



# Katoomba Men's Shed

*Building Better Blokes*

## Noise from the Shed

No. 15 November 2017

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### Chess anyone?

#### Bruce Ward

The KMS 'woodies' (woodworkers) have embarked on a project to make a set of large chessmen.

We have a large chessboard in the garden area, but it is far too large for normal-size pieces. The squares on our outdoor board are 100 mm square, roughly double the size of a standard board, so we are making our pieces double the standard competition size.

The set is based broadly on a classical design, as described by Bruce Campbell in the *Canadian Woodworker* in 2008.

Turning chess pieces is a good learning project, because you get to practise the same set of cuts

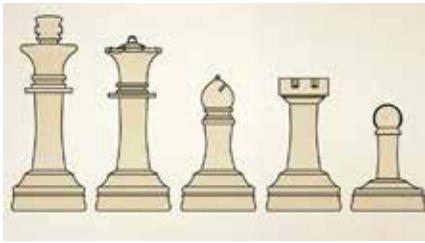
over a number of similar pieces. The aim is to get them as consistent as possible, although some small variations are usually OK.

The process of turning a chess piece is shown on Page 2. You start with a square blank, which is first made round and then shaped in a series of steps. The piece is sanded before it is separated from the waste at the top and removed from the lathe. In this case, I have turned a queen, and the crown was completed off the lathe.

The most difficult piece will be the knight. The knight suggested in our chosen design was too complicated for us, so we adapted a design from my boyhood chess set. The horse's head was cut out on a bandsaw, shaped with a sharp chisel, then attached to the turned base with a piece of dowel.



The completed queen compared to a normal competition-sized piece.



The main pieces from our chosen design.



Two prototype pieces on our outdoor chessboard. They are a good fit.



Shedders (left to right) Keith Adamson, Bruce Ward and Greg Morris turning pieces.



The completed knight compared to the original from my boyhood chess set.



The process of turning a chess piece - in this case, a queen.

## President's message

**Peter Kinkead, President**

With the approach of the festive season, it is timely to think about why the Men's Shed movement exists. The Men's Shed movement we have today originated in the 1990s, when issues were raised about men's health. In particular, many men were socially isolated and had limited opportunities to talk about their health and wellbeing.

So Men's Sheds have been established to provide places for men to be in the company of other

men. Talking about health and wellbeing just happens as a natural part of men being together.

Some men experience social isolation when they are no longer in employment (through retirement or otherwise) or after a change in family circumstances.

So while many of us turn our thoughts and focus to family over the festive season, there are members who need the Shed more than ever at this time. For this reason, the Shed will remain open over most of the Christmas holiday break, with the exception of Boxing Day.

We do the best we can to operate a Shed that fulfils our purpose and objectives, but there is always room for improvement. We have started work on the development of a strategic plan for our Shed to see how we can improve our facilities, activities and programs. There is a long way to go with this, particularly getting input from our members and other interested parties, so look out for a busy start to the new year.

In closing, I would like to wish all members and friends of the Katoomba Men's Shed a healthy and happy festive season.

## Vale Frank Felser

We were saddened by the sudden death of member Frank Felser. Frank had been a member for about three years and could often be found in the computer room.

## Christmas opening arrangements

The Shed will operate as normal over the Christmas holiday break, with the exception of Boxing Day, when the Shed will be closed.

## Shed highlights

- Shedders David, Geoff, Greg and Jim cut out 40 'Christmas Angel' shapes for a customer who intends painting them to send to friends here and overseas.
- Meanwhile, Kevin, Bruce, Greg and Keith made 80 scarf holders for a local CWA group who will be giving them away as gifts.
- Work has started on a new shop counter for Katoomba Cancer Care. We have worked with the Cancer Care Shop right from the inception of our Shed and this project is one way of showing our support for the important work that they do.

- Several Shed members have volunteered to run some simple woodworking projects for a small group of boys at the Katoomba North Public School.
- The Shed will be purchasing and installing an automatic defibrillator. The advice of the medical fraternity is that these devices save lives when people have a cardiac incident.
- In conjunction with the Lawson Community Health Centre, we will be introducing a series of monthly health talks. Commencing in January, the talks will normally be held on the first Thursday in the month. See the 'What's on' section below for details.
- With the completion of the installation of some new audiovisual equipment, we are going to trial a weekly movie screening. Given one of the members has a large collection of John Wayne movies, expect at least a few good old westerns! We are hoping that 'Friday Movie at the Shed' will become a regular feature of the Shed program.
- Long-serving members will remember Garry Camm's constant companion, his dog 'Choof'. After a long and active life, Choof passed away in October at the ripe old age of 18.

## What's on

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

**Fridays, 1:00 pm:** Friday at the movies. Check program.

**Wednesday 20 December:** Christmas gathering and barbeque. Lunch at 1:00 pm. (Note change of date from last newsletter)

**Thursday 11 January, 1:00 pm:** Health talks program – Men and sexuality.

**Thursday 1 February, 1:00 pm:** Health talks program – Men and heart disease.

**Tuesday 27 February, 1:00 pm:** Guest speaker Julie Kourence from the Continence Foundation of Australia.

**Thursday 1 March, 1:00 pm:** Health talks program – Men and stroke awareness.

## Continence

### Peter Kinhead

Or in my case, why did I keep waking during the night?

Most of my working life I had been 'on call' in one way or another so when I came off from

being 'on call 24/7' it did not surprise me initially that I could not get a good night's sleep. I thought it was from light sleeping and listening out for the pager or phone for half a lifetime and was some type of muscle memory in the mind that would eventually go away. WRONG.

For a few years after no longer being on call I kept waking up/not being able to sleep properly to the stage of only sleeping for about an hour and waking. Sleep for about an hour and waking. In the waking periods I would get up, go to the toilet, raid the fridge and sometimes watch TV. The raiding of the fridge soon started to put on the weight, and the lack of good quality sleep was a concern as I was still doing the daily drive to Parramatta for work.

This disturbed sleep pattern went on for some time before I went to the doctor complaining of what I thought was insomnia. I was worried that the long-term effects of sleep deprivation would bring on a maze of other medical issues as well as the potential to shorten my lifespan. I was prescribed different sleeping tablets over a period of years with no real satisfactory improvement. At one stage I was given Stillnox....boy does that change your personality at night-time, scary.

Eventually while talking with my doctor we stumbled upon a common denominator, going to the toilet each time I woke up. So a series of tests were organised including a few visits to urologists and it was finally confirmed that I had an enlarged prostate. The supposed pattern of light sleeping from being on call was only masking the real issue. The need to empty my bladder was the issue that was waking me up!

Apparently there are two types of prostate enlargement, one from the body ageing process and one that is cancerous. I was lucky in that mine was from an ageing body and it is not uncommon in men over 50 or so.

Once I had a confirmed diagnosis (I went to two different specialists) I was booked in for a surgical procedure called TURP that only required a hospital stay of a couple of days.

This was a couple of years ago and the result for me has been outstanding. There are some side effects but when I think that now I sleep most of the night and have good bladder control, those other side effects are minor in comparison.

Why am I telling you all this 'private stuff'?

On the 27th Feb 2018 at 1.00 pm, we have Julie Kourence from the Continence Foundation of

Australia booked in to give us Shedders a talk about continence and associated issues.

I know we are all different and we have different attitudes to our 'private stuff' but I also think we owe it to ourselves, if no one else, to spend an hour listening to someone who is an expert in this field. This subject might bore the pants off some people BUT there could be a few Shedders out there who may benefit from listening to what Julie has to say.

## Future directions

### Peter Kinkead, President

Over the last few months, a small subcommittee has started the development of a strategic plan for the Katoomba Men's Shed. Our planning window is the next three years.

Our draft strategic goals are listed below. In the next round of planning we want to hear from members and other interested people. In particular we want answers to the following questions:

- What do you like about the Shed?
- What don't you like about the Shed?
- What do you want to do at the Shed? (members) / What do you want the Shed to do? (non members)

Drop your answers in at the Shed or email to me at [president@kms.org.au](mailto:president@kms.org.au).

### Draft strategic goals for 2020

#### Encourage good daily attendance and active involvement in our programs and activities

- Continue to identify activities which respond to our members' interests.
- Establish effective recruitment, induction and retention programs.
- Identify appropriate activities for members to work on together which can deliver community benefits.

#### Develop and deliver a sound men's health program

- Identify key areas of men's health affecting our members.
- Develop partnerships with organisations that can deliver information and advice on those key areas.
- Support members with health problems.

#### Build and maintain the Shed as a financially sound organisation with appropriate reserves

- Introduce an effective budgeting process.
- Determine the appropriate level of reserves required to maintain financial prudence.

### Build the committee's effectiveness in managing the Shed

- Encourage more members to participate in Shed management.
- Develop a succession plan for senior Shed Committee positions.
- Continue to develop and promote the Shed's values and code of conduct.

## Safety tips

### Using machines

- Do not operate any machine while under the influence of drugs, alcohol or medication (that is, medication that can affect your performance)
- Do not attempt to use any machine without prior experience or instruction.
- Do not wear gloves, neckties, jewellery or loose clothing while using machines.
- Always wear eye protection and a dust mask where appropriate.
- Do not operate machines where guards have been removed.
- Allow the machine to come to a **complete** stop before clearing blockages or making adjustments.
- Disconnect the machine from the power source before proceeding with any maintenance or any adjustments.
- **Always** turn the machine off, *using the switch on the machine*, before turning off at the powerpoint. This is to avoid accidental starting when the power is switched back on.
- Where available use dust extraction.

Source: Instructions included in the manual of MOST workshop machines.

### Keep tools sharp and in good repair

- Use the right tool for the job. Don't use a spanner as a hammer or a screwdriver as a chisel.
- Keep your tools sharp and in good working order. Blunt tools are more likely to slip or catch in the job, increasing the chance of injury.

### Gloves off for rotating machines

Avoid wearing gloves when using spinning machines such as power saws, lathes and drill

presses. Gloves can get entangled in the machine and drag your hands into the machine.

Note: There may be circumstances where it is safe to use gloves for a specific purpose, but you need to know what you are doing.

## Recipe: Chicken & chickpea salad

**Serves: 2**

**Preparation: 30 min**

**Cooking: 40 min**



### Ingredients

- $\frac{2}{3}$  cup rice
- Cooking oil spray
- 1 lean chicken breast, diced
- $\frac{1}{2}$  cup canned chickpeas, drained
- $\frac{1}{2}$  cup fresh mint, coarsely chopped
- $\frac{1}{2}$  cup fresh parsley, coarsely chopped
- 2 tomatoes, diced
- $\frac{1}{2}$  Lebanese cucumber, diced
- $\frac{1}{4}$  red onion, diced
- $\frac{1}{4}$  cup lemon juice

### Method

- Cook the rice using your preferred method (see below).
- Heat cooking oil spray in a fry pan on medium heat. Add chicken and cook for 10-15 minutes.
- Combine the chickpeas, rice, mint, parsley, tomato, cucumber and red onion in a bowl. Add the chicken after it is cooked.
- Pour lemon juice over the salad and serve.

### A healthy tip!

Quitting smoking is a challenge. It is important that you delay acting on the urge to smoke. After five minutes the urge to smoke weakens and your desire to quit will come back.

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

## How to cook rice

### On the stove top



- Place 1 cup (200g) of rice in a saucepan. Add  $1\frac{1}{2}$  cups (375ml) of cold water. Bring to boil. Stir occasionally.
- Reduce heat and simmer covered for 12-14 minutes.

- Remove from heat and set aside, covered for 5-10 minutes. Use a fork to separate the grains and
- Serve.

### In the microwave



- Place 1 cup (200g) of rice in a microwave-safe bowl. Add 1½ cups (375ml) of cold water. Place lid on top.
- Cook on High (800watts or 100%) for 5 minutes, then cook on Medium (500watts or 50%) for a further 7 minutes.
- Set aside, covered, for 3 minutes. Use a fork to separate the grains and serve.

## Puzzle corner

### David Bowskill

#### New puzzle: Sheep

Two brothers inherited a herd of sheep. They sold all of them, receiving for each sheep the same number of dollars as there were sheep in the herd.

The money was given to them in \$10 bills, except for an excess amount, less than \$10, that was in silver dollars.

They divided the bills between them by placing them on a table and alternately taking a bill until there were none left.

'It is not fair' complained the younger brother, 'You drew first and you also took the last bill, so you got \$10 more than I did'.

To even things up partially, the older brother gave the younger brother all the silver dollars, but the younger brother was still not satisfied 'You gave me less than \$10 so you still owe me money'.

'True' said the older brother, 'Suppose I write you a cheque that will make the total amounts such that we each end up with exactly the same'.

This he did! - *what was the value of the cheque?*

(The information seems to be insufficient but it is not. See the solution in the next newsletter.)

#### Solution: The census

This is the solution to the first puzzle in the last newsletter.

List all the possible combinations of three numbers that when multiplied result in 36 (there are 8 possibilities), then add them up:

- $1+1+36=38$

- $1+2+18=21$
- $1+3+12=16$
- $1+4+9=14$
- $1+6+6=13$
- $2+2+9=13$
- $2+3+6=11$
- $3+3+4=10$

The census collector knew how many windows there were in the house across the road, but could not use that to select the right answer, so we can deduce that there must not have been a clear answer. There are two sets of ages that add up to 13, so that means there must be 13 windows. If it was any one of the other numbers, the census collector could have worked it out.

And then the householder said that the oldest *child* had red hair. This statement means that there is an *oldest* child. So the only possible answer is 2, 2 and 9.

Therefore the children are 2, 2 and 9 years old.

#### Solution: Pills

This is the solution to the second puzzle from the last newsletter.

Take a different number of pills from each jar and weigh the whole sample. For example, take:

- 1 pill from jar 1
- 2 pills from jar 2
- 3 pills from jar 3
- 4 pills from jar 4
- 5 pills from jar 5

In the example there would be 15 pills in the sample, and if they were all 10 gram pills, the total weight would be 150 grams.

Suppose jar 4 contained the lightweight pills. The total weight that you observe would be 146 grams (11 pills at 10 grams, plus 4 pills at 9 grams). Since the weight you observe is 4 grams less than the expected 150 grams, you know jar 4 is holding the 9 gram pills.

In general (using the distribution of pills from above): Jar number = Expected weight (150g) - observed weight

Another, more elegant, method is to take 9,8,7,6,5 pills from each jar respectively. The last digit of the weight will be the number of the jar with the lightweight pills. (The sample is 35 pills. If the total weight is 344 grams, then jar 4 has the lightweight pills.)

## Not all rust is red

### Bruce Ward

Rust is iron oxide, formed by the reaction of iron with oxygen in the presence of water (often moisture from the air). If you are like me and don't like to find your tools rusting, it might help to understand a little bit more about the rusting process and how to diagnose what has gone wrong with your tool care.

There are several different forms of iron oxide, depending on the conditions under which it forms. These forms vary in colour and chemical composition.

The two most common that will be found on tools are reddish brown rust and yellow rust.

Brown rust forms slowly in the presence of air and relatively low moisture. Chemically, it is the simplest iron oxide -  $\text{Fe}_2\text{O}_3$ . It is reddish-brown in colour and forms on tools when they are not used for a long time. The moisture usually comes from air humidity, rather than water or condensation. It is often called surface rust, but if allowed to accumulate for many years, will eventually damage the surface.



**Brown rust forms in low moisture. The moisture usually comes from humidity.**

Yellow rust forms very quickly when air and water are both present. This happens when tools are left wet, or water condenses on the tool. Yellow rust is also called 'flash' rust and can form in a matter of hours. Chemically, it is iron oxide-hydroxide  $\text{FeO}(\text{OH})\cdot\text{H}_2\text{O}$ .



**Yellow rust or 'flash' rust forms very quickly in the presence of air and water.**

You are less likely to find red rust or black rust in tools. Red rust (hydrated oxide  $\text{Fe}_2\text{O}_3\cdot\text{H}_2\text{O}$ ) usually forms where there is air, water and salt present, such as in marine environments. It is a brighter shade of red than the more common brown rust. Black rust (iron (II)oxide -  $\text{Fe}_3\text{O}_4$ ) forms in low oxygen, low moisture situations, such as where the metal was covered by something that excluded air. It looks like a dark stain on the surface of the metal.

Light rust can be easily removed from tools with a wire brush, steel wool or almost any mild abrasive. The best way to clean up more stubborn rust is to use a mild acid bath such as vinegar or citric acid. Leave the tools to soak and check them every few hours until the rust can be rubbed off with a wire brush or steel wool. After cleaning, rinse the tools thoroughly to remove the acid.



**In the early stages, brown rust is relatively easy to remove with little damage to the tool.**

When you have cleaned rust from tools, you have probably created an ideal environment for new rust to form. You have exposed fresh, clean metal to air, and possibly added water to the mix. So as soon as the tools are dry you need to apply some form of rust-preventative. Don't leave the tools overnight or they will probably have yellow rust by morning.



**This flaking rust is a mixture of yellow and brown rust. This rust will be more difficult to remove.**

The simple formula for rust is:

Rust = Iron (Steel) + Air + Moisture

You can't remove the iron from the equation, so to prevent rust, remove air or moisture. For long-term storage, exclude both air and moisture.

- Store tools in a dry place and prevent condensation.
- Apply a rust-preventative to the surface of tools to exclude both air and moisture. There are purpose-made spray coatings available from specialty tool stores, or you can use something like WD40.



**Pitting is often found after accumulated rust is removed. Severe pitting can render some tools useless.**

## Computer Club

### Stephen Crisdale

Further to the completion of the projection facilities in the quiet room, the facility has been extended with the addition of better quality audio and the installation of a new laptop computer. This will now allow the Shed to screen movies or other programs from almost any format, including CD, DVD, Blu-ray and USB. The completed facility has been nicknamed 'The Mini-Edge' by those who have done the work.

The Mini-Edge was given a thorough test on Melbourne Cup day, when movies were screened before and after lunch. The facility was then switched to television mode for the running of the Cup. It was a resounding success!

The Management Committee will shortly trial 'Friday Movie at the Shed', so if you would be interested, keep your eye on the activity noticeboard for the program.

Members are also reminded that if they would like assistance with any computer-related issues, to come along to the Shed on Friday mornings. There's bound to be someone who'll be able to help.

## About Katoomba Men's Shed

This newsletter is produced by:

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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

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## 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