



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!



HAPPY NEW YEAR!

**THE WAVERLEY SHED
WILL REOPEN ON**

MONDAY, 15 JANUARY



IT'S STILL OUT THERE!!

**Please remember to stay safe
when going out. Remember social
distancing guidelines where
appropriate and don't go out if
you are not feeling well.**



FROM THE EDITOR'S DESK

We start the new year full of optimism, the Shed numbers are looking good, attendances are high, and our profile in the community is terrific.

Your Committee is active, very aware that our tenure at the WMH site is dependant on the timing of the proposed development, and alternatives are being investigated.

This work anticipating the worst is necessary as it is expected that, whilst Uniting have assured us of a new home in their new development, such a location will be provided many years (expected to be over 7 years) after we will have to move out of our present "home".

We expect to be able to provide a community service wherever we move to, but most importantly we need to take care of each other so as to make sure that we continue to provide a safe haven for our men's health initiative, to alleviate loneliness and isolation for men.

This is the time year when with the Shed closes for the holidays, some men may fall to the way-side and need help.

If you are aware of a Shedder (or anyone else for that matter) who needs help, please let us know. Even if we can't help in the circumstances, we know of other agencies specialising in giving assistance, who can help.

Tom



TRAVEL SAFETY ADVICE

It is that time of the year when many of us travel. Wherever you travel, you should be aware of your surroundings and the people around you.

- Use discretion when handling cash publicly and separate money for small and large purchases.
- Never provide personal information to any person you do not know, and take extra care with wallets, handbags, cameras and other valuables.
- Be vigilant in high traffic areas such as train stations and crowded markets.



GETTING A DEMERIT POINT REMOVED FOR SAFE DRIVING

Drivers with demerit points on their driver licence could have a demerit point removed sooner as a reward for driving safely.

With the new [demerit point return scheme](#), you'll qualify simply by having:

- a full NSW driver licence
- a spotless driving record from 17 January 2023 until 16 January 2024.

Safe drivers can expect their demerit point reward to be applied from mid-April 2024.



Clamps not big enough? Save money and a trip to Bunnings by making two clamps from four



PRESIDENT'S MESSAGE

(read by Graham Ely at the Christmas Party in Peter C's absence)

Shedders, I hope you are all enjoying yourselves today and I am sad that I am not able to be here with you. I am touring Norfolk Island.

The Shed has had a busy year and is in a good place; we have repaired a lot of the community's furniture; we have made lots of things for charity; and quite a lot of grandchildren have had nice presents made by members. But more importantly, I think that the climate in the Shed has been collegiate, supporting and fun for members, and that is what we are here for.

The threat of having to move from the War Memorial Hospital site remains and we have not had any more advice on when we will need to move out. So when will it happen? I am predicting, with some solid information, that it will be over two years. Your Board has stepped up its efforts to find a place to go and we are not planning to give up.

It is appropriate to thank those who have invested the time and effort in helping us during the year:

First is Peter Black, someone who has continued to look after many, many of the jobs here - purchasing, kitchen, organising, coordinating tasks, teaching us, working on Ronald McDonald furniture, driver of the ute, helping us find things within the Shed, and lots more.

Graham Ely for his many roles: Secretary duties, Membership Secretary and Chief Chair Repairer.

Charles Gerrard for mastering Rodger's accounting system and constantly telling your Board that we need more money (he is right).

Rodger for helping the transition to Charles and for looking after the tricky tasks like ensuring our charity status survives and that we do the right thing re the WMH accounts, etc.

Albert for taking on the role of accountant. Albert is not here as he is recovering from bypass surgery - we wish him well.

Bremmy for looking after our safety and machines while fighting his own battles, keep it up Bremmy, we look forward to you bothering us for many years to come.

Rodney G for his attention to very minor fractions of a millimetre in machine settings and dust collection.

William for his extraordinary wide knowledge and perpetual but false grumpiness.

Tom for Scuttlebutt, his editing. I have toured quite a number of Sheds in recent months and find Scuttlebutt is top rate.

Mike Barker, our manager of parties, thank you.

And thank you to all members who do lots of things to keep us going so we can continue to support men's health in the community.

Happy holidays to all

Peter C



THANKS!!

Mike Barker wrote to expressly register his appreciation for the contribution from the volunteers, both the new ones and the regulars, who helped out before and after the Party.

It made all the difference!!

BTW, the trifle made by **Freida Barker** for the Party was a huge success with members and our Patron, Dr Marjorie O'Neill MP (pictured with a serving). **Thanks Freida.**





SHED CLOSURE/END OF YEAR PARTY

On 13 December we welcomed our Patron, Dr. Marjorie O'Neill MP for our end-of-year function, we thank Mike Barker for organising the party and Dave Colwell for his cooking. A good turnout by the members, and a great time was had by all, we're just sorry that many could not be present.

This year's auction of a Lions Christmas Cake was won by Marjorie, we thank her for her generous contribution to the Shed (not just participating in the auction funds but her contribution throughout the year and her generous work trying to source a new site for our forthcoming move—sometime in about 2 years) The work being done by the Committee and supporters at all levels of government seeking premises also has to be acknowledged.

Here are some photos from the Party:





FOR HEALTH AND SAFETY'S SAKE - CLEAN UP AFTER YOURSELF

By Peter Ulmer, Welfare Officer

Hello Shedders,

We all enjoyed 13 December's fabulous Party. It is a shame that some people important to the Shed's activities like Peter Black, David Brem, Rodger Jamieson, Peter Charlton, Ian Dawes (to mention a few) could not be present.

Thank you to **Michael Barker** for organising and **Dave Colwell** for cooking for the Party.

However, the day would have been much dirtier and messier if not for the likes of the **HEROES** of the day before. I was the Admin. Supervisor that day and upon unlocking and entering I could not believe the state of the Shed. Knowing that we had our Patron, Dr Marjorie O'Neill, MP attending, I started cleaning the kitchen, sweeping, removing cobwebs etc. However, the cleaning really kicked up a gear when others joined in. For that, I want to thank:

- Nick Tyrell - spent ages cleaning the putrid plastic doors between the manual and powered workshops
- Peter Robillard - brought JIFF along and scoured the sink, cupboard and fridge
- William Honeyball - used steel wool and a paint scraper to clean the filthy paint sink
- Graham Ely and Craig Rubinstein - for tidying and cleaning everything else

So why do I tell you this? Simply, if you use any tool, equipment, paint, or use the kitchen ...

CLEAN UP IMMEDIATELY AFTER YOUR JOB IS DONE.

It is **NOT ACCEPTABLE** to leave it to others to clean up your mess.

In 2024 all Tech. and Admin. Supervisors **will** enforce cleanliness, a dirty Shed is a health and safety hazard particularly with an ageing group, so health and safety must be a priority.

MORE PARTY PICS

By Graham Ely



These photos demonstrate what Mike Barker was acknowledging on Page 6 (and how appropriately?). Graham sent these photos of **"before and during"** the Party.





SHED GOINGS-ON (CURRENT PROJECTS ETC.)

Jordan Stuart is helping out **Harry Jacobs** with inscribing a logo onto the **chess box** that Harry has made. The laser printer makes easy work of it (once the design is programmed).



Tom Wolf is working on a duplicate set of models of **HMT Dunera**, a ship that has historical significance to Australia. One of the models is destined for the Dunera Museum in Hay (NSW) whilst the other is to be kept by Tom for his personal collection. Tom is currently making the **lifeboat davits**



Tom Wolf is also making some **toy boats** to be given to kids at the Bunnings Fairs on behalf of the Sydney Model Shipbuilders Club. A simple design, intended for the 5-8 year age group (left)



David Berman's carved frame was featured last month, this photo shows the **carved frame with the mirror installed** (right)



The Shed was requested to make 4 safety steps for the **Wairoa Special Needs School** at Bondi Beach (left). We have maintained a special relationship with the Wairoa School ever since the

Shed started, **Peter Ulmer** made the **steps** to specification given by Hayley (from the School). The steps are to be used in various locations within the School.

cont. p.7

cont. from p.6

Rodger Jamieson has made a lovely bowl.

The first photo was taken just 30 minutes after he started, ...

and the second photo shows him applying the final wax coating. The whole process was completed in just one day!

Someone will be lucky this Christmas!



Then there are some photos that speak for themselves, no need for much explanation!

Ian Dawes clowns around with a bowl made at the Shed (left)

Very lovingly done (as the inscription proves), **Sid Lewinski** took a long time to complete a **jewellery box** for his grand-daughter (photos below).

Sid asked for guidance whenever he struck an issue, Kenny Lazarus and Tom Wolf (and others) were only too happy to give advice, hoping it was useful.



PHONE CHARGING PROBLEM SOLVED

Advice by Richard Cortis

If you have an iPhone and you are having intermittent charging problems when you plug in the cable, it may be that the charge socket has filled up with pocket lint. The accumulation of lint in the socket prevents reliable electrical contact with the cable.

Usually this means that the "DING" that sounds when you plug the cable in is either missing or intermittent, leading to unreliable charging. The simple first aid solution is quite simple.

Take a pointy little tooth pick and gently try to excavate the accumulation of lint so the Lightning Cable can make a more reliable contact.

In addition, it is suggested that you may flush out the socket with isopropyl alcohol. Small pump sprays of isopropyl alcohol are available at Hardware stores. The pump spray is also useful for cleaning spectacles and preparing surfaces for glueing.

Isopropyl alcohol is the primary ingredient of hand sanitiser but do not use hand sanitiser as it contains other stuff that may gum up the socket.

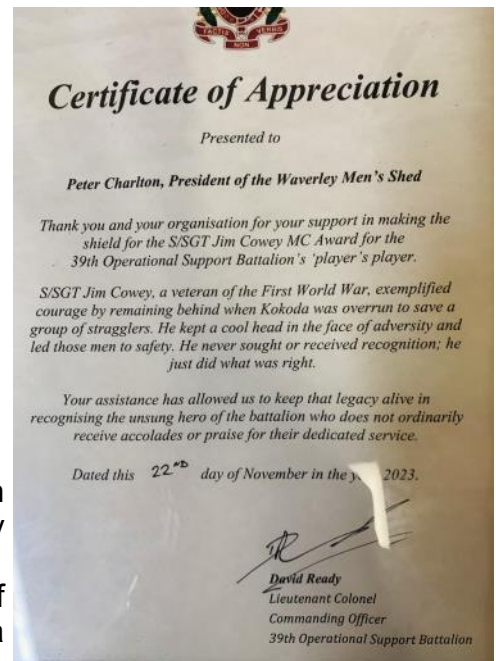
Good luck and happy phone charging



"KOKODA TRAIL" AWARD BOARD FOR THE ARMY

A most unusual Shield for the S/Sgt Jim Cowey MC Award featuring the ridge line of the Kokoda Trail was made by Peter Charlton for the 39th Operational Support Battalion's "player's player" Award.

S/Sgt Jim Cowey exemplified courage by remaining behind when Kokoda was overrun so as to save a group of stragglers. He kept a cool head in the face of adversity and led those men to safety. He never sought or received recognition, he just did what was right.



The project recognising the unsung hero of the Battalion was completed correctly, and our friends from the Army were delighted with the outcome.

David Ready, Lieutenant Colonel, Commanding Officer of 39th Operational Support Battalion presented Peter with a Certificate of Appreciation.



UP, UP, AND AWAY!!

Having found some old fashioned phone booths in Ross, Tasmania, **Richard Cortis** contemplates changing persona with the man in the blue skintight outfit and red cape.

We hope he doesn't!



FIRST AID COURSE FOR SHEDDERS



WOLPER
JEWISH HOSPITAL
HEALTH
FOUNDATION

During the height of the COVID crisis we received a grant from the Wolper Jewish Hospital Fund to assist members of the Waverley Shed to obtain First Aid training and to maintain the efficiency of our First Aid kit and Defibrillator equipment.



It has taken some time to totally acquit the Grant, but assisted by the Grant, eight Waverley Shedders attended and completed a **First Aid Certificate Course** on 23 November, 2023.. The course instructs how to assist people in need of help and to reduce their suffering.



As well as assisting strangers, in this course one learns how to look after our grandchildren and families, a **win-win**. It is a fact that more often than not, these skills are practised in emergencies in one's own home and it is recommended that all Shedders seek instruction to get these skills



BRAINFREEZE

WHY WOMEN LIVE
LONGER THAN MEN ...



ARE YOU FEELING THE HEAT? CHECK YOUR MEDICINES!

Extracted from material found at a hospital

According to some well respected medical practitioners, feeling the heat may be due to the medicines you are taking.

Some medicines increase your body temperature, which then increases the risk of heat intolerance.

- Antipsychotic medicines to treat mental health conditions
- Stimulant medications to treat ADHD.
- Levothyroxine, used to treat under-active thyroids, used to increase your metabolism

Medicines that constrict your blood flow make it difficult to shed heat.

- Beta-blockers and medicines used to treat angina, tachycardia, heart failure and to prevent migraines.
- Decongestants for blocked noses, triptans for migraines and some
- DHD medicines may act to decrease the blood flow to the skin.

You can get dehydrated or not get as thirsty

- Laxatives and diuretics, and some antipsychotics

You can sweat less, as the medicines have a drying effect.

- Some antihistamines
- Certain antidepressants
- Medicines used to treat urinary incontinence
- Nausea medicine - eg prochlorperazine
- Medicines for stomach cramps and spasms - eg hyoscine
- Antipsychotics eg chlorpromazine, olanzapine, quetiapine and clozapine.

If you think your medicine may be contributing to your heat wave this summer, check with your doctor or pharmacist. They may be able to offer alternatives.

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.

I'm very fortunate to have someone call and check on me every day. He's from India and he is very concerned about someone scamming me and hacking into my accounts ...

SCAM

he's always helpful and asks for my Password to fix my problem!





MOTORCAR TYRE SAFETY

We are reminded that it is easy to forget that tyres are a critical safety feature of any car. It is important to know how to look after your tyres.

Inflate your tyres correctly

Under or over-inflating your tyres is dangerous and can lead to excessive tread wear. Look for the manufacturer's recommended tyre pressure on the tyre placard usually located on the driver's side door pillar, fuel flap, glove compartment or engine bay.

- Check your tyres weekly.
- Check pressures when your tyres are cold.
- Use an accurate tyre pressure gauge.
- For heavy loads or sustained high-speed driving, increase the pressure according to your vehicle's recommendations.

Maintain safe tread depth

Safe tread depth maintains your driving control, grips the road, disperses water and keeps you safe. A worn tyre increases your braking time in the wet and the chance of you losing control. Most new tyres start out with 8-9mm of tread. When this wears, your tyre's ability to disperse water reduces. When the tread is less than 2mm, replace your tyre as soon as possible as it's likely to be unsafe.

- Regularly check your tread indicators, which will show as lines across the tread when it's 1.6mm.
- Alternatively, measure your tyre's tread depth with the key tag available from tyre dealers.

Check the age of your tyres

Unfortunately, there is no hard and fast rule to determining the age at which you should remove your tyres from service. You can check the age of your tyres by looking at the Tyre Identification Number (TIN). The last four digits indicate the week and year of manufacture: for example, a tyre with TIN 'XXX1214' was manufactured in the 12th week of 2014.

Rotate your tyres regularly

Rotating your tyres is vital for safe tread wear and maximum tyre life. Your tyres can wear differently depending on their position on your car and because of vehicle loading or suspension and steering set. up. Rotating your tyres will give a more even wear pattern and prolong tyre life.

- Rotate your tyres every 5,000 - 8,000 kilometres, or according to your vehicle manufacturer's recommendations

Check for irregular wear in the tyres.



Get a professional wheel alignment regularly

Correctly aligned wheels are essential for safe handling and braking - and they can help to reduce fatigue when you're driving. You'll also avoid excessive or irregular tyre wear. Get a wheel alignment every six months or 10,000 kilometres.