



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

We again come to a vital time for the continuing success of the Waverley Shed - "**Renewals Time**"! You'll get your Renewal Notice in the coming days and your earliest renewal would be appreciated, We now have a credit card facility that will be available for the renewals, alternatively you can still renew by cash or direct deposit, don't forget to put your name into the "description" when you pay by direct deposit, and send a copy of your receipt to the Secretary.

*Tom*

## FROM THE PRESIDENT'S DESK



ABC RN | GOD FORBID →

**Sawdust and the soul**

The ABC program "**God Forbid**" had an episode that featured woodwork and Men's Sheds. I have only just listened to it and it is well worth listening to.

I would like lots of our members to listen to it and I would like to gather ideas from members on how to use it to our benefit, all suggestions to Peter Charlton please.

The program is available on ABC Listen, it is called "**God Forbid - Sawdust and the Soul**" that first went to air on 12 April 2024 ( see the photo). It can be accessed using the following link; <https://www.abc.net.au/listen/programs/godforbid/woodwork/103571172>

Happy new year.

*Peter*

# THE WAVERLEY MEN'S SHED



## NEEDS YOU

## TO RENEW YOUR MEMBERSHIP

## NOW!



# FROM THE EDITOR

## Newsletter Content Needed!

I'll need more content for future editions. *(Always do!)*

Take clean photos of your projects (part finished or completed). Any subject is welcome. Just take photos on a clean surface (eg: white towel, posterboard, etc) so people can see your project and not the clutter associated with building it (as in no pets, tools, paint spills, etc just the project). I also need some short and basic write up on what you built. It does not need to be a Pulitzer Prize Entry but just the basics. Basics are: subject, size, type of timber, paints used, plans or design sketches, and any issues encountered in completing your project. .

If you have any tips or techniques you'd like to share with other readers, by all means send them to me. The Newsletter is only as good as the materials I receive.

Also, any "travel advisories" like Richard's?

Or even ideas for projects that you have knocked off from the internet or seen about the place.

**BUT PLEASE - no videos or movies or old jokes you printed off the Net!! I already know how to find those!**

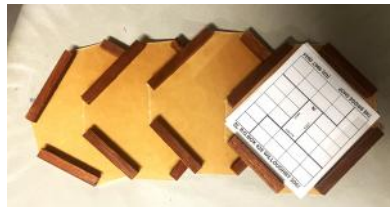
*Tom*



## BRIDGE BIDDING PAD HOLDERS

"Bridge" is a trick-taking card game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table. The cards are dealt to the players; then the players call (or bid) in an auction seeking to take the contract, specifying how many tricks the partnership receiving the contract (the declaring side) needs to take to receive points for the deal. During the auction, partners use their bids to exchange information about their hands, including overall strength and distribution of the suits; no other means of conveying or implying any information is permitted. The cards are then played, the declaring side trying to fulfill the contract.

- Wikipedia



To stop players conveying more information than just the bid by voice tones and intonations, silent bidding has been introduced..

Our Shed was asked by the Lifestyle Manager at Mark Moran Vaucluse to make **holders to house the bidding pads**, **Tom Wolf and Kenny Lazarus** made a number of these holders for distribution to the residents of MMV as well as the Montefiore Homes, Randwick.



If my body was a car,  
I would trade it in for  
a newer model ...

each time I cough,  
sneeze or splutter, my  
radiator leaks and my  
exhaust backfires!





# CHRISTMAS AT THE SHED

Report by Mike Barker

The annual Christmas Party took place on 18th December, 2024, well attended by invited guests and Shed members. The menu, was changed from previous parties giving an increased of choices, and the feedback (excuse the pun), was very positive .

The food contributions from members was of the highest standard as was the cooking on the day, with **Dave Colwell** in charge of the BBQ as always .

The increased input from the volunteers in increasing the seating capacity and converting the workshop into a restaurant and back to a workshop made such a difference . We fed approx 40 people including our guests. Those who couldn't attend missed out on a World class presentation from Australia's Favourite Magician **James Galea**, who for the second time has amazed and mesmerized us at our end of year celebration. We thank James for generously donating his time entertaining us for free.

Thanks to Graham Ely who kept interest in the party in the lead-up, and to all those who contributed on the day

This is a collection of the photos taken on the day and kindly provided by members.



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# VALE PETER SPICER

It is with great sorrow that we inform our members of the passing of Peter Spicer on 22nd December 2024.

Peter joined the Shed 3 years ago and was a keen attender until his illness made it impossible for him to come along. Peter lost his brave battle against his illness leaving behind a loving family and caring friends.

We pass condolences to all his family and friends, may his memory last forever and may he rest in peace.



# SATISFIED "CUSTOMERS"

Our patron, **Dr Marjorie O'Neill**, could not resist the *extra large charcuterie board*, and just had to have it (right). A very satisfied customer.



**Ian Dawes** finished making the *final* (left) for a community member's house. It is 1.1m by 70m square and only just fitted into Ian's lathe at home with 10mm to spare. Another very satisfied customer



# A HOLIDAY SNAPSHOT

This photo was sent to us by **Andrew Prior** with the caption:

*"A proper circular saw. Echuca wharf."*

We guess it is just a matter of utility, size, safety features and sophistication?



# PIZZA PEEL

**Richard Cortis** made a *pizza peel* out of a piece of stainless steel plate found in an old BBQ.

Goes to prove ... nothing goes to waste.





# WCMS CONTINUES MAKING POSSUM BOXES IN 2025

For more years than we care to remember, WCMS has been making **possum boxes** for WIRES, as well as the community-at-large. We make boxes for both brushtail possum and ringtail possum varieties, the 2 main species found in and around Sydney. We are pleased to observe that this work continues, **Graham Carthew** is seen putting the finishing touches to a box.



# THE GIRL GUIDES' TREFOIL STREET LIBRARY



The **Bondi Girl Guides** approached WCMS for a street library for installation in the Hall at the Thomas Francis Reserve in Bondi. To encourage the swapping of children's books as well as the usual collection of general reading books, the Guides indicated that they would like the box to allow for taller books.

**Steve Weymouth** is collaborating with Megan van der Weyer, the Guide Leader at Bondi, and has come up with a most unusual design, a **street library box shaped in the emblem of the Guides, a trefoil.**

Steve has been working for many months, and it is now nearing completion



# LITTLE LARRY:

5 year old Larry got lost at the Easter Show. The "Lost & Found" ladies asked him his name. He answered "Larry" and the ladies then asked who he came to the Show with, and Larry replied "My Pop". The ladies then asked him "what's he like?" and Larry answered "**Chivas Regal whisky and women with big boobs!**"





# OBERON IN SUMMER

By Richard Cortis

Because of the wet and windy weather in mid-January, we needed to make a break to cure our cabin fever. A look at the weather radar and the forecast suggested better weather west of the Blue Mountains so we decided on a few days in Oberon because there are things to do and a variety of places to eat.

Lunchtime is well served with several nice cafes and there is the Royal Hotel or the RSL club for good evening meals. Initially, the weather was cold and windy but then it dried up and warmed up.

On the day we travelled from Sydney, it was cold and windy with occasional rain flurries so we just set up the campervan and retreated until it was time to head out for dinner at the pub.

The next day, Saturday, the weather was a bit better with some rain flurries but the wind persisted. We made a trip to **Tarrana** (pronounced Tarran-ah) and had coffee and an egg and bacon roll for brunch in the quaint little cafe opposite the pub.

Back in Oberon, we dropped in to the museum and had a bit of a wander. The museum is adjacent to the old railway station but the heritage rail museum was not open at the time of our visit. They have laid about five kilometres of rail track and expect to commence trips in the relative near future. Good luck to them.

Some old smoothing irons fired by petrol, kero, and charcoal. A fair bit removed from today's electric steam and spray irons? And perhaps a little easier to use?



Left: The green thing is a gas fired clothes boiler. Our laundry at home had one almost the same only about seventy years ago. Next to it is the hand operated mechanical washing machine with the hand operated clothes wringer. Take the wrung out clothed out to the clothes line in the wicker basket. At least they did not have to choose which spin cycle to use.



Right: Have a look at the varied collection of kerosene blow lamps used by plumbers for heating soldering irons as well as sparging lead drain pipes into shape. Blowlamps were also used by painters to soften and assist in removing old paint. Blowlamps were frequently used to boil the billy for smoko and lunch. Also, there is an oil can that does not have a spray nozzle. The little can with the long tube on top seen next to the oil can was used to put a small amount of methylated spirits or kero in a tray around the burner to assist in lighting the blowlamp. These were the days before propane burners.



Left: This is an old "Fyrside" brand kerosene room heater. The glass bottle on the right had a valve in the cap so it could be inverted into the reservoir which is behind the burner. The burner had a strip of woven asbestos as the wick.

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Left: Some very old telephones and a couple from the beginnings of the mobile age

Right: This is a hand operated air raid siren, most likely from the WW2 era. It still works as I have seen and heard it go



Left: This is a typical wood burning steam engine used on many farms for mechanical power before internal combustion engines became common.

At the time they were usually referred to as a donkey engine because they replaced horses and donkeys as a rural power source. Occasionally, a refurbished donkey engine can be seen in operation at country shows and festivals.

Up against the wall of the shed with the blade partly obscured by an old concrete mile post from the Highway is an early power saw. It is driven by a petrol motor which makes the saw blade oscillate back and forth. The saw is usually wheeled into position and the blade is lowered over the log to be cut. Heaps easier than a crosscut saw with a handle and a man on each end. Compare this machine to a modern chain saw for ease of use.

This is a view of part of the Oberon Common, a park running down the gully below the Visitor Information Centre. It is a quiet and placid place for a walk close to town. There are several barbecues and picnic sheds for visitors

There are other activities available nearby including Oberon Dam, and the walking path and cycle way set beside the railway line. Gem fossicking can be amusing and occasionally rewarding.

Talk to the visitor information centre if you run out of things to do.







# ROUTER TABLE SAFETY



Reproduced/adapted by permission of the Hornsby Mens Shed

Table routers can be very **hazardous**. A search through forums on the internet should provide a wealth of **Router table** designs and ideas that incorporate both safe operation and facilitate dust collection.

The use of push blocks, feather boards and fence dust collection makes the use of a **router table** a much safer operation, and the router table can be quite safe if one uses the proper techniques and safety guidelines.

Although most router bits are small, routers and bits deserve your attention and respect. As with all power tools, you can enjoy them safely by following safety guidelines,

**The most serious hazards when operating the router table are:**

1. **Accidentally contacting the bit which is rotating at an extremely high speed.. Touching the rotating bit, particularly large diameter bits, can cause serious injury to fingers and hands.**
2. **Kickback that can occur if the bit grabs the work-piece and throws it at high velocity from the table. Kickback is a major cause of 1 above.**

## Safe Feed Direction to Avoid Kickback is from Right to Left

With very few exceptions, the work-piece always moves against the rotation of the bit which on a router table is from right to left as shown in Photo A right.

Making a mistake with feed direction can easily initiate a very dangerous kickback with little or no warning.

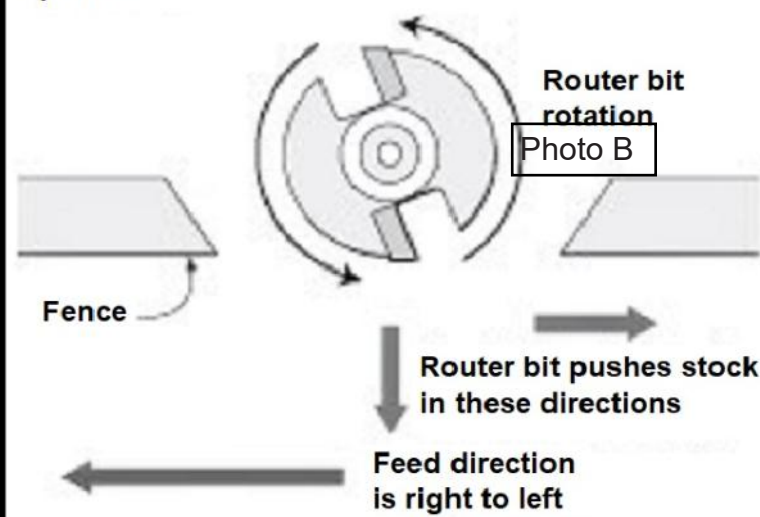
Feeding the material against the rotation of the cutter as shown in Photo B affords control because the cutting action creates resistance to the force being applied by the operator to move the wood across the bit.

This balance of forces makes controlling the wood much easier.



Photo A

**Router bit rotates into stock (against feed direction) and pushes stock away from fence and back toward operator.**



If the wood is introduced from left to right in the same direction as the bit is rotating the bit cutter edges instantly become very efficient high-speed power feeders that can suddenly eject the wood, leaving your empty hands dangerously close to the cutter.

This situation is particularly dangerous because the force you were applying to the wood before it kicked immediately causes your now empty hands to lurch toward the bit.

**Serious injury can be the instantaneous result**

cont. p.10

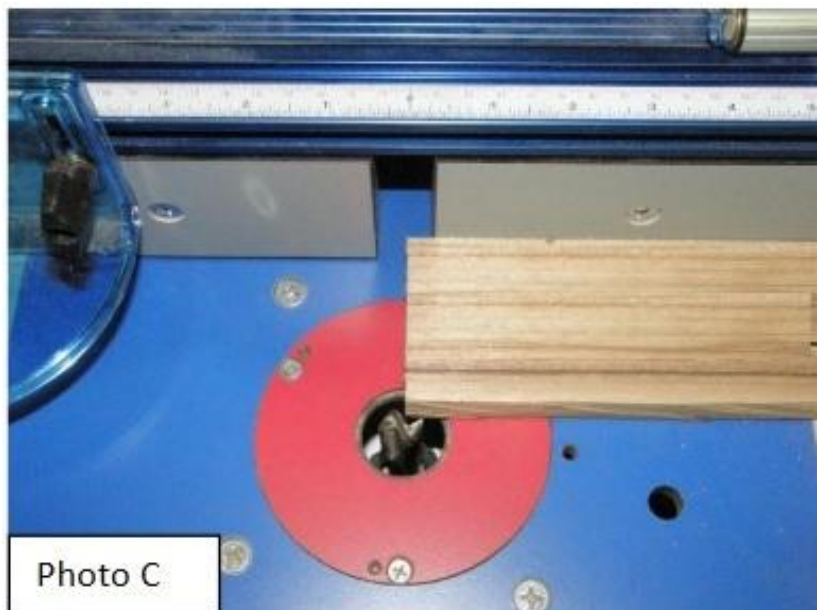
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### General Router Safety Requirements

1. Wear eye protection (e.g safety glasses) when performing an operation on the router table.
2. Wear hearing protection. The router emits a very loud noise that can cause hearing damage.
3. Wear a dust mask when routing timber that generates a lot of dust.
4. Switch power off at the power point when fitting the bit to the router
5. Keep fingers well clear of the rotating bit. Be especially careful that your fingers are not in the path of the bit at the end of a cutting pass, use feathers and push stick whenever possible.
6. If your fingers are likely to come anywhere near the bit use a push tool to position your hands a safe distance from the bit.
7. Take light cuts. Make multiple cutting passes removing only a few mm on each pass. Heavy cuts invite problems and often lead to tear out. If necessary, move the fence forward to reduce the depth of cut, or if using a bearing guided bit switch to a larger guide bearing.
8. Always ensure that the work-piece is held firmly down of the table and against the fence or bearing guide and, whenever practical use feather boards to support the work-piece against the table and fence.
9. If practical always use the bit-guard.
10. Never start the router with the bit in contact with the stock.
11. Don't force the work-piece into the bit or overload the router. Feed the work-piece at a steady speed.
12. When fitting the bit don't bottom out the bit in the collet or partially insert the bit. Instead, completely insert the bit, and then back it out approximately 1 to 2mm and make sure the collet nut is securely tightened.
13. Avoid shaping very small stock. Instead, shape a larger piece and reduce it in size afterwards. If you must shape a small piece, build an appropriate jig or secure the work within the jaws of a wooden handscrew clamp.
14. Check that the vacuum is on and the dust extraction hoses are connected before commencing routing operations.
15. Reduce the router speed to its lowest setting when using a large diameter bit.
16. Freehand cuts (i.e. without the fence to support the work-piece) must be done with a bearing bit.
17. Always use the mitre fence for end shaping. (i.e. cutting a tenon)
18. Do not attempt to clear shavings from the router table while the router is running.
19. Do not attempt to make a cut with the work-piece between the fence and the bit as shown in Photo C right. (it is very dangerous)

**If you are uncertain as to how to conduct any operation on the router table request the assistance of a Supervisor or other member with appropriate experience.**

Some operations, such as cutting stopped slots or shaping curved surfaces may require special techniques or templates to be made to allow them to be carried out safely.





# SLEEP DISORDERS

(Extracted from 13<sup>th</sup> Edition of “Information Booklet”  
by Sleep Disorders Australia)

**EXCESSIVE DAYTIME SLEEPINESS** has a significant impact on quality of life. People with daytime sleepiness struggle with social, academic and work demands, they are at risk of motor vehicle and workplace accidents and generally have poorer health than comparable adults.

Accurate diagnosis is important, not only because of the negative impacts of sleepiness and its root causes on health and social function but because excessive sleepiness is generally remediable with appropriate treatment. See your doctor for help.

**SLEEP APNEA** occurs when the airway in the throat collapses during sleep reducing airflow or completely blocking the airway. This disrupts sleep and reduces oxygen supply to vital organs.

Severe sleep apnea affects about 5% of adults. Fortunately effective treatment is available and once treated the person with sleep apnea can lead a normal healthy life.

In many people sleep apnea results from being overweight. If this is the case, losing weight may help or even cure the apnea (as well as reducing the risk of cardiovascular disease, high blood pressure and diabetes). Seek medical advice from your doctor.

**INSOMNIA** is a common and distressing difficulty in falling asleep, going back to sleep, or waking too early.

There are many different causes of insomnia. Some medical conditions may cause insomnia, particularly pain chronic respiratory problems, or other sleep disorders.

Some medications such as blood pressure tablets or asthma medication, as well as substances like caffeine, nicotine and alcohol may trigger insomnia or make it worse. Psychiatric conditions such as depression and anxiety are common in causing insomnia.

Other precipitating factors such as illness, loss, death of a family member/friend, financial stresses, work and relationship issues may be factors.

Even when these triggers are no longer present, or reduced at least to some extent, the insomnia can continue. Insomnia can be a vicious cycle, in that the more you worry about not sleeping, the harder it is to get to sleep.

Just as there are many causes for insomnia, there are many treatments, but in most people the insomnia will get better by itself. If it persists, ask your doctor for a referral to a psychologist, a certain number of sessions with a sleep psychologist are subsidised by Medicare.

- Reduce the time you spend in bed instead of compensating for poor sleep by giving yourself more time to fall asleep or go back to sleep, because that behaviour leads to even worse sleep. Keeping the same getting up time will help re-set your brain clock.
- Get up and go to another room if you are unable to go to sleep or go back to sleep within about 15 minutes. Read or listen to music in a dim light, and when feeling less tense and more comfortable, go back to bed and “let yourself go”. You MAY need to do this a number of times a night until you get your sleep back into a better pattern
- If there is an underlying medical condition that is contributing to the insomnia, get help from your doctor.

**NARCOLEPSY** is an uncommon but very debilitating neurological sleep disorder characterised by a combination of symptoms, differing in the combination and severity, but generally:

- Drowsiness during the day, tiredness, lack of energy, exhaustion, or a combination of these either continuously or at various times throughout the day. Sometimes sleepiness occurs so suddenly and with such overwhelming power that it is referred to as a “sleep attack” which may be as short as a minute or as long as an hour. The sufferer wakes up refreshed and be alert.
- Cataplexy which is the sudden loss of muscle function which can be as severe as a collapse, or just a weakness in the knees, jaw or facial muscle, droop or possibly inability to speak clearly

There is no cure for narcolepsy but some symptoms can be managed with medicines and lifestyle changes. Seek medical advice urgently before you have or cause an accident.

**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.*



# MORE FAVOURITE 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 seeing more of these will so offend you as to send us some more!!

I'M IN A HURRY  
BECAUSE  
I HAVE TO GET  
THERE BEFORE  
I FORGET  
WHERE I WAS GOING

IN MY  
**DEFENSE**  
I WAS LEFT  
UNSUPERVISED

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

I'M A  
**MULTITASKER**  
*i can*  
**LISTEN, IGNORE**  
*and*  
**FORGET**  
ALL AT THE SAME TIME!

THERE'S NO NEED  
TO DRIVE ME  
**CRAZY**  
I'M CLOSE ENOUGH  
TO WALK

I HAD MY  
PATIENCE  
TESTED  
**I'M NEGATIVE**

I'M A SIMPLE  
**OLD MAN**  
⇓ I AM ⇓  
**GRUMPY**  
AND I LIKE  
**BOOBS**

**BREAKING NEWS**  
**I DON'T  
CARE**

**YOU CAN'T  
SCARE ME**  
**I HAVE**  
TWO DAUGHTERS  
AND A WIFE

I DIDN'T MEAN TO  
**PUSH ALL  
YOUR BUTTONS**  
I WAS JUST  
LOOKING FOR  
**MUTE**

**STUCK  
BETWEEN**  
IDK, IDC AND IDGAF

I'M NOT  
GETTING OLD  
I'M  
★ BECOMING ★  
A  
**LEGEND**

**I'M NOT  
SHY**  
I JUST  
**DON'T LIKE  
PEOPLE**

I DON'T NEED  
**Google**  
MY WIFE  
KNOWS EVERYTHING

**IT IS  
WHAT  
IT IS**

I ONLY DRINK  
**BEER**  
3 DAYS A WEEK  
 YESTERDAY  
 TODAY  
 TOMORROW