



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!

UNITING'S DEVELOPMENT UPDATE

We are informed that in late 2024, Uniting submitted the State Significant Development Application (SSDA) for the proposed redevelopment to the Department of Planning, Housing and Infrastructure. The SSDA was placed on public exhibition from Thursday 13 March 2025 to Wednesday 9 April 2025 for 28 days. Neighbours were formally notified of the public exhibition period.

If you are interested in the progress of the development, you can visit the project website at www.uniting.org/waverley for the latest information.

Uniting

Uniting War Memorial Hospital TRANSPORT ACCESS GROUP

Want to get back to using public transport?

Planning to stop driving?

Interested in getting out and about in the community more?

A free 4 week course is being conducted on using public transport, learning how to plan a trip using your apps, and exploring other community options.

Who is eligible?

- Aged over 60 or 50 for ATSI clients
- Able to walk independently for 200 metres with/without aid
- Able to follow instructions

Wednesdays 10am to 12pm

You need to be able to attend all 4 weeks

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



Uniting

Uniting War Memorial Hospital invites you to a face-to-face seminar on COMMON CANCERS

Monday 5th May, 1pm to 3pm

War Memorial Hospital Day Centre, 125 Birrell St Waverley

- Most common cancers in older people
- Updated information on testing and treatment for cancer
- Psychological impact of cancer

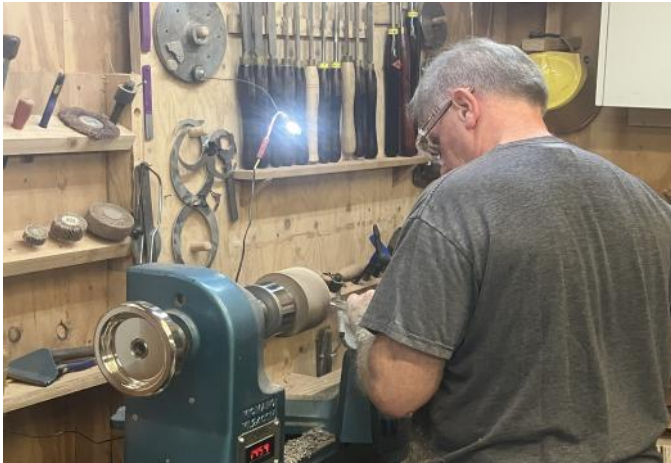
Entry from 12.30pm, light lunch will be provided.

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





SHED GOINGS-ON (CURRENT PROJECTS ETC.)



Jeff Silberbach is turning a ***bow*** (above)



Membership of the Waverley Shed was closed from late last year until recently, when a number of new members came on board, some of them got stuck into projects virtually straight away. New member **Ross Gunthorp** (right) is repairing a ***kitchen stool***, taking it almost completely apart and re-gluing all joints.



David Berman is making a ***toy car*** for his grandson (right)

Under the tutelage of **Ian Dawes**, new member **Chris McWilliam** (left) is learning elementary turning. He is seen fine sanding a ***rolling pin*** being made for **Mo Dhanoya**

Craig Rubenstein's drawers have turned into a ***desk*** (below left)



Ray Tajer is making ***pickleball bats*** (above right)



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Frank Fay is taking some shortcuts sanding his **wooden spoon** (left)

Our readers will recall the photos in last month's Scuttlebutt showing the "before" picture of a **white oak, round shaker style table** that **Frank Fay** was working on, here is the "after" picture (right). **Great job Frank!!**



We were delighted to see **Tony Mandarano** (seen in the photo above left with **Sid Lewinsky**) and **Dave Colwell** back at the Shed (above right).

Last month we reported that **Ian Dawes** was turning **a bowl**, here the finished product (right)



is



Peter Black (left) is making a **china cabinet** for a lady resident in the village next door.

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Sid Lewinsky is making "***banksia pens***" (left), he first turns the dry banksia heads to size and digs out each seed pod, then fills it with coloured resin and turns it to size again. A tiresome and difficult process, but the results are beautiful! (left)

Dave Colwell is making an ***old homestead shed*** diorama (right), the corrugated iron roof effect is achieved using flattened out baked beans tins.



Ross Gunthorp is practising making ***mortise and tenon joints*** (left) using the SawStop with the help of **Craig Rubenstein** and **Tom Wolf**. Once he feels confident, he plans to use these skills to make an outdoor table.

Nick Tyrrell is making ***jewellery boxes*** (right)



William Honeyball has finished the ***model yacht "Britannia"*** (see background), and he has now started his next project, repairing a ***standing clock*** (left).

Tom Wolf has taken on the task of helping **Mike Weihan** in restoring Mike's family heirloom "***HMB Endeavour***" (right).



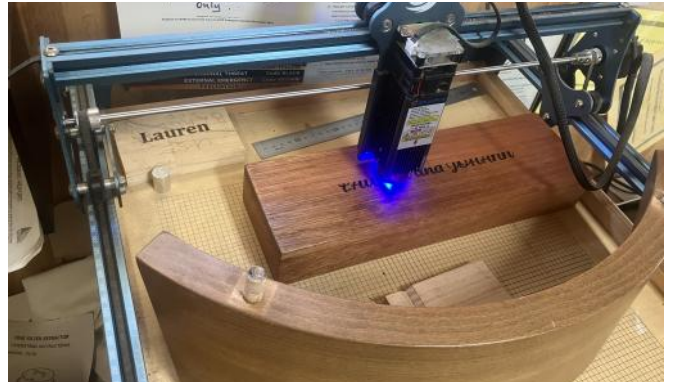
On April 9 we welcomed **Ger O'Brien** (left), a member of the ***Clarecastle Men's Shed (Eire)*** who was visiting Sydney.



THE LASER ENGRAVER

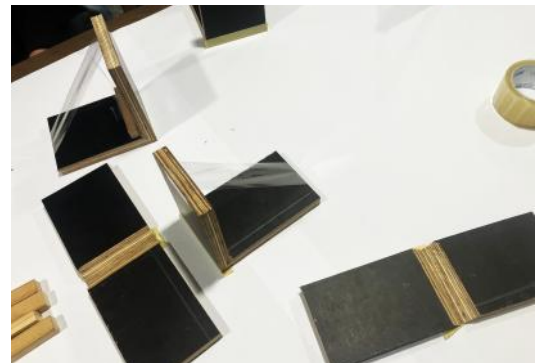
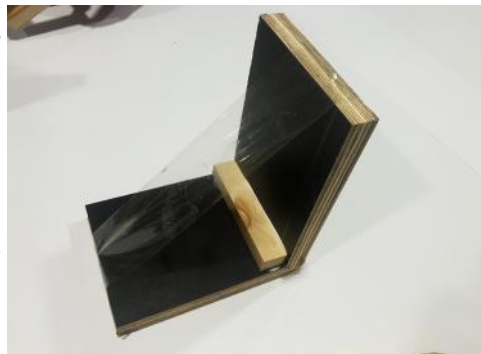
Some time ago, **Jordan Stuart** purchase a **laser engraver** that he used to “burn” designs and names into wood. When he left us for an extended stay in Scotland, he gave permission for the Waverley Shedders to use the engraver, but the only person who knows how use it is **Steve Weymouth**, who is now teaching the other Shedders.

It is unbelievable how much the engraved designs and names improves the quality of the wooden projects.



MENS' SHED AT MONTE

Gad Kainer and Tom Wolf run “hands-on” activities for the men at the **Montefiore Homes at Randwick**. The latest project is the assembling of **bookends** for use by the nursing home residents.



CORTIS TRAVEL ADVISORY

In August 2024, **Richard Cortis** travelled to **Mitchell**, in south-west Queensland, and camped by the **Maranora River**, part of the Murray-Darling basin.

If this photo is anything to go by, it is a must place to visit!!





WOOD LIBRARY

Some time ago, an article appeared in Scuttlebutt advocating the benefits of a "wood library".

Peter Charlton and Ian Dawes took on the challenge, and we now have a substantial library..



The various timbers are wedge shaped so that all the features of the wood (including its end grain) can be easily recognised, we expect this library will grow as more timbers are added to it. **Ian** progressed to making beautiful **shelves** to display the different timbers, the shelves will be mounted on the wall behind the SawStop.



WAVERLEY COMMUNITY GARDEN

Photos courtesy of Waverley Council

A few months ago, we reported of the work carried out by **Peter Black** and his team to **make furnishings** for the Waverley Community Gardens and to **make signs**.

We have now obtained some photos of the gardens and the happy gardeners who benefit from our work





WHO'S THE MEMBER?

Last month we posed the question, can you identify this member? He was shown in the photos as a high school student, the drum major of the Scots College Pipe Band. The photos showed him without enlargement, possibly this larger photo may have helped in identifying

Peter Robilliard
... then ... and now

Guesses: Peter Ulmer wrongly guessed Peter Charlton;



markmoran
VAUCLUSE

MMV FLATPACK

This is not as common an activity as it may seem, the management of the Mark Moran Vaucluse Village nursing home provide this service to residents, but sometimes **Tom Wolf** or **Dach Hall** are requested to assist.

One resident asked Tom for a **flat pack shoe cabinet** to be assembled, no problems.



As I've gotten older, people think I've become lazy ...

the truth is, I'm just becoming more energy efficient!





ROGER'S SCAM

By Roger Patten of the Midland Men's Shed from their newsletter

Picture this! You are busy on the internet and you need some help and you are unsure of how to proceed with this technical stuff. This happened to me so I googled "How to (proceed with this problem)"

The first thing that came up was an advertisement for Asktech, they offered to help with solving technical issues. They required a registration fee of \$2.00 and they would let you know the fee once the job was done.

Three days later, they took \$66 from my bank account. What I didn't see was an "agreement " that this \$66 was the first payment for a monthly subscription. **Turns out to be a scam!!** Three payments later, I managed to get it stopped. It's not easy to do this. It means locking your account and letting the bank do its thing.

I've now been refunded but as I said, it's not easy.

Next time you want some help, ask your grand kids. Valuable lesson learned.



LETTER TO THE EDITOR

.Re: Keywee language

If you are thinking of travelling to a really nice country, you should consider New Zealand. One thing Aussies need to learn is how to speak like Kiwi's, so when they travel around people can understand what they are saying or asking.



1. When you meet people, you must say "Gudday Bro, how's uvryfung goung?" If you say this with an Aussie accent the locals won't understand as it sounds like: "Geeedaye Browe, howeeese eeverytheeng goweeeeeeng?"
2. If you are ordering lunch you have to say: "Can I have sum fushunchups please", but if you speak with an Aussie accent they won't understand because it sounds like: "Can eye have some feeeeeesh end cheeeeps pleeeeeeease"
3. And finally, if you are looking for a toilet you should say: "Hay Bro, uzz deara toylutt around ear, as eye need to go forra puuuuuuuuusss?". If you speak with an Aussie accent they won't understand as it sounds like: "Hee Browe, eesse there aye toyleete around here, as I neede to go for a peeeeeeeeeeeese?"

Hope that helps and I hope you have a fun trup.

Chairs

Nuck Turrull



FOR OUR "DISABLED" SURFER

Some time ago, **Rodger Jamieson** suffered a **hamstring injury while surfing**, the injury proved to be very substantial as the muscle separated from the bone and had to be fixed surgically.

Rodger is still out of action, and **Richard Cortis** made a steel statue showing Rodger surfing a fraction of a second before his right leg slipped causing his injury ... OUCH!!

GET WELL SOON





CORTIS TRAVEL ADVISORY: BUGS IN PARADISE

by Richard Cortis

On our recent travel in New Zealand we absorbed some really fantastic vistas particularly on the scenic train from Christchurch on the east coast over mountains to Greymouth on the west coast.

Following our railway excursions, we hired a car and travelled the southern, more wild and scenic, parts of the South Island. During our wanderings we came across some small black flies. About the size and appearance of those innocuous little bugs that seem to hang around the fruit bowl at home. They fly slowly and are easy to swat. But beware the little slow flying bugs on the west coast of the South Island. These little critters pack an outsize sting and drink your blood. Then they leave you with some very itchy sandfly bites that can take weeks to go away.

Yes, we are referring to the very nasty **New Zealand sandfly**. They can be quite prolific along beaches, where they attack bare ankles but can be encountered in swarms in scrubby areas away from the coast.

At one stop to look at the magnificent view near Lewis Pass, we opened the car door and a great swarm of bugs followed us in and filled the car. It took half an hour to clear them out, but during that time they inflicted a fair number of very itchy bites.

Advice? You definitely need to go there and soak in the scenery. But if you are susceptible, you need to wear long trousers and long sleeve shirts with some insect repellent on exposed areas. Perhaps some antihistamine pills in the first aid kit may be wise if you are susceptible to insect bites.

But you really need to go and enjoy that magnificent piece of country.



CORTIS TRAVEL ADVISORY: DRIFTWOOD GALORE

by Richard Cortis

While we were in the South Island and in the vicinity of Greymouth, we visited a gem of a little town that you must visit, **Hokikita**.



It is famous for its beach, littered with driftwood, and particularly the town's name sign made out of driftwood found at the beach



I recommend this place to visit as something for all visitors to enjoy.

EXERCISE AND MENTAL HEALTH

From HealthDirect, a free Australian Government service

Key facts

- Exercise can benefit your mental health as well as your physical health,
- Exercising regularly can reduce stress, help you sleep better, and aid recovery from mental illness.
- If you are new to exercising, start slow in a setting where you feel comfortable.
- Exercise has many benefits, not only for your physical health but also your mental health
- If you are new to exercise, you can start slowly and choose something you enjoy.

What are the physical health benefits of exercise?

- Exercise has many benefits for your physical health by helping reduce your risk of illnesses, such as
 - heart disease;
 - high blood pressure;
 - diabetes;
 - obesity and
 - cancer
- Exercise can help people with illnesses and conditions such as
 - stroke;
 - Alzheimer's disease;
 - Parkinson's disease and
 - dementia
- Physical activity can also help you maintain a healthy weight and improve your overall health.
- Different exercises can help you
 - lose weight if you need to
 - build muscle mass and strength
- Exercise can also boost your self-esteem.

What are the mental health benefits of exercise?

- If you exercise regularly, it can help
 - reduce stress
 - boost your memory
 - reduce symptoms of mental health conditions like depression, anxiety or schizophrenia; and
 - help with recovery from mental health issues
- Exercise can also help reduce any feelings of loneliness and isolation, as it can create opportunities to:
 - get outside be social and interact with other people
- Exercise can also improve your sleep. A good rest is important in both your physical and mental health, to
 - improve your concentration
 - give you more energy

How does exercise help my mental health?

- Exercise causes your brain to release 'feel good' chemicals like endorphins and serotonin that help improve your mood.
- It also improves your fitness, which can help lift your mood.
- Doing physical activity can also distract you from negative thought patterns.

How much exercise do I need?

- Australian guidelines recommend adults do at least 30 minutes of moderate to intensive physical activity on most or all days of the week.
- Combine your exercise routine with a healthy diet and other healthy lifestyle habits.
- While you exercise, you can also
 - practice steady breathing for self-awareness;
 - focus on keeping a good posture

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How do I start exercising?

- When starting to exercise, it's important to stay within your limits.
- If you are not usually active, start with simple activities like going to the shops; gardening; household chores; and cooking
- At your own pace, try to build up to doing 30 minutes of moderate exercise each day, such as bike riding; walking; and swimming
- If you have a pedometer or smart watch, you can also monitor your steps and set walking goals. At first, aim for around 1,000 steps a day.
- Eventually, try to aim for 8,000 to 10,000 steps per day.
- You don't need to visit a gym to exercise. You can start exercising in a comfortable environment to build your confidence.
- You can exercise at home; outside; alone, with people you know, or with a class or group
- Consider ways you can incorporate exercise into your daily routine and lifestyle.
- When starting exercise, pick something you enjoy. You can use your friends or family as motivators to keep you on track.
- Enjoy the benefits of owning a pet — if you own a dog, make the most of your local area for their walks. You could walk in a park or by a beach if they are nearby.
- If you enjoy dancing, try a creative dance movement class. If you enjoy art, visit a museum or gallery.

How do I overcome obstacles to exercising?

When starting exercise you may experience some barriers, but they can be overcome

Motivation and energy

- Mental health issues can be tiring. You may struggle with motivation for exercise.
- To overcome this, you can start slow and set small goals;
- Reward yourself for exercising;
- Try social exercise
- Remind yourself that exercise will help you rest better and feel less tired

Cost

- You may think that exercising is too costly. Gym memberships and home exercise equipment can be expensive. There are other, more affordable ways to exercise.
- Local community centres often have affordable exercise groups.
- See if your community has a free, local running group.
- Go for a walk around your block.
- Explore online exercise classes and exercise apps.

Anxiety or feeling intimidated

- You might feel uncomfortable exercising in a public place or joining a group exercise class. This is perfectly normal.
- To feel more comfortable and build your confidence, you can try taking a friend with you to an exercise class
- exercising in comfortable clothes
- download an app to exercise in your own home

Time

If you are short on time, there are things you can try to fit exercise into your routine.

- Break exercise into small chunks. Instead of doing 30 minutes in one go, do three lots of 10 minutes in a day.
- Try to wake up earlier.
- Try to walk around on your lunch break.

Physical limitations

- You may have physical obstacles such as an injury or disability that makes it difficult to exercise. You may benefit from seeing a health professional such as a physiotherapist or exercise physiologist to help you recover.
- They can suggest exercise options suitable for you, and help you plan activities.

Resources and support

For advice and to get connected to local mental health services, you can call Head to Health on 1800 595 212.



OLD 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!!.

