



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



The Shed is back in full swing and ready for another year's mateship mixed with a tinge of productivity. We are proud of what we have achieved over the years, now it is time to consolidate.

Repeatedly, the Supervisors' main complaint is cleanliness, and this will not go away unless everybody co-operates. Those signs "YOUR MOTHER, WIFE etc DO NOT LIVE HERE" have been spread around the Shed since the day we started without the desired effect. The Supervisors have threatened to declare war on cleanliness, so don't say you haven't been warned!!

Membership renewal forms should be arriving in your email later this month, please renew early, membership fee for 2024/25 was set at the AGM to be \$100 for the year..

Tom



CARTRIDGE DINOSAUR MONSTER

Many of our readers will recognise the "fired" Stop Saw cartridge that **Richard Cortis** used in creating his latest monster, a *dinosaur*.

The body was cut from a steel sheet using a plasma cutter.

Richard claims he had a lot of fun in making this monster.



NEW BOOSTERS ARE
NOW AVAILABLE!
GET YOURS A.S.A.P.

WAVERLEY COMMUNITY MEN'S SHED MEMBERSHIP RENEWAL 24/25

As members will be aware, membership of the Waverley Shed runs from 1st March to the last day of February, in line with the Australian Men's Shed calendar. Therefore, membership renewal is almost upon us!!

Members are encouraged to renew before the last week of February (but please wait for the Renewal form to be sent to you).

Membership renewal is now possible using a credit card although cash still works as we are not yet a cashless organisation.

At the last AGM, the financial situation to keep the Shed viable was considered, including very substantial future expenses - namely the cost of a new Shed (\$1.5m ish) + the cost of moving, in addition to all the usual running expenses and the cost of consumables (both tools, glues, sanding disks etc, and including kitchen supplies) was considered.

Some members suggested that an attendance fee (either daily or weekly) be introduced (after all, \$2/week including coffee is a bargain) like many other Sheds do.

After careful consideration and seeking the view of the members who attended the AGM, it was decided not to charge a daily attendance fee, but to raise the annual fee for the 2024/25 year to \$100.00 (including insurance); one simple payment, easy for members and less work for our accounts people.

Members should be aware that we are already charging for timber from the Wood Shed (we want to encourage members to bring their own timber) and the Committee is considering whether to charge for some of the expensive consumables (eg sanding discs for the Festool unit cost \$2.49 each) but for the moment \$100 is all it takes.

RODGER'S 2023 FILLED IN



Rodger Jamieson supervises at the Shed on Wednesdays (when he is not travelling). During 2023 he did have some out-of-the-Shed achievements that your Editor only found out about belatedly.



As we know, Rodger loves his surfing - he came 1st in the over 70's in the Bondi Longboard Club and 5th overall in the Club's Open competition and held the President's trophy for service to the club during 2023. He participated in several competitions in beautiful places like Noosa, Crescent Head and Port Stephens.



Rodger and his wife Melody are also very keen choristers, members of the choir "Solidarity". With the choir, they

were fortunate enough to be invited to sing (again) at the National Folk Festival and spent the Easter weekend with the choir in Canberra. They also went to the Blue Mountains to sing at the Blackheath Choral Festival.



SAFETY FIRST

Adapted from the Hornsby Men's Shed website, but just as applicable to us
As we start another year at the Waverley Men's Shed, we are reminded that our main aim is for you to work safely. To achieve this, you must help yourself. To do this, it is essential you start with the following safety procedures:

1. Think what equipment can be used and pick the most suitable machine/tool for the job.
2. Think about (or ask) what can go wrong.
3. Think about what you will do if it does go wrong.
4. Make sure the work area (and its surroundings) are clear of any obstructions.
5. If uncertain about any part of operation, ask a supervisor, if still uncertain get a second opinion.
6. Leave your work area clean and tidy when finished, this includes putting all tools back where they belong.

Never leave a machine unattended while it is still in motion **regardless** of whether or not you have turned machine off at stop switch. If something is still moving it is unsafe to walk away.



This earlier article is reprinted due to its importance

LADDER SAFETY

When using a ladder make safety matter. For further information about ladder safety you should visit www.productsafety.gov.au/laddersafety matters

In any year, over 1600 people aged 65 and over are hospitalised because they fell from a ladder, and of those, over 60% of the injuries occurred in or around their own home.

When using a ladder:

- choose the right ladder for the job
- don't work in wet and windy conditions
- take time to set up your ladder
- work safely up the ladder
- have another person hold the ladder
- know your limits and work to your ability

And remember the old joke: **Falling off the ladder will not harm or kill you ... it's that sudden stop at the other end that does it!**



PROJECT IDEA: PLAYGROUND DIGGER

In the past year our Shed has been asked to make playground equipment for playgroup and pre-school groups.

Reading through some magazines, we have hit on the idea that small children would love to play with a playground digger in their sandpit.



Playing in a sandpit is an enduring childhood experience.

This article is not about how to make one, as there are lots of plans and instructions how to make

one available on the internet, it is rather just to motivate and to plant an idea into the minds of those who may be interested in making one!

ARE YOU LONELY?

Reproduced with permission from the Midland Men's Shed Newsletter

Are you lonely? Living on your own? Grieving the loss of a partner? Bored with life? Depressed?

Depressed is where you **DON'T** want to be. Loneliness, you can fix that yourself with a little help from a friend.

Men's Shed has access to programs that will assist you in overcoming loneliness, but you need to come forward and say something.

The main purpose of Men's Shed is the building of relationships. Mates! Guys that are just like you!

A recent Survey in UK asked what are the things in retirement that give the most joy and happiness. They were given a list of things like money, travel, cruising, learning new skills, fame, driving in motor sport etc.

The top answer? Relationships - the one that costs nothing to have!!

Let's talk about the big D. Depression. when you get depressed, it can start downward spiral that can be extremely difficult to get out of without help.

YOU NEED TO DO SOMETHING. NOW!!

Don't let depression take over your life. One thing that can be very beneficial is volunteer work. Most of us have no idea of the variety of work or activities there are out there. There are volunteers out there that love what they do so much that they go in every day.

Talk to your doctor. He can refer you to professional help.

Most importantly, build relationships, talk to someone, get a dog, get things to do, do things with your brain, start a new hobby.

KEEP OCCUPIED!

PS. Peter Ulmer is currently the Welfare Officer of the Waverley Men's Shed, he is only too willing to discuss your circumstances.



THE "WOOD LIBRARY"

Here's an idea sourced from the Monash Men's Shed (Victoria). How often have we heard a member ask "What kind of wood is that?"

No matter how experienced a member is, this question often brings a pause to the Shed activity, and we hear the usual answer: "Dunno, why don't you ask William?" or sometimes "Peter" or even "Ian".

Most members have a passion for wood and all the things that can be done with it; the things that can be added to our home (or a daughter's home) to make it both more aesthetically pleasing as well as more ergonomically functional.

When uncertain, we would like to know what wood we are working with ... trouble is, wood donated to the Men's Shed (or what we pick up by the roadside) is rarely labelled with its identity. So what happens when we ask William or Peter or Ian?

They have a good look at the wood and then give it the "scratch and sniff" test before giving it their best guess while the whole workshop erupts into guffaws of laughter as if they had performed exactly on cue, and occasionally the wood is listed as "**arborium obscurum**" (Latin for "damned if I know!").

At the Monash Shed, they have come up with a partial answer, they made up a Wood Library. Labelled samples of wood that could be used as a reference for when timber came into the Shed and nobody was sure of what it was ... "D'oh"! ... Bart Simpson moment! Why haven't we been doing this for the last 10 years? Yes, of course we can.

Now the 'how to'. The Monash Shed people decided to keep things small by making each piece 75mm by 50mm (3" X 2" in the old money) and about 4 – 6mm thick. The left half is bare wood and right half has a clear finish on it and has the English' name written clearly on it.



WHAT A GOOD IDEA??



OUR TALENTED SHED

by Peter Ulmer

The Waverley Men's Shed has many talented and creative woodworkers, craftsmen and artisans. Over time whether by choice, design or at a client's request many shedders end up specialising in particular jobs.

I wish to provide a few examples with names that I believe should be ascribed to those gents –

- Graham “the chair restorer” Ely
- Richard “the scrap metal model genius” Cortis
- Jeffrey “the pen-making ace” Silberbach
- Ian “the toy master” Dawes
- Mo “the puzzle box wizard” Dhanoya
- Tom “the model ship expert” Wolf

and now I wish to add myself to the above illustrious list.

Call me, **Peter “the mirror-making magician” Ulmer.**

All of my restored mirrors (7 in total) were found by the roadside as were all the materials used to create them. This is genuine sustainability in action.



HANDY HINT - REMOVING A BURRED SCREW

What do you think? We have all been there, but the solution is simple if you have a piece of electrical tape around. The pictures explain it all



CORTIS TRAVEL ADVISORY

During one of his travels about Australia, **Richard Cortis** visited Ross in Tasmania, and he snapped this photo of the **Ross Bridge** across the Macquarie River.

This historic bridge was completed in July 1836 and was built using convict labour. It is the 3rd oldest bridge still in use in Australia.





Drilling at Waverley Men's Shed.

By Peter Charlton

We have two pedestal drills at our Shed and their safe use is discussed in this short article . The two drills are:

1. the **Hafco Metalmaster DMF-42** that can also be used as a mill and
2. the **Nova Viking DVR 16"** that has more electronic gizmos, cross hairs etc.

Before using either you need to know how to use them.

This note **does not** cover the safe operation of either machine. It first tells where you can find the information on how to use these machines and then goes on to discuss the issues you need to understand when using any drill press

The operating instructions are to found on the web:

The Hafco MetalMaster DMF-42

The Operations Manual is available at:

- <https://images.machineryhouse.com.au/products/D185/PDF/D185InstructionsManual.pdf> But this is for a DMF-44 but they are very similar
- <https://www.manualslib.com/manual/1259347/Hafco-Dmf-42.html#manual> - But this is mainly about how to set it up and spare parts.

To access the UTube videos type into your browser:

- **Bruce Whitham DMF-42.** There you will find an 11 minute how to use video. or
- **HM-32 Mill Drill Hafco Metalmaster (M121).** (This video is just over 5 minutes and is for a machine with a shorter pedestal but it has a lot of good information.)

Nova Viking DVR 16" Drill Press

The Nova Viking's Operation Manual; is available for printing or viewing at:

- https://www.teknatool.com/wp-content/uploads/2019/07/20190711_837_NOVA-Viking-Manual_FINAL1.pdf

Alternatively the hard copy operating instructions are in the bottom drawer of the left hand filing cabinet.

So what is this note about? The chapter headings are:

1. Read the Operating Instructions
2. Use a centre punch before you start.
3. Clamping the work
4. Using a sacrificial piece under your work
5. Selecting the right bit type.
6. Speed and feed
7. Pilot holes
8. Drill size

1 Read the Operating Instructions

Read the Operating Instructions and look at the UTube on how to operate the machine. Why do you need to understand how to use the machine - because it is dangerous not to.

2 Using a centre punch to start.

Using either a centre drill, spring loaded centre punch, prick punch, hammer or even just a nail gives your drill the opportunity to get a good start and you will get a better quality hole. That impression in the surface allows the nose of the drill to seat a bit below the surface of the wood and begin drilling without wandering or skating.

3 Clamping the work

Your work must be clamped so that the drill bit does not catch the work and instead of drilling a hole it just swings your work piece around. To help ensure that the hole goes in where you want it to be you should clamp it properly.

Our drills both have T Slots and clamps to suit that can be adjusted to almost any position for almost any job. USE THEM!

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4 Using a sacrificial piece under your work.

There are two main reasons for using a sacrificial piece under your work, The first is it stops you drilling into the base of the work table and secondly, it significantly reduces the chance of tear-out.

The **Hafco** has a large piece of timber across the top of the work surface that must not be drilled into.

The **Nova** already has a small piece of wood fitted into the metal table. Do not drill into the wood, use a sacrificial piece of wood over the hole. The small rectangle is designed to reduce the chance that you will drill through your work into the metal work table.

Tear-out occurs when the drill comes right through the work piece and, instead of cutting its way out at the end of the hole, it just pushes its way out. This is because the pressure you are driving the drill down with forces the drill out of the timber before it has cut through the work cleanly. A sacrificial piece of timber right at the place where the drill bit is going to come out of your work stops the bit coming out till it has cut

5 Selecting the right bit type.

There are a lot of different drill bit types. The main ones and the most distinctive feature of each are:

- **Spade bit** - quick and dirty
- **Standard twist bit.** - universal bit for most applications.
- **Forstner bit** - usually for larger diameter holes and must be used at slow speed
- **Brad point bit.** - The point helps locate the start in the centre hole you have made so improving accuracy but they are hard to sharpen. Brad Point drill bits are used at a slower speed than the standard drill bit. "Brad point" bits are nice for cutting into face grain, but have little benefit in drilling the end grain.

6 Speed

It is easy to go too fast. Some recommended speeds:

Bit type	Bit diameter	Speed in soft wood	Speed in hard wood
Standard twist bit	6mm	3000	1500
Standard twist bit	10mm	3000	1500
Standard twist bit	15mm	1500	750
Brad point	6mm	1800	1200
Brad point	10mm	1800	1200
Brad point	15mm	1800	500
Spade bit	10mm	2000	1500
Spade bit	15mm	1750	1500
Spade bit	30mm	1500	1500
Forstner bit	15mm	2400	500
Forstner bit	25mm	1500	599
Forstner bit	30mm	1000	250
Forstner bit	40mm	500	250

Source: Nova Drill Press Operation Manual

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7 Feed / Heat and clearing the chips

You don't need to put a lot of force on the bit, it will cut its way through and putting too much pressure on increases the chance that you will cause a break out when the bit comes out the bottom of your work.

If you put too much pressure on the bit, the work will heat up and may not clear the chips away easily.

Ensuring that the chips come up and out of the flutes is important. If the chips do not come out they can get caught in the flutes and become very dense, over heat and jam the bit in the work so it can't be withdrawn or break the drill bit. It is often necessary to advance the bit into the work for a few seconds then withdraw allowing the chips to disperse (and sometimes physically brushing/clearing the chips away from the flutes) before going back down to drill further.

If your job requires a clean entry and exit hole then use a sacrificial piece of timber to support the work as it is being drilled. In addition using packaging or painter's tape over the wood at the entry and exit sites can assist in eliminating break out and lead to a much nicer entry and exit hole.

8 Pilot holes

If drilling a hole greater than 6mm in diameter is is good practice to drill a pilot hole first and then step up to the final diameter (this is not necessary when using a Forester bit or bradpoint.)

It is easy to see why this is a good idea when looking at the tip of a large twist drill bit. Most bits over 8mm in diameter have a flat on the tip that does not cut and this flat is often greater than 3mm, thus a pilot hole will help keep the drill following the pilot and not divert off to one side. It is essential that the work piece be clamped and not moved between drilling the pilot hole and the final hole.

9 Drill size

If the diameter of the finished hole is critical it is a good idea to test the chosen drill on a piece on an off cut of the work. Different woods cause a drill bit of say 15mm dia to give holes of greater or less than 15mm, and the end grain will drill differently from the face grain in the same species with slightly different results.

Trialling allows you to choose just the right bit size.



CHRISTMAS AT BUNNINGS

Bunnings at Eastgardens invited our Shed to participate in their Christmas Festival, where various organisations promote themselves. For some time past, Waverley Shed have attended to give away toy cars to the children who attend.

We attended on 7 December 2023 and our stand was an amazing success, with 45 of our pre-cut and ready to assemble toy trucks snapped up by the kids.



THANKS TO THE MEMBERS WHO ATTENDED!



No, he's decided not to play today. He's suddenly remembered it's my birthday!



FALLS PREVENTION

- Foot Care and Footwear

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

Look after your feet:

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

Choose the right fit shoes

Shopping tips:

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

For further information:

Email: falls@cec.health.nsw.gov.au

Web: www.cec.health.nsw.gov.au

Disclaimer: This article is not intended, nor should it be read, as medical advice. It is merely information to be used in recognising and responding to some symptoms and if in any doubt, medical advice and attention should be sought.



Pre internet chat room using
An old version of windows...



RICHARD'S JANUARY ESCAPADE

By Richard Cortis

My wife Dagmar and I decided to attempt to escape from the early January madness in Sydney.

The coast was not an option so we thought that perhaps a trip to the southern slopes may be fun. Our first stop was Jugiong which is about 40kms before Gundagai. Unfortunately, we could not get a dinner booking at the historic George Hotel so we had BBQ chook and watched the spectacular thunderstorm from our campsite in the adjacent showground.



It is a great free spot with plenty of space next to the Murrumbidgee River, so long as you do not crave power and water connections.

The George Hotel has accommodation and there is a motel nearby for those going car camping.

We moved on to Tumut to the Riverside caravan park where we had a nice spot on the bank of the Tumut River.

We took a quiet leisurely walk along the river on the wetlands walk which is quite pretty. There is also a more formal, but pretty, walk upstream beside the river below the town.

For the car travellers, there are motels and the caravan park has neat comfortable cabins. There are good shops and cafes in the town centre.

Further on, we stopped for the night at the little caravan park in Adelong, an old gold mining town with an interesting history. We had lunch at a lovely cafe followed by a long walk beside the river where there are some fascinating large sculptures installed.

The path goes from the town down to the old gold workings which are now ruins, but were extensive at the time. Dinner at the pub capped off the day.

It rained in the night and more was forecast but we thought we would try our luck in Tumbarumba. On arrival there, we were told that there was heavy rain forecast and the caravan park may need to be evacuated during the night.

We cut our losses and went back to Adelong where we had a site a fair bit above expected flood level. And it rained all night. The rain appeared a bit less further west, so we called a friend and asked if we would be welcome to camp near the homestead.

On the way from Adelong to visit our friend, we stopped in Gundagai and had a simple lunch in the restored Niagara Cafe which is still in the original building in the main street.

It has much of the original and the restoration has been done very sensitively so as not to detract from the original ambience. It took us back in time! Not only that, but the food and coffee was good and priced very competitively with other venues in town. A visit to the Niagara is highly recommended.

We had a couple of very convivial dinners with our old friends and discussed rural life late into the night.

Moving on, we booked into the caravan park in Cowra which is at the centre of town, and on the banks of the Lachlan River.



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cont. from p.10



The Japanese Gardens, just up from the town centre were very much worth a slow casual stroll, a visit to the gardens is highly recommended.

We had dinner at a nearby Chinese cafe walking distance from our camp site.

The forecast for Cowra was thirty five degrees so we decided not to go to Canowindra (pronounced Ca-noun-dra) and to leave our visit until there is cooler weather. Hot air balloons are an attraction there.



We dropped in to Carcoar (pronounced Car-core) which is a historic village with a fairly well preserved main street. There are many well preserved buildings worth a look.



The old hotel has been renovated and has accommodation as well as meals etc. There are also some coffee shops and the usual country curio shops offering the usual tourist fare.

We moved on through Bathurst which is now just a big bustling city with traffic and headed to Oberon.

The temperature in Oberon was about five or six degrees cooler than Bathurst because it is a lot higher, and it occasionally snows in winter. Oberon is a medium size town with a busy main street and businesses servicing the local population as well as tourists.

There is a selection of coffee shops and cafes., you can have dinner in the hotel bistro or at the busy RSL club a little bit along the main street. There is a nice caravan park with cabins and a good selection of motels. Locally, there are gardens to visit.

The main industry in Oberon is timber processing. Timber jinkers come in laden with logs and trucks roll out with finished timber products. The largest operation is the Borg plant, which is huge.

There is an interesting little museum adjoining the old railway station which is well worth a visit. There is also a separate railway museum with interesting stuff, volunteers have been working to restore the old railway line where they plan to eventually run tourist trains in vintage carriages. They have two functional diesel locos ready to go when the track is ready.

There is also a very nice walking and cycling track beside the rail line which goes out about 5km to Hazelgrove. The Oberon dam is an interesting structure and is really worth a visit. From Oberon we headed home after a very enjoyable Summer break away from Sydney.



BY DEMAND: MORE 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!!

