

WATERWHEEL WAFFLES

Waterwheel
COMMUNITY
SHED



Quarterly Newsletter of the
Waterwheel Community Shed

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



Some time ago we applied for a grant to start a "Shed Garden" in the grassed area alongside the Shed. However this was rejected.

Recently Henry approached the City again with a proposal to beautify around the Shed and in the area dominated by the septic tank (an area we had hoped could be used as a recreational area).

This would allow the gardeners at the

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Shed to apply their skills and make the place look a little more attractive!

With the aid of A.I. magic Henry has given us a view of what could be achieved with the use of pots and some thoughtful arrangements (see next page).

I hope you like cooking - as I've included the recipes from our last great feast hosted by David and Mick. (stop press - I'm told we will be holding another event soon!)

We've had three visits over the last few months, the last being from the Motorcycle Men's Shed Perth who dropped in on their array of magnificent motorcycles for our monthly bbq, very amply cooked by our stand in chef - Lyle.

A very enjoyable Saturday with the weather holding, no burnt sausages and some well cooked fish!

Shed Visits

Thursday 4th June we were scheduled to have Mr Basil Zempilas MLA, Leader of the Opposition visit us. Unfortunately it was also the day that Western Power decided to replace some of the power poles close to the Shed, which in turn led to a day without power. However, we need not have worried, as he failed to turn up!

However on Thursday 16th July we had a couple of surprise visitors in the form of (you guessed it) Hon. Basil Zempilas MLA (Leader of the Opposition) and Hon. Philip Twiss MLC.

Our President gave them the “grand tour” around the Shed with lots of photoshoot opportunities thrown in. At one point Basil encountered our resident diplomat in the form of Neil Baker, who by the volume of the conversation, pointed out a few truths to Basil!

The whirlwind tour completed just before morning tea, so at least



that wasn't disrupted.
(A tip for Basil - if you're visiting a Shed, bring cake!)

Although this is not a 'shed visit', I just had to include this picture.

A very concerned Bear looks on as Len tries to extricate one of Lyn's Jarrah Daisies from Bear's wire hanging method.

I had briefed them that the centre gum nuts glued around the mirror were very fragile and that Lyn would not be happy if they dislodged any!

Fortunately all went well with the “Daisy” being rehung and Bear's new clock surviving as well.



Shed Visits 2



Friday 21st August we had a surprise visit from Trish Cook MP and Hugh Jones MLA. It was so unplanned that Henry had to quickly nip down to the Shed to show them what we had been up to since their last visit.

The timing was due to them both having a tight schedule and being unable to attend when we were open.

As I wasn't at the meeting, I can only assume Henry is describing to Trish just how big the fish was he caught last time he went fishing. From the expression on Hugh Jones face I don't think he believes him!!



From Your Safety Manual (Well, mine anyway!)



Daily Coffee and a Lower Risk of Atrial Fibrillation

by LISA GUY June 30, 2026

New research suggests a daily coffee may protect against atrial fibrillation (AFib), a common heart rhythm disorder that increases stroke and heart failure risk. Contrary to longstanding advice to limit caffeine, participants who drank at least one cup of caffeinated coffee daily had a 39 per cent lower risk of AFib recurrence.

The findings come from the DECAF study, the first randomised trial to examine coffee's effect on AFib, conducted by the University of California, San Francisco and the University of Adelaide. The six-month trial involved 200 patients with persistent AFib or atrial flutter undergoing electrical cardioversion. Researchers suggest coffee's benefits may stem from its anti inflammatory compounds, diuretic effects that reduce blood pressure and replacing less healthy beverages.

"The results were astounding," says first author Christopher X Wong. Senior author Gregory M Marcus adds coffee may also increase physical activity, further lowering AFib risk. The study indicates moderate coffee consumption is safe and potentially protective for heart rhythm.

Source: University of California, San Francisco

This article is featured in Wellbeing Magazine 222



From Your Safety Manual - Page 21

HAND SAFETY

**Problems: Pinch /
Crush / Rotational /
Trap / Lacerate /
Puncture / Abrasion / Burn / Chemical Contact.**

Hand injuries consistently account for a large percentage of construction related injuries. The first step to hand safety and preventing hand injuries is **AWARENESS** and to recognise the hazards and dangers involved in your job so you can avoid or control them.

The following is a list of some common hazards that you should be aware of:

- Pinch point
- Hot Spots
- Rotating Machines
- Automatic Machines
- Loose clothing
- Jewellery

The following are suggested guides to prevent injury to your hands:

- Be Rested, Stay Alert.
- Do not Get Distracted when operating Machinery.
- Know the area you will be working in and the correct operating instructions for the equipment you will be using.
- Inspect the tools of machines prior to using for faults and that machine guards are in place/working properly.
- Use push sticks, pliers, poles etc – **NEVER PUT YOUR HANDS INTO THE DANGER ZONE.**
- Ensure power is off and locked out prior to any repair work.
- Follow all safe work practises / safe work procedures and use the appropriate PPE.



New Members Last Three Months



Sandra Vowles



Darren Cornwall



Andrew Smalley



Vincent Powell



Bill Despotovski

Birthdays Last Three Months



Kathy Turton



Darren Cornwall



John Stenhouse



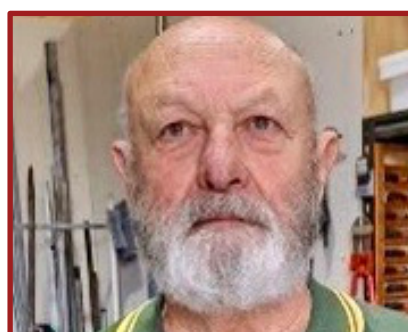
Neil Moxham



Ron Fisher



Veronica Hansen



David Hawke



New Equipment Update

The new 40W Diode laser had it's first run on Thursday 4th June, which was very successful.

David hit on the idea of producing a set of "Proudly Made" tags to go on the steel animal cutouts Neil produces. In less than 30 minutes he had 20 perfectly burnt and cut out tags which can be attached to the animals.

The laser will be housed in the Tea Room for the time being, until the storage sea container is in place. The trial run proved successful in demonstrating that the exhaust pipe out of the open door was sufficient to remove the fumes.

As the laser is on a temporary movable trolley, Neil is going to make a more stable steel item (see below) which will enable it to be moved, but once sited remain on a stable platform.

After only a week, David has really been getting into our new



laser, with trial runs on etching glass using the additional rotary engraver mechanism. To keep the module in a set position, he also used his skills on the CNC machine to make a wooden docking station. Fantastic - I can't keep up!

In the pictures above you will see what's left of the hastily made mobile stand that was created to get started with the new equipment, and the all new, improved steel mega-stand, designed and created by our own steel wizard, Neil (the one who makes all the noise! :-)

When I took the photograph of the first trolley, I found it stripped of wheels and top awaiting further development, whilst the new super-duper stand sports both.

The laser will remain in the recreation room for the time being as lasers do not like dust. Once the 40' sea container has been positioned and can be used for storage, Steve's storage area will probably be rejigged to house both lasers.

Shed Garden?



(fm p.1) Here are some more ideas of how we can make the area around the septic tank look inviting, either with a continuation of potted plants or by creating some borders.

Unfortunately the A.I. managed to remove the septic tank altogether and make the area look idillic, but with a little imagination I'm sure the green fingered amongst us can do something similar. We already have the support poles installed for a shade area if that were required.



Shed Projects 1

Where Is The Battery?

You might ask?

Although it was penciled in for fitting in June, we are still awaiting Western Power to complete the paperwork for the installation to go ahead. It will happen, but for now the timing is out of our hands, so please remember that when air conditioners are on for a long time!

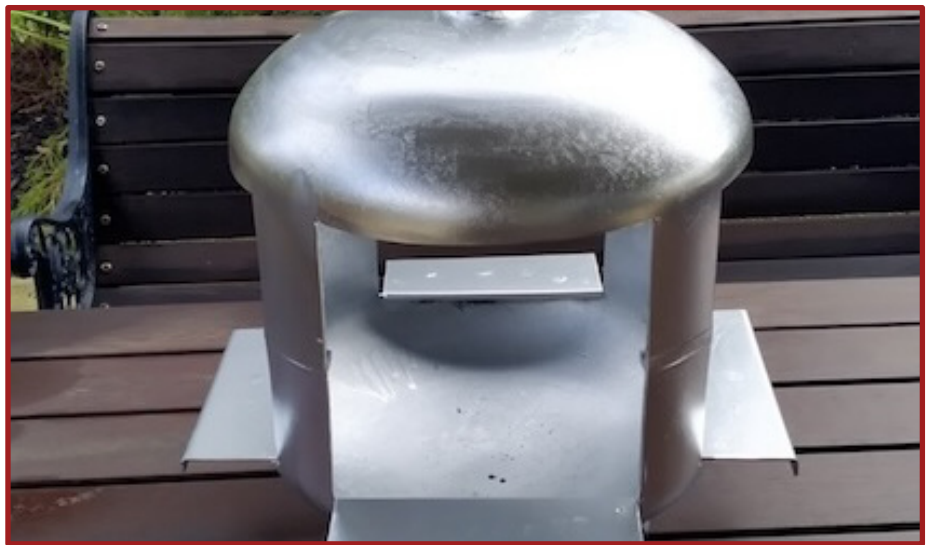


What is it?

Well Larry has found a new use for our supply of used gas bottles - a bird feeder!

Having designed this he thought "why not make a mailbox?"

Below is an example of the mailbox Larry made for me, but mines complete with numbers from Henry and light by Bunnings!



Shed Projects 2

David's first attempt at doing some sign writing with a copy of the upgraded Millimage program and a new cutting tool. Not bad eh!

As we are yet to have our battery fitted (today 7th June), instead it was a day of clearing up and a cup of tea or coffee in the sunshine. In the previous newsletter you saw how Mick turned his talents to carpentry, so here we have David testing it out in the morning sun. Note the wide arms are excellent at providing a place for your coffee cup and a cake!



our new equipment can produce, where the designs are burned on the surface first and then the different sections cut out.

The end result is a perfect trinket box that only requires some hinges and a clasp to be fitted.



This is what happens when you take a suitable file of instructions, a sheet of 3mm ply and a Diode Laser.

Below is an example of the level that



Shed Projects 3



This is what happens when we have an unexpected power cut!

Thursday 13th August we lost power from 9:45 to 10:15am, just enough time to stand outside for morning tea - thankfully it was quite warm!



Above Kathy displays her first Sunflower in jarrah.

Below are two fantastic examples she has made for sale by the Shed. She explained she enjoyed making them, but now it's time to try something else as doing the gum-nut decorations around the mirror centre almost did her head in!



Above is Neil's latest project with noise - a stencil for "TanksWest" to use to put their name on new tanks.

Instead of a grinder it was a vibrating cutter, but Neil has made a great job of a very difficult task.

Shed Project 4?

Testing the Washing Machine BBQ



On Tuesday 23rd June, we held a wood fired bbq, courtesy of Neil who generously donated the snaggers (and my fish) for the feast.

To make sure all would go well the two Davids, Larry, and Ian field tested it for efficiency and heat output.

As can be seen below the day was a great success with 24 members attending. Unfortunately, as David found out, regulating the heat on the “bush bbq” the setting was either full or max! No matter, everyone enjoyed the lightly cremated snaggers wedged into a slice of buttered white bread. Who said we don’t know how to live!



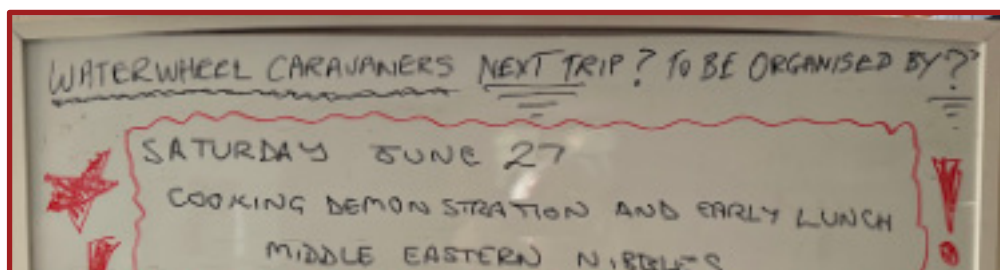
Food Glorious Food 1



Our two chefs recently spotted swapping recipes! In fact they are liaising for the grand “cook up” for Saturday 27th. As you can see below as well as the Sausage Sizzle on the 23rd, we were also treated to Polenta chips for morning tea.



Middle Eastern Cooking and Nibbles



Food Glorious Food 2

Michael Harris and David Azzam (aided by David Hawke) Middle Eastern Cooking Demonstration

For those of you who were unable to attend the Shed on the 27th June, you missed a real treat! David Azzam and Mick teamed up to put on a Middle Eastern cooking demonstration with genuine additions and nibbles.

As it was very wet and cold outside, our two chefs setup camp in the recreation room, where they transformed the area into a street cooking experience.

Not to be left out, David was our Eggplant supremo in

charge of the gas ring.

Fortunately, none of the cooking fumes and heat set off the smoke alarm, so the intrepid three worked hard producing some of the yummiest snacks yet.

Below are pictures of Mick and his Falafel production line, which resulted in the tastiest bits I've had for along time.

Mick and David have kindly donated their recipes, which I have included on pages 12 to 15 for you to try yourself!



Food Glorious Food 3



Food Glorious Food 4

Shed Falafels - Mick

There's as many falafel recipes out there as there are mums from the middle east.

This recipe is based on a couple of examples from a YouTube channel called 'Middle Eats'. This young lad has two videos taking you through the process. His recipes are Egyptian, because that's what he is and he thinks Egyptian falafels are the best. This is a topic of fierce dispute in the middle east! Competitions are run, reputations are won and lost, tempers run hot.

Anyway, here goes.

Ingredients:

- 1/3 cup of dried chick peas. *NOT tinned chick peas – they won't work.*
- 1/3 cup of dried fava beans. These are dried and hulled broad beans available in middle eastern and some Asian grocery stores. *Again, avoid anything tinned.*
- 1 onion (or an equal amount of leek)
- 2 garlic cloves
- 20 grams of coriander leaves and stems. Don't be too fussy with separating leaves from stems
- 20 grams of flat leaf parsley leaves. Again, don't be too fussy with separating leaves from stems
- 1 teaspoon of coriander powder
- 1/2 teaspoon of cumin powder
- 1 and 1/4 teaspoons of salt. Yes, it sounds like lots of salt but falafels need it
- 1/2 teaspoon of Kashmiri chilli powder. If you want a hint of heat
- 1 teaspoon of Caribbean spice mix. A totally inauthentic addition to the mixture. I add it to all sorts of stuff because I love it, but you don't have to include it. I'll add a recipe for this spice mix at the end of the falafel instructions.

How to do it:

1. Soak the chick peas and fava beans overnight
2. Next day, drain the chick peas and fava beans and blitz them in a food processor to a sand consistency. Pop the mixture into a bowl.
3. Throw everything else in a food processor and blitz. But not to a watery pulp, otherwise your falafels won't work. (I recommend watching middle eats to get an idea of the required consistency). Combine with your blitzed chick peas and fava beans.
4. Shape this mixture into balls about the size of a walnut, and flatten them slightly.
5. If you have a deep fryer, heat the oil to 160 Centigrade. If you haven't got a deep fryer, you can shallow fry in hot oil. Fry the falafels for about six or seven minutes – you might have to flip them part way through to cook them properly.
6. Enjoy.

See next page Caribbean Spice Mix recipe:

Food Glorious Food 5



Caribbean Spice Mix

Ingredients:

- 4 tablespoons of coriander seeds
- 2 tablespoons of cumin seeds
- 2 tablespoons of black mustard seeds
- 1 tablespoon of fenugreek seeds
- 1 tablespoon of whole allspice berries
- 3 star anise
- 3 tablespoons of turmeric powder

How to do it:

1. Pop everything **EXCEPT** the turmeric powder in a dry frying pan (no oil required) and toast over a medium heat to slightly colour the seeds and release a bit of aroma.
2. Allow to cool and blitz in a spice grinder.
3. Add the turmeric.
4. Store it and use it.



Food Glorious Food 6

Food from Egypt - David Azzam

Hummus – simple traditional

Ingredients:

Chickpeas	2 cans
Garlic	4 cloves
Lemon	1 lemon
Salt	1 tea spoon
Tahini	1 table spoon
Hot water	as required (generally no more than a cup)
Chillies	1 green (optional)

Recipe

- Drain the chickpeas from the tins and rinse thoroughly to wash any preservatives etc. (For best result use dry chickpeas and soak overnight then cook in a pot for approx. 1 hr) cans of chickpeas are a convenient alternative)
- Place all the ingredients in a blender and blend till smooth. Add hot water a little bit at a time as required to achieve the desired consistency.
- I like mine with a bit of texture, for silky smooth texture add olive oil instead of water.
- Place in a bowl and place a good portion of olive oil on top. Garnish with paprika and serve with bread, pickles and radish. Some tradition serve raw red onions or spring onions with salt in a dish. The onions are consumed by dipping into the salt and eating that as a condiment.
- In some countries, chickpeas are replaced with fava beans or brown broad beans to make Fool Mandamus (an Egyptian stable dish) it's one of the most served dishes in Egypt. At times its served mashed crudely in the mortar and pestle (without tahini) and served with a dressing of olive oil, garlic, lemon and salt and it is often consumed with a boiled or fried egg as a "celebration".

Baba Ghanouj (eggplant dip) – Simple Traditional

Ingredients:

Eggplants	2
Garlic	4 cloves
Lemon	1 lemon
Salt	1 tea spoon
Tahini	1 table spoon
Chillies	1 green (optional)

Recipe:

Cook the eggplant by:

- Placing the eggplant in the oven and cook for 20 mins. Take out of oven and wrap in foil for 10mins. Remove the skin.
- Pierce the eggplant with a fork and cook in microwave for 1 to 2 mins). Take out an cover in foil for 10 mins. Remove the skin.
- Place the eggplant directly on to the flame. The idea is to burn the skin and get that smokey flavour. (for electric cook top use the other methods)
- The eggplant is cooked when it feels soft and liquid is oozing. It is important that its soft to that it can be blended. Seeds can be kept or removed. It's a personal choice.

Food Glorious Food 7



- Place all the ingredients in a blender and blend till smooth. If more liquid is required, add hot water a little bit at a time as required to achieve the desired consistency.
- If silky smooth texture is sought add olive oil instead of water.
- Place in a bowl and place a good portion of olive oil on top. Garnish with paprika and serve with bread, pickles and radish.

Daqqa Ghazawiyyah (not to be confused with Dukkha) – simple traditional.

Ingredients:

Tomatoes	3-4 cans
Garlic	2 cloves
Salt	1 – 2 tea spoons
Chillies	2 green
Dill Seeds	½ teaspoon
Lemon Juice	1-2 tablespoon
Fresh or dried dill to garnish (optional)	
Red onion	1/2 onion finely diced (optional)

Recipe:

- Dice the chillies, (deseeding is optional), place in mortar and pestle with 1 teaspoon of salt and grind the chillies until it's a paste. I taste this paste with bread to give me an idea of the spicy heat of the dish. Add the peeled and chopped garlic and dill seed to the chilli paste and grind the to a smooth consistency.
- Add the diced tomatoes and pound in the mortar and pestle until tomatoes are soft and mushy. Add the lemon juice and ensure that all the ingredients are combined well. It's a good idea to taste it for seasoning and spiciness and adjust to suit.
- Place in a bowl and top up with olive oil. Garnish with fresh or dry dill (it's a personal choice, I prefer not to). Add the finely chopped red onion (again it's a personal choice, I prefer exclude the onion)
- Serve with bread olives and pickles
- As a variation that I grew up with is just to use chillies and tomatoes with salt. It's simple and quick with the complexity of flavours.

Shed Projects 5

I'm not known for appearing in your newsletter, but during the last storm recently, we had a tree down behind our back fence which didn't do the cockatoo perches any good!

As you can see with a bit of wood and some left-over steel I've constructed a new three tier parrot Hilton!

Many thanks to Keith for rummaging through the wood supply at his home and supplying the post, Paul for the three excellent rebar metal perches, and not forgetting Stephen for the coach bolts and washers.

I'm in a Photo!



What do you come to the Shed for?

Well in Bear's case it is to sit at a bench with sander in hand with a beautiful chunk of burr wood in front of you, and all the time in the world to bring it to perfection whilst contemplating what fantastic project you can tackle next.

The smile says it all!



Shed Projects 6

Lying Down on the Job?



What could possibly be going on here? Are they both exhausted?

Recently spied setting about the removal of a gas bottle valve, Larry and David strap the bottle down to the heavy steel plate, before unscrewing the valve with the highly sophisticated adaptor and lever (a piece of boxed steel and long pole!)

The operation was successful and the makings of a new wild beast or farmyard animal starts to take shape (or maybe a planter?)



Steve and Kathy spied hard at work on Kathy's latest project, new and improved jarrah petalled sunflowers!

Kathy has perfected putting a twist into each of the flower petals and making the jarrah shine in the sun.

She told me she was making one for herself and one for the Shed to sell at the next market day.

Well done Kathy, I know someone will fall for this delightful item.



Shed Projects 7

A New Sign For Derek's Bar

As part of improving his skills with the CNC machine, here we see David making a new sign to hang over Derek's bar at home.

The end result was very pleasing and proved that we can add this type of item to our repertoire of offerings at the Markets.

In addition David has assembled the roller mechanism for the Diode laser, so we will be able to burn long items as well. You want it. The Shed can do it!



We don't often see Rick about the place as he is usually buried deep in the Turning Shop making something on a lathe.

I know it takes a long time to become skilled at this discipline, but as they say, practice makes perfect.

I wonder what this item will become and looking forward to seeing on display.



Shed Projects 8



One of our newer members is Darren, seen here with his helper Tony, and ably advised by Ian, selecting and dressing some rough jarrah for Darren's new project. It turns out they are building an outdoor setting table, which by the look of it should be A1. Good luck with the project guys!



Yes, another picture of Ian (yes! he gets everywhere). This time he is devoting his skills to mending and refurbishing a nest of four side tables that were delivered with wonky legs and ring stained and sun bleached tops. A bit of work with a scraper to remove the top laver of varnish, a degree of sanding to bring the wood back to it's former glory, finishing with a drop of stain to match the colours and varnish to finish and "hey presto" we have a set of tables that would almost pass for new! Of course it helps if you are a talented wood worker and know what you are doing, which is why you don't see me doing this sort of thing!

Shed Projects 9

Here's Dave resurfacing the new bed for the CNC machine, which is getting more of a workout these days. Between the two lasers, the 3D printer and the CNC, we can do just about anything!



Larry and Ian start the refurbishment of another barrel!

Due to the successful renovation of the first barrel, the client has asked for another one to receive the same treatment. Initially it was to be turned into a cocktail bar / storage furniture with a large door in the side, but this approach has been rejected as the barrel would become to unstable.

The first task is to stabilise the barrel by making sure the outer support rings will hold it all together as each ring is removed to clean and paint, before being installed with screws on each stave.

With two of our best woodworkers on the case, I'm looking forward to seeing the finished item.



Shed Projects 10

Roll out the barrel!

Keith getting to grips with the re-banded barrel and finishing it up with a bit of Danish oil.

As there is no top to the barrel I can only assume this is deliberate, although in my past days in the Royal Navy, the top was on and the bung hole open!



Why is Larry wearing a face mask and staring at an old gas bottle?

Well, believe it or not, this humble gas bottle will soon become a new and improved post box, complete with parcel stowage and letter slot.

I think Larry's biggest problem might be to stop David from stealing it and turning it into a cow or rhinoceros!



“Honest Henry’s Used Car Lot”!

+

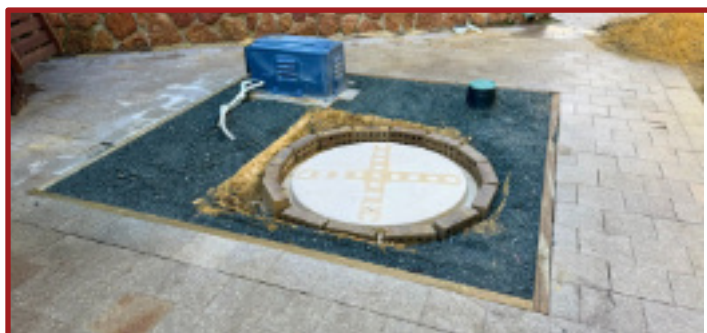
Thursday 25th proved to be a very popular day at the Shed with 22 members’ cars parked next to or nearby.

It was very tempting to make up a few price signs and place them over car windows, along with a large sign “Honest Henry’s Used Car Lot” over the Shed sign.

I reckon I might have made a few bob!

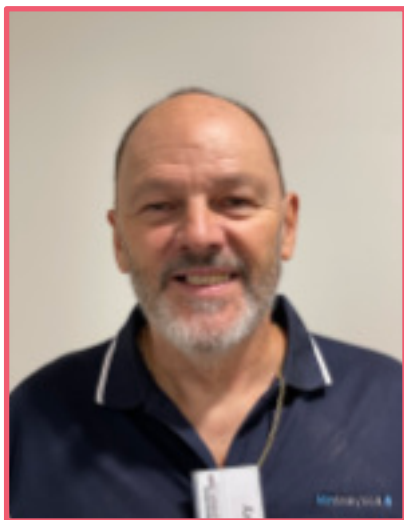


David turns a piece of 7mm ply into a decorated trinket box courtesy of our 40W laser - not bad eh!

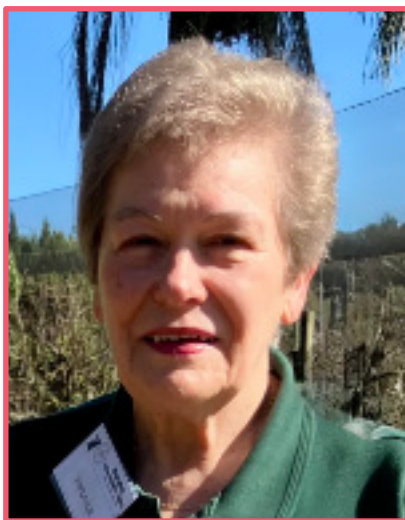


What’s going on here?
Your trusty reporter recently spied an improvement to the septic tank layout. Unfortunately, the increased size of the setup doesn’t lend it self to a cover over it providing a table top, so that the rest of the area can be used for recreation. How long this improvement will last after the winter rains from the roof attack it, I don’t know.
I’m sure there is a new plan in the system!

Your New Committee for 2025/2026



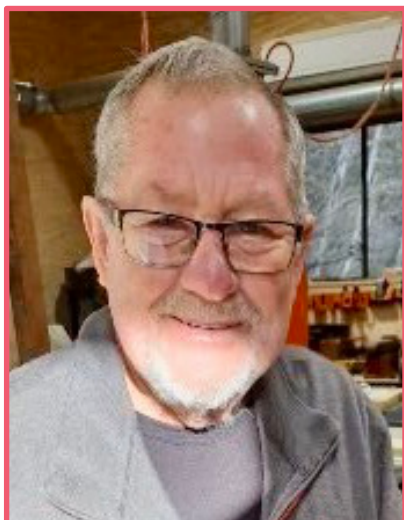
Gary Wheeler
Treasurer



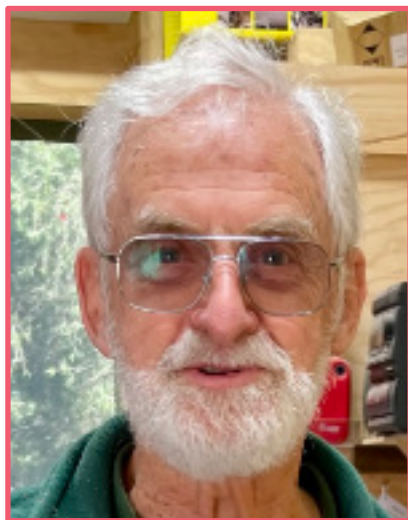
Veronica Hansen
Vice President



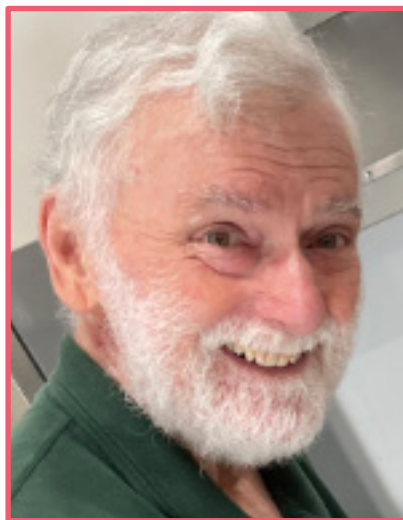
Henry Zelones
President



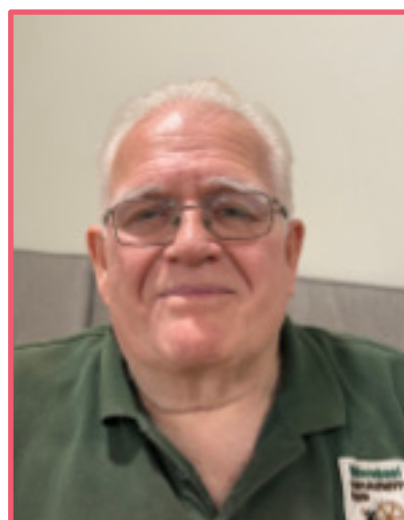
Larry Waters
Committee



Murray Hight
Committee



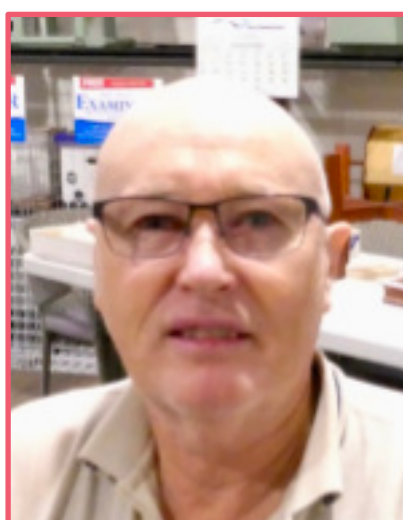
Ian Hafekost
Secretary



Stephen Hughes
Committee



John Stenhouse
Committee



Neil Baker
Committee

Don't Forget Our Sponsors!



Our main donor, without whom our Shed would not have been possible.

HUGH JONES
MEMBER FOR DARLING RANGE

A generous sponsor of money for tools and equipment



A long time yearly sponsor of the Shed.



Australian Government

Department of Veterans' Affairs

Donated money to buy all the recreation room equipment and furniture.



Have provided various smaller donations over the years.



The generous offer to provide and renovate our building, made the Waterwheel Shed a reality.



Bendigo Bank

Community Bank

Roleystone-Karragullen

Initiated the idea of a "Men's Shed", and have made large donations over the years.



Sponsor us on a yearly basis.



Australian Government

**Department of Infrastructure, Transport
Cities and Regional Development**

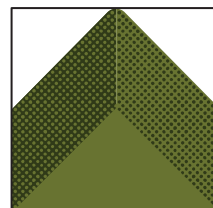
Have made various donations.



GOVERNMENT OF
WESTERN AUSTRALIA

**Department of Local Government,
Industry Regulation and Safety**

Donated money for new 3D printer and Diode Laser



**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