

WATERWHEEL WAFFLES



Quarterly Newsletter of the Waterwheel Community Shed

*(or what's been
happening at the
Shed recently!)*

Welcome to Waffles No 3!

For reasons I can't fathom yet, you seem to like what I'm writing, so here goes another attempt!

To make sure I don't forget, I'm rectifying a mistake I make in Issue No.2 and sincerely apologise for misspelling **Malcolm** Homes name! As you can see from this picture he was not impressed! Sorry Malcolm!

Onto other matters, we've had two good talks, one from Ian Mawson on Prostate Cancer (have a look at <https://www.cancer.org.au/cancer-information/types-of-cancer/prostate-cancer>) and another from Laura Turner from Local Guardians (<https://www.localguardians.com>) on Government funding for aged care home support. Both talks provided lots of useful information.

I hope that all members are getting used to the new Job Tracking systems we are employing to keep track of general jobs, and jobs initiated through the "RepairShop" format. To date we are managing to keep up, but the system

In This Issue

Shed Education	2
National Days Around the World	3
Shed Projects	4-13
Guest Speakers	14
Men's Health Week	15
Impressions of a New Member	16
Free Computers	17
Our 3 rd Birthday	18
Hearing Protection	19
Our Sponsors	20



runs a lot smoother if you follow the present arrangements. If you're still in the dark, please see Henry, who will be only too happy to explain how it works!

You may notice the format of the newsletter change from issue to issue, as I try to make it more readable. If there is any particular format you like, please let me know!

Enough from me, onward to what's been happening in the Shed!



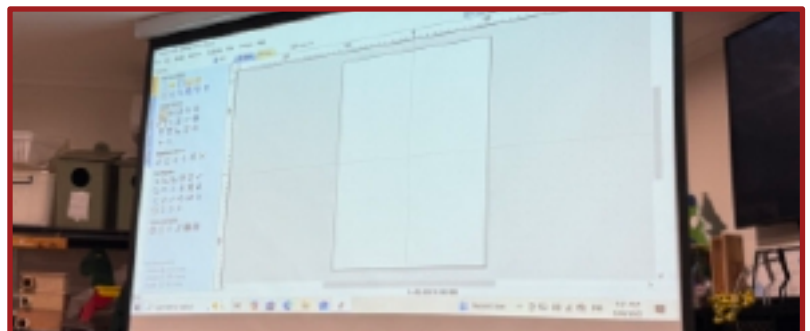
Shed Education

Thursday 5th June, Jack gave a very interesting talk on the inner workings of our CNC machine.

We started with a briefing on the Acer Aspire software on which the design work is carried out. At present this resides on a Shed laptop and Jack's laptop. We have three licences.

After explaining the various parameters of the design phase we retired to the Shed workshop to have a practice demonstration on the capabilities of the machine.

The CNC machine was one of our most expensive purchases to set up when we opened, but to date has had very little use. If you are interested in learning how to operate it, please contact Jack, or discuss your project with either Henry, David or Phil who have a basic (and I do mean basic!) working knowledge of the software.



Dave & Judy on Holiday

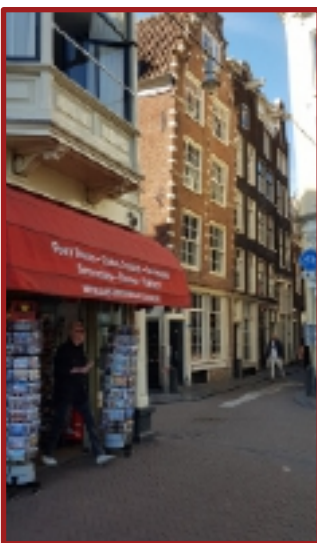
David and Judy recently returned from a trip of a lifetime up the Rhine, Main and Danube rivers from Amsterdam to Budapest.

As you can see from the pictures it must have been hard going with so much wine and food to consume, not to mention "a castle every day" on the itinerary!

It looks like they had a great time and I'm dead jealous!



It was Party Time most nights!

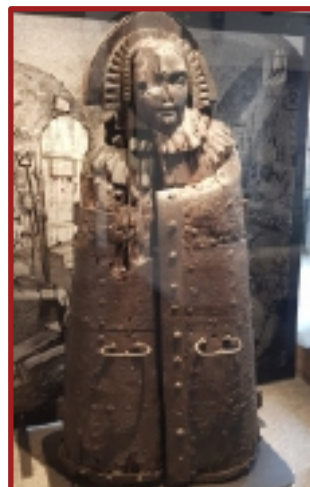


Leaning buildings in Amsterdam.

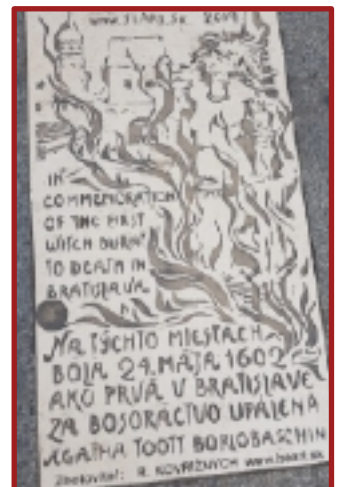
The route from Amsterdam to Budapest



Medieval torture chair & Iron Maiden (full of spikes)



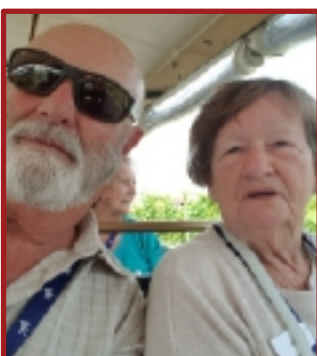
B
u
r
n,
b
a
b
y,
b
u
r
n!



Funicular railway Budapest



Site of Nazi rallies, Nuremberg



Street in Bratislava



New Members



Laurie Sargeson

Unfortunately I haven't managed to catch up with Alyssa yet, so no photo. Hopefully in next edition!

Alyssa D'Ugo

National Days Around The World!

When you spend as much time browsing the web as I do, you come across some unusual items.

The latest rabbit hole I delved into was titled "National Days"! I've included an explanation of some of the weirder ones, but you check them all out at:

<https://www.listofnationaldays.com/september-national-days/>

As this issue is scheduled for 1 September, I thought you might like to know that the following National Days are celebrated today:

- **National No Rhyme (Nor Reason) Day:** National No Rhyme (Nor Reason) Day is a fun holiday observed annually on September 1st. The day is dedicated to words in the English language that have no perfect rhymes, such as "orange," "silver," and "purple."
- **American Chess Day**

- **National Acne Positivity Day**

- **National Child Identity Theft Awareness Day**

- **National Tofu Day:** National Tofu Day is celebrated to recognise the versatility and health benefits of tofu, a plant-based protein made from soybeans. The day aims to raise awareness about the nutritional value of tofu and its use in a variety of cuisines, from Asian stir-fries to vegan desserts. It encourages people to incorporate tofu into their diets and try new recipes.

- **Pink Cadillac Day**

- **National Chicken Boy Day**

- **Roblox Day**

- **Ginger Cat Appreciation Day:** Ginger Cat Appreciation Day is a day dedicated to celebrating and appreciating cats with ginger or orange fur. It is typically

observed on September 1st, and involves sharing photos and stories of ginger cats on social media, as well as raising awareness of ginger cat adoption and care.

- **World Letter Writing Day**

- **National Cherry Popover Day**

- **Building And Code Staff Appreciation Day**

- **Slovakia's National Day**

- **Uzbekistan's National Day**

- **Labor Day**

- **Mouthguard Day:** National Cherry Popover Day is observed on September 1st every year to celebrate the delicious pastry made from a simple batter and filled with fresh cherries. The day encourages people to indulge in this sweet treat and enjoy its delightful flavour and texture.

Who knew?!

Shed Projects

Chinese Cabinet

One of the larger Repair Shop projects recently has been a Chinese Sideboard, in a somewhat “well used and aged” condition.

The Client wants it brought back to as original condition as possible, so Keith, Graham, Murray and Gino are hard at work with a sander and varnish remover to achieve a quality product.

More of this project later!



Piano Stool



A fully refurbish piano stool donated for us to fix and sell. You don't see too many of these, so well done to Ian? & Keith? for the renovation.

Yet More Chairs to Fix!



If concentration could fix it, Ian would have them all done!

Here he is hard at work trying to piece together the jigsaw that is chair fixing assembly. If you don't get it in the right order before the glue sets, then it's start again.

If only the customers knew what hard work they are, they might not rock back on them!

Kelmscott Scouts



A proud David displays his latest woodwork achievement, a Kelmscott Scout Group sign with angled holes to take the Scout Flag and Banners.

How to Fix an Ironing Board!



A Mid-Twentieth Century Pram Frame

Another unusual item to be refurbished recently was a 1950's pram frame. This arrived in a very sorry state, but thanks to Paul? we have another happy customer!



Shed Projects 2

Neil Has Been Busy with the Welder Agin!

To provide more storage space for our ready used store of timber and wood, Neil has been busy with his welder again, this time producing a very sturdy (and heavy) stacking frame, which I can report was filled with items not long after this picture was taken! Well done Neil!



Free Book Exchange



Whilst at the Roleystone Family Centre recently, I took this picture of the Free Book Exchange that the Shed made for the Centre. I'm pleased to report that Deanna tells me that it has been a great success with adults and children alike, and thanks to their security cameras and lights, has remained as you see it. Well done to all those who were involved with the community project.

More Bookcase

Lyle, Gino and John get stuck into the Chinese sideboard continues on with many a sanding disc being worn out in brining it to it's original glory.

This is turning out to be a labour of love as the hours everyone has put into it cannot be reflected in the cost to the customer - she would faint!



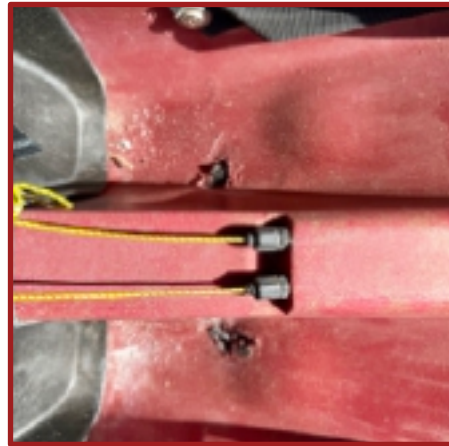
Shed Projects 3

Paddle Your Canoe

An unusual request to “fix it” recently, came from the Champion Lakes Canoe & Kayaking Club, who brought in one their elderly ski canoes to have two small splits repaired.

Unfortunately, like most seemingly simple fixes, this one has turned out to be somewhat bigger, as when the splits were tested, they turned into somewhat larger holes!

No matter, Keith and Derek were on the job, and with two somewhat larger patches applied, the canoe should be watertight for the foreseeable future.



Above -the holes appear!

Next - the fibreglass patches.

Derek with the wear pads.

Wear pads glued in and weights applied.

Inspection of the repair.

The repaired kayak goes home to Champion Lakes, hopefully not to sink!



New Book Library for Churchman's Brook Community Centre



What turns an old bookcase into a superb small book library exchange? Well, some renovation on the doors, cleaning and revarnishing the body, and some expert installation.

Some months ago, the Shed was invited to replace the aging and highly deteriorated small book exchange fixed to a post outside the Churchman's Brook Community Centre.

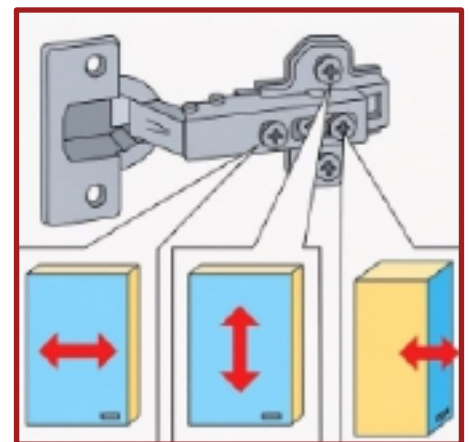
Although we seek to do good works, we can't do projects for free, so it took some time to ascertain who would foot the bill for this task.

However, after that was sorted, the project was completed and expertly installed as can be seen above.

Many thanks to all those involved, especially Lyle, who more usually keeps up with the cleaning requirements of the Shed to stop you all being knee deep in muck!



Shed Projects 4



Have you ever had to adjust the hinge on a kitchen cupboard and didn't know which screw does what?

I came across this little gem of information recently, which takes all the guess work and makes those little tweaks so easy!



John Builds Some Fire Trucks

Shed Projects 5



A somewhat surprised look on John's face as I spy him helping construct one of two child's Fire Trucks, from the template of the one below. More trucks later. Well done John!

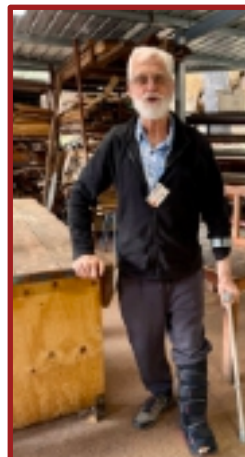
Gary hard at work on the continued restoration of an old Chinese? Sideboard.

I was told it's final finish will be Chinese red with a black table top and sure enough I spied Murray apply the red paint. Can't wait to see the finished article! With the number of hours that it



has consumed to date, I for one am looking forward to seeing the item in all it's glory.

Good to see Murray back on two legs after a fall a few weeks ago. You can't fix furniture with a wonky leg!



Who is this? Well it's Jim hard at work sketching out the stock for his latest piece of artillery. Keep up the good work Jim!

Chinese Sideboard Nears Completion!

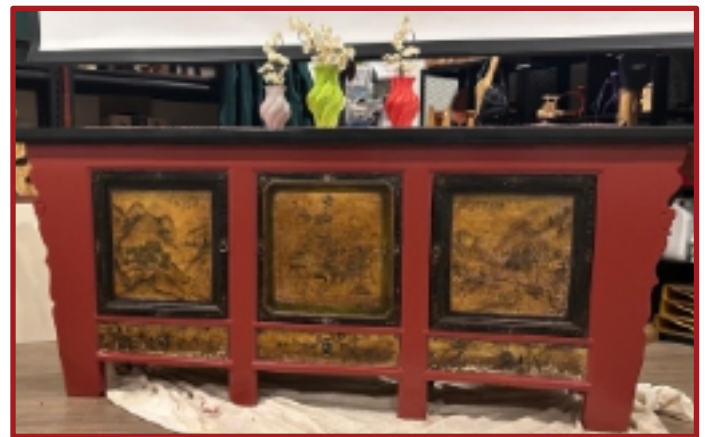


Shed Projects 6

It's nearly finished!

Yes, the Chinese Sideboard is nearly complete, just a few touch ups to finish the job.

Many thanks to all those who laboured on this project, which has taken many man hours. Fortunately the Client is well aware that Henry is going to dint her bank account when she comes to settle up, but it will look in a much better state than when it came in!



Fixing a Lazy Susan



Many hands make light work, or so the saying goes.

Well here are Murray, Keith and Ian making sure the re-glued and pinned table doesn't escape!

Free Wood

A recent visit to Harrisdale Men's Shed scooped some nice long timber for one of Henry's projects. The only problem was it required lots of de-nailing to retrieve the usable wood!



I wish I could bend from the waist like this!

Shed Projects 7

G Plan Nest of Coffee Tables

This is what a very used coffee table looks like! One of a set of three brought into the Shed under the "Repair Shop" banner.

Who is going to tackle this project? Why, our ace fixer of all things wood, Ian!



After many hours of fixing and sanding, they are now nearing completion with a coat of varnish. I must admit the finished article is better than the original! Well done Ian :-)



Shed Projects 8

First Use of the CNC Machine

My first attempt at using the CNC machine, to cut the components for a Bee Hive Hotel!

I learned a lot from this first attempt, especially that you have to allow for the thickness of the wood sheet you are using!

No-matter, after a coat of Chinese red paint (left over from the Chinese cabinet), it

covered a lot of sins.

The bamboo tubes allow for all sizes of native bees to lay their eggs. Fun fact, the native bee lays her egg at the deepest end of the tube, seals it, then lays another egg and so on. The really clever bit is that they hatch in reverse order so the last to be laid, is the first out. Isn't nature wonderful!



Dynamic Duo Make Fire Engines!



I mentioned John and Fire Trucks on page 8, but here are the Dynamic duo (David and Keith) hard at work making two more to fill the order. Thank goodness for the nail gun!



As Murray is away, Ian (a many talented fellow!) turned his hand to wood turning to finish the wheels for the fire trucks.

Nothing makes a shedder happier than getting covered in sawdust! (I mean man-glitter!).

More CNC Machine Working!

Yes, you've seen it here first - the CNC machine actually making something pretty!

Although you can't see much from this picture below, the end result is a rather rustic bird house, complete with old timbered walls and windows! Colours thanks to Steve and his automotive paint contact.



Shed Projects 9



Please insert your own caption!



Guest Speakers

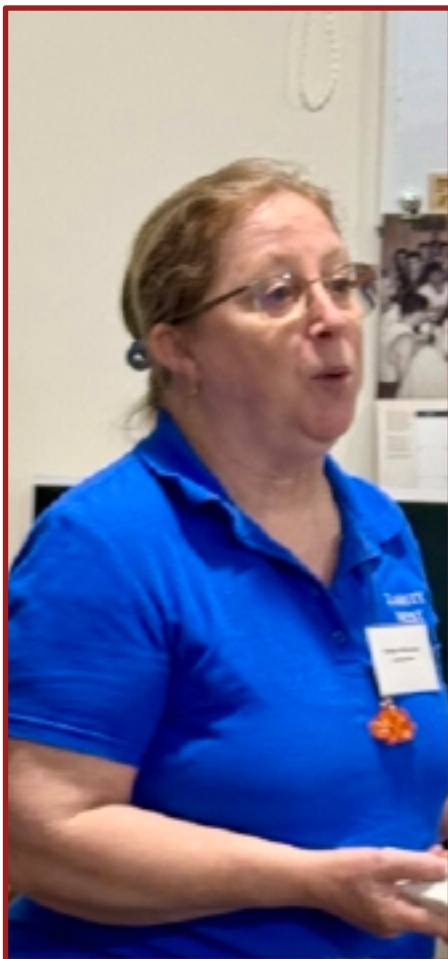


On 15 May we had a visit from Clarity West, where presenter Robyn Moriconi gave us an interesting talk on “Demystifying Enduring Power of Attorney, Guardianship and Advanced Health Directive”.

These are not subjects that we would normally discuss at morning tea, but are better thought of and acted upon before you are not in a position to do so.

A fact of life is that we are all getting older, and the sooner these items are addressed, the sounder you will sleep!

If you wish to know more, please contact them at their web page: www.claritywest.com.au



Laura Turner from *Local Guardians* came for a round table chat about government funding and access to aged care services.

She outlined how to apply for, and access aged care support at home. Laura’s organisation provides support to people to access care providers once you have been approved for a home support package by government.

Laura can be contacted on: **0477 708 106** or laura.turner@localguardians.com or see the website at: www.localguardians.com

Arthritis Hard Facts Men's Health Week



For Men's Health Week, 9–15 June, Arthritis Australia has released some 'hard facts' showing that arthritis, including gout, is a serious and growing issue for men — and that ignoring this is not a demonstration of men as tough, but instead a missed opportunity for better health. These hard facts include that, in 2025, more than 1.67 million Australian men are projected to be living with arthritis — a figure expected to rise to more than 2.17 million by 2040 — and that arthritis is a leading cause of early retirement — with many men of working age living with arthritis this year, including more than 25% of men aged 55–64 and almost 15% of men aged 45–54. For men older than 75, this figure is projected to be 41%.

More than joint pain, arthritis can lead to significant disability, a loss of independence and reduced mobility. And, while some forms of

arthritis are more common in women, conditions like gout are more prevalent in men. Together with gout, osteoarthritis and rheumatoid arthritis form the top three types of arthritis impacting Australian men. As part of its hard facts message, Arthritis Australia also pointed out that some studies have found arthritis can impact men's mental health and relationships. Sexual function is also impacted, with the risk of erectile dysfunction (ED) increased — with 39.4% of men with arthritis being affected versus 14% without. However, by treating arthritis, inflammation, fatigue and pain can be reduced, and treatment may also help improve ED and overall wellbeing.

“Having arthritis is tough, but ignoring it doesn't make you tougher. This Men's Health Week, let's rethink what it means to be strong. Getting checked, diagnosed and taking control is the best

way for men to protect their health, independence and quality of life,” Arthritis Australia CEO Jonathan Smithers said. “Arthritis isn't a badge of honour — it's an invisible load that can weigh you down if left unaddressed. But it doesn't have to define you. Taking action shows strength — it's the key to taking control of your health and living life to the fullest.” Arthritis Australia, this Men's Health Week, is urging men to get checked; get diagnosed — for early diagnosis means more treatment options; and take control, working with a healthcare team to develop a personalised plan.



First Impressions of a New Member



machinery I was soon given free rein to use what I wanted to. Realising that there is an Aladdin's cave of tools, machines and all sorts of bits and pieces around the Shed, I'm still finding new and interesting items after 4 months. Steve's cavern of screws, bolts and everything useful, is another world as he diligently sorts out all of the donations.

At the time of writing this I have been a member for 4 months. I will summarise my experience with these words - Efficient, Friendly, Inclusive, Innovative, Can do attitude, Interesting, Fun and they there are best biscuit eaters I've ever seen!

On arrival I walked into the office to see four admin guys busy at four separate computers. I was greeted and then given a very comprehensive tour of the whole shed by the President, Henry. The pride and enthusiasm for the Shed was obvious from the start. Within minutes I was able to pay my membership and amazingly quickly, was given my name badge with QR code on the back for check in. For someone who likes technology, this was a good sign of things to come.



My first introduction to "Smoko" at the Shed was friendly, where I got to see how everything revolved around the coffee machine and the huge biscuit barrels. I soon realised if the best biscuits were on the

other table, you either switch tables or better still, switched the biscuit barrels over, much to the delight of those on your table.

With a background of working with

I have enjoyed meeting so many friendly and very interesting members, and continue to be amazed and intrigued by their fascinating backgrounds and interests. In getting to know how the place functions, I took on a couple of projects making wooden toys for sale at the markets. In that time I've got to understand how a lot for the work members do, is for community projects of items that come in through the "Repair Workshop" days. That in itself has been a revelation to see the diverse range of repairs undertaken, as individuals use their own skills or collaboratively work with other members to solve some interesting and sometimes tricky repairs. I've seen Venetian blinds restrung, many broken chairs repaired, a tiny dilapidated music box turned back into someone's treasure, a tricky repair on a damaged very large surf ski, an amazing laser cut steel sign for a community group to name just a few. All tackled with enthusiasm and usually humour, well except for two very sad cane chairs that everyone is avoiding, and even having dark thoughts of putting them on the B-B-Q.

As there are no expectations of what any individual should be doing, I've been finding a balance between fulfilling my desire to learn about 3D printing and Laser Burning, and



getting involved in community projects. Henry has been so helpful and patient with me, and often interrupts what he was doing to be of assistance. Thankfully for Henry I'm pretty well self sufficient in 3D printing, well except for him having to spend hours recently installing and calibrating a new print base sheet. Phil has been equally patient in teaching me the finer points of Laser Burning, which I have been putting to great effect on my own projects. The CNC woodworking machine is another work in progress, and has only got as far as Jack's presentation on the basics of operating it. I see a long road ahead for my knowledge to increase, and can understand why it sits hiding away unloved under its cover. One day !!

The regular and interesting guest speakers have been a nice surprise, not to mention coming into Smoko on a Thursday to the smell of cheesy bread or similar cooking!

As I normally just go on Tuesdays and Thursdays I look forward to the week rolling around until my next Shed visit.

Dave Carroll

Dave Can Cook Too!

A few mornings ago, David showed another string to his bow, by cooking Irish Soda bread!

The recipe is an old family one that David served up for morning tea along with heaps of butter. Very tasty indeed.



Free to a Good Home!



You may have noticed that we have two HP white "all in one" computers taking up space in the recreation room. They each have 8 gigs ram and 1 t.b.. hard drives.

We purchased these with a grant from the Department of Veteran's Affairs back in 2019 when we were in the Seniors Club.

As we have purchased new PC's for the office area, the HP's are now surplus to requirement, so we are offering them to members free of charge.

One retains Windows 11, although it can't do updates any further, the other being installed with a vanilla copy of Ubuntu with all the add-ons. This is a Linux based operating system which is free to use and is regularly updated, the big bonus being it does almost all the things Windows can do at no cost!

If you are interested in either one, please see Henry or myself and we'll get it organised.

Who said computing has to be expensive!



Happy 3rd Birthday



Time seems to pass more rapidly every day. It seems only yesterday that we opened the Waterwheel Community Shed. In fact it's 3 years ago! I'm sure the date of 09/07/22 is emblazoned on all your minds!

To celebrate the fact, your generous past-President brought in two slabs of enhanced chocolate cake, but due to the fact that many are away preferring sunnier climes, there was lots for those left over for the next morning tea!

It's only 2 years until our fifth birthday - I hope we do something nice!



NICKNAMES FOR WORKMATES IN AUSTRALIA

- Wicket keeper** - puts on gloves and stands back
- Harvey Norman** - 3 years no interest
- Sensor light** - only works if someone walks past
- Noodles** - thinks all jobs take 2 minutes
- Blister** - appears when the hard work is done
- Showbag** - full of shit
- Lantern** - not very bright and has to be carried
- Deck chair** - always folds under pressure
- Perth** - 3 hours behind everyone else
- G-spot** - you can never find him
- Bushranger** - holds everyone up
- Wheelbarrow** - only works when he's pushed
- Limo** - carries about 8 people
- Cordless** - charges all night but only works for 2 hours



"Everyone can just put down their loot and plunder, and Sven here—yes, old Sven, who was in charge of reading the tide chart—has something to say to us all."

Waterwheel Safety Manual

1.



Significant Sound Levels - 85db (A) 96db (B) 140 db ©.

Noise in the work place can damage your hearing.

Hearing damage may occur when noise is higher than 85 decibels (db), which is about the same loudness of heavy traffic.

Damage can include Tinnitus, hearing loss and other health problems such as headaches and fatigue.

If you have to raise your voice or shout to be heard, or if your ears ring or sounds seem to be muffled afterward, the noise level was too loud and harmful.

All persons should wear hearing protection when using noisy equipment in the workshop, or outside area.

Above 96db Ear protection must be worn. As ear protection is a personal item, members are required to bring their own equipment & keep them in good order.



2.

Flat Bed Saw Operating Procedure

1. Power on the saw and ensure the safety system is initialised: This is indicated by a solid **green LED** on the control box.

2. Engage the bypass mechanism: For most saws, this involves turning the bypass key clockwise and holding it. Some models have a bypass button instead.

3. Activate the blade: With the bypass key held, engage the start/stop paddle to turn on the blade.

4. Confirm bypass mode: The **red LED** will flash once when the key is held, and the **green LED** will **blink slowly**, confirming bypass mode is active.

5. Cut the material: Make your cut while the blade is spinning.

6. Exit bypass mode: Once the cut is complete, turn off the saw using the start/stop paddle. The system will automatically exit bypass mode when the blade stops.

Important Considerations:

Bypass mode disables the safety system: This means the saw will not stop if it comes into contact with skin or other conductive material.

DON'T FORGET OUR SPONSORS!



The City of Armadale, who's generous offer to provide and renovate our building, made the Waterwheel Shed a reality.



Lotterywest has been our main donator, without whom our Shed would not have been possible.



The Bendigo Bank, who initiated the idea of a "Men's Shed", and have made large donations over the years.



Australian Government

Department of Veterans' Affairs

Department of Veteran's Affairs, who donated money to buy all the recreation room equipment and furniture.



Roleystone Real Estate, who sponsor us on a yearly basis.



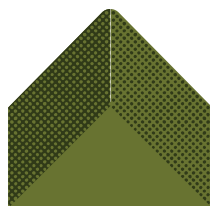
Jarrah Settlements, a long time yearly sponsor of the Shed.



The Department of Infrastructure, who have made various donations.



Men's Sheds of WA, who have provided various smaller donations over the years.



**AUSTRALIAN
MEN'S SHED
ASSOCIATION**

Shoulder to Shoulder
Australian Men's Shed Association, have provided donations in the past.

Waterwheel Waffles is the magazine of the Waterwheel Community Shed.
Your contributions, comments & feedback are welcome
Please contact the author at: phil@aked.com.au