



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

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



FROM THE EDITOR'S DESK

As Editor, I am always looking for contributions, and constantly encourage members to send material for publication. Everything, from interesting projects (including ones not completed at the Shed), to travelogues and other personal experiences are welcome.

In this day and age, photos are easy to create with a telephone which everybody carries with them all the time, regrettably not too many are sent to me for the newsletter, and if you take last month's issue into consideration, 53 of the photos were taken by me (although I acknowledge the large number of photos taken by others).

Members may not be aware of the vast number of hours I put into this publication to the detriment of my other interests, but it is in excess of 40 hour per month. I am not looking for a pat on the back, just a bit of understanding, assistance, and co-operation.

I am also looking for timely contributions. The newsletter is "put to bed" by about the middle of the second week of the month to allow proofreading etc. and for it to be sent to everybody about 1 week before the end of the month. This is why it is a newsletter, not a pastletter, as this time frame allows for timely notification of events and things to do.

I am well aware that outside bodies notify us of events at the last moment, and regrettably this means that we can't put it into the newsletter other than noting those members who may have attended or participated in the event (that is, if we are informed!!). Anything last minute should be notified to our Facebook co-ordinator, or notified directly to members by email.

I wish to thank those members who regularly contribute to the newsletter, as well as Raymond Garfield and William Honeyball who proofread the newsletter each month.

I look forward to more contributions now that members are aware of the difficulties of my task.

Tom

11 NOVEMBER
REMEMBRANCE DAY



Lest we forget



SUMMER BREAK



The Waverley Men's Shed will close
for the Summer Break on

Wednesday, 16 December 2026

We will have our end of year break-up
party on that day at 12:00noon, for
a sausage sizzle.

The Shed will re-open on

Monday, 18 January 2027.



NEXT "SOCIAL FRIDAY"

The September "Social" was a great success, with 9 members and spouses attending,
so members, spouses and friends are invited to meet again

at 12 noon on 30 October

at Maroubra Seals, Maroubra Beach.

Those attending can get together and eat (or not eat), have drinks (or not) on the 1st
floor of the Club. You don't have to be a member to come along (although membership
is just \$5.50 p.a.), and if there's a Club member attending on the day, you can get dis-
counts on food and drinks.

So, come along!!



OUR FIRST TWO WOMEN ADMIN SUPERS TO OPEN UP ON THURSDAYS AND FRIDAYS

We welcome **Mindy Taylor** and **Phyllis Sakinofsky**, our two new Administrative Supervisors who were appointed at the September Board meeting.

Initially, they will work beside the rostered Admin Supers but will take on the admin roles on Thursdays and Fridays after the third Introduction to Woodworking Course finishes in a few weeks' time.

Scheduling will be different, and less formal, to the Mon/Tue/Wed format: for the remainder of 2026, there will be no formal schedule for opening the Shed on Thursdays and Fridays.

When the Constitution was changed earlier this year it was anticipated that Mondays and Tuesdays would be reserved for male members, Wednesdays would be for both male and female members, and Thursday and Friday reserved exclusively for female members.

However, the female members would appreciate having male members attending on their days, and, given the success of the joint Wednesdays, and subsequent overcrowding, they would like to invite men to come along on Thursdays and Fridays.

To facilitate this, a **WCMS Thursdays** WhatsApp group has been created. At the beginning of the week, Mindy and Phyll will message the group to let them know if they'll be opening up that Thursday and/or Friday. There will be a poll for people to click if they intend coming, so that all group members know who'll be there.

These are the conditions for opening on Thursdays and Fridays:

- There must always be at least one Supervisor on site for any work to be done in the Shed.
- No machines in the Machine Room can be used unless there is a Technical Supervisor on site
- All hand-held tools and the scroll saw will be available, however, no machine can be used by any member if the member is not certified to use that machine.

Having the WhatsApp group means that every week those attending can co-ordinate among themselves to see if they can meet these requirements and so whether or not they can open the Shed.

Phyll and Mindy moderate the WhatsApp Group so if you want to join, talk to them when you see them and they'll add you to the group.



SPECIAL INTEREST GROUPS (SIG's)

This has been a discussion topic for some months, our Secretary has collated some data from a survey that was conducted about 3 months ago.

The purpose of establishing **Special Interest Groups** is that some activities, hobbies and interests cannot be conducted in the atmosphere and hive of activity of the Shed on normal opening days.

Some projects, for example, are just too delicate (eg modelmaking), or something we are not permitted to do on the premises (eg metalwork), or there is just not enough space. It is now time to put these SIG's into action so we can proceed in 2027.

The first to get off the ground will be **woodcarving**. We currently have 3 starters, and that is enough to start the SIG. If anyone else wishes to join, please let Tom Wolf know.

The venue and day of the week has not yet been decided, it does not necessarily have to be at the Shed, although at this time it may be a Friday morning starter (the ones who wish to do this activity at this time are mainly women)

**I need to re-home a dog.
It's a small terrier, and
tends to bark a lot**



**If you are interested, let
me know, and I'll jump
over my neighbour's
fence and get it for you.**



WAVERLEY COMMUNITY MEN'S SHED AGM 2026 REPORT

The Annual General Meeting of WCMS was held on 14 October 2026, at that time the President's Report and the Treasurer's Report were presented to the members attending, and accepted. The President's Report is to be found on the Shed's website.

We thank all those who carried out roles on the Executive and Committee (including those not elected but co-opted) during the 2025-2026 year. We also thank all who acted in all their capacities as Supervisors, or otherwise assisted in the running of the Waverley Shed during the year.

Three members continued on the Board Management of WCMS, and others were elected to join them on the Board at the AGM for the 2026-2027 year. Their respective roles are as follows:

- President: Peter Charlton
- Vice President: Peter Black
- Secretary: Grant Levy
- Treasurer: Albert Verdian
- Board Member: Ian Dawes
- Board Member: Jeff Silberbach
- Board Member: Peter Ulmer

The Board was given approval to co-opt members onto the Board

The following were appointed to non-executive roles in the running of WCMS

- Scuttlebutt Editor: Tom Wolf
- Webmaster: Jeff Silberbach
- Public Officer: Des Sheehan
- Honorary Auditor: Laurie Bond
- * Parties Arranger: Mike Barker
- * Membership Sec: Graham Ely



TOM'S METAL SOLDIERS

Tom Wolf showed off his tin soldiers at the 2019 Show.

He has 800 infantry, 350 cavalry and 16 artillery pieces (with supporting militiamen) featuring the Battle of Waterloo, including the famous "**British square**" shown in the photos. He has these tin soldiers in British, French, Dutch and Prussian uniforms in various poses in readiness for battle.



Tom recently brought the "square" to the Shed to encourage members to get involved in making these soldiers from moulds that are available, and is willing to assist other members with making the metal figurines.

The figures are made from "plumbers' lead", a white metal alloy made of tin and zinc (and other stuff) in the proportion of 40/60 or 50/50, but notably contain no lead, despite its name. It is therefore safe to handle. The figures can also be made of resin.

Lead in toys were made worldwide illegal in 1984.



Additionally, Tom has also the moulds for a "**Battle of Waterloo Chess Set**" featuring the Duke of Wellington and the British red team against Napoleon Bonaparte and his French blue team.

Many members have expressed interest in making

these chess pieces either from white metal or resin, if you are interested in making such a set, please see Tom



SHED GOINGS-ON (CURRENT PROJECTS ETC.)



Steve Fox is making an **ellipsograph** (left). Wikipedia describes an ellipsograph as a mechanism that generates the shape of an ellipse. One common form of ellipsograph is known as the tram-mel of Archimedes. It consists of two shuttles which are confined to perpendicular channels or rails and a rod which is attached to the shuttles by pivots at adjustable positions along the rod.

Craig Rubenstein is repairing the motor of his **demolition saw** (right)



Grant Levy has finished his **stool** (left)



Kenny Lazarus started making his **Chanukkah menorahs** nearly 6 months ago, but was diverted by other activities. He is now finished, and he seems happy (right) ...

and **Kenny** is also helping **Sid Lewinsky** to finish off his **Chanukkah Menorahs** to give to his family in time for the forthcoming festival in December. (left)



Peter Black is making a **bread box** (right)



The making of **possum boxes** continues, here **Steve Fox** is helping out. (left)

Steve Weymouth is making a model heritage house with a verandah with an awning held up by columns. He is turning the **columns** (right)



cont. p.5

cont. from p.4

Jimmy Hayes is making a **chess board** (right)



Simon Guthrie discusses a freshly turned **bowl** with **Peter Charlton**, his instructor (left)



New to woodturning, **Grant Levy** has turned a **camphor laurel bowl** from a tree that once grew on the grounds of the WMH site (above)



WHAT DOES YOUR WAVERLEY SHED MEMBERSHIP GET YOU?

The number of members of the Waverley Shed has never been higher as we look hopefully at being able to move into a new home. But what does the membership entitle you to?

Certainly, you get to meet and work with a bunch of really nice like-minded people, and you get to use the best quality equipment that money can buy. You get your tea/coffee/biscuits thrown in, and you get some consumables and some timber for free. All this, for just \$100 per year including insurance.

That's just \$2 per week, an absolute **BARGAIN!**

At your induction, you will have been told that not everything is free, and that in some instances when you are doing a private project, you may be asked for a contribution to the Shed the equivalent of 50% what you would pay for the hardware and timber you want had you bought it at Bunnings. This should put you on notice that you can't just take whatever you want from the Shed for nothing! What you have to do is to ask how much that bit of timber or those consumables will cost you.

You'd think there was no need to remind members of this simple fact, well you are wrong. A simple courtesy that helps keep our Shed financially above water..

We are fortunate in having a lot of timber donated which we use in projects that earn funds for the Shed, but some timber is available for use in private projects. Before you take it, ask the Technical Super if you can buy it or is it available for free. The decision as to what is free is not for the individual member to make. The courtesy of asking the management committee is all we ask for.

Your co-operation is appreciated.



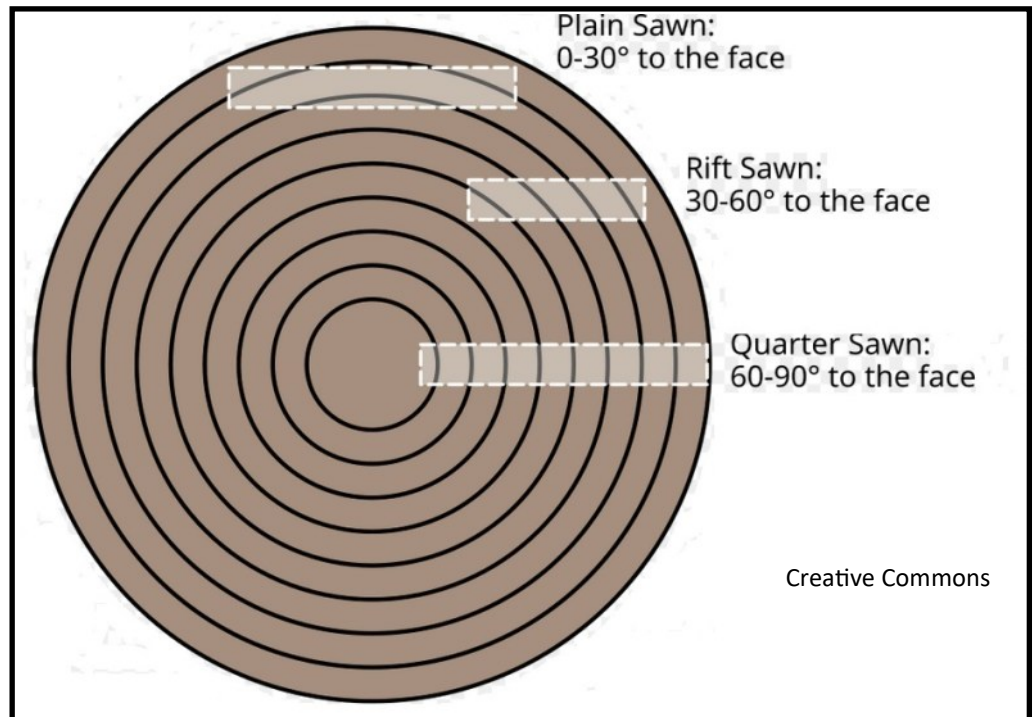
QUARTERSAWN TIMBER

From Family Handioman, downloaded from the internet

When boards are cut from a log, they are usually rip cut along the length (axis) of the log.

Quartersawn boards are the cuts that come from the centre of the log when it is cut. As it is at or close to the centre, the growth rings run, more or less, perpendicular to the face of the board. Quarter-sawn boards generally have straight grain and are less prone to shrinkage, compared to other boards. These factors come into play when you want your boards to remain straight, flat and stable (such as shelving).

Because of their stability and beauty, quarter-sawn boards are often actively sought out by woodworkers, accordingly they are likely to come with a hefty price tag.



MARK MORAN VAUCLUSE REPORT

Members may not be aware of the relationship of support between the Waverley Community Men's Shed and the **Mark Moran Vaucluse Men's Shed**.

Over the past 9 years the Shed at the retirement village/nursing home at Vaucluse has been considered effectively as an annex to the operations at the Waverley Shed, with **Dach Hall** (one of our Honourary Members) and **Tom Wolf** conducting operations at Vaucluse. Dach was at the MMV Shed every day, whilst Tom was helping out a couple of days a week.

Regrettably, Dach's health has deteriorated over the past months and recently he was moved from independent living to living in care. With this, his ability to carry out work to assist the other residents had come to a standstill after 9 years of community work.

In the last couple of weeks, Dach was moved by his family to a nursing home in Jervis Bay, thereby bringing his commitment to the Men's Shed to an end.

Tom is continuing his involvement with the MMV Men's Shed and providing assistance to MMV residents on a part-time basis, and hopes that he may get some other assistance from residents or other volunteers.

We thank Dach for his commitment to the Men's Shed movement over the years, and wish him a happy life in his new surroundings.

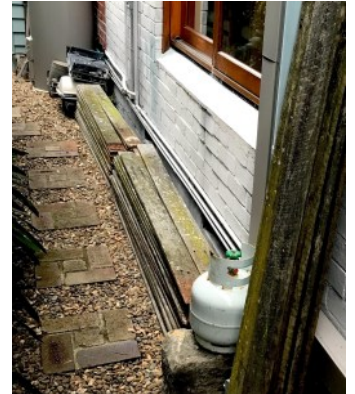
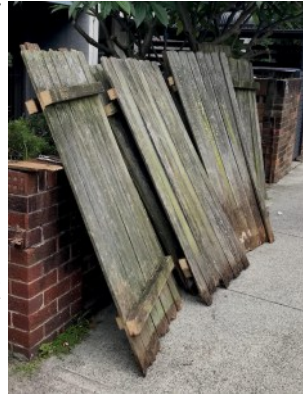


STEVE'S RECYCLED FENCING

By Steve Weymouth

It all started when one of the Sheddies mentioned he was getting 10 metres of old fencing replaced. Not liking waste, I thought the old hardwood might be repurposed into a new fence. After several conversations with fellow Sheddies, the design was decided upon.

I needed a rear fence that would sit above the ground so as to make maximum use of our very small garden. The new fence would therefore sit above the ground on steel foundation posts. I decided to discuss my ideas with ex-engineers in our shed and came up with a design.



The steel footings would not only be sturdy enough to support the wooden structure, they could probably double as house foundations or survive into the next millennia as relics for future historians.

After sourcing some flat and square bullet-proof 10mm steel, I resisted the urge to redesign Ned's suit and made five x 1m high units with uprights, caps and baseplates.

Meanwhile, the old fence needed to be stripped, de-nailed, sorted, trimmed and oiled to become around 140 slats and 12 horizontal braces to attach the new fence palings too (the horizontals

were two clean faced palings glued together under clamps. These made 12, very strong 30 x 40mm, 1.5m long sections).

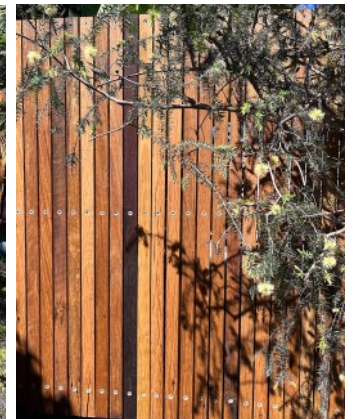
Back to the footings; one of my daughters happened to be completing a welding course at TAFE. So she kindly did a great job welding them all together. From there, all the posts were dipped and galvanised to aid in their longevity.

After setting the footings in, 1.3m kiln-dried 90 x 90 posts were bolted on top. All horizontals were added and finally, with the help of my daughter's chippy boyfriend, the slats were attached.

The end result is a smart looking 6m long fence.

Something new and functional from something that otherwise would have gone to landfill. I'm

happy, the family and the future Indiana Jones will be happy too.



MORE CORTIS METAL ARTWORK

STAINLESS STEEL PLANT STICK

Richard Cortis reports that he has made this stainless steel plant stick from stainless cupboard doors found in the street by a friend and some stainless tube scavenged from somewhere. The leaves were freehand cut by Richard's grandson using the plasma cutter. Richard had to purchase the welding electrodes.



CREDIT CARD TRAVEL INSURANCE IS CHANGING!!

As notified by SmartTraveller.com.au

Several major Australian banks are reducing or removing the complimentary travel insurance they provide to credit card customers. If you're travelling soon, or are currently overseas, check what's changed before relying on your credit card for insurance.

Which credit cards are affected?

Any credit card that includes complimentary travel insurance may be affected by these changes. While some banks have already made changes to their policies, some may make them in the coming months. Some cards may remain unchanged.

Pay close attention to any communication from your credit card provider, as changes to your cover may affect your travel plans.

What's changing?

The changes vary widely between banks and credit cards. Some banks are removing complimentary cover altogether. Others are reducing what they cover by shortening the maximum coverage period or limiting benefits. The changes apply to domestic and international travel.

Are you still covered?

These changes don't just affect new cards.

The policies for existing credit cards are also changing. Don't assume your credit card still comes with travel insurance for your next trip, even if you have used it before.

Before you travel, find out if:

- your card still comes with any complimentary travel insurance cover
- the insurance that comes with your credit card still provides enough cover for your trip.

If your credit card still includes some level of travel insurance cover, the types of claims and expenses may now be reduced. You may have lost cover for:

- medical expenses
- delays and cancellations
- luggage loss and damage
- rental vehicle excess.

Your trip may also now be longer than the maximum period covered by your insurance.

Carefully read the Product Disclosure Statement (PDS) for your credit card. Check:

- what the eligibility and activation requirements are
- if there are limits on trip duration or location
- what activities and claims are covered
- what the excess is
- what the exclusions are
- if the insurance covers family members travelling with you.

When you check your credit card, pay attention to any effective from or to dates in the policy. Your cover may be different depending on when you booked your trip and when you're travelling.

If you have any questions about how your travel insurance may be affected, contact your credit card provider.

Comprehensive travel insurance is always the best option for overseas travel.

Disclaimer: No information in this notification is to be construed or taken in any way to be financial or insurance advice by the Waverley Community Men's Shed or the Editors of this newsletter.



A TRIBUTE TO THE SKILLS OF HARRY JACOBS

On 6th May our fellow Shedder, **Harry Jacobs**, lost his long battle with cancer at the age of 96, but right up to the last he was making beautiful things, in particular, **charcuterie boards** to present to his large family.



Harry was a remarkable person with a wicked sense of humour. Born in South Africa, he graduated as an architect and built up a very successful practise before migrating to Australia with his family.

Harry is survived by 3 children, many grandchildren and great grandchildren, and a huge extended family all of whom Harry adored. His family has maintained a strong and valuable connection with the Waverley Shed and its members, grateful that in his latter years Harry had an outlet for his creative passion, working with different timbers, and the opportunity to make new friendships.

We recall Harry's special skills creating these beautiful charcuterie boards



PROJECT IDEA: PUZZLES

Puzzles can be made from scraps of different types of timber off-cuts regularly found in the rubbish bins in the Shed.

The type of puzzles is limitless, there are thousands of them out there in the land of the internet.

The 2 puzzles pictured are just ideas to whet the appetite!



I made a huge "to do" list
for today ...

I just haven't figured out
who's going to do it!





DANGERS OF TREATED PINE IN THE SHED

The Workshop dangers of Treated Pine:

Treated pine contains various chemicals to restrict Rotting, Woodworm, Borers and Fungal rot to extend the life of the timber. One Chemical used is: CCA – an abbreviation of Copper Chrome Arsenate.

This chemical **contains Arsenic** and is no longer in use for items which are contacted by humans i.e. decking, seating, Picnic tables, play equipment, decking etc.

There are Nine different Treatments in use today. See below for details and how to recognise the code numbers on the wood labels. Treated Pine also has striations or what looks like small grooves on one face of the wood.

The main problem with the use of "Treated Pine" is how it is handled. Working with all types of treated pine requires attention to the use of PPE and a lot of common sense.

- Avoid inhaling the sawdust.
- Wear gloves – recommended at all times when handling any timber product.
- Use a P1 or P2 dust mask when cutting or machining.
- Wear protective goggles.
- Work outside or use dust extraction devices.
- Don't allow sawdust to accumulate.
- Wash your hands and face thoroughly before eating, drinking, going to the toilet, or smoking.

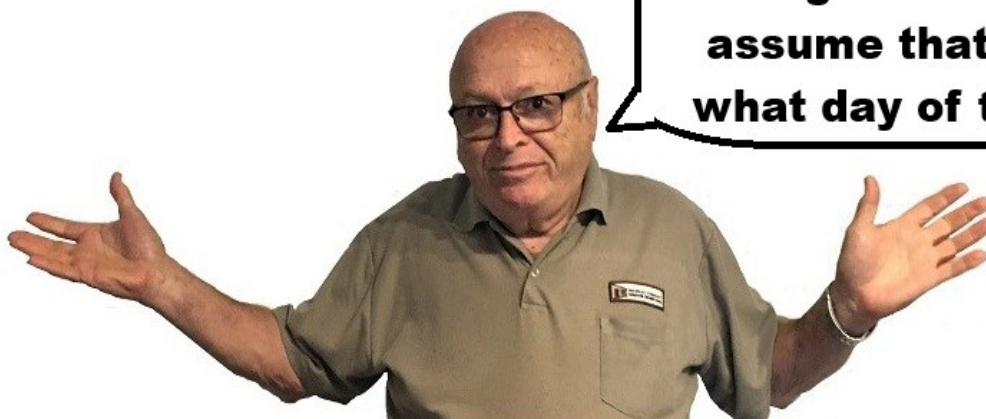
That is only part of it!!!!

- Do not recycle or dump off cuts,
- Do not burn off cuts anywhere (no BBQ's),
- Do not use sawdust as mulch.
- Clean the workshop as soon as cutting, sanding etc is complete – floors & all surfaces where dust may fall or accumulate and allow time for the air to clear.

As you can see – the **use of Treated Pine is dangerous** in more ways than one and time consuming with clean up.

So why are you receiving this information? It has come to the attention of the Board that Treated Pine is being used in the Shed!!

Due to the Dangers of the sawdust and the problems of disposal of all forms of the wood, from 1st OCTOBER 2026, the use of Treated Pine, in all forms, is forbidden in the Waverley Community Mens Shed.



**People who ask me what I'm
doing tomorrow probably
assume that I even know
what day of the week it is!**



THE MEMORIAL MENORAH

On 14 December 2025, a terrorist attack occurred at Archer Park of Bondi Beach during a celebration of the Jewish festival of Chanukkah, attended by around 1,000 people.

15 innocent people were killed in that attack, 4 of those who perished were members of COA (Centre of Activity) of Bondi Junction, a centre connecting seniors by various activities and experiences.

Tom Wolf was so moved by the results of this horrific event that he designed a Memorial Menorah that is in fact a Chanukkah (a Chanukkah Menorah to be lit during that festival). It features a traditional Channukiah and the Temple Menorah and has 15 actual or symbolic flames, one to remember each of the victims.



The design was made into a wooden Memorial Menorah by the members of the Waverley Shed, and presented to the Board of management of COA on 23 September 2026.



**I joined a
procrastinator
support group.**

**It's called
"wait watchers"**



WAVERLEY REPAIR CAFÉ

September 27, Waverley College

The Waverley Council sponsored **Repair café** was held at the Waverley College site in Birrell Street, Waverley, on 27th September. **Tom and Sandy Wolf, and Phyll Sakinofsky** attended to work on the wood repair station.

The event is held every few months to encourage locals to repair/reuse their items rather than throwing them away and thus help in recycling, repairs are carried out by volunteers to fix broken bikes, gadgets, appliances, textiles, shoes and more (which is where we fit in).

Being a volunteer and running a wood repair station has its challenges with having only limited tools etc available (whatever could fit into a carry-away toolbox), and the problems to solve be require a lot of lateral thinking, such as cutting down screws that have to fit, and using treenails made from coffee stirrers when you have no real nails.



During the morning, our team worked on and fixed (or part fixed) 4 items:

- a stool,
- a sewing box,
- a sideboard,
- and a Chinese box.



For the things we could not fix completely, the community members were encouraged to bring the items to the Shed.

We were then treated to lunch, with discussions among the volunteers of their experiences.

The experience was enjoyable, and we spread the word for the Shed within the community



The next Repair Café will be held at the Bondi Pavilion, Bondi Beach, on 14 November.

By the way, we found out the purpose of the money boxes we made at the Shed for Waverley Council.



Join us at the *next* Repair Café!

Sat 14 Nov 2026
10am-12.30pm
High Tide Room

Bondi Pavilion,
Queen Elizabeth Drive,
Bondi Beach

Join us for more repair and reuse at our next, special edition Repair Café taking place at Bondi Pavilion.

Bring down your broken bike, gadgets, appliances, textiles, shoes and more for a free repair from our team of friendly volunteers.



Scan QR code for more information



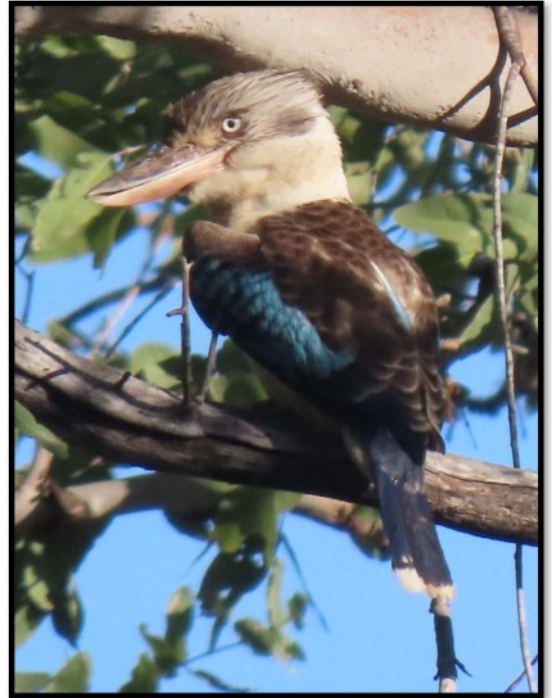
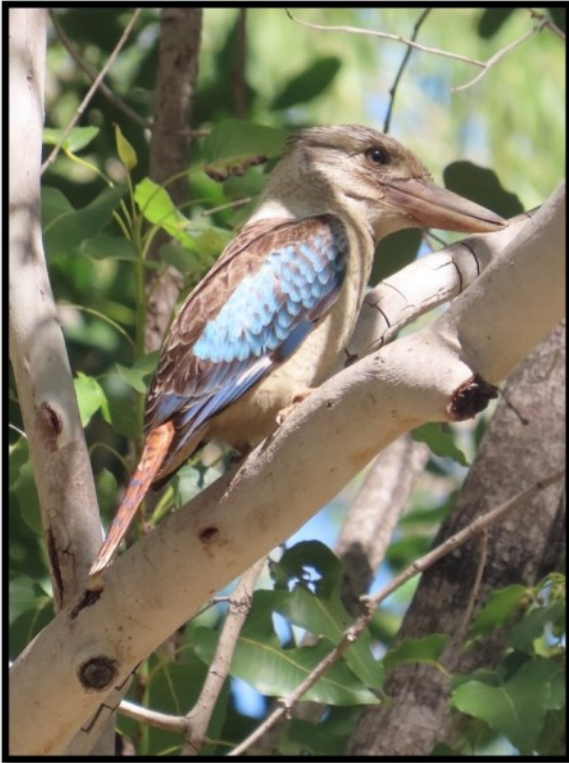


BIRD OF THE MONTH (#18)

Article and photos by Ian Dawes

Blue-Winged Kookaburra - *Dacelo leachii*

Relative of the laughing kookaburra often found near wetlands across the north of Queensland and the Northern Territory with a separate subspecies (*occidentalis*) in the Pilbarra.



They have been very accurately described in the Australian Bird Guide as “Northern kookaburras with mad-looking white iris and insane-sounding calls”.

Both sexes have more streaking on the head than the laughing kookaburra - the male has a blue tail with black bars, while that of the female is rufous with black bars.

Unlike the laughing kookaburra they do not laugh as such, but they do have territorial calls made as a

group which involves “hoarse screeches, yelps and cackles”.

The pair shown here (grumpy-looking male with the dark blue tail and female with the red tail) were at Lorella Springs in the NT.

NO MORE COSTCO

Contributed by Graham Ely

Yesterday I was at Costco buying a large bag of Purina dog food for my loyal pet, Necco, the Wonder Dog, which weighs 90kg. I was in the check-out line when a woman behind me asked if I had a dog.

What did she think I had an elephant? So because I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 24 kilos before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a perfect diet and that the way that it works is, to load your jacket pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrified, she asked if I ended up in intensive care, because the dog food poisoned me. I told her no, **I stopped to pee on a Fire Hydrant and a car hit me,**

I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore. Better watch what you ask retired people. They have all the time in the world to think of crazy things to say.



PROSTATE CANCER AWARENESS

Our male members should be aware and take steps to investigate if they have prostate cancer, by early detection, and improved care.

We apologise to members for failing to advise them in advance of Prostate Cancer Awareness month in September, but we were not notified (or reminded) of the event until it was too late to advise our members.

AMSA have now sent us a timely reminder, and just because it is not the month for it doesn't mean you can't attend to it **NOW!!**

Now blokes, I know some of you still think getting checked means a finger up the "you know where the Sun doesn't shine". You can wipe that nervous look off your face. It's 2026. A PSA test is a simple blood test. Just a little prick, and no, not the one you're thinking of.

- It's quick.
- You keep your pants on, if you want.
- And it could save your life.

Prostate cancer is one of the most common cancers among Australian men, but when caught early, it's also one of the most treatable.

So, stop putting it off like that DIY job you've been avoiding for two years, talk to your GP. Get checked. Look after yourself, your family, your mates and you will be glad you did.

We also **reprint** the article that appeared in the October 2021 issue of Scuttlebutt, a summary of the address given in May 2021 to members by **Dr Gad Kainer**:

"THE PROSTATE: Things you should know; and things you didn't want to know"

Growing older raises your risk of prostate problems. The three most common prostate problems are inflammation, enlarged prostate, and prostate cancer.

Symptoms of inflammation

- Trouble passing urine
- A burning or stinging feeling or pain when passing urine
- Strong, frequent urge to pass urine, even when there is only a small amount of urine
- Chills and high fever
- Low back pain or body aches
- Pain low in the belly, groin, or behind the scrotum
- Rectal pressure or pain
- Urethral discharge with bowel movements
- Genital and rectal throbbing
- Sexual problems and loss of sex drive
- Painful ejaculation (sexual climax)

Enlarged Prostate or BPH - Benign prostatic hyperplasia (non-cancerous abnormal cell growth). The result is that the prostate becomes enlarged. BPH is not linked to cancer and does not increase your risk of getting prostate cancer—yet the symptoms for BPH and prostate cancer can be similar.

Symptoms of BPH

- Trouble starting a urine stream or making more than a dribble
- Passing urine often, especially at night
- Feeling that the bladder has not fully emptied
- A strong or sudden urge to pass urine
- Weak or slow urine stream
- Stopping and starting again several times while passing urine
- Pushing or straining to begin passing urine

cont. p.16

cont. from p.15

Prostate Cancer Screening

A screening test may help find cancer at an early stage, when it is less likely to have spread and may be easier to treat.

- **Digital Rectal Exam (DRE)** - This is the least reliable of the screens and only picks up approximately 20% of **advanced** prostate cancers.
- **PSA (Prostate-Specific Antigen) Test** - a value of 4 nanograms (ng) or higher per millilitre of blood as a sign that further tests, such as a prostate biopsy
 - ◊ If both total PSA and free PSA are higher than normal (high percentage of free PSA), this suggests BPH rather than cancer.
 - ◊ If total PSA is high but free PSA is not (low percentage of free PSA), cancer is more likely. More testing, such as a biopsy, should be done.

Prostate Biopsy

- A positive test result after a biopsy means prostate cancer is present.
- A pathologist will check your biopsy sample for cancer cells and will give it a Gleason score. The Gleason score ranges from 2 to 10 and describes how likely it is that a tumour will spread. The lower the number, the less aggressive the tumour is and the less likely it will spread.
- Treatment options depend on the stage (or extent) of the cancer (stages range from 1 to 4),

Treatment options for prostate cancer

- **Active surveillance** - This does not mean doing nothing, but involves a regime of regular PSA tests and sometimes repeat prostate biopsies to monitor the cancer.
- **Radical prostatectomy** - can be performed using open surgical or minimally invasive techniques.
- **Radiotherapy** - Radiotherapy can be administered like an X-ray, by directing the beam from outside the body onto the prostate), or by inserting radioactive 'seeds' or needles into the prostate.
- **High Intensity Focused Ultrasound** - high energy waves are focused onto the prostate to generate temperatures >80 degrees
- **Hormonal therapy** -
 - ◊ Stopping the production of testosterone,
 - ◊ Surgically removing the testicles
 - ◊ Taking medications, or 3-6 monthly injections to 'turn off' the testicles.

Disclaimer: The above 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.

PROSTATE CANCER NURSES

To allay fears arising from recent announcements regarding prostate cancer nursing, and that they may result in a lessening of services, **Dan Repacholi MP**, Special Envoy for Men's Health, confirmed that Commonwealth-funded prostate cancer nurses will be provided by the Prostate Cancer Foundation of Australia until 30 June 2027.

After that date the same number of prostate cancer nurse positions will be provided through the McGrath Foundation to ensure men diagnosed with prostate cancer continue receiving free, expert and personalised support.

Specialist prostate cancer nurse positions will remain the same, supporting men through treatment and challenges including incontinence, sexual health and mental health.

The McGrath Foundation already delivers one of Australia's most trusted cancer nursing services, and bringing prostate cancer nurses into its national model will provide more consistent care, particularly for regional communities.

Blockes are encouraged to seek help, as around 4,000 Australian men die from prostate cancer every year.



CARAVAN HOLIDAYS

By Peter Robilliard

Caravanning is a very broad topic, so to keep it simple, I'm going to try and just relate my personal experience of it. When I was growing up, my parents hired caravans and we had 4 enjoyable holidays away in them, so I was familiar with them. However, it took me nearly 60 years to have another holiday in one!

My wife and I currently own a single axle caravan which we bought in August 2023. Our first caravan purchased in 2018 was a lesson in what not to buy, coupled with the perils of navigating warranty issues. We eventually sold it back to the dealer and thought, 'well, that's caravanning over and done with'!

However, after a couple of years we realised we missed these holidays and set about buying a another, new one!

Our decision to buy a new caravan was based firstly on its weight, secondly on its features and creature comforts and thirdly on it being built in Australia. We attended the 2023 Caravan and Camping Show at Rose Hill Gardens and checked out which caravans could be towed by our car (the limit being a loaded-up weight of 2 tonnes). The show was a good time to negotiate a deal, and 3 and a half months later we took delivery.

People buy holiday homes, and you could also stay in hotels, etc., but we wanted the flexibility of having a mobile holiday home where we could spend holidays in different locations. The 'apartment' is always the same with your own things in it wherever you are.

We're not slumming it, the caravan has a queen sized bed, en-suite bathroom, air conditioning, tv and adequate storage space, plus a bike rack at the rear.

I don't find towing, parking or manoeuvring the 'van a chore, and motorway or highway travel is straightforward enough. It does help having a navigator for advance warning of turn offs and destinations, satnavs notwithstanding! My experience so far is limited to trips up and down the coast (we like beach life), and an inland trip to Tumut.

We do intend to do more inland trips in the shoulder seasons, and go to at least Queensland and Victoria.

One of the most enjoyable things in staying in a caravan park (or more commonly called tourist parks these days) is meeting people there who are predominantly on the same page as you.

Tips on what to see, where to stay next, where to get a good meal. At Bulahdelah, for example you can buy delicious award winning sausages, and just out of South West Rocks at the Jerseyville Fisherman's Co-op, you can buy very fresh local prawns, fish and oysters.

At South West Rocks where we now visit annually, we meet up with people who also stay annually and share drinks and meals with them.

We also enjoy a stroll around the park after the evening meal to help digestion and to check out other people's vans and new arrivals. At most coastal towns you can find a beach, golf course, tennis courts, bowling clubs and cycle paths to keep fit.

As **Richard Cortis** has already mentioned in his travelogues in Scuttlebutt, he has an RV/ motorhome. I was told when purchasing our caravan from the dealer that RV's make up about 1/3 of their sales and that in caravan parks it seems about the same ratio.

Both RV's and caravans have their devotees, but my personal money's on the caravan at this point!



Our caravan set up at South West Rocks



EASTERN AUSTRALIAN ARTESIAN BATHS

By Richard Cortis

Scuttlebutt readers will be aware of my trips over the past few years to visit hot bore baths all over the Eastern seaboard. I have now compiled a list and other information for the benefit of Scuttlebutt readers.

I have attempted to catalogue some of the accessible bore baths from my experiences or what I have heard.

Although separated by State boundaries, the journey to the baths in northern NSW can be combined with travel to the Queensland baths. For further research you can look up The Wellness Way in outback Queensland.

The Great Artesian Basin extends from up near the Gulf of Carpentaria down through Central Queensland, into northern New South Wales and a bit out into South Australia. Many bores have been sunk to draw water to the surface to support agriculture.

Most of the water drawn from this aquifer is quite hot with varying amounts of odour. The water drawn from the aquifers of the Great Artesian Basin has been dated to twenty thousand years old.

Many bores have been harnessed to provide water for towns and some are used to provide hot water for swimming pools. There are claimed health benefits for swimming in this ancient artesian water.

NEW SOUTH WALES

Moree in northern NSW has a number of bore bath developments in town. *The Moree Swimming Centre* has some quite large pools set at different temperatures so this is an easy stop if you are not staying in town. On the other side of town, out towards the airport, the *Gwydir Caravan Park* has several very nice pools at different temperatures for use by guests in the caravan park and motel.

The development also has a quite large pool in an enclosed building just a kilometre away. Again, worth a visit if you plan to stay for a few days or perhaps a bit longer.

Several motels in Moree have their own private pools for use by guests and the caravan parks on the east side of town have pools but I have not seen them.

Going North from Moree, there is a council artesian pool with an attached small caravan park at **Boomi**. It is only a small pool but probably worth a dip if you are travelling north.

A bit further on, and right on the Queensland border but still in NSW, there is a council pool in **Mungindi** which is worth a dip. However, check opening hours as I recall that it was only open in the morning.

There is a quaint but neat and friendly caravan park if you need to stay in town overnight. Interestingly, there is another part of Mungindi, just over the bridge in Queensland and it has its own postcode but no artesian pool.

Crossing back into NSW at Hebel, it's only about 30km to **Goodooga** where there's a nice new Council pool near the water tower. There is only a large open free camp area near the pool but no other accommodation that I am aware of. But it is only a couple of hours on to Lightning Ridge.

Lightning Ridge is a fairly large Opal mining and tourist centre with good shopping and accommodation options. It is worth planning to stay on for a few days to properly absorb the culture and have a good look around.

Plenty to see and have a dip in the town artesian pool which is just on the eastern side of town. The information centre is really worth a visit to get your bearings when you arrive.

South from Lightning Ridge is **Walgett** which is a moderate sized service centre and has an artesian pool but I have not been to it.

Going east you come to **Burren Junction** but the artesian pool is a kilometre or so east of the town. No viable accommodation options except free camping at the baths. Good to stop for a dip.

A bit further south east is the village of **Pilliga** which has a pub and a shop. .

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The artesian pool is a couple of kilometres along the Highway east of town on the road to Wee Waa. There is good free camping near the pool but beware the black soil if rain is forecast. Wee Waa has good food shopping and reasonable accommodation options

Colarennabri has a new, recently opened council artesian pool but I have not seen it. Probably worth a try though

In addition to the baths in northern NSW and Queensland, there is a warm pool at the **Yarangobilly Caves** in the Snowy Mountains with a nice walk down and a bit of a slog back up to the carpark

QUEENSLAND

Travelling north into Queensland, you come to **St George** which has a warm artesian pool in the town swimming centre. St George is quite a large town with reasonable shops and accommodation.

A couple of hundred kilometres further north, not very far in central Queensland terms, you come to **Mitchell** with its lovely artesian pool, change rooms, and cafe. Definitely worth a stop for a dip.

The town has the nice **Major Mitchell Caravan Park** just walking distance across the bridge as well as motel and hotel accommodation in the town.

There is no public artesian pool in **Tambo** but an overnight stop is worthwhile to see the chicken races.

Travelling further north there is a turnoff to **Lara Wetlands**, a working cattle station accessed by thirteen kilometres of gravel road. It has a lovely artesian pool in a natural setting beside a lake. The camping here is for independent vehicles as there is no town power. They also have several cabins with solar powered lighting for guests but book ahead.

Once back on the main road, it is only thirty kilometres to **Blackall** which has a fifty metre **Olympic Pool** in the town swimming centre. The pool is maintained at a bit over 32 degrees from the town bore.

Interestingly, the ancient water from the bore is sufficiently pure for it to be reticulated untreated to the town as drinking water.

Further, there is not much need for hot water tanks in Blackall because the town water is more than warm enough for a hot shower. The water is soft and nice to drink if you let it cool for half an hour to lose its odour.

There is a caravan park with cabins as well as a motel for those staying in town. The fabled **Black Stump** is a couple of hundred metres from the aquatic centre along the back fence of the high school oval.

North from Blackall there is **Barcaldine** on the highway junction with the left turn taking you to **Ilfracombe** and the major centre of **Longreach**.

Travelling south, you go to **Charleville** which is a fairly large regional centre before turning west to **Cunnamulla** which has a quite new and attractive artesian spa pool complex with a number of very pleasant pools at different temperatures.

The Cunnamulla complex offers massage and mud facials for those so inclined. There are caravan parks with cabins as well as motel options in Cunnamulla.

Going south west and a bit off the beaten track, there is a council artesian hot pool in **Yowah**. There is a caravan park which is also the shop and the post office. It is all a bit rustic so be prepared to soak up a bit of the local culture.

Yowah is also an Opal mining area so you may want to do a bit of fossicking if you are so inclined.

Going South from Yowah, there is a bore at **Charlotte Plains** but I have not been there so I cannot confirm what facilities are available.

VICTORIA

There is a developed spa resort at **Daylesford** which is worth a visit if you are in the area.

There is also a spa resort on the **Mornington Peninsula**, south of Melbourne but I have not been there.



MORE FAVOURITE T-SHIRTS

It seems that interesting T-shirts seen around are never-ending, we actually have a rule against wearing offensive garments at the Waverley Shed. It is hoped that seeing more of these will so offend you as to send us some more!!.

**DON'T
RUSH ME**
I'M WAITING
FOR THE
LAST MINUTE

PEOPLE SAY
I ACT LIKE
I DON'T CARE.
IT'S NOT AN ACT

NOPE.
not today

REMEMBER WHEN I
ASKED YOUR OPINION?
YEAH, ME NEITHER.

THERE'S A
99%
CHANCE I DON'T
CARE

I HAVE
SELECTIVE
HEARING
I'M SORRY
YOU WERE NOT
SELECTED

I tried to be
NORMAL
once.
WORST 3 MINUTES
OF MY LIFE.

**WOKE UP
SEXY
AS HELL
AGAIN**

I'M OFTEN
MISTAKEN FOR AN
ADULT
BECAUSE OF MY AGE

IN ORDER TO
INSULT ME
I MUST FIRST
VALUE YOUR
OPINION
NICE TRY THOUGH

**OF COURSE
YOUR OPINION
MATTERS.**
JUST NOT TO ME.

**MY MOM
DIDN'T RAISE
A DUMMY,**
AND IF SHE DID IT
WAS MY BROTHER.

**TODAY'S
GOOD MOOD
IS SPONSORED BY
VODKA**

BREAKING NEWS
**I DON'T
CARE**

I farted
That's as close to
GIVING A SHIT
as you're going to get

NEVER
UNDERESTIMATE AN
OLD GUY
WITH A
CARAVAN
