

# KALAMUNDA MEN'S SHED INC.

## NEWSLETTER



Issue No. 12

ABN 76 391 304 870

March 2010

Joint foundation sponsors: The Rotary Club of Kalamunda and the Forrestfield Community Bank.

Proudly supported by the Shire of Kalamunda.

### Introduction.

Thanks to all members who have sent in positive feedback which is very much appreciated. Your comments help keep the newsletter going in the right direction. It is also very good to receive contributions which help keep the newsletter more balanced and interesting.

### Subiaco visit to the shed.

We were pleased to receive two members of the Subiaco community at our shed. Ken McKenzie and Ian Gardner are assisting in the establishment of a shed in Subiaco and spent some time with us on Friday 12 March to see how we operate and to gather some tips on how to go about starting a men's shed.



This photo shows Ian Gardner, left and Ken McKenzie right at the back of the shed with Richard Gates explaining where the new metal work shed is to be built.

The Subi council is being very supportive and proactive.

We wish the Subiaco shed all the best.

### Dates to remember.

Please note that unless advised to the contrary, all General meetings are held on the 4<sup>th</sup> Friday of the month at 2.00pm. The meeting will usually include a talk or presentation which will then be followed by a sausage sizzle and BYO sundowner. Members are welcome to attend Committee of Management (CoM) meetings (held on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month). Please check with the Chairman prior to attending though. Members may be asked to leave part of a CoM meeting when items of particular sensitivity are to be discussed.

The following functions have been arranged to follow General Meetings:

**Friday March 26<sup>th</sup>.** Dennis Humfrey from Carldenn Wines in Mitchell Road will present 5 of his wines for tasting. Cheese and Bickies will be included and wine may be ordered on the day.

**Friday April 23<sup>rd</sup>.** KMS Secretary and Master Chef Ray Maher will be presenting two easy but interesting meals for the cooking challenged male.

**Sunday May 18<sup>th</sup>.** Visit to the Bunbury Model Engineering Club. Details and reservation sheet on the KMS shed notice board. Cost is \$10 pp.

**Friday May 28<sup>th</sup>.** Garry Walden is going to present us with challenges in sustainability for the 22<sup>nd</sup> century. "Saving the Planet for your Grandchildren". (Continued on P2)

Dates to remember, continued.

**Friday June 25<sup>th</sup>.** Forrestfield (Bendigo) Bank will talk to us on Bank Services for the Senior Citizen, "If You Are Asset Rich But Cash Poor".

Thanks to Social and Program Director Morris Pavlinovich for arranging all of the above events.

### **Metal Work Shed Update.**

Funds Raising Director, Elton Brown and Chairman Richard Gates met with Sue Rolinson of LotteryWest on Monday 8 March. We were well received by LotteryWest and it was evident from the documents tabled that a substantial amount of work, to a very professional standard had been undertaken by KMS.

In general terms the project is of approximate value \$140,000 which includes GST and KMS member contributions.

For any project to be successful, LotteryWest officials need to convince their Board that the Applicant is a viable entity and that substantial community benefits will flow from the grant, especially one of the size we are applying for.

LotteryWest are very much aware of the value of Men's Sheds to the community. However, in our case they have concerns regarding the quantum of the grant to a Shed which has been operating for less than 12 months and thus has no track record. They are also keen to ensure that KMS and/or third parties contribute to the project. As a result of these deliberations, we plan to approach the Shire seeking their assistance by way of being the official Applicant for the grant. A meeting is planned to be held with the Shire in the next week. Such an arrangement will be amenable to LotteryWest with KMS managing the project and being the beneficiary. We understand both that our Shire has participated in such an arrangement previously, and that other Shires in WA have been in a similar partnership with their local Shed.

Our next task is to identify third party contributions to the project and to better articulate the contribution being made by KMS.

We will keep you up to date with progress.

### **The Volunteer.**

It's not for the money;  
It's not for the fame  
It's not for any personal gain  
It's just for the love of your fellow man,  
It's just to give a helping hand;  
It's just to give a little of one's self,  
That's something you can't buy with wealth;  
It's not for a medal worn with pride,  
It's not for the feeling deep inside; It's that  
feeling that you've been part of helping far  
and near,  
That makes you a volunteer!

Anon.

### **Visit to Shed by our federal MP.**

Towards the latter part of our February sundowner we received a surprise visit from Sharryn Jackson MP our member of parliament in Canberra. Ms Jackson had just returned to WA from a sitting in the House in Canberra.

Ms Jackson enjoyed a glass of red while being shown around the shed and its precincts by some of the committee of management. She was impressed by the progress made so far and the advanced status of the plans for our new metal work shed.



Sharryn Jackson MP with Social Program Director, Morris Pavlinovich.

### **Opportunity or Threat?**

For the last six months or so we have enjoyed the opportunities presented by having the Kalamunda Police Station contiguous with us and sharing certain facilities and services. This has been to our mutual benefit, especially with the advantage of having our own “security” force adjacent. The police have also been kind to us with the odd donation to the Shed. Alas the Police Station has now closed its doors and moved elsewhere.

Now that the station has closed, we need to ask the question, does this pose an opportunity or a threat? We know that the building previously occupied by the police is of heritage value, being the old Shire Office and previously Roads Board. Accordingly it is likely to be retained in more or less its current form. This then presents an opportunity with “ready made” facilities for us to avail ourselves of, be it for amenities, office or training. However such facilities are likely to come at a cost.

On the other hand the closure of the police station could be seen as a threat. The area of land that we and others occupy in central Kalamunda is prime real estate and could be earmarked for development. Development has already occurred in the surrounding areas which provide higher density housing with easy access to the central business area and associated facilities. We already know that the Shire is preparing a strategic plan for the central area of Kalamunda which may also include the general area bounded by Mead, Central and Canning roads. Accordingly it is in our interests to work with the Shire and other stakeholders to ensure that future development is in concert with our collective needs. To this end your Committee has brokered a meeting of interested parties to discuss this opportunity and in particular our respective needs in the light of future development. The parties include Radio KCR, The Toy Library, Kalamunda Kids, CWA, RSL, Infant Health, Jack Healey Centre and the Kalamunda Learning Centre. It is hoped that we can influence the planning for this very important area. Obviously we are keen to ensure this area

is available for community use. Our Shire CEO, James Trail is aware of our approach, welcomes the KMS initiative, and is keen to address a subsequent meeting.

It continues to be pleasing to note that the Shire fully supports the KMS operating in its current location, even though a strategic plan is being developed. We have received a “letter of comfort” from the Shire regarding our 5+5 year tenancy.

So, is the closure of the Kalamunda Police Station a threat or opportunity to us? Let us treat this as an opportunity to develop a community facility which not only meets the needs of our members, but also enables us to contribute to other aspects of the Kalamunda community, in accordance with the KMS objectives. Your Committee will keep you posted on progress.



A view of the old shire office and police station showing the heritage features of the building.

### **Monster garage sale.**

This fund raising event has been scheduled to take place on Sunday 19<sup>th</sup> September '10. The project will be managed by Dave Buttress who will announce the scope of the sale and item collection details in the near future. Please do not deliver any items for sale to the shed as we do not have the storage space at this time.



## Quiz night.

Elton Brown is planning to hold a quiz night on Friday 23 July '10. Details will be given in the April edition of the KMS newsletter. As well as being a fun night, it will also be an important fund raising event for the Shed. Make a note in your social calendars for this event.

## What is it?



KMS member Tony Jacobs brought this device along to the February general meeting to see if anyone could identify it. Unfortunately no one, including Bill (the gadget man) Berry could not throw any light on the device. The scale on the main body appears to be non linear and the wording on the upper scale state in Russian "forward" and "backward".

Closer examination should be possible by enlarging the image on your computer monitors, if you have a pc. If we find out what it is, we will let you know in a forthcoming issue of the newsletter.

## Work in progress.

Under the guidance of Shed Boss Jim Chantry and "the teacher" Barry Spencer, steady progress is being made by members constructing quantities of wooden rocking horses and hobby horses. These items will be offered for sale at the Kalamunda Markets during October and November.

## TIP:

Never be afraid to try something new. Remember that a lone amateur built the Ark and large group of professionals built the Titanic.

## 2010 Annual General Meeting.

This important meeting will be held on Friday 20<sup>th</sup> August 2010. Please note that this is on the third Friday of the month and replaces the General meeting which is usually held on the fourth Friday of the month. This will also be the first birthday of the Kalamunda Men's Shed. Maybe there will be a cake!

## Making wooden boats.

Following the General meeting in February, Jay Niven gave a presentation on constructing wooden boats. Unlike many other boat builders, Jay's approach is to use as far as possible timber and hardware which is readily available from the local hardware store.



Jay giving his talk with the display board behind him carrying lots of photos showing one of his boats throughout the various stages of construction.

Jay's talk held everyone's attention with lots of questions being asked of him. His presentation was very much appreciated.



Members admiring Jay's boat while waiting for Ray Maher to cook the snags.

### **Kalamunda Markets Parking.**

Last month some of our members assisted the Rotary Club of Kalamunda with the markets carparking arrangements. To ease the congestion at the markets end of town, stall holders have been requested to park in the Catholic Church carpark.

Morris, Terry, Murray, Mike, Neil and Elton assisted on the day and we thank them for their work for which we also received a donation from Rotary. Thank you too, to Rotary. As it seems likely that we will be doing this again next month, one additional volunteer would be appreciated. If you can help, please contact Morris or Elton.

### **Shed Computers.**

The two computers in the shed office are now fully operational with internet and email facilities connected. Members are welcome to use the computers and if needed, they can have their own email address allocated to them. See Richard Young for this. Shed Boss Jim can pass on any request to Richard Young.

Members who would like some assistance with regard to the use of the computers can leave their request with Jim and we will do our best to organise some instruction.

Without going into the details, some rules will apply with respect to the use of the computers and these will be given by Jim when access is requested.

We are most appreciative to the Shire of Kalamunda for installing the modems and making the connection to the world wide web a reality.

### **TIPS:**

Experience is a wonderful thing. It enables you to recognise a mistake when you make it again.

There is a fine line between a hobby and a mental illness.

### **Cooking for One, (two if you are lucky).**

We hope to make this a regular feature and members are most welcome to share their culinary secrets in this part of the newsletter.

### **Home Made Tomato Soup, and some variations.**

Start with a good handful or two of tomatoes. These can be any size and can include ones that are getting a bit soft. Cut up them roughly and place in a pan with about one cup of cold water.

Bring to the boil and simmer for about 15 minutes. Mash or squish the tomatoes up a bit and work the liquid and tomatoes through a sieve into a large bowl. Scrape as much of the pulp as possible into the bowl and return the contents of the bowl into the pan. Discard the crud from the sieve.

Bring the contents of the pan to a gentle boil and reduce the heat. Season with pepper and salt and my secret ingredient which will turn this very simple recipe into something really special: add in one or two table spoons of avocado oil (available from IGA or Woolies). It is worth the expense and it will give the soup a velvety texture that the uninitiated will love but will not be able to identify. Bewdiful.

Serve with fresh bread or toast. Makes an easy meal.

You can build on this basic recipe with a few simple additions.

1. You can add some curry powder or paste to give the soup a slightly more exotic flavour.
2. Fry some sliced onions in oil or butter and add to the soup. This will give it more body.
3. Butter some slices of french bread, place in the bottom of a soup plate and pour soup and onions over. This gives a more substantial meal.

**Homework:** let your mind run wild and try some variations of your own.

## Outreach.

Ron Waddy is our Outreach Director and his portfolio includes assisting in the establishment of another Shed in the foothills area of the Shire, members' welfare and reviewing our performance against our objectives.

Ron is currently working his way through the attendance records so that we can determine whether the Shed opening times need alteration.

Ron has also carried out a review of our progress in meeting our objectives. His preliminary findings are attached to this newsletter. This type of analysis is very time consuming and we thank Ron for his efforts so far.

**Contact details:**

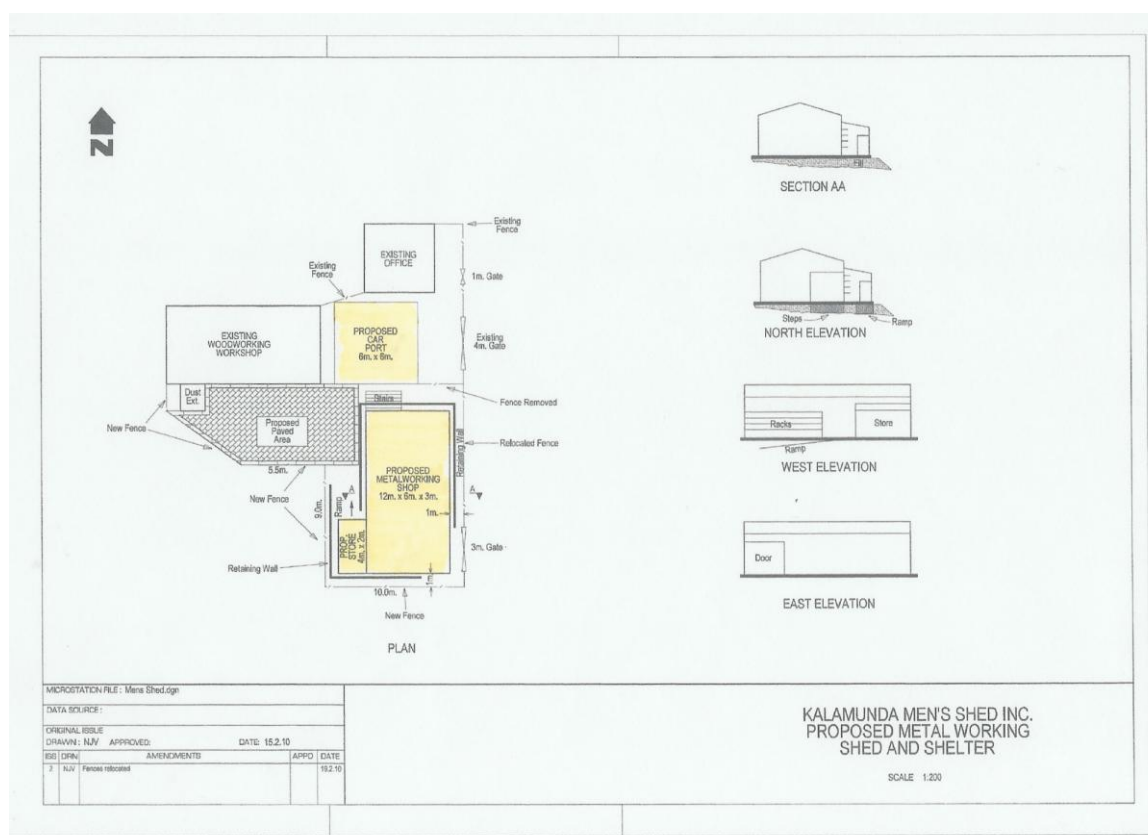
Postal:

The Secretary  
Kalamunda Men's Shed  
PO Box 1359  
KALAMUNDA WA 6926

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

Web: [www.kalamundamensshed.org.au](http://www.kalamundamensshed.org.au)

**Telephone:** 9293 1253



A peek at the plans for the new metalwork shed. Members who receive their newsletter by email can enlarge this image for a clearer viewing.

**ALAMUNDA MEN'S SHED Inc.**

**Progress in Achieving Its Objectives FEBRUARY 2010**

<b>OBJECTIVE</b>	<b>DESCRIPTION</b>	<b>PROGRESS</b>	<b>ACTION</b>
<b>ENVIRONMENT</b> Provide an environment where men can be creative and productive.	Establish a supervised workshop and a comfortable meeting place with adequate work places, light and power, hand and machine tools	Voluntary assistance to support the Shed Boss is good, hand tools are being organized for easy access, power tools have been positioning for safe operation. To avoid the hazard of power extension leads crossing the floor overhead power leads have been suspended above the benches.	Work is proceeding to obtain funding to build a Metal Work Shed.
<b>ASSOCIATION</b> Provide the opportunity for men to associate and support each other.	The workshop and meeting area were made available for project work and general socialization 18th August 2009 and became operational by 3 <sup>rd</sup> November.	The Wood Workshop was opened in August 2009 for fitting out but was not fully operational for members to begin their own projects until November 2009. A metalwork shop is planned for late 2010. There was a steady increase in attendance during November. Now that the Shed Boss has been appointed the Shed is open 8.30am – 12.30pm, Monday to Friday. Some patterns and supplies are available for toy construction projects. Some men attend for social reasons, (a need for company). Others are interested in construction work For big projects men bring their own materials.	There is a need to assess member skills and provide instruction to develop techniques. Arrangements need to be made to accommodate men with disabilities – eg wheel chair bound. There is a need for a survey of members to determine the best opening times.
<b>HEALTH</b> Provide an environment where men's health issues can be raised and discussed.	Providing men with the time to explore and discuss health issues and to have access to additional information.	Men discuss health issues on shed days and are interested in guest speakers at the monthly General Meetings and sundowners.	
<b>VALUE</b> Give men an opportunity to be valued in the community.	Provide activities that will give men an opportunity to be valued in the local community. Provide regular updates to the community about the progress and activities of the Shed.	The Shed has established a relationship with the Toy Library and men are repairing toys, and making new ones. Also a group of men are making wooden toys for sale at Kalamunda market to raise funds for the Shed. Already signs are showing that members involved in these projects are achieving improved mental health. A monthly newsletter and frequent press reports keep the community informed.	
<b>NETWORKING</b> Promote well being and understanding among men.	Encourage men to become involved in social activities. Provide a space where men can have discussions, develop interests and relationships with other men.	The monthly general meeting and Sundowner are well patronized. On most days the Shed is operating to full capacity (10 work spaces). A relationship with CWA is being fostered. The Shed activities are clearly geared to promoting this objective.	
<b>EDUCATION</b> Expand men's	Besides developing interests in health	Shed days, meetings and Sundowners are providing	Specific skill development sessions

<b>educational and social networks</b>	issues, local and world issues, men are provided with the opportunity to learn new physical and manipulative skills.	opportunities for men to broaden their outlook. Currently skilled members are assisting other members to develop new skills. The Shed Boss is able to assist members by assessing their skills and providing individual instruction.	need to be provided so that men will be equipped to further their interests in manual skill projects.
<b>BONDING</b> <b>Promote intergenerational, familial and cultural bonding.</b>	This area is still to be developed.	The Shed is open to men of all ages. At present most attendees are in the upper age bracket.	Bonding may be encouraged by general discussion sessions, guest speakers, outings and functions.
<b>FUNDING</b> <b>Work towards the Men's Shed being self supporting within five years.</b>	Pursue funding and sponsorship from other sources.	Sponsorships have currently been obtained from membership dues, the Shire Council, Rotary, Bendigo Bank, Perth Airport and local businesses.	A proposal has been prepared to seek funding from Lotterywest for critical infrastructure.
<b>OUTREACH</b> <b>Support men's interests and the establishment of other Men's Sheds within the Shire of Kalamunda</b>	There is a similar need for Men's Sheds in Forrestfield and High Wycombe	The Forrestfield Information Centre Council is considering the needs of the foothills area and intend seeking assistance from the KMS management committee later in 2010.	This will be a project to investigate in 2010.