



WAVERLEY COMMUNITY  
MEN'S SHED INC.

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

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

Volume 5 Issue 10

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



## WAVERLEY COMMUNITY MEN'S SHED

### ANNUAL GENERAL MEETING

will be held at 2:00pm on Wednesday, 30th October, 2024  
at the Men's Shed in the grounds of  
The War Memorial Hospital, 125 Birrell Street, Waverley.

At this meeting an Executive Committee and Board Members for  
2024/25 will be elected.



## FROM THE EDITOR'S DESK

.I remain grateful to the very few members who go to the trouble of making contributions to this newsletter. Generally. I keep getting compliments from those who receive this monthly publication, and I cannot understand the reluctance of the greater membership of our Shed from sharing their boundless skills and experiences.  
One of the most important events in our annual calendar is the AGM, it is a good time to support the Shed by participation.

*Tom*

## DAYLIGHT SAVING

A busy night at Stonehenge as workers move  
all the stones forward one hour ...

**October 6**





# Waverley Community Men's Shed Inc. Notice of Annual General Meeting

The Annual General Meeting of the Waverley Community Men's Shed Inc. will be held on Wednesday, 30th October, 2024 at 2:00pm at the Men's Shed in the grounds of The War Memorial Hospital, 125 Birrell Street, Waverley.

## **The business of the meeting will include to:-**

- (a) Confirm the minutes of the last preceding Annual General Meeting and any Special General Meeting held since that meeting;
- (b) Receive from the board reports on the activities of WCMS during the last financial year;
- (c) Elect members of the board and office bearers of the association;
- (d) Receive and consider any financial statement or report required to be submitted to the members under section 44 of the Act;
- (e) Nominate Peter Roebuck as The Honorary Auditor for the financial year 2024/25;
- (f) Appoint Trustees for the 2024/25 financial year, and
- (g) Conduct any general business of the Association which will include the special resolutions of members.

## **Proxy Form**

If you are entitled to vote as a full Financial member and are unable to attend the meeting you can complete the Proxy form available from the Secretary, and give it to the Secretary prior to the meeting to enable your vote to be registered at the meeting.

## **Board Elections**

The Board consists of seven (7) members including the office bearers.

The office Bearers are:

- The President
- The Vice President
- The Treasurer
- The Secretary and

The Men's Representative. (To qualify as the Men's Representative a person (need not be a Board member) shall be concerned with or actively involved in Men's Issues, have links to other Men in the local area and be able to represent their needs.)

## **Conditions for Board member Elections:**

The normal term of office of a board member is from the date elected to the close of the second Annual General meeting after that election.

The President shall not serve more than three (3) consecutive terms as president.

*"Under our Constitution, approximately one half of the Board shall be elected at each Annual General meeting to enable some continuity of Board members".*

## **Current Board Members:**

- President: Peter Charlton
- Vice-President: Peter Black
- Treasurer: Charles Gerrard
- Secretary: Graham Ely
- Board member: Jeff Silberbach
- Board Member: Peter Ulmer
- Board Member: Ian Dawes

## **The following Board Members will hold Office for a further year:**

- Jeff Silberbach, Peter Ulmer, Ian Dawes

## **These Board Members will retire but be available for re-election.**

- Peter Charlton, Peter Black, Charles Gerrard, Graham Ely

**All Members are invited to attend, however, only Full Financial Members are permitted to vote and stand for election to the Board.**

Looking forward to seeing you at the AGM

***Peter Charlton***

President, Waverley Community Men's Shed Inc



## PRESIDENT'S BLOG

The Shed continues to attract members every day it is open and we continue to get membership enquiries.

It is sad that our space restriction limits the number of men who are able to benefit for the social interaction, skill development and improved self worth that attending a Men's Shed provides.

We continue to receive requests from the community to repair chairs, make boxes for wildlife and many other requests.

Our families are benefiting from new tables, boxes, chopping & charcuterie boards, toys and cupboards.

Our members continue to expand their capabilities; upholstery, inlay and more wood turning. So things are going well!

Then, where are we up to regarding the future of the Shed? Uniting tell us that they expect the bulldozers in around 18 months and that their replacement facility is expected at the end of Development Stage 2, say, in 6 to 7 years time.

We are hopeful that one of the local councils will be able to provide somewhere to accommodate us but the best prospect may be 3 to 4 years away. (Best prospect: it may be both bigger & better than we have now, and additionally, if it comes off, it will be a long term Shed site.)

Again if this transpires, after 6 perhaps 7 years there could be two Men's Sheds in the Eastern Suburbs between Sydney Harbour and Botany Bay.

The experience of other Sheds in NSW and their floor area divided by potential member population indicates that Sydney's Eastern Suburbs should have three large sheds and this is before we factor in the fact that the number of potential members is growing and expected to continue to grow.

But before we get too far ahead of ourselves, look at the timing suggested above. The current expected timing shows that there is likely to be a gap between the bulldozer arriving and a future Shed. It appears we will need to find a temporary site.

In the meantime we are working and need to continue working to produce product to sell at the Show. The sale of products provides funds for the purchase of needed consumables.

**Keep up the good work.**

*Peter*



## NSW GOVERNMENT AND MEDICARE REBATES FOR SOME SENIORS

by Tom Wolf

This is not a notification from the NSW Government, Medicare or Services NSW, it is purely anecdotal and my wife has obtained a rebate for our energy bill.

Sandy and I are now the proud holders of the Australian Government Commonwealth Seniors Health Card. To obtain it, we had to satisfy (a very generous) means test, but if you have it, the benefits in the cost of our health care, particularly the cost of medicines and doctors, is enormous.

If you are not the holder of this benefit, you should enquire whether you may be eligible.

If you hold this card (and some other pension, veteran or seniors benefits cards), the **NSW Government** is offering more than 70 rebates and vouchers to help you save on everyday costs, including the Seniors Energy Rebate and much more.

During the 2023/24 year we obtained an energy rebate, and again this year we got \$250 rebate (on top of the \$300 energy relief from the Commonwealth), it works on the basis that the person whose name appears on the electricity bill has to apply for the rebate.

**By the way**, another benefit of the Seniors Health Card is that it creates a threshold safety net with **Medicare**, and when you reach that safety net, your rebates from Medicare for doctors' bills are much more substantial ... **BUT!!!** To get the benefit of that additional safety net, you **MUST NOTIFY** Medicare and update/confirm your details annually (January is preferable).



# "NEW" SAFETY RULES

Due to the need to keep all Shedders safe and the requirements of our insurer, we instituted a new set of rules covering machine certification several months ago. It means that all certifications obtained before the rules came into effect are **NOT VALID!!**

Regrettably, some members do not seem to understand that there has been a change!!

It is not fair on the Supervisors to pull up those who try to "cheat" the system. The rule is simple. Nobody can not use any of the machines unless his name appears (accompanied with the certifier's signature) on the list of Certified Users for that particular machine.

There is a list for each machine mounted on the wall near the machine.

To get your name on any of the lists speak to one of the Technical Supervisors about both training in each machine's use and who might be able to provide you with Certification for that machine.



# WHOOPIING COUGH



Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness. Whooping cough spreads easily through families, childcare centres and at school.

It is particularly dangerous for new-born babies to come into contact with anyone suffering the illness, and you could be stopped from seeing a grandchild or great-grandchild if you are not properly immunised.

Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk, immunisation reduces the risk of infection but immunity fades over time (around 10 years) which means that boosters are needed.

**See your doctor for advice**



# HENRY'S SCENIC TOURS

Harry Jacobs made 2 of *wooden toy trains* for his great grandsons, with each of the trains named differently for each of them



# LITTLE LARRY

The math teacher saw that Larry wasn't paying attention in class. She called on him and said:

'Larry! What are **2 and 4 and 28 and 44?**

Larry quickly replied,

**'NBC, FOX, ESPN and the Cartoon Network!'**



# Batteries don't belong in your bin

Take your old batteries to a dedicated collection site to prevent the risk of fire.

# Art & Craft Sale

at the **Entertainment Quarter Saturday Market,**  
**Moore Park,**

**Saturday, November 16th**

Do you have hidden away, in your man caves, any items you consider saleable for the Shed or just for display on the day?

Nothing is too small as long as you have made it yourself.

Contact Peter Black or Ian Dawes ASAP



## SHEDDER ACTIVITY AT MONTEFIORE HOME, RANDWICK

Tom Wolf and Gad Mainer are volunteers at the Montefiore Home in Randwick.

They have been conducting a *“men’s shed” activity* every alternate Monday for the past few months and are continually trying to find variations to the activity to make it more interesting.

The activity is related to the Waverley Shed as all the timber parts are created, cut, shaped or otherwise prepared at Waverley and the male residents then paint, glue and/or assemble the timber parts to create items such as wooden cars, kokeshi dolls, door-frame cats and rummy-tile stands and jig-saw puzzles.

The attendance by the residents has been varied, but with the numbers that attend, the main reason for the activity to bring about interaction so as to avoid isolation and loneliness among the male residents.

Tom and Gad find the activity very satisfying, and are looking forward to new ideas and other assistance from Waverley members.





# SHED GOINGS-ON (CURRENT PROJECTS ETC.)



Craig Rubenstein is making a pair of **“not pencilcases”/utility boxes/multi purpose boxes** (left)



Gad Kainer, who is a volunteer at the Montefiore Home at Randwick, is making **rummy tile holders** for the residents at the Home. Gad is leaving the construction partly unfinished (with 4 screws to be inserted into pre-drilled holes), so that the residents can have the satisfaction of finishing each item. (right)



Also as a community project, **Michael Barker** is repairing some **garden seats** for a community member (left)



**Nick Tyrrell and David Berman** are seen assembling 2 more **“Bird Hiltons”** designed and cut out by Nick (right). The two bird hotels made by Nick in the last few months have already found new homes.



Only a grandfather's love and patience could make a **heart shaped box**. **Sid Lewinsky** has been making and re-making this box for some time.(left)



**Mo Dhanoya** is making **wooden tow-along crickets** (right)



**Kenny Lazarus** is making **“Finger Labyrinths”** requested by the Chaplain of the War Memorial Hospital.

This successful design is the culmination of making a template jig and a number of trial attempts

The photos show Kenny at work (with **Tony Mandarano** looking on), the template jig in use and the partial, and finally the completed “labyrinth” that was then left to Tony to do the fine sanding (left)



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**Peter Charlton, with Mo Dhanoya, Tom Wolf and Renos Ross** made a variety of **Native Bee Hotels** at the request of a community member (left).

**Kenny Lazarus** is making a **tapestry stretcher** for his wife (right)



**Rodger Jamieson** is adding to his collection of **bowls**, turning another one on the lathe (right)

The photo on the left shows **Terry Calacouras** as he is restoring a **rocking horse** that he had made for his grandchildren many years ago (and which they have outgrown)



**Ian Dawes** is turning a **naan roller** for Mo Dhanoya's wife (right)

**Pierre Carrion** is making a **fan-base table** (left). He says that he was not aware that Tony Mandarano made a similar design table as reported in last month's issue of Scuttlebutt.



**Craig Rubenstein** has become immersed into the Shed's activities, here he is **maintaining (sharpening) chisels** on the grinder wheel.(right)

**Peter Charlton** is deep in thought as he is captured **designing a project** (left)



It is very nice to see **Clif Munro** working at the Shed when his commitments allow (left)

**Tony Mandarano** (who has his own lathe at home) was found turning a **grinder** for Mo Dhanoya's kitchen (right)



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What happens when, after years of use (and abuse), the Saw-Stop finally stops working properly?

Our mechanical team of **Rodney Goldberg** and **Terry Calacouras** get down on their knees and strip the mechanism.

**Thanks guys, without you the Shed would come to a standstill..**



Built to the design of the Latrobe Wildlife Sanctuary, a **kookaburra breeding box** was built for WIRES by the **Shed Team**, particularly **Peter Robilliard**



**Peter Charlton** is making a **native bee hive** for a family member (right)

**Steve Weymouth's street library** project for the Bondi Girl Guides is taking shape (left)

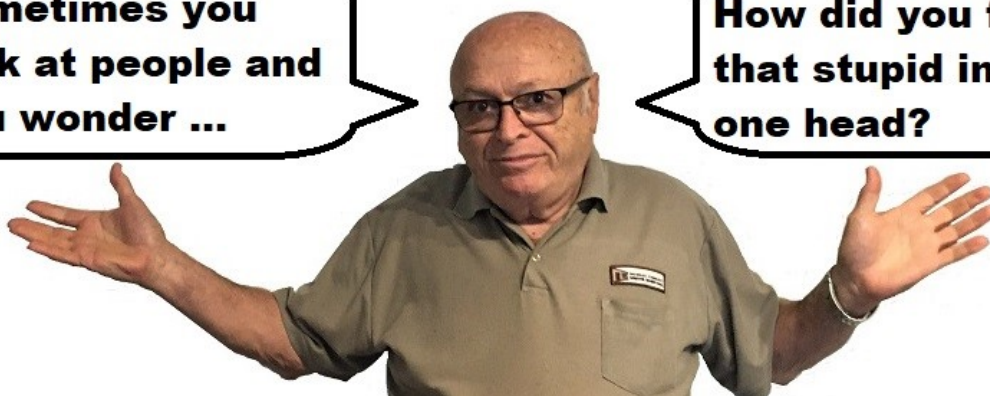
**Frank Fay** has been busy making **salad forks and spoons** (right)



On a different scale, **Frank** has also made a **table** for home from recycled Tasmanian Oak and a discarded café base (left).

**Sometimes you look at people and you wonder ...**

**How did you fit all that stupid into one head?**







# WANDERING THE QUEENSLAND WELLNESS TRAIL

by Richard Cortis

In July 2024 we decided that it was time to escape winter in Sydney and enjoy some travelling in our motorhome. We made some enquiries and downloaded some stuff from the internet about the **Queensland Wellness Trail** which suggests dipping in some of the many warm artesian bore baths in the **Great Artesian Basin** (we have previously enjoyed artesian bore baths in Victoria and northern New South Wales).

As is our usual way, we set off without any bookings and headed north west, stopping at Narromine, Byrock, Bourke, and Barrington on our way to Cunnamulla in Queensland. We camped behind the pub in **Byrock** which is about eighty kilometres on the Sydney side of Bourke which has a rustic but pleasant caravan park and camping area in a bush setting. It also has cabins. We enjoyed a bit of outback culture and colour when we had dinner in the pub.

**Bourke** was not as interesting as we had expected but it did have the **Back O' Bourke Exhibition** and an ancient Crossley diesel engine down by the Port of Bourke which is started and run weekdays at noon to amuse the tourists. I also visited the **Bourke Men's Shed** which is adjacent to the Port of Bourke. Onward from Bourke, we stopped for a coffee at the **Barrington roadhouse** which is just a couple of kilometres from the Queensland border. It is an outback roadhouse with space to park a dozen road trains out the front.

We crossed the border into Queensland and booked into the **Cunnamulla** town caravan park which is basic but okay. Our intent was to bathe in the new Artesian Bore Baths, opened in January 2024.

This pool complex is quite opulent, boasting six pools at different temperatures which are set on the bank overlooking the Warrego River. It was not the sort of development we expected in Cunnamulla. We found it to be very enjoyable with excellent facilities.



Cunnamulla is a reasonable size town with several coffee shops, two grocery stores and various other service businesses to service the local community. A visit to the museum, attached to the information centre and adjacent to the pool complex is worth at least a couple of hours of browsing.

**YOWAH  
ARTESIAN BORE**

THIS BORE WAS SUNK IN 1911 TO A DEPTH OF 1468 FEET (447 Metres).  
THE OUTPUT IS 252,000 GALLONS (1,145,600 Litres) PER DAY AT A TEMPERATURE OF 129 DEGREES FAHRENHEIT OR 57 DEGREES CELSIUS.

After Cunnamulla, we set off to **Yowah** which was reported to have an artesian pool. We did not find out till we arrived that Yowah was an active opal mining area and that, the day we arrived was part of the **Yowah Opal Festival**. We had a browse of the festival and a nice pizza from a mobile van before going for a dip in the artesian pool, \$5 each in an honesty box.

One pool was too hot for us but the other pool was cool enough for us to last half an hour in the water. There is not much in Yowah other than the artesian pool and some opal fossicking. The caravan park was outback rustic.

Moving north from Yowah we came to **Toompine** which is the Pub without a town. Worth a stop for a coffee and to sample some outback colour.

Next stop was **Quilpie** which is a service town but it does have a caravan park with three domestic size spa pools. We had lunch at the bakery run by a tough but pleasant and talkative lady who was once a Gun Shearer. We had a five minute look at the old diesel powered power station but there did not seem a lot more to hang around for.

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We wanted to go to the artesian pools in Mitchell, about four hundred kilometres east but it is a long way for these two Grey Nomads so we stopped in **Charleville** to do some shopping and have a look around. Charleville is quite a large service town and services the local area with some good shops. It even has a camping and sports store with a very helpful owner. The caravan park was large, busy, and impersonal with “matter of fact” management.

Early the next day we moved on to **Mitchell** which is on the **Maranoa River** and was a pleasant sort of place. The caravan park, just over the bridge from town was quite spacious and well maintained as well as being just a walk across the bridge from the pool complex. We stayed two nights.

The pools were quite large and at a nice temperature to bathe and soak for a while. On the evening we were there, the pool operator put on a dinner for travellers and town people for a quite modest price. Before the dinner, we went for a pleasant walk along the river bank below the caravan park, followed by a pleasant dinner with an evening sharing stories whilst enjoying the view over the Maranoa River.

Mitchell had some shops but several were boarded up which, sadly, is now typical of the smaller country towns.

After Mitchell, we headed for **St. George** which turned out to be quite a big town stretched out along the main road. The caravan park in the middle of town is cramped and pokey so we ended up in an unpowered, but pleasant site in the caravan park at the end of town near the bridge and the weir. We had a nice view of the river and a quiet evening despite the occasional rain on the roof.

The warm artesian pool was in the Council pool complex close to the middle of town. We had a pleasant soak and a chat with a couple of other travellers until the pool closed at the unusually early time of 3pm.

We decided that our next artesian pool would be at Goodooga which is in New South Wales. On the way, we stopped for lunch at the bakery in **Dirrianbandi** which was run by a Russian couple with a small child. They had fitted out the café in a nice European style, quite at odds with the usual utilitarian fitout of country cafes. They also had a good range of prepared meals. Quite unexpectedly, they also had an excellent selection from the patisserie to tempt you for dessert. We bought a couple of prepared meals to heat when we got to Goodooga. Worth stopping and having a coffee at the bakery in Dirranbandi.

Continuing on the way south we stopped in **Hebel**, a village close to the border. In Hebel, the pub has the fuel bowser and the shop (which is worth a look), is across the road at the Tee junction in the highways. The pub is very rustic, as is the shop, which also has the (quite muddy) caravan park out the back. I suspect that the pub and the shop are under the one owner. We headed off down the minor road to **Goodooga** and only saw a couple of other vehicles along the way. Goodooga is essentially a dead town but the local council and a few others have seen fit to set up a co-operative shop to supply daily necessities. No pub though.

The artesian pool located just on the edge of the town and adjacent to the town bore and the water tower, is quite new, having been built by the Council, seemingly in some attempt to bring back some life to the town. There is no caravan park but there is a large paved area to encourage free camping for caravans.

Camping is also available a bit beyond in the scrub beyond the paved area but, being on the black soil, you have to hope it does not rain unless you have time to wait until it all dries out enough to drive over.

When we stopped, there were an estimated one hundred caravans free camping on the hardstand and a few in the bush. Bathing in the pool, we chatted to a fellow who was camped on the black soil who planned to stay for another three or four weeks and he hoped the rain had stopped so he could move then. Many people come from Victoria and stay free camping for extended periods to escape winter in Melbourne.



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There are other bore baths at Burren Junction and Pilliga in NSW where people come to winter. We did not visit them this trip but they are worth a visit if you are travelling.



After Goodooga, we went back to Hebel and Dirranbandi (lunch and more sweets to take away) and on to **Mungindi** which is right on the Queensland and NSW border. Just cross the bridge over the river and you are in the next State. The NSW town is neat and tidy with a coffee shop and a caravan park. The small pool is in the Council pool complex and is open for limited hours, so check. The caravan park was small, and neat but a bit rustic. The lady at the caravan park puts on a camp oven dinner for travellers and town people each Sunday evening at a very modest cost. A very cheerful and convivial evening and we ended up chatting to the local crop dusting pilot. Perhaps something different to talk about?

Next stop was **Moree** at the Gwydir Caravan Park which is huge and has six pools at different temperatures. We stayed two nights but the caravan park is always full in the cool months so you need to book ahead, especially if you want a cabin. There is also a very nice council pool complex but it was closed for repairs. This pool complex was made famous by the Freedom Rides of a few decades ago. Several motels also have bores and hot artesian pools.

After Moree we went back a hundred kilometres north to **Boomi** which is a pleasant little village with a small artesian pool which was adjacent to the shop and the small but pleasant caravan park. There are unpowered caravan sites on the other side of the shop. There is also a pub but we did not try its meals as we were home catered. You may like to take a couple of days in Boomi to enjoy the quiet. From Boomi, we headed home via Moree, Narrabri, Gunnedah, **Quirindi, Singleton, and then home to Sydney**. I think we travelled about 3,000 kilometres in three weeks. I imagine others may adopt a more leisurely pace.

**Happy Travels.**

## TWELVE COMMANDMENTS FOR SENIORS

Reproduced from the Midland Men's Shed Newsletter

1. Talk to yourself. There are times you need expert advice
2. "In Style" are the clothes that still fit.
3. You don't need anger management. You need people to stop pissing you off.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is, I don't need to write that down. I'll remember it."
6. "On time" is when you get there.
7. Even duct tape can't fix stupid - but it sure does muffle the sound.
8. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?
9. Lately, You've noticed people your age are so much older than you.
10. Growing old should have taken longer.
11. Aging has slowed you down, but it hasn't shut you up.
12. You still haven't learned to act your age, and hope you never will.



# BY DEMAND: SCIENCE & T-SHIRTS

We have enjoyed seeing some interesting T-shirts over the years, and amongst our membership at Waverley Shed we have many who worked in the "sciences". This is to honour those members.

It is hoped that these shirt designs will so offend you as to send us some more!!

