Here are the simple steps I use to re-spool 828 roll film:

First take a roll of 120 film and cut off the top (the end that has 645 numbering) 35mm's using a band saw or scroll saw (cut right through the plastic spool). This will slightly fog the exposed edge of film, but should not reach the final image area.

Then go into the dark and:

1. Unwind the paper leader until you reach the film.
2. Cut the leader length to half (fold in two and snip off the end).
3. Cut the end of the leader into a point so it can be inserted into the spool.
4. Unwind the rest of the film from the roll.
5. Cut four inches off the end of the film (I take a piece of card stock cut to 4 inches in the dark for measuring purposes).
6. Cut the end of the paper tail in half as you did the leader.
7. Push the pointed end of the paper tail into a 828 spool and wind it around a few times.
8. Install the 828 spool in an opened camera.
9. Wind the paper tail until you reach the film, then tuck the film inside the paper and continue winding until you reach the taped end of the film.
10. Pull the film and tape off the paper backing and then continue winding (this will re-attach the film to the paper and take out the slop in the film caused by rewinding).
11. After completely winding the film and leader onto the spool remove from camera and wrap in aluminum foil.

You now will have roll of 828 film ready to load into any of your favorite cameras. Note that while 828 roll film originally had only had 8 exposures, the roll that you just made has 14. 828 roll film also had cutouts for "automatic" winding which your film does not, but the 645 numbering on the 120 film paper backing will line up in the camera's ruby window and work just fine (you only have to remember that you only get 14 exposures and not 16). You have to cut down the paper leader/tails and film so that it will fit on the spools.

This whole procedure takes me less than 5 minutes per roll which actually isn't that long when you compare it to the time it takes to develop and make prints.