



WAVERLEY COMMUNITY  
MEN'S SHED INC.

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

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

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Editor: Tom Wolf <newslettereditor@waverleycommunitymensshed.org.au>

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



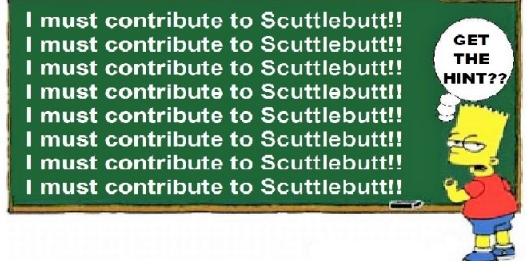
## FROM THE EDITOR'S DESK

.It must be winter (or the usual lethargy). Readers of last month's issue will have noticed the lack of fresh material, with some reprinted articles and borrowed material, what can best be described as "space fillers".

This was largely due to lack of articles and photos from members suitable for publication (ie. not copies of copyrighted material for which we have no consent or license ... please excuse the cartoon above).

We have many new members who may not be aware that this newsletter runs on the material contributed, and my role as editor is to just place such material into the newsletter format.

So, please inundate your Editor with articles and photos of your latest project, funny things that may have happened at the Shed, or even your favourite travels.



**Tom**



We have all heard of **Lifeline** and have seen the lifeline telephone number on the TV when the news reader has shown or

described some awful event, but how many of us know exactly what it does and how it does it?

Lifeline have now opened an **office in Bondi Junction** and we have organised a presentation from two of the people from there to help us understand what it is and potentially invite us to join their list of volunteers. One of the volunteers in the Bondi office is a retired fellow a bit like us, it will be a very interesting presentation.

The presentation will be held in the **War Memorial Hospital's Education Centre** on **Monday 12th August** just after lunch at **12.30** for about an hour including questions.

**Come along, it will be well worth your time**





# SHED GOINGS-ON (CURRENT PROJECTS ETC.)

**Sid Lewinsky** is making a **card table** with the help of **Graham Ely** and **Kenny Lazarus**. The finished table is great, we hope Sid has lots of luck with his cards.



We are accustomed to **Tony Mandarano** making a project with a design that is "way out there"! This time, Tony is making a **side table** with a combination of art deco and futuristic design, to finish with a sunrise pattern. Tony has been assisted by **Mo Dhanoya** and **Ian Dawes**.



**Ian Dawes** is developing his innovative designs of **wooden caterpillar toys**. (left)

**Peter Ulmer** has finished making a **six-pack drink server**. He enjoyed sharing a joke with **Craig Rubenstein**



**Mike Weiher** has a family heirloom **model HMB Endeavour** (left) needing extensive repairs (a virtual rebuild with many broken bits and torn rigging). **Tom Wolf** is helping him



**Richard Cortis** is working on a **fish design cut-out** (above)



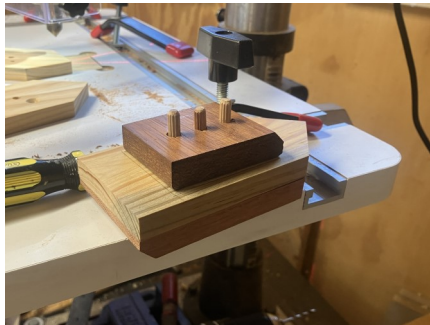
**Brian Sutton** is making a **charcuterie board/advertising sign** for his daughter's business. The board incorporates a design that was routed out and filled with dark timber. (left)

cont. p.3



cont. from p.2

**Peter Black** is working on some community projects, one person asking him to make **a planter** from a guitar (and nobody could understand why). He is also making a **toy car garage** (below) for St. Mary's kindergarten



**Kenny Lazarus** is making **wooden toy ships** to be given away to the kids at the next Buntings event for Father's Day. .



**Sid Lewinsky** is making a **heart shaped jewellery** for his daughter (above)



**Tom Wolf** is sewing sails for his **model schooner** (left)



## THE FORGOTTEN KERF

**THIS IS A REPRINTED ARTICLE FROM AN EARLIER ISSUE**

Kerf is defined as the width of material that is removed by a cutting process.

Let's say you need to cut three lengths of 1x4 material, each 3 feet long. By happy coincidence you have a 9-foot stick of 1x4, so you quickly measure and mark two lines, and then make your cuts. But when you go to use the pieces for your project, you find that two of the pieces are too short. The reason is because **you forgot** to factor in the kerf, or thickness of the saw cut.

The kerf is determined by the width of the blade but also the wobble in the cut, and the size of any material torn out by the blade. It's the reason that you have to give a little extra thought to planning your cuts.

The easy solution to stay ahead of this common mistake. Always measure and mark each cut. (You can use a tape measure, or speed up multiple identical cuts by using a pattern stick or stop block.)

If you want even more precision, here's a great tip to allow you to see exactly how much of the stock board the kerf will consume. Begin by making a partial cut into a scrap piece of lumber. This will leave a shallow channel in the surface of the material that you can measure to make allowance for the width of the kerf before you make your cut







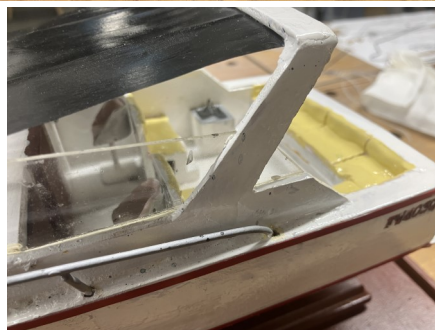
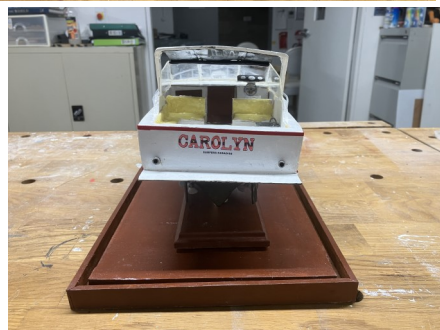
# TOM WOLF: "CAROLYN"

Tom Wolf has completed a 1:32 scale model of a "Trojan International 10 metre yacht".

The model is of a yacht that a resident in Mark Moran Vaucluse nursing home purchased and named for his wife "Carolyn" when they first met in 1994.

The completed model has been handed over to the wife, regrettably the husband passed away 1 week before the model was completed, but the model now has huge emotional value to the wife (now the widow).

To add to the difficulty in making the model, it was built with only the sketchiest of plans and from 30mm x 25mm photographs contained in a marine survey.





# WOOD DUST DANGER

THIS IS A REPRINTED ARTICLE FROM AN EARLIER ISSUE BUT JUST AS RELEVANT TODAY.

By Graham Ely

How often have we heard said:

“I will only be there for a little while. “

“I am only cutting three pieces of wood. “

“I will be quick I just need to sand these few pieces on the edges.”

Of course we have air cleaners now, but do they take much dust out of the air? This is a rhetorical question, as we do not exactly know, what we do know is that members in these circumstances often do not put on face masks or hearing protection.

Our Induction Process requires that face masks and hearing protection are supplied for working in the machine room. So, why do we make excuses and forget vital messages? Far too many of our members (almost everyone) do not wear masks in the machine room (including myself). The air filters and extractors help a lot but we should be aware of the dangers of wood dust and what it can do to you.

Until recently I was not aware that **ALL** wood dust is classified as **CARCINOGENIC** (liable to cause cancer), and I'll bet that this information will catch most (if not all) members by surprise. It doesn't help the situation when most (if not all) wood glues contain **FORMALDEHYDE** - also a carcinogen.

## The Woodworking Australia website states:

“In Australia all wood dust is now classified as carcinogenic (liable to cause cancer). This list has been compiled to give woodworkers a little bit of an insight into the potential health hazards posed by some of the timbers that are used.

This list is not meant to discourage you from woodworking just as a guide to help identify some of the problems you may be having with your health or may possibly have in the future. It is a wise investment to purchase a good respirator especially if you are a woodturner or do a lot of sanding. You may also need to look at putting a dust extractor into your workshop and even a small particle dust extractor which can eliminate particles as small as 1 micron in size (invisible to the naked eye).”

The URL <https://www.ubeaut.com.au/woodstuf.htm> takes you to the home page of Woodworking Australia. You can click on the words **"BADWOODS"** which will take you to an alphabetic list of all common (and not so common) timbers used in projects, and whilst it is not a comprehensive list of timbers, their hazards are listed. The list is too long to be reproduced here, you should look for more information at:

**Cancer Council Australia: Cancer information and support - [www.cancer.org.au](http://www.cancer.org.au)**

Go to the Cancer Council website search for Wood Dust, click on the first item – **“wood products”** - locate and download the wood dust fact sheet PDF.

This is an example of what to expect:

Alpine ash

Australia

Irritation to nose, eyes

**REMEMBER.** It only takes 1 cigarette or 1 visit to the machine room without a mask.....





WCMS has a special relationship with the management and residents of **Mark Moran Vacluse**, this article is reprinted from their Newsletter dated June 2024 with their kind permission and consent.

**markmoran**  
**VAUCLUSE**

# DEHYDRATION IN ELDERLY PEOPLE:

## Risks, Warning Signs, & Prevention Tips

Did you know that the consequences of dehydration in elderly adults are often serious - more so than in younger people? Seniors also have more risk factors for becoming dehydrated. But here's the good news: Dehydration can be easily prevented. Awareness is the first step in avoiding the health problems that can be caused by a lack of fluids.

### Why dehydration is more common among seniors

Maintaining a healthy balance of water and electrolytes can be an even more complex process for seniors than it is for younger people.

As a result, older people are more likely to get dehydrated. And the complications of dehydration in the elderly can be more serious.

According to an article in *"Frontiers in Molecular Biosciences"*, dehydration is one of the top 10 reasons for seniors to be hospitalised. And for hospitalised seniors, dehydration can lead to longer stays in intensive care units, increased hospital readmissions, and more placements in long-term care facilities.

Why does the risk of dehydration increase with age?

Older adults are prone to dehydration because they can experience several health or lifestyle conditions that lead to low fluid levels. Many seniors experience at least one of the following risk factors:

### 1. Age-related physical changes

As we age, our bodies contain less water, partly because our kidneys become less efficient. (At birth, we are about 75 percent water, but an elderly body is about 50 percent water, according to an NPR science article.)

However, according to the *"Nutrition and Healthy Aging"* article, studies have found that although seniors are at greater risk for dehydration, they drink less water, on average, than younger people. That's often because seniors experience a weakened sense of thirst, so they don't always realize when they need to drink.

Scientists aren't sure why this happens. But what makes this lack of thirst in elderly people particularly troublesome is that we're generally dehydrated before we feel thirsty. So the elderly get dehydrated quickly because they can't always recognize the signs of needing to take a drink until it's too late.

This reduced sense of thirst is often more pronounced in seniors with Alzheimer's disease or other forms of dementia or in those who have had a stroke. Such seniors may also have difficulties swallowing or asking their caregivers for a drink. As a result, seniors with dementia often need their fluid intake to be carefully monitored.

### 2. Medication side effects

Many medications that are commonly prescribed to seniors can act as diuretics (i.e., they can increase the production of urine) and contribute to dehydration.

### 3. Incontinence issues

The risk for dehydration associated with incontinence isn't necessarily caused by the fluid lost through involuntary urination. Rather, it's related to the fact that many elderly people restrict their fluid intake because they don't want any awkward accidents.

### 4. Fear of falling

Some seniors resist drinking a lot of water because they worry about falling if they have to get up at night to use the bathroom.

cont. p.7

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It's often a good idea to restrict fluids for a couple of hours before bedtime. Again, talk to your healthcare provider in order to figure out what works for you.

### **5. Living conditions**

Seniors in aged care homes are more likely to become dehydrated because they are often dependent on staff to help them with fluid intake. Ensure you talk to your care staff about this to prevent unnecessary dehydration.

### **6. Medical issues**

Many seniors have medical conditions that can lead to dehydration. Examples of health problems that can result in fluid loss include diarrhea, fever, and diabetes.

### **Signs of dehydration in elderly people**

It's important to be aware of the signs and symptoms of dehydration. In elderly people, the effects of being dehydrated can progress quickly, so you must act fast if you suspect dehydration.

You can tell if an elderly person is dehydrated by checking for:

- Cracked lips
- Dry mouth
- Dry skin, particularly in the armpits
- Less frequent urination than normal.

If an elderly person is dehydrated, you should give him or her a glass of water right away. If their symptoms don't improve, it's best to head to the emergency room or call 000 for help.



## **NOW IS A GOOD TIME TO FIND/ COLLECT TIMBER**

**THIS IS A REPRINTED ARTICLE FROM AN EARLIER ISSUE BUT JUST AS RELEVANT TODAY.**

**By Peter Charlton**

Shedders, particularly those who are wood turners or are potential/aspiring wood turners should be aware that winter is a very good time to collect pieces of wood for turning, particularly wood from deciduous trees.

This is because in winter the sap flow diminishes and your collected wood will dry more quickly than wood collected at other times of the year. This means it will be suitable for turning much sooner.

A deciduous tree is one that loses all of its leaves for part of the year, and among those the species that have pretty and easy wood to turn include Ash, Elm, Oak, Jacaranda and just about any fruit tree.

Many types of trees shed their leaves as a strategy to survive harsh weather conditions, most deciduous trees have broad leaves that are susceptible to being damaged in cold or dry weather. Shedding leaves helps trees to conserve water and energy.

As to the size of log, the bigger the better in terms of trophy/prize winning pieces, but large pieces take longer to dry than smaller pieces.

Anything over 150mm diameter is a good start and if you get a choice, a piece that includes a fork ('Y' shaped piece) can be lovely, where each of the three arms of the fork are about 1.5 to 2 times (in length) the diameter.

Why not keep your eyes open and see what you can collect; listen for the sound of a chainsaw and run outside before it is fed into the chipper and lost forever.

There is always a little bit of room in your garage to store a few pieces?

As a cautionary note, gum trees do not provide the sort of wood that beginners are likely to be happy with.



# SOME BACKGROUND TO CORROSION DAMAGED CONCRETE

by Richard Cortis

## **Normal reinforced concrete**

When Portland cement concrete is new, it is quite alkaline, which is the opposite of being acid. The alkalinity in the new concrete passivates the surface of the steel reinforcing bars, making them resistant to corrosion even in the presence of moisture and oxygen.

As the concrete ages, it absorbs carbon dioxide from the atmosphere and the alkaline material (Hydroxide) reacts chemically with the absorbed carbon dioxide which changes the alkaline material to a carbonate material which is more neutral and significantly less alkaline.

This process is called carbonation. When the alkalinity has been reduced in the carbonated concrete, the concrete is no longer able to passivate the surface of the steel and protect it from corrosion.

The strength of the carbonated concrete is very similar to the strength of the new (un-carbonated) concrete so the structural properties of the concrete elements are not affected.

The carbonation process commences at the surface of the concrete and advances into the concrete at a diminishing rate. The rate of progress of the carbonation front depends on many factors.

When concrete ages and the carbonation front reaches the steel reinforcing bar, it becomes possible for the steel to corrode (rust) when there is water and oxygen present. The structure begins to deteriorate when the corrosion advances and the accumulated corrosion product, rust, on the surface of the steel bar expands sufficiently to burst the surface away from the rusted steel bar.

This bursting process is called spalling. When the concrete begins to spall as a result of the corrosion of the underlying steel reinforcing bar, pieces of concrete break away from the face of the structure and may fall off the building without warning.

Further, when the concrete has spalled, the previously embedded steel reinforcing steel becomes exposed to the elements with the probability that more rapid corrosion will ensue. Accordingly, it is prudent to undertake repairs before the structural integrity of the structure becomes compromised and before anyone is injured by a falling piece of concrete.

## **Options for rectification. of carbonated corrosion damaged concrete.**

Where there is spalling in carbonated concrete, concrete repair can be undertaken using standard processes and specially formulated repair mortars. These concrete repairs can be expected to remain durable for years, with the durable service life depending upon many factors which include some physical properties of the concrete.

## **Chloride salt contamination**

Concrete spalling affects most home unit owners in our part of the city. (Sydney's Eastern Suburbs) It is a complex issue, particularly if the building is close to the sea. The above is a discussion about the primary source of spalling which involves carbonation.

There are other contributors to corrosion damage to concrete, the primary other, and perhaps most costly and difficult to treat, is chloride salt contamination. Chloride salt based corrosion mainly occurs in older buildings with magnesite floor toppings which have suffered rain water penetration.

Buildings subject to salt spray and salt mist from the coast may get chloride related spalling in exposed parts of the structure.

This stuff is deadly for concrete as the spalling typically occurs inside and over large areas or affects critical exterior structural elements. Chloride based spalling is prohibitively expensive to fix properly.

***I hope this discussion is helpful to you, sorry to be so technical. I have tried to simplify the explanation/discussion as best as possible to assist in your understanding***





# JEDBURGH MEN'S SHED

Report and photos by Peter Charlton

You may well ask “**Where is Jedburgh?**”

Jedburgh is the first town in Scotland as you come to, if driving up the east coast from England into Scotland. It is a very picturesque town surrounded by beautiful landscapes and has a long history. It has a magnificent 12th century Augustinian Abbey, a gaol and the Mary Queen of Scots' Visitor Centre, as well as quaint streetscapes and some lovely architecture. King David founded the Abbey in 1138, it is now in ruins.

Apart from its Abbey, Jedburgh has at least two other interesting features, namely its geology and the **Jed Shed**.



Firstly its geology. The rocks near Jedburgh are internationally famous among geologists because in a river bank just to the south of the Information Centre, there is a spot where one can see rock that has vertical bands of sandstone and shale that is topped by another layer of rock that has horizontal layers of sandstone. The site is called “Hutton's Unconformity”.

The fact that the vertically striated rock sits just below the horizontally striated layer was important in the development of theories as to whether the world was created over millions of years rather than the Biblical six days. The theories were explained by James Hutton in his book “**Theory of the Earth**” published in 1795. We now know that the lower layers are about 420 million years old and the upper horizontal layered rocks were formed about 365 million years ago.

The second feature is the ‘Jed Shed’, a member of the Scottish Men's Shed Association. I visited the Shed on my recent trip abroad.



The Jed Shed was started in 2014 and is located in a very old two storey building close to the main street with a total area smaller than our Waverley Shed's area. There is “a fully equipped workshop on the first floor (photo above left and center) with tools which have mostly been donated by the local community and a social area on the lower floor (photo above right) for the obligatory “cuppa”.

The membership includes men and women with the men's sessions held on Tuesday and Wednesday afternoons and the women's sessions on Monday and Thursday afternoons.

Members pay an attendance fee of £2 per week. The lads I met all said that having the women as members is a benefit to all. It does not appear to be a wealthy Shed, with fewer, smaller and less capable machines than ours.

As well as the physical presence, the Jed Shed has a web presence like many sheds. Theirs has a home page with lots of detail and photos and several pull down tabs such as: **Photo Galleries, What's on, For Sale, Contact and Videos**. (To see the videos you will need to use your Google App.). To go to the home page type into your browser the words “Jed Shed”, or the link (<https://thejedshed.wixsite.com/jedshed>).

***Jedburgh is a town well worth a visit.***





# THE JANKA HARDNESS TEST

The hardness of timber is measured by the Janka hardness test that measures the force that is required to embed an 11.28mm steel ball to half its depth into wood. It is an industry standard for determining the ability of a particular timber species to withstand denting and wear.

Species	Janka Rating (kN)
American Oak	6.0
Australian Beech	7.5
Bamboo (horizontal)	5.87
Bamboo (vertical)	6.58
Bamboo (strand woven)	16.10
Blackbutt	9.1
Brazilian Walnut	16.37
Brushbox	9.5
Cypress Pine	6.1
Flooded / Rose Gum	7.5
Forest Reds	9.1
Ironbark	14.0
Grey Box	15.0
Jarra	8.5
Karri	9.0
Merbau	8.56
Messmate	7.1
New England Oak	6.1
Northern Beech	7.5
Red Mahogany	12.0
Ribbon Gum	6.1
Spotted Gum	11.0
Stringybark	8.1
Sydney Blue Gum	9.01
Tallowwood	8.6
Tasmanian Oak	5.5
Turpentine	12.0
Victorian Ash	4.49

## JANKA SCALE

0.444" steel ball embedded halfway into wood sample

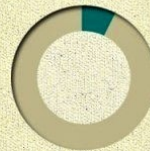


The Janka Scale also known as the **Janka Hardness Scale** is used to measure the relative hardness of wood. The scale is prepared after the test piece of wood passes through the Janka Hardness test.

The "**Janka hardness test**," was named for Austrian wood researcher **Gabriel Janka**, who invented it in 1906.

## FACTS ABOUT JANKA HARDNESS TEST

Testing is done on **wood** from the trunk of the tree and is almost always the heartwood.



The dimension of wood must be at least **2" x 2" x 6"** long.



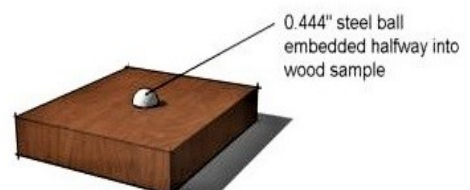
The standard sample as indicated in ASTM D 143 is to be at **12%** moisture content, be clear of knots.



## Durability Classifications

Wood Substrate	Janka Scale	Class
Soft Wood	Less than <5.5	4
Moderate Wood	5.5 to 7.0	3
Hard Wood	7.1 to 10.0	2
Very Hard Wood	Greater than >10.0	1

**Janka Hardness Test**  
Measures force needed to embed ball







# OUR ELEVENTH BIRTHDAY:

Adapted by Tom Wolf as relevant from a poem by Keith Donetta,  
published in the Midland Men's Shed (WA) newsletter

In Waverley, eleven years ago,  
A group of older men would show  
That retirement would not bring dread,  
If we sat down and formed a Shed

First plan was to find many guys,  
To meet at the Shed and then tell lies  
Of their adventures of the past,  
Making coffee, tea and biscuits last.

After many years at the hospital  
We thought that we had it all  
We have to get our own shop  
We really went up to the top.

Despite polities and councillors great aid,  
We are still to finally make the grade.  
To find a brand new Shed,  
With machines waiting to be fed.

We have to leave the hospital  
Don't know when, probably next fall  
Meanwhile we continue at the Shed  
That about all that can be said

And when you have nothing to do,  
Think of Tom, who pleads with you,  
To write an article for the mag,  
Then you'll be the one who can brag.

About your house, about your car,  
Your trip to Bali, you're a star.  
Whatever you write will be good,  
But please do something if you could.



**SKIN CANCER grows  
in winter and it is  
serious.**

**If you have concerns,  
get it checked!!**



# MORE TOOL & TRADIE T-SHIRTS

We have enjoyed seeing some interesting T-shirts over the years, we actually have a rule against wearing offensive garments at the Waverley Shed. It is hoped that these will so offend you as to send us some more!!.

