

KALAMUNDA MEN'S SHED INC.

NEWSLETTER



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April 2010.

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

Proudly supported by the Shire of Kalamunda.

Hello. The last newsletter turned out to be a bit of a bumper issue and the feedback from readers was particularly welcome, it helps to keep the energy levels up as far as the creation of this newsletter goes. It was particularly pleasing to receive a compliment from David Helmers who is the Executive Officer for the Australian Men's Shed Association (AMSA). We were more than happy to give AMSA approval to use material from the KMS newsletters.

March General Meeting.

The meeting was well attended by over 30 of our members and it was most pleasing that Don McKechnie our number one member and Shire President was also in attendance.

Shed Boss, Jim Chantry reported on recent achievements which included: roofing over the timber rack, the replacement of the core door with a solid door – improving security, dust control systems have been improved. An asbestos audit by the Shire confirmed that as the shed's walls had been painted, asbestos fibres had been stabilised and therefore OK for the time being. We have enough solid timber for the time being but we have a real need for sheeting such as 19mm MDF. A busy bee will be held soon to tidy up the western end of the shed.

Other items considered during the GM are covered elsewhere in this newsletter.

At the conclusion of the business part of the meeting, Morris Pavlinovich welcomed Dennis Humphrey, owner of Carldenn Wines to the meeting. Dennis gave a very informative talk on wine appreciation which was followed by a

“prac” session during which a number of his wines were appreciated. The three fine and very substantial cheese and biscuits platters organised by Morris complemented the fine wines tasted. We thank Dennis for a memorable wine presentation.



Dennis making a finer point about his wines.

Dates to Remember.

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

Sunday May 18th. Visit to the Bunbury Model Engineering Club. Details and reservation sheet on the KMS shed notice board. Cost is \$10 pp. Some places are still available.

Friday May 28th. Garry Walden is going to present us with challenges in sustainability for the 22nd century. “Saving the Planet for your Grandchildren”. (Continued on P2).

Dates to remember continued.

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

Please note that as June will be Bowel Cancer Month, some changes in the arrangements for June may take place. We will keep you informed.

What is it?



Last month we showed you this picture of a device the purpose of which was unknown. KMS member Graeme Morrell very kindly and promptly came back to the editor with this response:

"The device appears to be very similar to a welding gauge that I used in my work as a welding supervisor/inspector. It can be used to measure the size of a fillet weld and it can also be used to measure the depth of a groove or as a pit gauge for measuring corrosian pitting".

Thanks for that Graeme. How the Russian words "Forward" and "Backward" fit in with its use still remain a bit of a mystery.

Thanks to Market Parking Helpers.

The Rotary Club fo Kalamunda operates the Kalamunda Markets which are held on the first Saturday of each month and it has recently asked KMS to assist them by providing carparking marshalls. These marshalls help out by guiding stall holders around the Catholic Church carpark. This leaves more parking within the town centre for market patrons.

We thank Alan Beaton, Rob Thompson, Morris Pavlinovich, Mike Milne, Neil Simpson, Ian Granger, Adrian Redmond and Richard Gates for providing their services. It is likely that this will become an ongoing job for KMS and we thank the Rotary Club of Kalamunda for its ongoing support. At the last general meeting Rotary gave KMS a \$450 donation for which we are very grateful.

Tip: If you look like your passport picture, you probably need the trip.

Shed Development Plan

The following article has been contributed by Ian Allardyce who is our Buildings and Equipment Director on the Committee of Management.

Where to from here?

What further development is required to make the shed fully functional?

- What additional equipment, tools and machines do we need?
- What changes are needed to improve the building?

In an effort to obtain an agreed position in relation to these questions, the Building and Equipment Committee (Ian Allardyce, Barry Spencer, Chris Muller) together with the Shed Boss (Jim Chantry) are currently working on a Shed Development Plan. For this to be effective, members' input will be encouraged.

Stage one has commenced with the formation of a list of required equipment. The items are listed in priority order. This list is the first draft and it is expected to be amended considerably prior to approval by the Committee of Management. A copy will be posted on the blackboard in the shed. Please examine it and add your comments in the space provided or speak to one of those listed above.

Stage two will list building improvements. Only when this list is finalised will a time line be established for both **Equipment** and **Buildings**, taking into account achievable expenditure.

Input from members will help to achieve a worthwhile outcome.

A new "What Is It?"

The picture below is of a device submitted by KMS member Richard Gates.



The image can be enlarged on your computers to give you a clearer image.

You can submit your guesses to the editor if you wish. However, all will be revealed in the May issue of the KMS newsletter.

Blacksmithing equipment.

We have recently become aware of some blacksmithing equipment that maybe under-utilised. KMS member Terry Lees is negotiating with the Shire and the "Focus on Youth" group with the view to KMS acquiring some of the equipment on loan for members to use. If we get to borrow some of the gear it may help to fulfill in part one of our objectives to mentor the youth within the Shire. We will report more on this initiative as it develops.

Adults Surviving Child Abuse (ASCA).

A volunteer with ASCA, Peter Wright has asked us to help promote some workshops that asca will be conducting in Perth this month. Two workshops will be held as follows:

"Victims No Longer" 24th April 2010 9 am to 5 pm.

" New Directions in Cousselling and Recovery" for health professionals.
23 April 2010, 9 am to 5 pm.

For more info, Peter can be contacted on his mobile: 0428 912 400 or via pwright@asca.org.au. the organsation's web site is www.asca.org.au.

Outreach Activities.

One of our objectives is to provide support or assistance to KMS members who may be in need of assistance. This may be due to illness or some other personal issue.

Members are encouraged to contact in complete confidence, any member of the Committee of Management (CoM) to discuss such a need. We would also appreciate advice from members regarding suggestions as to where some pastoral care may be appropriate or welcomed.



Cooking For One (or two).

The following recipe has been given to us by KMS Secretary and Master Chef, Ray Maher.

A NUTRITIOUS, TASTY AND SPICY MEAL.

This makes more than enough for a couple of meals – so you can freeze some for a quick meal later when you don't feel like cooking.

It is best served with a green vegetable – beans or broccoli – and hot buttered toast.

MEXICAN BEEF STEW

What you need:

- a. 1 Kg of chuck steak – or similar – with the fat removed. (These are the cheaper cuts of beef that are full of flavour, but need longer cooking.)
- b. 1 large onion - chopped up finely.
- c. 2 cloves of garlic or 2 teaspoons of crushed garlic from a jar.
- d. 1 medium size green capsicum – diced.
- e. 1 cup of tomato paste.
- f. ¼ cup of water.
- g. 1 tablespoon of vinegar.
- h. ½ teaspoon of dried oregano.
- i. ½ to 1 teaspoon of chilli powder – depending on how hot you like it.
- j. 1 tablespoon of flour.
- k. a small amount of olive oil to brown the meat.

What you need to do:

- a. Cut the meat into 4cm squares.
- b. Put these into a pan with the oil, chopped onion, garlic and capsicum.
- c. Cook these slowly for a few minutes to brown the meat.
- c. Slowly stir in the tomato paste, water, vinegar, oregano and chilli powder.
- d. Cook for a few minutes and then sprinkle the flour over and stir in. This is to thicken the stew.
- e. Cover the pan with its lid and cook slowly – on low heat - for at least 1½ hours or until the meat is tender.

You will need to give it an occasional stir to prevent it sticking to the bottom of the pan.

Founding Members' Board.

Last year, during the formative stages of KMS, the Steering Committee agreed that founding members who chose to pay an additional joining fee of \$50 would be acknowledged on a Founding Members Honour Board. Thanks to the efforts of our Fund Raising Director, Elton Brown, the board has been completed and it was handed over at the march general meeting.

We are very much indebted to Bob Govan who made the board and to Bevan Gardner who arranged for the printing of the names on it. The resulting board is very impressive.



KMS Chairman, Richard Gates receiving the Founding Members Board from Bob Govan, left and Bevan Gardner, right.

Feedback Request.

As an addendum to the March issue of the newsletter, we published the initial report on KMS's Performance and Objectives Review produced by our Outreach Director, Ron Waddy. The report represents a very significant amount of work carried out by Ron. Such reviews form a critical part of the future development and direction of the Shed.

In order to take the review to the next stage, it is most important that we receive the comments from our members regarding the issues raised in Ron's report as well as any other relevant issues.

Constructive comments and suggestions should be directed to the KMS Secretary.

Tip: Never, under any circumstances, take a sleeping pill and a laxative on the same night.

Spreading the word.

A while ago the Committee of Management decided that the particulars of the Men's Shed movement should be distributed amongst medical practitioners within the Kalamunda Shire so that, when appropriate, patients may be advised of our existence. As a result, an Information Note was produced to that end.

As the Information Note developed, its scope was broadened to make it more general in its application so that it could be sent to any relevant party.

The Information Note firstly deals with the history of the Men's Shed movement in Australia covering its general aims and objectives. The Note concludes with the specific details of the Kalamunda Men's Shed and where it can be found and how it can be contacted.

Towards the end of March, copies of the Information Note were delivered to all doctors, physiotherapists and chiropractors within the shire. The response has been relatively good in that several doctors have contacted us to praise KMS. Also, at least one doctor has called into the shed to see for him-self what we are all about.

More work however has come about as a result of this initiative. The need for a brochure or flyer has been identified. Consequently, a brochure is in the process of being developed by the newsletter editor. Hopefully a "first cut" will be ready within a week or two for distribution.

Police Station Precinct.

By now it will be common knowledge that our immediate neighbours, the Kalamunda Police station has closed. The station, the old Shire Offices are now vacant and as empty buildings attract undesirable activities, the Shire is exploring possible new uses of the building in the immediate term. KMS operations are cramped and we will be working with the Shire to determine how we can share the building with other community groups.

Having learned from the Shire that it has embarked on a long term review of the utilisation of the area roughly bounded by Central Road, Mead Street, Canning Road and Burt Street and that it is welcoming stakeholder input to this review, KMS has taken the initiative to co-ordinate the

development of a combined response from all of the interested parties within the area.

A meeting was held on 10 March 2010 in the CWA meeting room at which representatives of ten community service groups from within the area attended. A rough analysis of the membership/beneficiaries of each organisation indicated that over 1000 residents received direct benefit from the voluntary service providers currently located within what has become to be known as the "Community Service Precinct". As each beneficiary will have family, the precinct is considered to provide indirect benefit to several thousand Shire residents. It was the position of the gathering that the various groups represented at the meeting that collectively they provided an essential social service for all age groups within the Shire. As such, we believe that very careful consideration to the future development and improvement of the precinct will be required. KMS is committed to an active and constructive participation in the review.

The initial response of the Community Service Precinct was to present its views in the form of a submission to the Shire's Strategic Plan, 2009 – 2014.

We look forward to working with the Shire in developing the area into a world class multi-purpose and cross generational community facility.

Dementia...how to care and cope.

Dementia Care Australia in conjunction with the Shire of Kalamunda and the Rotary Club of Kalamunda are holding two free presentations on how to care and cope with dementia at the Kalamunda Performing Arts Centre. The details are:

Presentations on Thursday 29 April 2010.

Session 1. 9.00 am to 12.00 noon

Session 2. 1.00 pm to 4.00 pm.

You will discover how to understand and work with the uncharacteristic behaviours of a person with dementia, what you can say to transform negative responses into positives, how to tap into the memory of someone with dementia and feel less frustrated.

To learn more about dementia and Dementia Care Australia, visit:

www.dementiacareaustralia.com

The Unstoppable Virus.

I thought that you would want to know about the e-mail virus. Even the most advanced programs from Norton, AVG or McAfee cannot take care of this one. It appears to affect those who were born before 1965.

Symptoms:

1. Causes you to send the same email twice.
2. Causes you to send a blank email.
3. Causes you to send an email to the wrong person.
4. Causes you to send it back to the person who sent it to you.
5. Causes you to forget to attach the attachment.
6. Causes you to hit "send" before you have finished.
7. Causes you to hit "delete" instead of "send".
8. Causes you to hit "send" when you should "delete".

It is called the "C – Nile Virus"

Oh... Have I already sent this to you?

Yes ?Sorry!

Workshop Production Activities.

We are very pleased to acknowledge that KMS member Barry Spencer has volunteered to take responsibility for the production of toys and other items for sale to raise funds for the Shed.

Since the shed commenced operation last year, Barry has attended the shed regularly, three days per week and mentored other members on all aspects and levels of woodworking. Although being competent with most wood working machines, his most favoured one is the router and he has encouraged quite a number of members to take the plunge with this versatile machine. His continued guidance is very much appreciated and will greatly benefit the development of the Shed.

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