

# KALAMUNDA MEN'S SHED INC.

## NEWSLETTER



Issue No. 14

ABN 76 391 304 870

Date: May 2010

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

Proudly supported by the Shire of Kalamunda.

G'Day to all members and friends. This edition will arrive a bit late in the month for a number of reasons. Firstly, we have been holding back a bit so that we can report on some of the events that were scheduled to take place over the last two weeks. Also, things have been rather hectic with a number of the Committee of Management (CoM) being away on vacation. A computer problem, which has now been remedied has also contributed to the editor's woes. But that is how it goes in volunteer land.

### **April General Meeting.**

20 folk attended this meeting with the reduced number being possibly due to there being five Fridays in the month causing some confusion. It was reported that we now have 97 members with a few more men considering to join us. The CoM has been contacting members who have not attended the Shed for a while to check if all is OK with them. All of those contacted said that they appreciated the call and in most cases the reasons given for non-attendance was that the person was either working or was very busy with family matters. We are maintaining contact with those who are not well. Ray Maher's cooking demo is covered on page 2

### **Dates to Remember.**

**Friday May 28<sup>th</sup> 2.00 pm.** General Meeting which will be followed by a guest speaker, Garry Walden. Garry will give a presentation on the challenges in sustainability for the 22<sup>nd</sup> century with the title of his talk being: "Saving the Planet for Your Grandchildren".

**Friday June 25<sup>th</sup> 2.00 pm.** General meeting followed by a Talk presented by the Forrestfield (Bendigo) Bank on Banking Services for the Senior Citizen – "If You Are Asset rich But Cash Poor".

### **Saturday August 7<sup>th</sup>. (to be confirmed).**

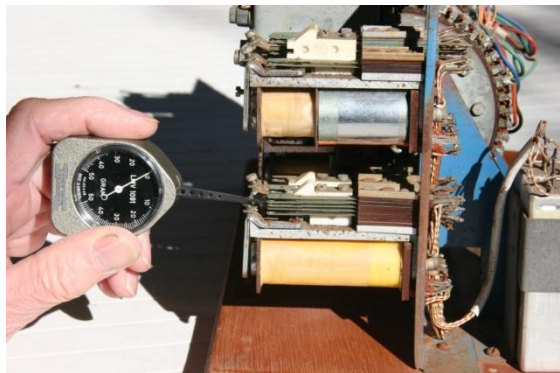
Travel on the Kalgoorlie Prospector train service from Midland to Toodyay to watch the Avon Descent. Ladies welcome. Could be a good picnic outing. Estimated cost, \$16.00 pp. Details later and keep an eye out for a booking sheet on the Shed notice board.

### **Important Notice.**

**All memberships will need to be renewed by the end of June 2010. The fee is still the same at \$50.00. Forms are attached to this newsletter. Please note the comment re insurance on the form.**

### What Is It ?

Last month's device loaned to us by Richard Gates did not attract any guesses as to its possible use from members. Pictured below is the instrument in use.



The mystery item is a relay spring tension - measuring meter made by the Swedish telephone equipment manufacturer L.M Ericsson. It is shown measuring the tension in a spring set in a 3000 type relay which was commonly used in telephone exchanges during the 1950's to 1970's. KMS member Tony Edwards (who in a previous life was a Telecom Training School Instructor) kindly made his 2 line demo unit and his hand available for the photo. As usual, for closer examination, you can enlarge the image on your screens.

### Interesting Meals For The Cooking challenged Male.

After the April monthly meeting, KMS secretary Ray Maher demonstrated two nutritious meals which are very suitable for blokes who need to cook for themselves. The results of Ray's excellent cooking were eagerly devoured by those present.



The photo, below, left shows Ray in action with the Coq au vin. His first recipe was for scrambled eggs done in the microwave.

### Savoury Scrambled Eggs-microwave style.

*You will need:*

2 eggs.

A dash of milk.

Grated Parmesan cheese or any tasty cheese.

Black pepper.

*What to do:*

Break the eggs into a microwave proof bowl.

Add milk, pepper and cheese.

Whisk for a minute.

Place in the microwave oven and cook on high for about one minute.

Remove from the microwave and break the mixture up with a fork.

Return to the microwave on high for about 40 seconds.

Take the mixture out of the oven and break up again with a fork to a consistency as preferred.

Serve on hot buttered toast.

So easy and you won't even need to use the "UNDO" button on the microwave!

As a side show, KMS member Antonio Cannavo gave a bit of a talk on Persimmons. He explained that the Fuji variety had a tart flavour whereas the Vanilla variety was much more flavoursome. We were shown how to cut the fruit and Antony's basket of sample were eagerly sampled...a new and pleasant for all present.



*Antonio keenly discussing the specifics of his vanilla persimmons.*

### **Chicken in Red Wine for two.**

(Coq au vin for the sophisticates).

*You will need:*

Fresh thyme and parsley for garnish. 1 tea spoon of dried thyme to add flavour.

About 800 gram chicken (breasts, thighs or pieces).

1 table spoon plain flour to thicken.

Black pepper to taste.

1 tablespoon olive oil.

6 small pickling onions –peeled.

2 rashers of bacon, sliced up.

1 clove of garlic or the equivalent from a jar.

1 tablespoon brandy.

About 160 ml red wine.

About 160 ml chicken stock.

1 tablespoon tomato paste.

100 gram button mushrooms.

*What to do:*

Heat the oil in a large saucepan and then add the chicken. Cook for a few minutes to brown.

Add the onions, bacon and garlic, and cook to brown also.

Add everything else except the mushrooms and fresh herbs..

Bring to the boil, and then cook, uncovered, for about another 10 minutes or until the chicken is tender and the sauce has thickened. Sprinkle with the chopped fresh herbs and serve with a crusty fresh bread.

Goes well with a Merlot or a soft Shiraz.

### **A Big Win for AMSA.**

Prime Minister Kevin Rudd recently launched the *National Male Health Policy* at the Whittlesea Men's Shed in Victoria. \$16.7 million was attached to this policy which is great news for us blokes.

An extract from the policy document is as follows:

*Healthy social networks experienced by single males, and indeed all males, provide males with positive benefits similar to those of a successful marriage or committed couple relationship such as with a gay partner. During consultations, the importance of groups such as "men's sheds" were mentioned as helping to alleviate social isolation, especially for some older males.*

*Recognising this important role in helping to alleviate social isolation, the Australian Government will invest \$3 million over four years to support the Australian Men's Shed Association develop national infrastructure aimed at ensuring its future sustainability. This investment will result in a series of projects that will impact on the local level.*

This is fabulous news for all Men's Sheds and we look forward to AMSA's new plans for the future.

### **Blacksmithing equipment.**

KMS member Terry Lees has been busy liaising with staff at the Shire of Kalamunda regarding the long term loan of blacksmithing equipment. We are now very pleased to advise that the Shire has agreed with the proposal and that an agreement is now being drawn up for the loan of the equipment. It should not be very long before the gear can be moved to our shed.

As a result, we can commence working with the Shed Boss, Jim Chantry to start preparing the old shed for the storage and installation of the equipment.

As the construction of the new metalwork shed is still a way off, the blacksmithing facility will be a small start in satisfying the needs of those members who prefer metal working.

### **Visit to the Bunbury Model Engineering Club.**

Thanks to KMS members Mike Milne for providing this report and Terry Lee for the photographs.

Sunday 16 May 2010, 11 KMS members departed our Shed at 0830 with skipper Bill Butcher at the wheel & co pilot Derreck Morgan also up front, all safely back at about 1815.

Heading down the new Bunbury Highway, a first for some of us, we stopped for a comfort stop at a servo part way, changed drivers & on to the Miniature Railway in Bunbury where Bert showed us the ins & outs of the workshop, train storage sheds & some of the locomotives & track ballast laying equipment. Oh & the little man powered track inspection trolley.

This group have an extensive rail network with a number of trains & trams running at the same time.

One of the loco's, petrol / hydraulic drive, is valued at around \$45,000 & it is probably not alone there.

After a group photo at our bus we moved on to the Dardenup Heritage Park with lunch being the first stop followed by a most enjoyable wander through the many professionally presented exhibits of farm & earth moving machinery.

We also visited the print shop using linotype & other early 20<sup>th</sup> century machinery, this is a working printing shop.

They also have an exhibition of various coloured rocks, probably a lot we missed altogether including the large saw mill which was not working on the day.

There was a parade of old cars & trucks, a number of motor bikes which may have had an activity earlier in the day.



KMS members admiring a model loco.



An immaculately restored tractor at Dardenup



Also at Dardenup, a vintage Dennis fire engine which originally came from Tammin. This machine was of particular interest to Terry Lees as this and another fire truck there were first used at the wheat belt town of Tammin when he operated an engineering business there. While at Tammin, Terry was a member of both the Town Brigade and the Volunteer Bush Fire Brigade. (There must be another story there!)

### **Morris leaves the CoM.**

It is with much regret that we note the resignation of KMS Social Program Director, Morris Pavlinovich. He has decided to step down from the position due to his extensive travel plans. Morris did an excellent job in organizing all of our guest speakers and social functions. He remains a member of the Shed.

### **Medical Procedures.**

At the last CoM the committee approved of the new medical procedures which have been drafted recently. The procedures briefly outline the process to be followed by Shed supervisors in the event of accidents or other medical emergencies occurring. It can be viewed at the Shed.

### **Equipment acquisitions.**

We have just purchased a used planer and 2 hp dust extractor from a Garry Harris, a local resident. The machines are in new condition and were offered to us at an excellent price.

We have received as a gift from Ron King's family a 3 phase welder and Hazel Silverlock has donated a hand power planer. Thank you to both donors.

### **Small Grant Application.**

Following the announcement by the Federal Government's Department of Families, Housing, Community Services and Indigenous Affairs (FAHCSIA), that applications for grants had opened, KMS has made such an application. We have applied for funds to purchase six various wood working tools and equipment valued at a total of \$3559.00.

### **Forrestfield Shed.**

We will be attending a meeting to further assist in the development of a shed at Forrestfield. This meeting is to be held on Tuesday 13 July '10 at 10.00 am. Venue TBA.

### **Assistance to Markets Parking Continues.**

On 1 May 2010 some of our members again assisted the Rotary Club of Kalamunda with the marshalling of the parking of stall holder vehicles. Thanks to Ian Allardyce, Ross Annetts, Mike Milne, Murray Carrick, Alan Beaton, Niel Simpson and Eddie van Rijnswood for assisting that morning. We appreciate very much the opportunity to help Rotary and the continued support it gives us.

### **Quiz Night.**

Elton Brown is making good progress in organizing this event. It will be held on **Friday evening, 30 July 2010**, at the Kalamunda Club. Tables will seat 8 and tickets will cost \$10.00 pp. This is a night to reserve in your diaries for some good fun as well as raising some funds for the Shed.

### **New Shed at Mosman.**

It was pleasing to read in the Mosman local newspaper, "The Post", that men in the area will be getting a new 33 X 14 metre shed. It is to be built near the David Jones Pavilion at Tom Perrott Oval.

The new Shed Group formation is being assisted by the Rotary Club of Mosman Park and the Mosman Council.

### **Opening of the Beverley Shed.**

On Wednesday 12 May '10 KMS members Morris Pavlinovich and Eddie van Rijnswood were very pleased to attend the official opening of the Beverley Men's Shed Inc. This new shed was opened by His Excellency Dr Ken Michael AC, Governor of Western Australia.

Over 100 persons from Beverley and sheds such as Brookton, Narrogin, Mukinbudin, Fremantle and Kalamunda attended the function. The construction of the shed was assisted by a Lotterywest grant of \$34,000.



The Governor in his address congratulated the community for setting up the shed and providing a great service to the people in the country region. He showed an in depth understanding of the Shed movement in Australia and he was very impressed in the layout and equipment in the Beverley Shed.

The Shed President, Fred Bremner, in concluding his thanks to the Governor said that the only membership requirements for the Beverley Men's Shed were that members had a thick skin and a sense of humour. At the conclusion of the official proceedings, those present were treated to a morning tea of proportions and quality for which country folk are renowned.

It was most pleasing to see that the Governor lingered at the shed to look closely at the tools and machinery, (he has a PhD in engineering) and to speak at length to visitors, members and local school children.



The Governor addressing the gathering prior to opening the Beverley Shed.



A view of the interior of the shed.



The morning tea being enjoyed by many.

### A new "what is it?"



KMS member Mike Milne has submitted this photo of a mystery device. If know what it is, please let us know.

### Contact details:

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Telephone: 9293 1253.

**KALAMUNDA MEN'S SHED INC.**

*Proudly supported by the Shire of Kalamunda*



**MEMBERSHIP RENEWAL 2010**

Please complete both the renewal form and the renewal receipt below.

Please print details clearly.

Surname: \_\_\_\_\_

Given Names: \_\_\_\_\_

Given Name by which you would like to be known: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Membership number: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Membership renewal for 2010/2011 is due on 1 June 2010. After 1 July 2010 non-financial members will no longer be able to use the shed due to lack of insurance cover.

Please make cheques payable to **Kalamunda Men's Shed Inc**, including a stamped self addressed envelope for the return of your receipt and new membership card. Please complete all information above.

Postal Address: **PO box 1359, Kalamunda, WA 6926.**

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**MEMBERSHIP RENEWAL RECEIPT 2010**

Surname: \_\_\_\_\_

Given Names: \_\_\_\_\_

Membership number: \_\_\_\_\_

Payment \$ \_\_\_\_\_

Signed: \_\_\_\_\_ (Treasurer/Membership Secretary)

Date: \_\_\_\_\_

Receipt No.: \_\_\_\_\_