



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 5 Issue 3

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



FROM THE EDITOR'S DESK

With the issue and uncertainty of our staying long term at the War Memorial Hospital, and looking for another venue which will inevitably cost lots of money, your membership dollars are more important than ever to keep things ticking over. If you have not yet done so, please renew your membership as soon as possible.

Another year, another plea for contributions to Scuttlebutt. Whilst we are getting lots of kudos for the quality of this newsletter, we are constantly searching for things of interest. It is appropriate that all current contributors be thanked, you know who you are!

Tom



I must contribute to Scuttlebutt!!
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GET
THE
HINT??



Happy Easter!



PRESIDENT'S BLOG

Shedders, your Board met for its first meeting of 2024 and I write with a brief summary of the major decisions / activities

- Three more Board members have now achieved their "Test & Tag" certification.
- The Materials Data Sheet has been brought up to date. Thank you William and Ian.
- Nick Tyrrell has agreed to become an Administrative Supervisor. Congratulations/ commiserations to Nick.
- We plan to have a Shed Show in November, as yet we don't have a date, but we have a Show Committee with Peter Black; Ian Dawes; Mike Barker and Steve Weymouth as the initial members. They will determine where and when but they need all of us to make products for sale. For those members who did not see the Note of the 2022 Show, the analogue is still up on the WCMS web site.
- As we all know, the Shed sells some of its timber to members, but in an effort to increase the amount of product available for sale at our November Show it was decided that members should be encouraged to make two of anything they make, one for the Shed and one for themselves, in which case the cost of the wood is by arrangement (apart from those small number of pieces of timber that are very valuable and have a price written on them).
- The new site negotiations are continuing, with your President needing to write to our local politicians: Matt Thistlethwaite, Marjorie O'Neill and Ray Brownlee.
- The Prince of Wales Hospital asked us if any of our members would like to volunteers to help with maintenance of some of their equipment. Rodney Goldberg visited POW and learnt about their needs; much of it involves repairing wheel chairs etc and they want it all done on their site. A decision was made to assist as best as we can; here I formally ask you all if you would like to devote some time to a very good cause? The POW does need assistance, to find out more please ask Rodney.
- We are planning two dinners with partners, date to be advised by the Parties Coordinator Mike Barker.
- Bunnings Eastlakes have invited us to put on a display on early evening, Thursday, 21 March. It gives us a good opportunity to raise our visibility in the community. We will follow the model we used last time where we had a number of components for trucks that the kids can assemble.

Peter



TAGGING HAS COMMENCED

It is a legal requirement that all electrical items that are plugged into a power point must be regularly inspected by approved persons and tagged to be safe for use.

Until his recent illness, David Brem undertook this task, **Thanks David!** We now have 3 other members who have completed the course and are certified to "tag" machines.

Members will have noticed that "tagging" has commenced, we ask that all members comply with the requests for access to equipment by the Taggers, even if it means interference with their use of machines during the "tagging" process (which usually takes less than 5 minutes).

Your co-operation is appreciated.



2 FOR 1 PROJECT

The Shed has initiated a programme of allowing some of the Shed's timbers to be used for private purposes with the condition that whoever uses the timbers needs to make 2 items from them, one for himself and one for the Shed. This is necessary. as we need a lot of product to sell in November at our Fair, and we need more people to make things under "make two one for you and one for the shed" system. In this photo, **Nick Tyrrell** is making a **cheese/charcuterie board** out of Blue Gum. He is making two under the new Shed system.



THE WAVERLEY MEN'S SHED



NEEDS YOU

TO RENEW YOUR MEMBERSHIP NOW!



CAMPHOR LAUREL BLOCKS

We have some lovely camphor laurel blocks available for members to turn into very large bowls.

There are 2 options:

1. Wait for the timber to dry, but as timber usually takes 12 months per inch thickness to dry, this could take quite a few years. The pieces are very heavy now but can be expected to drop somewhere between 1/2 and 1/3 of their weight as they dry.
2. Members may elect to rough turn the bowl while the timber is still green, then leave it for just 6 months before finishing it.

Please see Peter Charlton if you are interested.



HOW TO USE THE SHERWOOD TABLE ROUTER

A new Table Router has been installed at the Shed and is now ready for members to learn how to use it and gain 'certification'. The table router is one of the more dangerous machines in the Shed and all users must be certified before using it.

Certification involves a three step process:

- Read and understand the "How to use ..." document copies of which are available in the Shed and soon will be available on the Shed's web site.
- Looking at three UTube videos,
- Showing one of the Shed's accredited certifiers that you have seen the videos, that you understand the machine and it's features and in addition know how to use it safely.

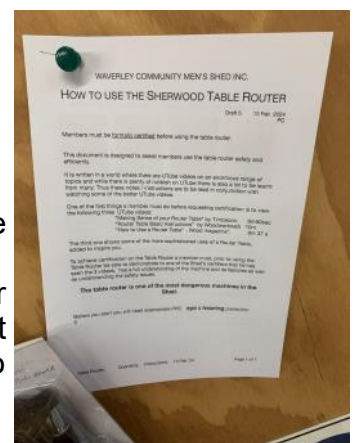
The three UTube videos are:

- "Making Sense of your Router Table" by Timbecon. 6m50sec
- "Routet Table Basic Instructions" by Woodworkweb 10m
- "How to Use a Router Table" Wood Magazine. 9m37sec.

Why not have a look at them while at home.

As part of the conditions for insurance cover whilst using machinery we are required to induct members in the safe use of each fixed machine. This applies to ALL members, regardless of their expertise whenever we acquire new machines. It is your responsibility to make sure that you are not using machines that you are not inducted or competent to use.

PLEASE READ THE NOTICE NEAR THE MACHINE



Uniting

Uniting War Memorial Hospital

invites you to a free seminar on

Continence

Monday 4th March 12.30pm to 2.30pm

**War Memorial Hospital Day Centre,
125 Birrell St Waverley**

Come and find out how to more effectively manage, treat or prevent incontinence problems

Do you

- **wake frequently during the night to urinate?**
- **urinate very frequently during the day?**
- **rush to get to the toilet in time?**

Entry from 12pm, light lunch will be provided.

Bookings essential: Catriona 93690215 or catriona.beaumont@health.nsw.gov.au



PARTICIPATE IN RESEARCH THAT BRINGS GENERATIONS TOGETHER

Researchers at UNSW and The George Institute are conducting a project investigating the effects of a 20-week intergenerational program for older adults and preschoolers.

What does it involve?

Join a 2 hour weekly intergenerational program bringing older adults and preschoolers together in a range of fun activities for 20 weeks, with a complete assessment at the start and end of the program, including:

- Questions on thinking skills and mood
- Simple health related questions
- Strength, mobility and balance tests

What's in it for you?

You will make a very important contribution in this study to help us understand the potential benefits of intergenerational programs and how to maximise these benefits for the future.

Who can join?

Older adults:

- Aged 65 or over
- Residing in the community
- Able to walk 6m with or without a walking aid
- Able to sit and stand from an armchair
- Have a valid "working with children check" (free to obtain)
- Have no speech or sensory deficits that may prevent interaction
- Have an up-to-date vaccination status against Covid-19 and other current infectious disease
- A baseline Montreal Cognitive Assessment Score of 19 or over (this will be assessed over the phone)

Location: Preschool in your local community

Time: Same day and time each week + dependent on local preschool

Register: 8052 4365 or Integrity-study@georgeinstitute.org.au

This research has been reviewed and approved by the University of New South Wales Human Research Ethics Committee HREC, Approval number HC2207231



SHED GOINGS-ON (CURRENT PROJECTS ETC.)



Kenny Lazarus has made "knick-knack" boxes, now he is making a **base for the boxes** (left).



Rod Strykowski is making a **pizza/cheese/charcuterie board** (right).



Dave Colwell finished a community project **armchair** which is ready for collection (left)

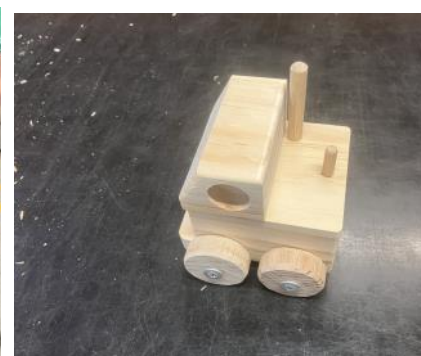


Jordan Stuart is utilising his **3D printer** to make templates to hold his major project. Jordan has been helping other Shed members with 3D printed items (right).



Sid Lewinski is making a **bed-side table** for one of his grandsons. He has achieved another "first" when he ironed on the white edging on the tabletop. (left).

Graham Ely is restoring another **chair** (right) The chair was brought to the Shed for repair when the front right leg was bent severely backwards.



Our Shed is again invited by **Bunnings Eastgardens** for their Easter Fair on 21st March, a devoted group is again making lots of **wooden toy trucks** for the kids to assemble and take home.

cont. p.6

cont. from p.5

Harry Jacobs has moved on from his charcuterie boards to making **paper roll holders**, still using his laminating methods for the base (right)



Frank Fay is making a **wooden spoon** and 2 **charcuterie boards** (below)



Mo Dhanoya is rounding off a **chopping board** (right)



Craig Rubenstein is making a **coffee table** using a beautiful plank for the top and slanted legs (above)

Tom Wolf is making duplicate models of **HMT Dunera**, the models are progressing. Tom had previously made a model of this ship which is now on display at the Tribute Museum at Jones Bay Wharf (where the internees were disembarked in September 1940), and now he is commissioned to make a model for the Dunera Museum in Hay. The second model is for Tom's own collection (right)



Pierre Carrion has completed his **"Smurf" shelf** (left)

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cont. from p.6



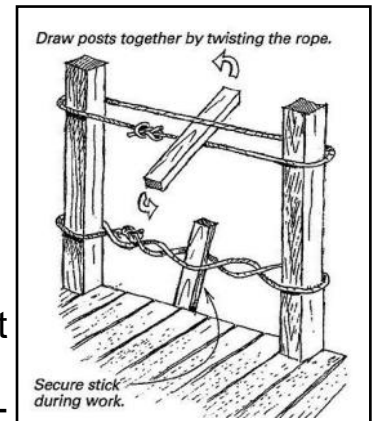
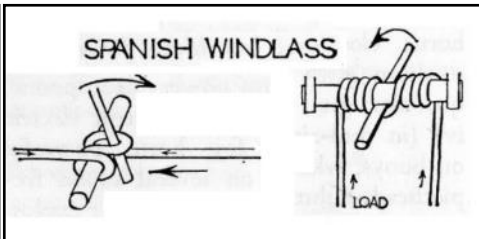
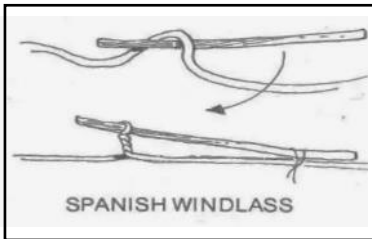
Requested by Waverley Council staff to make **carry signs** spelling out the name of the Council, to be carried in the Sydney Mardi Gras parade, **Mike Barker** made the letters (left)

SPANISH WINDLASS

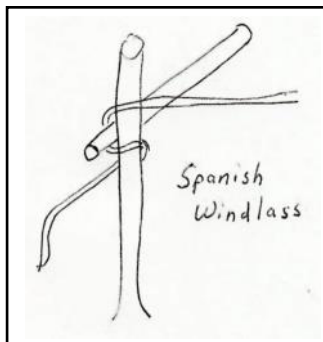


Commonly used in the Shed by William Honeyball, David Brem and Tom Wolf, is a bushman's best friend ... the **Spanish windlass**.

The Spanish windlass is a device for tightening a rope or cable by twisting it using a stick as a lever.



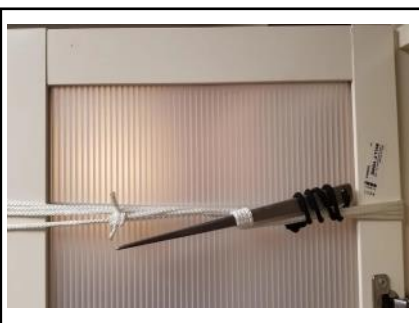
- The rope or cable is looped around two points so that it is fixed at either end.
- The stick is inserted into the loop and twisted, tightening the rope and pulling the two points toward each other.



It can be used as a winch, to draw a stump out of the ground or to free a car stuck in mud using nearby trees or poles.

It basically tightens a loop so as to form a tourniquet and requires no specialised tools, just a loop of rope and a stick.

In carpentry it is traditionally used to tighten saw blades in a bow or buck saw.



Spanish windlass can also be used to tighten a tourniquet to clamp a frame until the glue sets.

The concept of the windlass was reputedly invented by Archimedes and has been used worldwide ever since.

TRY IT!!



CAME FOR THE BOXES, LEFT DISAPPOINTED

Photos by Mike Barker



We had a visitor to the Shed, but all that could be found were some big chunks of wood.

PROJECT IDEA: WOODEN DOORKNOCKER

Here's a little idea for a project made out of scrap pine. Ideal for a child's bedroom door to let him/her know you wish to come in and disturb their secret game?



PROMOTIONAL PAIN DISCUSSION

Haley Spilsed, a therapist from **Niagara Therapy**, addressed the members on 29 January about pain and solutions. In particular, Haley was promoting a specialised medical massage machine and she explained to the members how the machine worked and the benefits they may get from its use.



OLD FOLDING GARDEN CHAIRS RENEWED

Report by Peter Ulmer

Once again the talented young duo of **Mo Dhanoya** and **Peter Ulmer** did a brilliant job of bringing these dirty *old folding garden chairs* back to life.

Once the chairs were disassembled, all the wooden slats were sanded back to a new and clean finish with the linisher. Next the steel frame was thoroughly cleaned and all hinges were WD-40-ed.

Voilà ...perfection.

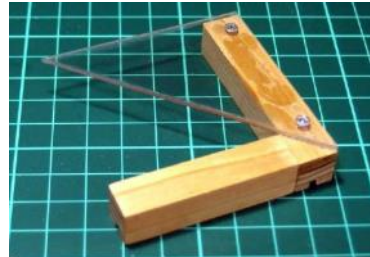
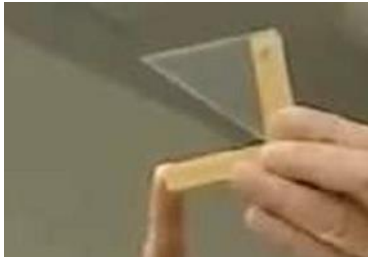




Make a Centre Finder from Scraps

Finding the centre of the circular end face of round wood bars and dowels
We often need to find the centres of the circular end faces of round bars and dowels. Tools for finding the centre of a circular component exist mainly for architectural use, but they are large and expensive.

Here is small and simple jig that can be easily made by the woodworker.



Assembly

The jig consists of an L-shaped wooden frame assembled at 90° and a transparent acrylic plate cut at 45° and fixed so as to divide the 90° into two parts.

Usage

Place the two outer circumferences of the round bar in contact with the 90° wooden frame, and draw a line along the 45° transparent acrylic plate. Repeat this several times rotating the position. As a result, the centre position can be easily determined from the pattern drawn on the end face. When drawing, it is easier to work with the round bar clamped in a vice.

Materials Used

- Square wood 12mm x 60mm
- Acrylic plate
- Wood screws



WIRE BRUSH GUARD PLATE

by Richard Cortis

I have a 200mm bench grinder where I have replaced one grinding wheel with a wire brush. I mainly use the wire brush for removing rust from old tools and things before they are welded into something else. They are easier to handle, weld, and paint if I remove the rust.

The 200mm machine is a powerful beast, spinning at 2800 revolutions per minute. Many of the bits I use are quite small and quite rusted, needing a fair bit of pressure on the brush.

On a couple of occasions, the brush has grabbed a smaller bit being cleaned and pulled it down into the cowling, causing some surprise along with a little consternation.

To avoid future interruptions to work, I fabricated a new "U" shaped plate that goes around the wire brush so that work pieces remain supported on the plate even when drawn a little into the brush.

However, to be safe, I still have to be careful not to be too aggressive pushing rusty bits against the brush. Photos show the new U shaped plate before and after installation on the machine.





This earlier article is reprinted due to its relevance

BANDSAW SAFETY

Bandsaws are not to be used unless you have been instructed in its safe use and operation and have been given permission (been certified as to its usage).

Working with bandsaws can introduce many risks to your health and safety.

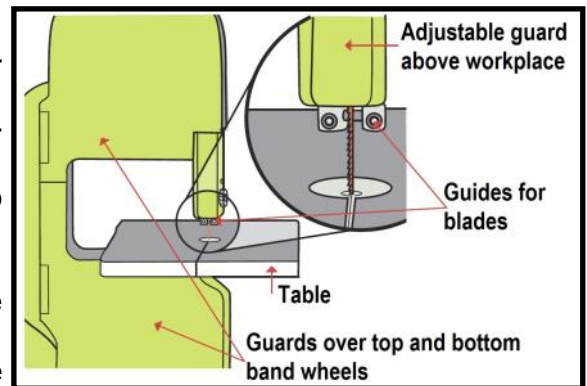
Contact with blades at any time may cause cuts and amputation

PERSONAL PROTECTIVE EQUIPMENT AND CARE

- It is highly recommended that safety glasses be worn at all times in work areas.
- It is highly recommended that hearing protection be worn.
- Close fitting/protective clothing and sturdy footwear to be worn.
- Long and loose hair must be contained.
- Remove rings and jewellery that may come into contact with the saw blade

PRE-OPERATIONAL SAFETY CHECKS

- Locate and ensure you are familiar with all machine operations and controls
- Ensure all guards are fitted, secure and functional. Do not operate if guards are missing or faulty.
- Check workspaces and walkways to ensure no slip/trip hazards are present.
- Ensure push stick and feather are available.
- Check machine before every use, never assume the previous user has left it in a safe way.
- Start the dust extraction unit before using the machine (**and turn it off after use**).



OPERATIONAL SAFETY CHECKS

- Keep hands away from the blade and cutting area.
- Feed the workpiece forward evenly and hold it firmly on the table.
- Use a feather lining up and a push stick when feeding material past the blade.
- Before making adjustments, switch off and bring the machine to a complete standstill.
- Stop the machine before attempting to back the work away from the blade.
- Stop the saw **immediately** if you hear a "CLICK" noise. A broken sawblade could be about to happen, so report it to your Supervisor.
- Never leave the saw running unattended, **ensure it is at a complete standstill**.

ALWAYS

- Decrease the feed pressure as you approach the end of the cut
- Only cut one piece of material at a time, ensure that it moves smoothly along the blade.
- Place the workpiece flat on the table, all stock that is not flat on the bottom to be cut with a jig. Cylindrical or irregular stock is cut with a special jig, such as a V-block
- Keep a balanced stance at the band saw.
- Always keep your fingers and hands away from the path of the blade.

DO NOT!

- Try to cut small items
- Back out of a cut, or otherwise bind the backsaw blade, always make a relief cut first
- Force a wide blade to cut a curve of small radius, must use relief cuts
- Stand or let anyone else stand to the right side of the bandsaw, broken blades have a tendency to fly out to the right.
- Never clear small pieces while the blade is moving.

AND REMEMBER

- **Take regular rest breaks to avoid fatigue and loss of concentration.**
- **Seek help to lift large, heavy or awkward workpieces.**

FALLS PREVENTION - In Public Places

A fall can occur in a second, but it may totally change your life.

Some simple steps will assist you to be active and independent.

- Your chances of falling are increased if you are feeling rushed, distracted, or not concentrating.
- Take your time and pay attention to what you are doing. It helps to prevent falling.
- Be aware of animals, small children, other pedestrians, joggers and cyclists.
- If you use glasses when outside, it's best to use distance lenses or sun glasses.
- If you have a hearing aid, it's wise to use it when out and about.
- Walking aids need to be individually fitted, regularly maintained and used when out and about.
- Wearing safe shoes with slip-resistant soles helps you keep your balance.
- Take your time getting on and off buses and trains - don't rush.

What you can do to make the public environment as safe as possible.

- Report any slip or trip hazards to relevant authorities - uneven footpaths, potholes, spills in shopping centres and poor lighting in public places.
- Where possible, use pedestrian crossings to cross the road.
- Do your shopping at "quiet" times and use a shopping trolley.

For further information:

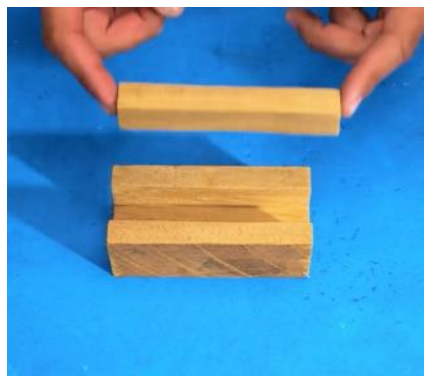
Email: falls@cec.health.nsw.gov.au

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.

HANDY HINT - MAKING A SANDING BLOCK

What do you think? It is best to use a cork sanding block, but what if you can't put your hands on one? Try this with some scrap timber. It locks the sandpaper into position for effective sanding.





BY DEMAND: EVEN 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!!.

