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Manipulate[
  (*by Nasser M. Abbasi 6/30/14*)
  thick = 0.05 r;
  spins = Table[{{0, 0, 0}, {0, r Cos[x], r Sin[x]}}, {x, 0., 2 Pi, 2 Pi / n}];
  wheel = Table[{0, r Cos[u], r Sin[u]}, {u, 0., 2 Pi, 2 Pi / 40}];
  Graphics3D[Rotate[GraphicsGroup[
    {
      Cylinder[{-thick, 0, 0}, {thick, 0, 0}], thick],
      Tube[#, thick / 2] & /@ spins,
      Tube[wheel, thick]
    }], z, {1, 0, 0}],
  Axes → False, AxesLabel → {"x", "y", "z"},
  PlotRange → {{-.2, .2}, {-1.1, 1.1}, {-1.1, 1.1}},
  SphericalRegion → True, Boxed → False, ImagePadding → 2, ImageSize → 350
],
{{z, 0, "angle"}, 0, 2 Pi, .01, ImageSize → Tiny, Appearance → "Labeled"},
{{r, 1, "radius"}, .2, 1, .01, ImageSize → Tiny, Appearance → "Labeled"},
{{n, 5, "number of rods"}, 3, 20, 1, ImageSize → Tiny, Appearance → "Labeled"},
ControlPlacement → Left, Alignment → Center, ImageMargins → 0, FrameMargins → 0
]

```