



# Katoomba Men's Shed

*Building Better Blokes*

## Noise from the Shed

No. 16 February 2018

### In this edition

President's message	1
What's on	2
Shed highlights	2
Computer room	3
Keep the body moving	3
Puzzle corner	4
Have a healthy heart	4
Cancer Care counter tops	5
Chess set progressing	5
Recipe: Veal roll	6
Safety tips	6
Tool tips	7
About Katoomba Men's Shed	8
Thanking our supporters	8

### President's message

#### Peter Kinkead, President

With the Annual General Meeting approaching, I have been talking to members about the importance of a healthy and functioning committee to manage the affairs of the Shed. In particular, I believe that the effectiveness of the Committee is improved by a fairly constant rollover of the positions, allowing new ideas and skills to be introduced.

An ideal committee has people with a range of skills and experience. The key qualifications for the Committee are being willing to attend the monthly committee meetings and to work for the betterment of the Shed and its members.

Of course there are other ways to contribute to the Shed, and we are lucky to have a number of

members, including former committee men, who actively work in different roles in the Shed.

I will be nominating for a second term as President in 2018. If I am elected, I will be looking to hand over to a new president in 2019.

Our Vice-President has decided to step back from the Committee after many years in several different positions, so there is at least one opportunity for a new member.

#### Numbers game

One of our strategic planning group members, Bruce Ward, has been busy crunching the numbers from last year's daily attendance sheets. Our aim is to use this and other information to help us come up with a program for the Shed that will continue to attract members by having activities and projects that will keep them interested and engaged.

The information on the attendance sheets was filtered down to reflect the data on members; it did not include carers, visitors etc. and it did not reflect what members were doing on the day of their visit.

#### The informal catering team of John and Robbert hard at work for the end-of-year barbeque.



It's early days yet to read too much into the number crunching Bruce has done but some interesting points so far are:

- We had 86 members at the end of 2017.
- Almost a third did not visit the Shed, or visited only once during the whole year.
- Roughly half of the members (45) attend at least monthly.
- Of these, 10 came weekly.
- Another 10 came two days per week.
- 3 men topped 100 visits for the year.
- Wednesday was the most popular day, with an average of 12 men attending.

## What's on

These are preliminary arrangements, so check at the Shed for final details.

**Wednesday 14 March, 12:00 pm**, social barbeque at the Shed, followed by the **AGM** at 1:00 pm.

**Thursday 22 March, 5:30 pm**: Upper Blue Mountains Sunrise Rotary Men's Health Forum, The Mountain Heritage, Apex Street, Katoomba (see advertisement block on page 5).

**Thursday 5 April, 1:00 pm**: Health talks program – Bowel cancer prevention.

**Thursday 03 May, 1:00 pm**: Health talks program – Schizophrenia & bipolar conditions.

**Thursday 03 May**: Men's Health Week feature activity – to be announced.

**June 8-11**: Sydney National Men's Gathering, Katoomba. See [nswmen.org.au](http://nswmen.org.au)

## Shed highlights

- Wednesday December 20 saw the end-of-year and Christmas barbeque at the Shed. The catering team of John and Robbert put on the usual tasty spread, with the surprise addition of ice-cream for dessert.
- Some of the Wednesday and Thursday men are trialling a few more regular production projects. One idea is to produce possum boxes for commercial sale through a local outlet. Kevin has produced prototypes for brushtail and ringtail possums, both to National Parks designs. The first four boxes are now in production.
- As mentioned in the last newsletter, a defibrillator has been purchased and installed at the Shed. The device can be found in the quiet room. We are told that it requires no

training and that the machine will provide spoken instructions when used. A shelf will be fitted below the defibrillator to hold the first aid kit (currently on a shelf in the kitchen).



**Shed member Ken working on the possum box project.**

- The Management Committee are planning to set a budget for the repair and improvement of Shed facilities in 2018. If you have a request or suggestion, have your say. Talk to any Committee member.

**John Stanley sorting nuts, bolts and screws for the new storage system funded by a small grant from BMCC.**



- The first of the Thursday health talks was held in February. On the subject of heart health, the

talk was very well attended and received by the members of the Shed. The talks will continue on the first Thursday each month at 1:00 pm. See the 'What's on' section above for specific details.

- John Stanley is still slogging away sorting out the 'nuts and bolts' storage area. You will remember that this was a project funded by a small grant from the Blue Mountains City Council. The grant has allowed the Shed to purchase some purpose-made storage containers to replace the myriad bottles, jars, yogurt pots, buckets and ice-cream trays. Soon you will actually be able to find things – and we have a **lot** of things.
- On a very sad note we have heard that Bob Maxwell's wife Juliette passed away in early February. Juliette had been sick for many years and has been cared for by Bob. Our thoughts and condolences are with Bob at this time.
- The Annual General Meeting of the Shed will be held on Wednesday 14 March 2018. All the documents relevant to the AGM, including the meeting notice, minutes of the last meeting, proxy form, nomination form and financial report are available for viewing at the Shed or on the Shed website at kms.org.au. Members are encouraged to formally nominate for Committee positions before the AGM.

## Computer room

### Stephen Crisdale, Computer administrator

The Shed's internet and telephone services are up and running again after hardware failure in January. Our services were affected for an extended period of time and we thank members and guests for their patience. The issue was finally resolved with the installation of a new modem-router.

All of the computers have been checked and are all connecting to the internet.

Members who use their own devices to connect to the Shed's wifi network will need to update both the network name and the network password.

Members are also reminded not to fiddle with the cables and plugs associated with the phone and computer systems. If there is a problem, talk to the day coordinator, the computer administrator or a committee member. During the problems, several people tried to fix things themselves, and this added to the problem.

The problems with the Shed's internet connection has some lessons for us all with our own NBN services. The NBN is a fundamental shift in the way our home telecommunications work.

Before the NBN, we used a *telephone* network to connect to the internet. If your modem had a problem, you could usually still use the phone. At the Shed, we used to routinely unplug the modem every night as a precaution to avoid damage from electrical storms.

Under the NBN, everything, including the phone, works over a *computer* network. Everything plugs into the modem. If the modem has a problem, or is switched off, nothing works! It is also much more difficult to isolate the specific cause of the problem.

One good tip I heard recently for testing a suspect modem is to try plugging the modem in to an NBN connection that you know is working. If a working connection works with your modem then you can be sure that the modem is not the problem.

## Keep the body moving

### John Stanley

For some years, I have been taking a prescribed medication. One of the side-effects of this medication can be a loss of muscle mass. To keep muscle-loss to a minimum I participate in a 'Move Clinic' run by qualified physiotherapists. My wife and I attend about four sessions each week, including some exercise classes and some more specialised 'core' classes focussed on the back and associated muscles.

Several other Shed members and their partners are also attending some of the same classes.

Regular exercise is important in many areas of our health. Some people choose to exercise by themselves. Others like to work out at a gym.

One of the things I like about the Move Clinic is the availability of a qualified physiotherapist. I have used this from time to time when I have a specific problem, such as pain in my knees.

I hope to be able to attend exercise classes for the rest of my life.

The Move Clinic is located at 102 Camp Street Katoomba.

## Puzzle corner

David Bowskill

### The little old lady

'You want my age?' said Auntie Liz.  
'You shouldn't ask, but here it is,  
You switch its digits: that will show  
Just half my age ten years ago.'  
The clues are there, so you can see  
How old dear Auntie Liz would be.

### Solution to Sheep puzzle from last newsletter

The money total received was equal to the **square** of the number of sheep, ie \$4 if 2 sheep, \$81 if 9 sheep etc.

There were an **odd** number of \$10 bills received since the elder brother took the first and last bill.

Therefore the total money received must have been in the form with the number in the 'tens' position being **odd**.

- \$16 (4 sheep);
- \$36 (6 sheep)
- 196 (14 sheep);
- \$256 (16 sheep)
- \$576 (24 sheep);
- \$676 (26 sheep)
- etc

This means that there were \$6 in coins since this is always the number in the 'units' position.

To even up, therefore, the elder brother gave the younger brother a cheque for \$2.

The above sums are the only sums to have an **odd** number in the 'tens' position because there are an **odd** number of \$10 bills' - all other possible sums have an **even** number in the 'tens' position, which implies an even number of \$10 bills ie

- \$121 (11 sheep);
- \$144 (12 sheep)
- \$169 (13 sheep);
- \$225 (15 sheep)
- \$289 (17 sheep);
- \$324 (18 sheep)
- \$361 (19 sheep);
- \$400 (20 sheep)
- etc.

It is relatively easy to prove that if the square of any integer has an odd number in the 'tens' position, then the number in the units position is always 6.

## Have a healthy heart

From the National Heart Foundation

The best way to look after your heart is with a healthy lifestyle.

- Be smoke-free** – this is one of the best things you can do to protect your heart.
- Manage your blood cholesterol.** Cholesterol is a fatty substance carried in your blood. Your body needs cholesterol to be healthy, but an imbalance of cholesterol in your blood can lead to a heart attack or stroke.
- Manage your blood pressure.** Blood pressure isn't usually something you can feel. If it's too high, it needs to be treated.
- Manage diabetes.** It's important to manage your diabetes to help prevent a heart attack or stroke.
- Be physically active.** Regular, moderate physical activity is great for your heart health. It's never too late to start and get the benefits. It's also important to sit less during your day and break up your sitting time.
- Achieve and maintain a healthy weight.** Maintaining a healthy weight can reduce the risk of heart disease and other health problems. It can help to know your body mass index and waist measurements and what these mean.
- Enjoy a variety of nutritious foods.** Eating a varied diet of healthy foods can help with your weight, blood pressure and cholesterol. There are also specific changes you can make to your diet to help prevent heart disease:
  - Eat less salt: Reducing your salt intake is good for your blood pressure.
  - Replacing saturated and trans fats with unsaturated fats can reduce your risk of heart disease.
  - Limit alcohol.
- Look after your mental health.** We know that there can be a greater risk of heart disease for people who have depression, are socially isolated or do not have good social support. Having a good social life can help. Depression is more than feeling sad or low. If you feel depressed for more than two weeks, talk to your doctor, a family member or someone you know well.

For more information see the Heart Foundation website at [www.heartfoundation.org.au](http://www.heartfoundation.org.au).

**Men's Health Forum**  
**Thursday 22nd March 2018**  
**5:30 for 6 pm**  
The Mountain Heritage, Apex Street, Katoomba  
**For Men & their Partners**  
Light Refreshments ~ Gold coin admission  
Proceeds to Polio Plus

Presented by  
Upper Blue Mountains, Sunrise Rotary  
in conjunction with Australian Rotary Health

Speakers on  
Heart & Hypertension      Diabetes  
Good Living      Prostate & Bowel Cancer  
Mental & General Health      Psychology

It's not all so serious fellas, poet Greg North will entertain us  
with his unique slant on the problems we might face,  
after all "Laughter is the best medicine."

**Seating is Limited**  
Enquiries to John 0402 090 489 or Michael 0417 843 456  
[www.bluemountainsrotary.org](http://www.bluemountainsrotary.org)

## Cancer Care counter tops

As this newsletter was being prepared, the Shed workshop team were putting the finishing touches to the second of two new shop counters for the Cancer Care Opportunity Shop in Katoomba.

The two counters have been constructed from plywood to precise specifications provided by Cancer Care. Shed member Jim has been the project leader and main worker on the project, with assistance from Uncle Ed and Greg.

The project has had its share of complications. The biggest problem should serve as a good warning to others planning a similar project. The plywood sheets had been stored standing up for some time before the project was started and the sheets were no longer perfectly flat. We are not sure, but it is probable that the sheets were stacked on end at the hardware store as well, possibly for months.

The problem this created for the building team was the fitting of precision joinery when the parts were not perfectly flat. There was a lot of straining, twisting and clamping (with the associated groaning and cursing) to get the

joints to fit together and to keep the whole project straight and square.



**Shed members Jim and Greg working on the second shop counter for the Cancer Care Opportunity Shop.**

So the lesson for others is to check the source of material carefully. If you need flat plywood parts for a project, try to find a supplier who stores the sheets flat and perhaps take a straight-edge to check the sheets that you choose. It might also be wise to buy a better grade of plywood than the average grade. So perhaps looking to a specialty plywood supplier might be a good idea.

(No criticism is intended to the Cancer Care people who supplied the materials. The fault was almost certainly with the hardware supplier and was not evident until the cutting of the parts started.)

## Chess set progressing

### Bruce Ward

The last newsletter contained an article about an oversized chess set being made at the Shed. Work is progressing well, in between other tasks, and the set is now complete (see photos below).

The final stage will be to make a box to store the pieces.



**The final king being turned on the lathe.**

The over-sized chess pieces have just had their final finish applied and are almost ready for use.



## Recipe: Veal roll

**Serves 2**

**Prep: 15 min**

**Cooking 30 min**

### Ingredients

- 2 slices veal schnitzel (100g each)
- ¼ cup frozen spinach, drained
- 2 tablespoons walnuts
- 2 tablespoons parmesan cheese, grated
- 2 tablespoons reduced-fat feta cheese, diced



### Method

1. Preheat oven to 200°C (180°C fan-forced).
2. Lay veal on a board and top with spinach, walnuts and cheeses. Roll the veal up and secure with a toothpick.
3. Place veal on an oven tray lined with baking paper and bake for 20-30 minutes.

Serve with:

- 2 slices wholegrain bread (margarine optional)
- 2 cups steamed vegetables

### A Healthy Tip!

Staying socially active is important for optimal health and well-being. This recipe is great if you have family or friends over for dinner. You will look like a true masterchef!

(Recipe and tip from *Recipes for Life – Cooking for one or two*, Newcastle University and Department of Veteran’s Affairs.)

### Safety tips

These two tips come from Kevin Wallace, the Shed’s workshop coordinator.

- Don’t use a machine that has an ‘Out of Order’ sign attached. In some workplaces you would be sacked on the spot if you removed an out of order sign or used equipment marked in this way. Not only could it be very dangerous, but you could also do irreparable damage to the equipment concerned.
- If you have not used a particular piece of equipment before, ask for help. There are tricks and traps with most equipment and how to safely use the equipment is often not obvious. For example, our chisel mortiser has an adjustment wheel for setting the position of the mortise on the workpiece, but the actual mortising operation can only be done straight up and down. Someone was observed recently trying to force the tool to make an elongated mortise using the adjustment wheel. This could not possibly work and would certainly have damaged the mortising chisel if any force was applied.

## Tool tips

### Bruce Ward

Buying a new handsaw can be a confusing experience for the uninitiated. There are many choices available and prices vary from less than \$10 to over \$500. So if you want to buy a saw, which one is best for you?

For the purposes of this article, I will assume that you want to buy a general-purpose saw for handyman work around the house. I will also exclude Japanese saws which would just make the whole thing too complicated.

Depending on where you shop, you will find two basic types of saws on the market:

### Hardpoint saws

Most of the lower cost saws that are sold at the big hardware chains are described as 'hardpoint' saws. The tips (points) of the teeth are heat hardened and if you look closely, the teeth will appear darker at the tips and often have a bluish colour. These saws usually have a plastic handle.



### Bluish tips on a hardpoint saw with universal tooth geometry.

These saws are cheap to manufacture and usually work very well. The hardening of the teeth means that the saw will stay sharp for about 10 times longer than traditional saws, but they cannot be sharpened, so you throw them away when they are blunt.

Because they never need sharpening, hardpoint saws often have a tooth geometry that suits cutting both across and with the grain. This is sometimes called a 'universal' pattern.

The downside of a hardpoint saw is the waste of a throw-away item. While a saw will last an average handyman five years or more, when it is blunt it has finished its life. When do you get a

new one? In my experience, you replace it when it is so blunt you can't stand it any more.

I would not recommend buying a second-hand hardpoint saw. There is a reasonable chance it will be useless.

When I checked the website of the big green hardware chain, all but two of the highest priced saws were hardpoint – and the two traditional saws were special order items (not stocked).

### Traditional saws

Most of the saws that are sold at specialty woodworking shops are made of more traditional materials. The teeth and blade have the same hardness throughout and the handle is usually wood.



### Teeth on a traditional handsaw, set up for rip-cutting timber (cutting with the grain).

Traditional saws can be resharpened many times. Properly sharpened and maintained, a good quality traditional saw will outlast the average handyman.

While the steel is hard enough to remain sharp for a reasonable time, it is soft enough to be shaped and sharpened with a small triangular file. The tooth geometry is simpler than the universal teeth on most hardpoint saws, but the tooth shape can quite easily be changed and refined for specific purposes. For this reason, many woodworkers have several traditional saws, each one set up for a different purpose (hardwood, softwood, cross-grain, with grain etc.).

There are specialist saw sharpening services, sometimes called 'saw doctors'. But if you are good with your hands, you can probably learn to sharpen and fine-tune a saw and there are some good saw sharpening tutorials on the internet.

Good quality traditional saws can be very expensive bought new, but can often be

purchased second hand for a very reasonable price. They can almost always be rehabilitated. (You do need to know what to look for to avoid damaged or worn-out saws but this might be the subject of a future tool tip.)

When my traditional saws are not quite as sharp as I would like, I stop and sharpen them. In ten minutes I am back at work with a saw as good as new.

The downside of traditional saws is that the market has been dominated by hardpoints for about 20 years and most saw doctors have gone out of business. It is also getting difficult to find the files and other tools used for sharpening saws.

### The decision

Your decisions will depend on several things:

- how much you can afford to pay;
- whether you care about the throw-away society;
- what sort of woodwork you are going to do;
- whether you are likely to be able to sharpen your own saws.

Before I taught myself to sharpen saws, I bought a new hardpoint tenon saw from the local hardware store. I did not buy the cheapest on the rack, nor the most expensive. Right from the first day, I struggled to use this saw because it constantly binds in the cut. Five years later and I now know that it does not have enough set on the teeth. If it was a traditional saw, it could be fixed, but being a hardpoint, it is just a piece of junk!

On the other hand, a friend gave me a dusty old saw he had inherited. To the untrained eye it was junk, but I thought the handle looked interesting. Cleaned up, the saw turned out to be over 160 years old and has only been sharpened a few times. Sharpened up, it works perfectly!



**My friend's 160-year-old handsaw is as good as the day it was made.**

## About Katoomba Men's Shed

This newsletter is produced by:

Katoomba Men's Shed Inc.  
6 Orient Street, Katoomba

Ph: (02) 4782 7433

Email: [secretary@kms.org.au](mailto:secretary@kms.org.au)

Website: [www.kms.org.au](http://www.kms.org.au)

The Shed is a not-for-profit organisation that aims to advance the health and wellbeing of its members by providing a safe and happy environment where skilled and unskilled men can, in the company of other men:

- Pursue hobbies, pastimes and interests
- Learn new skills, practise, and pass on old skills
- Learn about their own and other men's health and wellbeing
- By their efforts, contribute to their families, their friends, the Shed and their community
- Mentor younger men.

### Disclaimer

The information contained in this newsletter is provided by Katoomba Men's Shed (KMS) in good faith. The information is derived from sources believed to be accurate and current as at the date of publication. The views expressed by individual authors may not represent the views of KMS or its members. Members and other users should seek their own independent advice before basing important decisions on the information.

## Thanking our supporters

The Katoomba Men's Shed thanks the following organisations who provide ongoing in-kind support to the Shed and its operations.

- Blue Mountains City Council
- Digital Mountain
- Blue Mountains Burglar Alarms
- Cleanaway Katoomba