



WAVERLEY COMMUNITY  
MEN'S SHED INC.

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

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

Volume 6 Issue 3

MARCH 2025

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Website: <http://waverleycommunitymensshed.org.au>

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



## FROM THE PRESIDENT'S DESK

Members constantly ask about the progress towards obtaining a new "home". We are pleased about this, it shows the commitment of members to the Shed. Therefore it is appropriate that we report regularly on what has been done. In the past few weeks:

1. Peter Charlton has appeared on the radio program "Eastside FM";
2. We've had a meeting with **Randwick Council**;
3. We've had a meeting with **Uniting**, our current landlord;
4. We've had a meeting with **Waverley Council**.

Other than the above, there is nothing to report, despite our ongoing (and constant) efforts there is no significant progress. As soon as there is progress, the members will be informed.

*Peter*



## FROM THE EDITOR'S DESK

We have done our sums, and we know that with any new premises, the running cost of the Waverley Shed is to increase substantially, it has been conservatively estimated that the running costs will be in the region of \$30,000 to \$35,000 pa, and this will need to be funded. Members will recall that at induction everyone was informed that:

1. membership is subject to the 1/3 + 1/3 + 1/3 rule, ie 1/3 community work, 1/3 private work and 1/3 fundraising. Most members don't need reminding, but it is relevant at this time to reinforce this rule.
2. Members will recall that they need to provide all their own materials etc for private work (including consumables), but if the Shed has spare resources then it can be purchased from the Shed for an agreed amount. Over the recent past, some of these resources have become used without contributions, adding to the Shed's expenses. This is to be reviewed in the near future.

*Tom*

**WE NEED YOU**   
**TO RENEW YOUR MEMBERSHIP NOW!!**

### ARTHRITIS

Monday 3rd March, 12.30pm to 2.30pm

War Memorial Hospital Day Centre, 125 Birrell St Waverley

- Updated information on treatments and medication
- Pain management
- Osteoporosis – causes and treatment
- Gadgets to assist in the home
- How to protect your joints

Entry from 12pm, light lunch will be provided.

Bookings essential: Catriona 93690215  
or [catriona.beaumont@health.nsw.gov.au](mailto:catriona.beaumont@health.nsw.gov.au)



## THE MIRROR MAN

Have you wondered what **Peter Ulmer** does with all those old aluminium cans we see him chopping to pieces? He recycles mirrors.



When mirrors are placed out on the street for Council pick-up, they are often left behind eventually getting broken and becoming a nuisance.



Peter gives the better mirrors he finds a new life by reframing them, using his aluminium covered metallic frames to give them originality and personality. And what does he do with them? He sells them as best as he can, proceeds going to Peter's favourite charity, **Mentoring Men**.



## MORE SATISFIED "CUSTOMERS"

**Craig Rubenstein** made repairs to a child's play-table for an appreciative community member Mark Rosman.



It is really pleasing when we complete a community project and the community member is delighted with the result. It was therefore very pleasing when a recent chair repair was met with gushes of satisfaction.





# SHED GOINGS-ON (CURRENT PROJECTS ETC.)

**Sid Lewinsky** didn't need to be asked twice if he wanted to restore an 80 year old **card table**, for a community member. He jumped at the opportunity immediately. He is supported and assisted by the ever-willing **Kenny Lazarus**.



**Craig Rubenstein's** latest project is a pair of heavy-weighted **book ends** featuring Hebrew letters and symbols. One is the letters for the word "Chai" meaning "life", the other is the Star of David.

**Graham Ely** reminds everybody that he is restoring a **3-tier tray** for a community member, but we still think it is also a **table**. Graham started the restoration late last year, and the project is just about finished with Graham's usual precision and regard to the smallest detail. Also goes to prove you can never have enough clamps in the Shed!!



**Mo Dhanoya** is making a **"family bear tree"** for the families of his 2 children. The decorative item features bears (representing mother, father and the children) huddled together around a "heart". A wonderfully thoughtful project!!  
Mo is also making personalised **signs** for the grandchildren's rooms, the names are inlaid into the sign.



**Peter Ulmer** made a pair of **mobile telephone stands** for his wife's birthday.



Another long time project started last year and being worked on meticulously (albeit at a snail's pace) is a **Pond Sailer** being worked on by **William Honeyball**. William maintains that it is not how quickly you complete a project, but rather how precise it can be made (in other words **"It ain't a hobby if you have to hurry!"**)



cont. p.4

cont. from p.3

**Harry Jacobs** has a large family, they live all over the globe. Our readers will recall the large number of charcuterie boards made by Harry over the past couple of years to satisfy his family's needs and to help out the Shed with the proceeds of the sale of the boards.

Now, together with **Sid Lewinsky** (who oversees him?) Harry has decided to make pens. Yes, lots of them!!



**Kenny Lazarus** is making **chopping boards** for his home. With the edging to the board, they will not slide on the benchtop.

**David Berman** is making a **charcuterie board**, assisted all the way by **Mo Dhanoya**.



**Nick Tyrrell** is making a novelty **char-guitarie board**.

**Mo Dhanoya** is making **puzzles**



As in past years, **Waverley Council** will have a float at the **Sydney Mardi Gras**, and as in past years our Shed is helping to fit out the float. **Peter Black** is working hard at making the fittings.



I once dated a girl with a twin and people always asked me how i could tell them apart ...

It was simple, Alison painted her nails red, and Bob had a beard.





# ACTIVITIES RESUME FOR 2025 AT MARK MORAN VAUCLUSE

The new year has meant that the Men's Shed activities run by Tom Wolf for the residents in care at MMV has started up again.

So far, the residents have had craft activities for Australia Day, Chinese New Year, and Valentine's Day.

Regrettably, **Dach Hall** (who helps out with the activities), has been in ill health, so for the time being Tom and Sandy Wolf run the activities with the help of MMV staff.



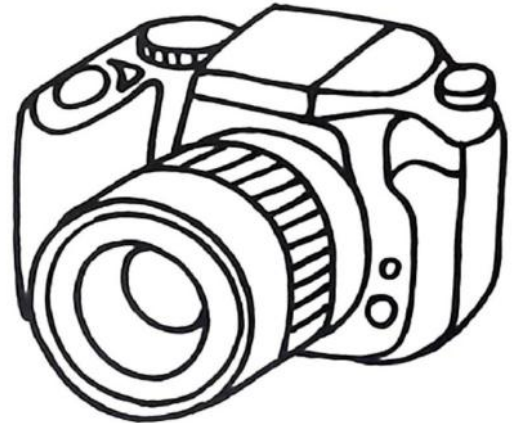
# EQUIPMENT REPAIRS FOR UNITING SENIORS GYM

The **Uniting Seniors Gym** is our nearest neighbour on the War Memorial Hospital site, and many of our members are members of the Gym, so when we were asked to carry out repairs to some Gym equipment (a handle of a weight machine) the answer was an immediate positive **"YES!"** The photos show the repaired handle "before" and "after".



# WHALEWATCHING PHOTOGRAPHY HINTS:

- Be patient and have the camera ready and focussed
- Use a shutter speed of 1/1000th of a second or higher
- Shoot photos from the lowest deck in the ship as possible to give a sense of heights to breaching behaviour
- Shoot video if you are using a mobile phone



# CORTIS TRAVEL ADVISORY

In August 2024, **Richard Cortis** travelled to **Byrock** near Bourke, NSW.

Here he found the **Mulga Creek Pub**, a great outback hotel full of memorabilia on display inside.

The hotel has parking meters out the front into which you can put coins to support the Royal Flying Doctor Service..





# CORTISWORK

by Tom Wolf, photos Richard Cortis

As Editor of Scuttlebutt, I am always asking (more like begging) for articles to enable this valuable (I hope) resource to be published.

More often than not, these pleas fall on deaf ears, with one exception, that of Richard Cortis.

Richard contributes stories of his travels, his projects and other interesting stuff.

We all know that he does phenomenal metal work, and his metal sculptures, usually made of discarded tools and other bits and pieces, have amused us from time to time.

This time around, we have a photo of Richard, hard at work in his workshop, using a plasma cutter.



As said, we have enjoyed his sculptures over time, recently he has been quite productive. He had some time on his hands and had been watching the fishermen on the rock shelf near his home out on the point at Clovelly, so he decided to make this sculpture from stainless steel so it will survive outside. The fishing rod, legs, and arms are from an old driveway drainage grating. He cannot recall where he found the body. The fishing reel is the end of the handle from a spoon which was used on another project.



The base plate is from a building site bin and the fishing line is a piece of stainless steel MIG welding wire. The fish was cut from an old stainless fridge door, and his hat is a SS washer.

One theme is very common in his works, Richard loves making bird sculptures.

He has made a pair of birds cut from a broken brass drum kit cymbal set, the photo on left shows them set out prior to assembly.



Another time, a friend wanted a big bird for a garden ornament so a bin chicken was fabricated. The head is a motorcycle drive sprocket, the body is the tip of a plough, and the neck and legs are from an old roll-out shade blind.

We have all experienced his willingness to help with his metalwork and engineering skills, so it won't come as a surprise to find that when a friend needed a new pulley for the system to lift the centreboard on his sailing yacht, he came to the rescue.

The aluminium angle came from a builder's bin along the street, and he actually bought (paid money) for the stainless steel bolts. The spacers were cut and milled to length from a piece of SS handrail tube and his friend supplied his own pulley sheaves.



**GREAT WORK MATE!!**



# HYBRID CAR BATTERIES

We often discuss how long hybrid batteries last and how much do they cost to replace? I've looked into this, and reviewed some opinions of specialists.

If you own a hybrid car or are planning to buy one, you should know the costs you might face as time goes by.

There are now many manufacturers that offer a petrol-electric (or hybrid) powertrain. Not all hybrids made the same. Although all hybrid models feature an engine, one or more electric motors and a battery, the way these three things work together to power the vehicle may be different.

With some models, the battery does not need to be charged independently, and the vehicle just needs to be refuelled in order to be driven. Other models have embraced plug-in hybrid technology which allow the petrol engine and electric motor to each power the car either independently or in tandem.

Hybrid batteries may experience a loss of capacity over the course of their life and may need to be replaced at some point in your ownership cycle. Most major manufacturers offer a separate warranty on their hybrid batteries that covers you for around eight years or 160,000km, and guarantees that your battery won't drop below a 70 per cent energy storage capacity in that time.

Based on 20 years of battery use experience, often the battery lasts longer but it does deteriorate depending on the use it has had.

Toyota hybrid vehicles from 2019 (and later) have their battery warranty extended to 10 years with no kilometre limit, provided an annual hybrid health inspection is conducted.

Generally speaking, all hybrid batteries should have a storage capacity of 100 per cent when new, but this can drop over time, a loss of between 10 and 30 per cent capacity still allows a feasible traction battery, but a loss in capacity once it drops below 70 per cent is noticeable.

So, how can you tell if a hybrid battery is going bad and losing its capacity? The vehicle may give you a warning such as 'check your hybrid battery' or 'return to dealership', or you may notice a change in fuel consumption. It is then time for a technician conduct a hybrid health inspection with specialist equipment. This inspection includes testing of the traction battery, traction battery cooling fan, auxiliary battery voltage and inverter cooling pump operation.

If you need a replacement battery within the warranty period, the manufacturer will cover the cost of the replacement, however, after the warranty period has ended, you will need to cover the cost of replacement yourself.

How much does it cost to replace a hybrid battery? Generally speaking, you should expect to pay between \$2000 and \$10,000 to replace the battery on a closed-loop hybrid model, and between \$10,000 and \$20,000 to replace the battery on a plug-in hybrid model – if you opt to buy directly from the manufacturer, and this price does not include the cost of fitting the battery to the car.

There is an option to have the battery remanufactured at a lesser price or getting an aftermarket battery, but these usually have reduced warranties (and likely a reduced life).

Remanufactured units take the original battery, diagnose the capacity issues and recalibrate or replace the cells to bring the capacity back in line with a brand-new battery.

**These photos were taken by Tom Wolf whilst travelling in Lancaster County, Pennsylvania, U.S.A.**



**When asked, Tom said that he "enjoyed Intercourse".**



# THE HAZARDS OF LINSEED OIL

This article is repeated due to its relevance, members are recommended to heed the warnings contained.

It has come to our attention that there may be serious danger in how we store or dispose of the cloths, rags and brushes with which we applied the oils. The containers the oils come in may not fully explain these dangers or indeed even give warnings.

Generally the culprit is **linseed oil**, but as this oil is a component in so many oil finishes, the danger may extend across the board for oils and wipe-on stains.

Linseed oil is a drying oil, meaning it can oxidise into a solid form. Due to this property, linseed oil is used on its own or blended with other oils, resins, and solvents as an impregnator and varnish in wood finishing, as a pigment binder in oil paints, as a plasticizer and hardener in putty, and in the manufacture of linoleum.

Linseed oil is still widely used for the finishing and refinishing of furniture and timber products.

Two types of linseed oil are commonly sold, raw and boiled.

- Raw linseed oil is oil which has been squeezed from flax seed and packaged with no additional additives or preservatives. Raw linseed oil dries very slowly, taking weeks to fully cure. It is commonly used to protect items exposed to the elements where drying time is not a consideration.
- Boiled linseed oil is not boiled. Instead solvents are added which cause the linseed oil to dry more quickly, acting as if it were boiled. This makes it a better product for preserving when a quicker drying time is required.

With both raw and boiled linseed oil, and other oils used to finish wood, including some exterior deck sealers and wood stains, heat is generated during the drying process. This is because these oils do not dry like paint (through the evaporation of a solvent or water). Instead, they dry through the same chemical process that generates fire – oxidation, a process that generates heat which may be sufficient to spontaneously ignite the material it is on and then anything else nearby.

For spontaneous combustion to occur, enough heat must accumulate so fire can start. You would never see a piece of furniture spontaneously combust because the oil oxidizes in open air so the surface never even gets warm to the touch! But a pile of oil-soaked rags can. As the oil oxidizes it generates heat. The rags act as an insulator, allowing the heat to build up until the cloth smokes and eventually ignites. A brush used to apply linseed oil that was left on a bookshelf has been known to cause spontaneous combustion.

The bigger the pile, the greater the possible heat and the greater the risk. Ambient temperature is also a factor. The warmer it is, the quicker the rags can reach ignition temperature.

The danger is that when stored or disposed of as a bundle, cloths and rags containing the elements of linseed oil may spontaneously ignite. **THERE HAVE BEEN MANY REPORTS OF SPONTANEOUS COMBUSTION OF LINSEED OILED CLOTHS RAGS AND BRUSHES** and there should be no need to tell you of the danger this creates if it happens, and worse still if it happens after you have left the scene.

Even though **Tung Oil** is said not to combust like this, it is safer to follow the disposal instruction set out in this article rather than risking that a small amount of linseed oil may have been mixed into the oil.

**Varnish** (as opposed to oil) doesn't create this danger, so check the component parts list on your container.

## LESSONS LEARNED AND RECOMMENDATIONS

- Store rags or other applicators (eg. brushes) in a non-combustible container (metal) with a close fitting lid, away from the house and combustible materials
- Rags or other applicators (eg. brushes) soaked with linseed or other drying oils may smoulder for several hours before flames are visible
- Rags or other applicators (eg. brushes) used with linseed oil should be allowed to dry completely in a safe place, away from flammable materials.

The best way to achieve this is to lay the rags or other applicators (eg. brushes) out flat on a concrete driveway, or other non-combustible surface, and allow them to completely dry off.

Then they can be disposed of into the rubbish.

**REMEMBER, IT REMAINS COMBUSTIBLE WHILE WET!**



# VISITING YOUR GP: TIPS FOR THE AVERAGE BLOKE:

By The Regional Men's Health Initiative (from the Midland Men's Shed newsletter)

We often talk to blokes about the importance of visiting their GP for a routine service visit or check-up regardless of whether they feel unwell or not.

These visits help you to stay health aware and if you do have specific risk factors, such as a family history of a certain disease, then regular check-ups may help your doctor pick up early warning signs. For example, high blood pressure may be an early warning sign of cardiovascular disease. For a lot of blokes this visit can be a bit daunting and at times a confusing process. First and foremost, there are a lot of benefits in having a regular GP and practice that you visit. It gives you the opportunity to build a relationship over time, to the point where you are more comfortable talking openly about things.

Your GP gets to know you and will have a better understanding of your health needs and concerns. Your medical history also stays under the one roof making it easier to keep things up to date.

With the average GP consultation time being around 10 to 15 minutes it's important that you have a clear idea of what you want to talk about (write a checklist starting with the most concerning issue). Usually for two or more health issues you will need to book a longer consultation time. Be prepared.

For a general health check, your doctor will want to talk to you about a range of stuff including your medical history, your family's history, your lifestyle, diet, weight and how much you exercise.

Be honest about your health and your concerns and most of all, don't worry too much about being embarrassed. Doctors are usually very difficult people to shock and more than likely have seen or heard it all before.

We all need to take responsibility for our own health and wellbeing. A lot of guys have no idea of what their blood pressure is normally or what it means for that matter. You need to get to know your normal parameters and other things like cholesterol and PSA (Prostate Specific Antigen) blood tests so you can engage in conversation with your GP about them. It often helps to keep your own record of results and a list of any medications you may be on and what they are for.

As we get older, we inevitably encounter the increased risk of developing health concerns such as prostate issues (over 40 years). Most GPs are pretty good at prompting us when needed but we still need to be an active participant. Don't feel intimidated, you have the right to request certain tests and question things the doctor suggests. After all, this is about you and your GP working together.

We recommend that under the age of 50 you should have a routine service visit at least every two years and for those over 50 at least once a year.

When visiting your GP, be prepared (take your own checklist) and be involved, it's your health, you are the expert on you.

## PEARLS OF WISDOM

- My girlfriend says I'm cheap, so I took her out for tea and biscuits. It was quite exciting as she had never given blood before.
- Non-alcoholic beer is like watching porn on the radio
- My wife wants me to wear a bracelet that belonged to her grandfather. It says "Do Not Resuscitate."
- If you have a red wine stain on your carpet, get some white wine and drink it until you don't care anymore.
- Vitamins are good for what ails you and Viagra is good for what fails you
- One good thing about being wrong is the joy it brings to others.
- Even rarer than a doctor who can't stand the sight of blood is a lawyer who can't stand the sight of money.



# SAFETY MEANS PPE

“When Safety is first, You last!”

Article contributed by a member, source unknown

**SAFETY IS NO ACCIDENT** Items of PPE are appropriately chosen for the risks found in each workplace. A woodworking shop typically has three primary risks of personal injury in addition to falls, careless lifting, spills and fumes. The three major risks I identify with are to:

- hearing caused by continued exposure loud noise
- lungs from inhaling fine dust and
- eyes from flying objects and debris

There are many types of available Earplugs, Ear Muffs, Face Masks, Safety Glasses and Goggles. In making your choice you may want to take account of wearer comfort, efficiency for purpose, even your regular prescription lenses .... all balanced against your perception of the cost you are prepared to pay for personal safety.

All Woodies Club members are expected to provide their own items and always have them available when at the Club. I have found it convenient to carry my own PPE items to and from the Club in a clean plastic pail with fitted lid.

But why should we wear PPE Items in a well designed woodworking shop? It is because 100% personal safety cannot guaranteed 100% of the time by design alone.

Furthermore, human beings are prone to make silly mistakes, so a backup plan is needed. All the publications I have read, say we should be wearing PPE at all times in an operating workshop. There is the common opinion that wearing PPE does not substitute for workshop design and operational standards expressed by these first two points –

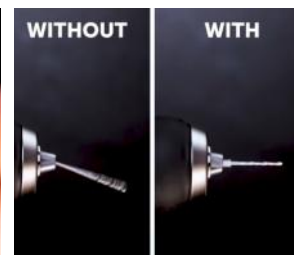
1. Workshop and Equipment Design is of greatest importance .By design, we mean properly guarded machinery with concealed “pinch-points”, noise deadening features, uncluttered efficient shop layout and good dust collection at source with noisy fans located outside the shop wall so exhausting air to outside.
  2. Operating Standards are second most important part of workshop safety. This point refers to how you plan and carry out work, including the use of aids like jigs, clamps and push blocks. These were operational issues that are all within your control.
  3. Only now do we come to your PPE items. Think of these as your personal insurance policy giving you the best chance of returning uninjured to your Club each time. Can I also leave you with a sobering thought. If you have a home workshop, it will likely be lacking in many of the Club's important safety initiatives plus you probably work alone .....
- Do you always take the time to wear your PPE when no one is looking?
  - Do you keep a clean uncluttered shop?
  - Can you summon help quickly in the event of a serious injury?



## HANDY HINT - A COLLET FOR A SMALL BIT

What do you think? Your bit is too small for the drill's chuck, so you take a small plastic tube (such as the ink tube of a ball-point pen) and use it as a collet.

If necessary, cut a strip out of the plastic tube to reduce the circumference.





# NICKNAMES FOR WORKMATES

Often we form impressions of the men we work with, if we were permitted to do so, we may have these Nicknames for our workmates:

- "Wicket keeper" - puts on gloves and stands back
- "Harvey Norman" - 3 years no interest
- "Grenade" - waiting for him to pull the pin
- "Sensor light" - only works if someone walks past
- "Blister" - appears when the hard work is done
- "Showbag" - full of shit
- "Seaweed" - floats around all day and stinks
- "Lantern" - not very bright, and has to be carried
- "Penguin" - always on the ice
- "Deck chair" - always folds under pressure
- "G-spot" - you can never find him
- "2-stroke" - hard to get started, and always smokes
- "Morphine" - slow moving dope
- "Busranger" - holds everyone up
- "Pothole" - Always in the road, needs to be filled in
- "Jungle" - Thick and Dense
- "Wheelbarrow" - Only works when he's pushed
- "4n20" - 4 days' work and 20 years' experience
- "Goldfish" - Can't remember a bloody thing
- "Fractions" - Does 2/5ths of bugger all
- "Cyclone" - Slow moving depression
- "Treacle" - Slow moving and thick
- "Scarecrow" - Just stands around all day and watches
- "Minerals" - Silver in his hair, gold in his teeth and lead in his back-side
- "Limo" - Carries about 8 blokes
- "Chainsaw" - Hard to start and stops for no reason
- "Noodles" - Thinks all jobs take two minutes
- "Cordless" - Charges all night but only works for two hours
- "Drill bit" - A small boring tool
- "Broken Arrow" - ( Boss' Son ) Doesn't work and can't be fired
- "Perth" - Two hours behind everyone else
- "007" - 0 motivation, 0 skills and 7 shit breaks
- "Foreskin" - disappears when it gets hard



# CUTTING WIDE BOARDS ON A TABLE SAW

Crosscutting wide boards on a table saw can be a challenge. The pieces are awkward to handle, and it's hard to control the mitre gauge when its head is off the table.

Our SawStop has a T-slot in the table and a mitre gauge bar with a plate that catches in the slot, but what do you do when the back edge of the board is too wide and the mitre gauge head is off the table?

To make cutting wide boards easier, turn the mitre gauge around, so the mitre gauge head is in front of the wide board, instead of behind. Then hold the work piece snug against the gauge with your left hand, and use your right to push the work piece through. With some very wide boards (which should only be cut if assistance is available), the mitre gauge head may be off the saw table when you complete your cut, so make sure a firm grip is kept on the gauge.





# EVEN 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!!.

JUST BECAUSE  
I'M AWAKE  
DOESN'T MEAN  
I'M READY TO  
DO THINGS

ADMIT IT  
LIFE WOULD BE  
**BORING**  
WITHOUT ME

I'M PRETTY  
CONFIDENT  
MY LAST WORDS  
+++ WILL BE +++  
"WELL SHIT,  
THAT DIDN'T WORK"

I HAVE  
SELECTIVE  
HEARING  
I'M SORRY  
YOU WERE NOT  
SELECTED

IT'S A  
BEAUTIFUL  
DAY TO  
LEAVE ME  
ALONE.

The Universe Is  
Made Of Protons,  
Neutrons, Electrons  
**And Morons**

RETIRED  
AND  
REBUILT  
★ BODY CONTAINS ★  
AFTER MARKET PARTS.

1N73LL1G3NC3  
15 7H3  
4B1L17Y  
70 4D4P7 70  
CH4NG3.

SOMETIMES  
I TALK TO MYSELF  
THEN WE BOTH  
**LAUGH**

YOU ARE  
ABOUT TO  
EXCEED  
THE LIMITS  
OF MY  
MEDICATION

5 OUT OF 4  
PEOPLE  
STRUGGLE WITH  
MATH

YOU ARE ABOUT TO  
**EXCEED**  
THE LIMITS OF MY  
MEDICATION

  
This is a very old  
picture of me

MY JOB IS  
**TOP SECRET**  
EVEN  
I DON'T KNOW  
WHAT I'M DOING

APPARENTLY  
WHEN YOU TREAT  
**PEOPLE**  
THE SAME WAY  
THEY TREAT YOU  
THEY GET  
**OFFENDED**

A PENNY FOR  
YOUR THOUGHTS  
SEEMS A  
LITTLE PRICEY