based storage and/or external drives for secure data preservation.
8. **"Engage with other genealogists and researchers"** to exchange tips, advice, and discoveries. Joining forums or attending genealogy events can expand your knowledge and network.
9. **"Genealogy is an ongoing"** and for many a lifelong process, and new information may become available over time. Stay open to revisiting and updating your family tree as you uncover more details.

With whichever software you choose, I hope with the above steps as a guide, you're well on the way to creating a rich and detailed family history that will be cherished for generations to come.



FALLS PREVENTION

- Eyesight

Impaired vision can increase your risk of falling as it is harder for you to see hazards such as obstacles, uneven footpaths, edges of steps or objects, and spills on the floor.

Is your eyesight changing?

- Spots or dark patches in your vision
- Clouding or opaque vision
- Decreased colour vision
- Distorted vision
- Double vision
- Sudden eye pain, discomfort or redness
- Reduced ability to adjust to light changes

If you notice any changes to your eyesight, seek help from a qualified health professional

What you can do

- Have annual eye checks.
- Talk to your doctor about cataracts. If you have cataracts, arrange to have them removed as soon as recommended.
- New glasses will take time to adjust to. Be extra careful when walking and moving around while wearing new glasses.
- Bifocal and multifocal lens glasses make it harder to judge distance and position of kerbs and steps. Consider using a pair of single lens glasses for walking and take care when using steps.
- Wear sunglasses and a hat to reduce glare when outside.
- Give your eyes time to adjust when moving from well-lit to poorly-lit areas.
- Make sure your house is well-lit. Install a night light in the bedroom and hallway. Install lights at the top and bottom of stairs.
- Avoid clutter on the floors in your home and garden.

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.

EXERCISE IS THE BEST MEDICINE?



**My favourite exercise is a
cross between a LUNGE
and a CRUNCH ...**

I call it LUNCH!



WANDERINGS OF AN OCCASIONAL GERIATRIC NOMAD

By Richard Cortis

We decided that it was time for another outing in our little motor home and because it is too hot for us in summer, we thought a trip in July may be appropriate. So, we headed north and onto the Hunter Freeway, spending the first night in Gunnedah then up the highway towards Narrabri where we picked up some supplies.

We moved on to visit our friends on a cattle and farming property on the back blocks, about 40km off the Highway on the road to Waa Gorge (pronounced WAR), a spectacular cascade when the water is running and impressive even during minor flows.

We stayed a couple of days with our friends, taking note of the hard work and significant risks of rural enterprise.

I collected some farm junk to turn into tool monsters and we headed into Moree to spend a couple of days soaking in the artesian thermal pools at the Gwydir Caravan Park.

The pools are magnificent with each being at a different temperature. However, when I entered the pool area, I had the distinct feeling that I had walked onto the set of that old movie, Cocoon.

All the people in the pools were our age. It was then that I realised that I was just another extra with a walk-on part. We stayed a couple of days soaking up the supposed health benefits of the pools. **You just have to believe.**



Then, we moved on to Lightning Ridge where we checked into the caravan park attached to the hotel. It seems that we landed just in time for the Lightning Ridge Opal Festival. A couple of streets blocked off and all the fun of the fair.

Everyone sold opals but there were also the usual stands with tourist trinkets. Lightning Ridge is a quirky town really worth a visit.

We had been there before so we did not need to do the red car door or the green car door tours of the diggings, but there are some interesting buildings.

We also made a trip to the Artesian Thermal Bore Baths, just a bit out of town. The water in the pool is

at about 42C, which is definitely too hot for than just a dip. It was a still sunny day so we sat on the edge for a while with just our feet in the water to soak up all the goodness of the artesian water even if one emerges smelling distinctly of Hydrogen Sulphide. Again, one just has to believe that the soaking was doing good.



From Lightning Ridge we moved on to Pilliga which is just a village with a few houses, a pub, police station, and a shop which is also the post office, bank, and cafe. There is plenty of parking for both Campervans and road trains.

The artesian thermal pool is a kilometre east of town in a neat enclosure with shower and toilet facilities. Five dollars per night, paid online to the council. There is a large flat open paddock for camping. We had a couple of dips in the pool and nice walks around the camping paddock. We had a very quiet evening and only heard a couple of road trains over on the highway. We only stayed one night but many people stay longer to soak up the health benefits. **Again, you just have to believe.**

cont. p.10

cont. from p.9



While travelling to the Pilliga Bore Baths, Richard learned from a local sign that the address was 5389 Pilliga Road. I then learned that the Baths were easy to find because they were 53.89 kilometres from the post office in Wee Waa and, being an odd number, on the left hand side of the road. I have decided to share this interesting information (?) in case any of our readers were out there trying to find it. **Do not forget to reset your odometer trip meter in front of the post office in Wee Waa.**

From Pilliga, we moved on to Wee Waa which is a neat town with a good IGA and a bakery next door that made very nice bacon and egg rolls. It is a nice town with a basic caravan park and some nice picnic spots down by the river. The highway took us back through Narrabri where we had lunch in a nice cafe which is also the plant nursery.

But we moved on and the road changed from flat open plains where cruise control was the norm to a mountain pass over Mount Kaputar heading towards Bingara where we stayed in in the neat little caravan park and did a bit of laundry. There is a nice walk by the river and a fairly precarious boat ramp. The old steel truss bridges over the river are quite interesting.

We moved on in the morning heading towards Inverell. The road was scenic and undulating but progress was fairly slow. We had an egg and bacon roll in the cafe attached to the pub but that was about all we could see of interest.

On arrival in Inverell, we booked into the caravan park beside the bridge in town. The town has a long history and there are many well preserved buildings and facades in the town centre which occupies several streets. In the morning, we went for a walk along the path beside the river where we heard an increasing rumble like a loud version of the Battlestar Galactia.

As it turned out, it was actually about three hundred vintage tractors at the showground on the other side of the river. We crossed the bridge and discovered two rows of vintage tractors, seemingly all one brand, in two circles on the track around the show arena. Spectacular, but you are unlikely to ever see such a gathering in Sydney.

Only in the country. I was told they were trying to break a world record. I hope they did because they certainly tried hard. We went for a walk at Lake Inverell where there is a nice path and picnic facilities.

Another major attraction is the National Transport Museum which has a large variety of vintage and classic cars and motor cycles along with other exhibits. Allow at least two hours to wander and say "I learned to drive in one of those!"



cont. p.11

cont. from p.10

In the National Transport Museum, I found a model is of "The Sovereign of the Seas" launched in 1637 in the reign of King Charles I. The ship was designed by Anthony van Dyke and heavily adorned by gilded carvings.

The cost of the project required the King Charles I to introduce a "port tax" which was extremely unpopular, and contributed eventually as a reason for the English Civil War which cost Charles I his head).

We moved on down Thunderbolts Way, not exactly a highway or a backroad, but there was good scenery. The pavement needs repair but there were roadworks in progress. Our next stop was the pretty little town of Walcha.



There are coffee shops and cafes in town and a useful information centre. There are timber artworks in town and along the levee bank on the edge of town. But, for me, the jewel was the black shed which was an enormous, but well kept (dusted this year) junk shop with everything from vintage crockery to farm tools and kerosene pressure lamps.

I took particular note of a collection of very specialised planes which were for sale but not in my price range. It was a cool night with a bit of frost in the morning so we slept in a bit until the heater made a difference.

We continued on from Walcha along Thundebolts Way towards Stroud. There were a few mountain passes along the way with one second gear descent which went down and down for over six kilometres. Enjoy the view but do not look down.

A very scenic trip. The hardest bit was between Nowendoc and Gloucester. We had lunch in a nice cafe in Gloucester and then set off for Stroud where we camped in the showground. We had a nice walk around the showground and set off for home in the morning.

HANDY HINT - CUTTING A SMOOTH EDGE

What do you think? We've all experienced the rough edges after making a saw cut. Simple remedy is to tape the board to be cut!



THE OLD ROLLS-ROYCE

"How was your blind date?" a college student asked her roommate.

"Terrible!" the roommate answered. "He showed up in his 1932 Rolls Royce."

"Wow! That's a very expensive car. What's so bad about that?"

"He was the original owner!"



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

Researched from the internet by Tom Wolf

Ladies! Nip Tumescence in the Bud...with the
SEXUAL TEMPERANCE SPOON Guaranteed to soften even the most optimistic ardour!



ONE WHACK AND IT'S ON THE SLACK! Stop it before he starts!

SCHOOL nurses have known for centuries that a sharp blow from a cold spoon is the best way to tame an unwelcome erection. Now at last, these spoons are available to the public. If you finished with all that nonsense twenty years ago, but it still raises its ugly head, then this spoon is for YOU!

Made in Sheffield from finest quality stainless steel, the Sexual Temperance Spoon is large size and sold in its own distinctive carrying case. Measuring only four x four x three, the customer fits easily on the bed-side table, ready for any nocturnal emergency.

My husband got ideas one night after watching 'Carry On Campsey'. A quick flick with the Temperance Spoon sent him snoring in the spare room with his tail between his legs. Thanks!

Mrs. R Bamsley
Mrs. S Essex

It's the only spoon that STOPS stirring! only £24.95 from all good shops

Please note: Extremely large orders may require more than one shipment on the list.
'Down, Boy' Chastity Products, Unit 6, Fulchester Industrial Estate, Leeds

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We call this self-opening bottle cap the Alcoa Hy-Top. It is made of pure, foolproof Alcoa Aluminum. It opens off—and back on again—without muscle power because an exclusive Alcoa process tailors it to each bottle's strength after it is on the bottle. By vacuum sealing both top and sides, the Hy-Top gives you a double guard. You'll recognize the attractive, vacuable Hy-Top when you see it on your grocer's shelf. It's long, it's white, it's grooved—and it's on the most famous and flavorful brands. Put the bottle that wares it in your basket... save fumbling, fusing and fumes at opening time with the most cooperative cap in the world—the Alcoa Hy-Top Closure.

Alcoa Aluminum

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Every woman wants to look better, to feel better in the year ahead. Soundness in the way to health, beauty and fitness. A single of grams of amphetamine sulphate when taken makes you so slim while you do the housework... easily and safely.

This magic powder does more than dispense saturated fat in puffles and matches the blood, it tones up the entire system, and makes you feel better in health in every way. It even gives you the energy to carry on working throughout the night.

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