

# KALAMUNDA MEN'S SHED INC.

## NEWSLETTER



Issue No 20

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

Proudly supported by the Shire of Kalamunda.

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

### Dates for your Diary

29 October: General meeting, wood carving demonstration

6 November: Stall at Kalamunda Markets

19 November: Burswood outing, free transport and lunch provided, \$10 per head, bring your friends and partners.

26 November: General Meeting, Dermatologist talk

3 December Christmas Luncheon in the CWA Hall, \$15 per head, bring your partner.

4 December: Stall at the Kalamunda Markets

- The Shire will provide KMS with the results of their investigations (expected to be within 3 weeks) to enable KMS to feed these results into our feasibility study.

In the meantime Dave Buttress will start initial design and planning process, consulting with members to articulate what our expectations are for the new facility. Dave can then develop a cost plan for submission to members and thereafter Elton can approach sources for funding.

As you will appreciate there are still a number of steps to go through before we can make any recommendations to members. Not the least of which will be what arrangements we can negotiate with the Shire regarding leasing and costs. This is not a done deal and if successful, is likely to take many months to materialise.

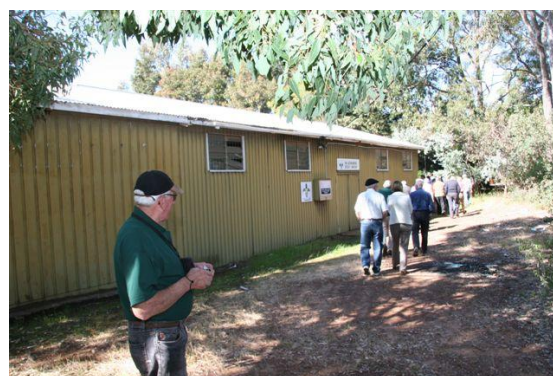
About 25 members together with the local member, Councillor Carol Everett visited the facility on 6 October. Members appeared to be very pleased with the possibility of us taking over the building and could see the longer term potential.

### Lesmurdie Scout Hall and Shed expansion

A meeting was held with the Scout Association at their city headquarters on Friday 1 October. It was agreed at the meeting that the Scout Association had no further use for the facility and would, subject to an internal verification process, surrender the lease of the site. This would mean that the facility would revert to the Shire of Kalamunda and could be released to an organisation such as KMS.

A meeting was also held with the Shire President, CEO and senior members of the Shire of Kalamunda on Wednesday 13 October. The meeting was very positive and a strong indication was given to us that the Shire would be favourably disposed to KMS taking over the Lesmurdie Scout Hall as a short term solution to our expansion requirements. By us moving to this new site it provides more flexibility for the Shire to plan community facilities within the existing area. The next steps, as agreed at the meeting, were:

- An assessment of the costs to bring the facility up to "fitness for use" standard would be undertaken by the Shire
- The Shire will investigate any planning issues which may occur as a result of KMS occupying the site.



*Members entering the Scout Hall from the front*



Rear view of the Scout Hall adjacent to the garage.

### Saturday Opening Times

Although there has been a limited response to opening on Saturday mornings from 0900 to 1200, committee members have agreed to extend the trial for a further month throughout November. Please tell your friends or those members who cannot make it during the week to call in.

### Gift Vouchers

Want to buy something for a friend which will be really helpful this Christmas? Wives, do your husbands a favour and buy them a very special present this yuletide. Yes KMS has the answer. For a limited time only, and just in time for Christmas, KMS gift vouchers are available! For only \$25 you can purchase 6 months membership to the KMS. If you wish you can buy two vouchers for 12 months membership. Contact Shed Boss Jim, or any Committee member for details. Give that special mate a special gift this year.

### Uniform

Elton has organised a further order of Polo shirts together with caps with the KMS logo. See Jim or Elton for details.



Our Youth and Training Director, Chris Muller sporting one of our new and stylish polo shirts.



Our new caps at only \$5 each.

### New Equipment

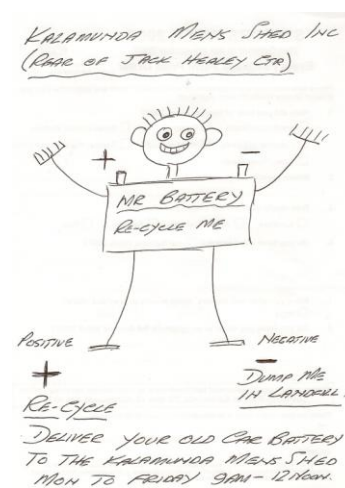
When you next go to the Shed you will see that Ian Allardyce has purchased the equipment which was sponsored by the \$3559 volunteers grant. The equipment includes, clamps, jig saw, air compressor etc etc. Our thanks go to Ian for doing the "hard yards" and negotiating and purchasing the gear and Eddie for putting in the application for the grant in the first place.

### Old equipment

It is old but it is good! Committee members Dave and Mike recently got wind of a business which was closing down and had a surplus 16' bandsaw and large dust extractor available free of charge. They collected the equipment together with some scrap metal and not only did we receive the equipment, but the Treasurer was presented with \$385 from the proceeds from the sale of the scrap. Well done gents and those who also hepled out.

### Batteries

Dont forget to drop you batteries off at the Shed. We have already had a great response and Dave will collect the goods and donate \$3 for each battery to the Shed.



### Kalamunda Markets Stall November and December

This will be a big event for the KMS. It will be the opportunity to publicise the KMS and to also see what response we get to our handcrafted goods for sale. It is

also a big event in as much as we have been asked by Rotary to assist with parking of stall holders and also the general public. The latter will involve driving a shuttle bus from Stirk Park into the markets. Barry is arranging the Stall and Elton is organising parking rosters. Please be available for a short time to assist with this very important fundraising initiative.

### **Great Aussie Patios**

On Friday 15 October, Great Aussie Patios erected our expanded shelter to the Shed. We are very thankful to great Aussie Patios for this magnificent gesture and know it will receive much use. Please ensure you consult Great Aussie Patios the next time you want some work done at home!



*The patio is completed by the lads from great Aussie Patios*

### **Bill's Clock**

One of members, Bill Teasdale, has never been very interested in wood working, being a metal and automotive man. However he was inspired by the Shed to build a grandfather clock. With the advice of Shed Boss Jim and other members of the Shed, Bill produced two very beautiful clocks out of solid jarrah. Bill has kindly donated the patterns to the Shed and other members are quite welcome to use them to also build a masterpiece.



*Bill showing off his recently made clock.*

### **Wood carving demonstration**

Gordon Marshall visited the Shed for our October general meeting and gave us some tips on carving large pieces of wood. Unfortunately Gordon was suffering from tennis elbow and could not do much of the work himself. However a number of members tried their hand at carving a reptile into the log. This will be a work in progress and maybe a challenge for the Wednesday team! Gordon was responsible for the large carvings at Zanthorea nursery.



*Gordon with John, Chris and Tony getting the reptile design just right.*

### **Visit by local member**

Our new local Federal member, Ken Wyatt plans to visit the Shed on Tuesday 9 November at 1000. Please come along, meet Ken and have morning tea with the "Tuesday team"

### **New Members**

We welcome the following new members to the KMS:

Harold Thurley, Peter Hadden, Vin Marelich and Lyall Pearce .

### **November**

Remember November is Men's Health month. Sign up to the Nightingale's promotion and grow a mo for this worthwhile cause.

### **From the AMSA newsletter**

### **"Keeping our grey matter in good shape**

#### **By Greg Millan**

As we grow older we can expect a decline in our cognitive functioning but new research is showing us that there are many factors that affect our brain as we get older. Some changes are purely structural and some changes affect brain functioning.

The physical changes in an aging brain include a loss of brain mass, a decrease in white matter, a decrease in the outer surface of the brain and a decrease in chemical messengers in the brain. This leads to a decrease in brain weight and brain volume. But these structural changes are not necessarily linked to cognitive decline. And contrary to



popular belief, we do not lose neurons but continue to form neurons as we age.

Scientists are now investigating other reasons why we have a slowdown of brain function, including the deposition of a protein called amyloid in brain tissue. This process is thought to be accelerated by inflammation in the body.

Research shows that the foods we eat probably play a role in decreasing inflammation in the body. Taking this into account, a brain-healthy diet would include:

1. Five to 10 servings of fruits and vegetables daily. This includes apples and onions for their flavanoids, dark green leafy vegetables such as spinach for their carotenes, cooked tomatoes for lycopene (another carotene), and blue-berries for their antioxidants.
2. Fish eaten at least twice weekly, or omega-fatty acids taken as a daily supplement.
3. Olive oil for cooking.
4. Black or green tea.
5. Whole grains.
6. Beans, other legumes, and nuts.
7. Dark chocolate.
8. The brain-healthy diet also limits red meat, excessive salt, trans-fats, saturated or animal fats and overly processed foods.

In addition to inflammation, studies have shown that stress and depression may contribute to decreased cognitive functioning. A Canadian study of elderly folks over a four-year period found that patients with low stress scored as well as their younger counterparts on memory tests. But those who had increased stress had a decline in memory and overall cognitive functioning.

So what's new in all this? Well though our thinking capacity will slow down a bit there are things we can do with our lifestyle to ward off cognitive decline. Eat an anti-inflammatory diet, keep your body and brain active, deal with stress appropriately, don't smoke and your thinking gear will stay in good shape."

## Cooking for one

### Chicken with Hokkien Noodles.

You will need:



- 1 Chicken breast
- 30 ml olive oil
- 3 sprigs of thyme, chopped
- ½ small onion, chopped
- ½ cup of brown mushrooms

- 1 tomato, chopped
- 150 g hokkien noodles
- 2 cups of spinach

## Method:

Slice the chicken breast into two thin slices and place into a dish the oil, thyme, salt, pepper and chicken slices. Mix and coat.

In a hot frying pan place a small amount of oil and seal the chicken until golden brown on both sides and then cook for a further 2 or 3 min until tender. Cover and keep warm. Place the onion in the pan and cook for 1 min. Add mushrooms and tomato and if using silverbeet, add this

also and cook for 4 more min and then stir in the noodles. If using baby spinach instead of silverbeet, stir this in now. Place the noodles on a warmed plate and top with the chicken and season.

## Notes:

Hokkein noodles are sold soft, in bags in the supermarket. They just require heating as above.

Chicken breasts are sold in trays etc containing more than one. Freeze unused bits for later use in other recipes.

## A possible future project

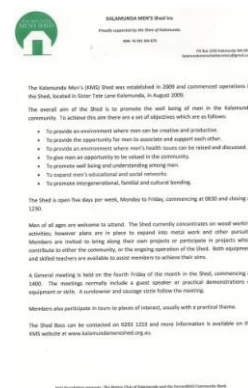


This treasure was found in the laundry of a c 1860's house in the Rocks area of Sydney

## Publicity

We now have some A5 publicity handouts. These flyers are available to all members and publicise the Kalamunda Men's Shed.

They will be used at public gatherings such as the markets. However don't forget to pick some up from the Shed to tell the KMS story.



Also check out the link below for a KMS U Tube video:

<http://www.youtube.com/watch?v=XZfusukNVVg>