

KALAMUNDA MEN'S SHED INC.

NEWSLETTER



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

Proudly supported by the Shire of Kalamunda.

PO Box 1359 Kalamunda 6926

www.kalamundamensshed.org.au

DATES FOR YOUR DIARY

23 March at 1400, General Meeting. Guest Speaker Bert Lane from the Australian National Flag Association, followed by the usual Sausage Sizzle and Sundowner

31 March, Kalamunda Show. KMS will have a promotional stand and also assist Kalamunda Lions with manning of the Reception Desk.

3 April, Kalamunda Rotary Village Markets.

12 April, Excursion to Femantle Gaol with Captain Mike at the wheel. Cost \$15.50, concession rate.

27 April at 1400, Special General Meeting. Guest Speaker is world renowned Consultant and Advisor, Barry Urquhart, from Market Force, speaking on "Insights on the Big Picture". This will provide a strategic overview of the global, national and local economies and the impact such are having on the financial and lifestyle well-being of retirees and superannuants.

LAST GENERAL MEETING

(With thanks to Eddie)

All Eyes on the Guest Speaker.

Our guest speaker for the February General Meeting was Judy Saunders from Glaucoma Australia. Judy gave a most engaging presentation about the eye disease Glaucoma. The fact that she originally came from a teaching background explained why she held the attention of the blokes present for a very enlightening and somewhat concerning presentation.



Judy presenting some startling statistics.

The presentation of some of the statistics regarding the prevalence of Glaucoma ensured that Judy would have everyone's attention for the rest of the hour long presentation. Key and vital statistics include:

- It is estimated that 70 million people worldwide have the disease.
- 85% of those are undiagnosed.
- In Australia, there are an estimated 300,000 people with Glaucoma.
- 50% of those are undiagnosed.

Judy went on to explain the details of how the vision is affected and the variations that can occur, the causes and that there was no cure for Glaucoma. It was reassuring however, that once diagnosed, the progression of the disease can be slowed considerably by the daily instillation of special eye drops.

Early diagnosis is the key to the successful arresting of the disease and everyone over the age of 40 is encouraged to be tested by their optometrist for the condition. Those who have a family history of Glaucoma have a higher probability of contracting it. Earlier detection is possible with the use of more sophisticated equipment used by ophthalmologists, at a higher cost.

Judy concluded her informative talk by promoting Glaucoma Australia and outlining various funding raising initiatives. At the conclusion of her talk, KMS social

organiser, Ron Enright thanked Judy and presented her with a small gift in appreciation.



Ron presenting Judy with a KMS made trivet.

Hot Stuff.

During the meeting, Dave Buttress reminded members of the dangers of carrying out “hot work” such as welding and grinding. He said that the importance of this had been highlighted by the recent very high fire danger conditions and the catastrophic effects that can occur when the appropriate precautions are not taken.



Dave has designed a safety poster to remind members of the dangers of hot work, the precautions to be taken and that a hot work approval must be first obtained from the Shed Boss prior to commencing the work.

Spinning Top

Spinning tops have been around forever with many designs and configurations. As a boy, I well remember seeing these items but any that I saw were conical in shape, had string that you wound around the top, and you threw them towards the floor whilst holding onto the ends of the string. Problem was that unless you were pretty good, the damn things just hit the floor without standing up and spinning around.

Shed Boss, Jim, brought a sample that he saw at another shed that are much easier to manage.



Murray produced a couple of tops which he displayed at our February General Meeting. What's more surprising was that he managed to demonstrate the item successfully. He suggested that members might like to make several tops, complete with the handles and string with the idea that a couple be available for our stalls and one for the member himself. All materials would be supplied by the Shed. No great woodworking skills are required for the basic units.

If you are interested in having a go, see Murray for details.

Messin' with snags.



KMS Member No 100, Mike Conran living dangerously

SPECIAL RESOLUTION AND AMENDMENT TO OUR RULES OF ASSOCIATION

As has been mentioned previously, your Committee of Management proposes to put forward a Special Resolution to amend the Rules of Association (Constitution) of the Kalamunda Men's Shed. The reason for this resolution is to clean up some aspects of the existing document and to enable KMS to apply to the Tax Office for Deductable Gift Recipient (DGR) status. Having DGR status will enable us to attract quality donations to the Shed. The Special Resolution has to be passed by a minimum of 75% of members

present and eligible to vote at the Special General Meeting called for that purpose,

Once the Rules of Association are amended and agreed by the Commissioner for Consumer Protection, KMS will apply to the Tax Office for DGR status. At this time only one Shed in WA has DGR status, being Joondalup. However there are a number of Sheds in other States either with the DGR status or in the process of achieving same. AMSA has DGR status.

It is important that all members understand what the Committee is trying to achieve with the proposed amendments and all members are urged to attend the Special General Meeting on 23 April and vote accordingly. Secretary Ray will send out papers at least 21 days in advance of the meeting to enable all members to digest the proposed amendments.

OUR NEXT GUEST SPEAKER

The story in brief of BERT LANE. IMMEDIATE
PAST PRESIDENT Australian National Flag Association
(WA) Inc.

Raised and Educated in FREMANTLE - Bert began his working career in the furniture business with Boans of Perth. After a period of some six years - and being harassed by three older sisters - He decided to join the Australian Regular Army in the Royal Australian Corps of Signals.

That service career lasted over 20 years which embraced eight overseas deployments and culminated with 4 ½ years on the Instructional Staff at the Officer Cadet School in Portsea Victoria.

Upon discharge from the Defence Force - Bert embarked upon a career within the Security Industry and became the Senior Security Officer with James Hardie Industries from where he retired from the workforce - completely in 1999.

In that year he became the 'Tuesday' volunteer in the Perth Office of the Australian National Flag Association. He became a five day a week 'volunteer' in 2000 upon being appointed President of that organisation - A position he still holds and enjoys as he goes about the serious business of promoting the Australian National Flag and defending it from those who seek to destroy it.

Bert's wife is Lois and he sometimes finds it hard to be humble being married to 'LOIS LANE'.

BASIC BOX MAKING FOR DUMMIES (YES YOU!)

From the Master (Barrie Spencer)

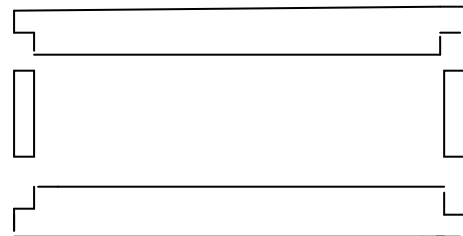


Materials: wood, minimum thickness 7mm, any wood. 2 number 5mm barrel hinges.

Cut lid and bottom approximately 210mm long x 70mm wide.

Cut sides and ends in one strip approx 30 –35mm wide. From this cut two sides approx 2mm short of length.

On top and bottom cut two ends, width of the lid less one thickness of wood (i.e. about 70mm less 7mm) to fit as shown.



Set a straight cutter into the router table, cutter height approximately half thickness of sides, approx 3.5mm. Set this by eye. Use recess in the fence to allow only part of the cutter to protrude. To cut joint in ends of sides, move the fence to allow the cutter to cut recess for the ends as shown in the diagram as above, adjusting the fence and cutter height to cut exact joint. When cutting these joints use the wide pushboard to keep the wood square to the fence.

Sand the inside of sides and ends to a reasonable finish. You won't be able to do this once the box is glued up. Glue up and clamp with an elastic band, using minimal glue to avoid squeeze out of glue on inside of box. Ensure the box is square and the joints are tight. When the glue is set, sand the top and bottom so that the base and lid can be fitted flat. Note don't turn around end to end whilst sanding to ensure a flat surface.

Sand one side of top and bottom to fit nice and flat onto the box. Glue top and bottom to the box, making sure it is a flat fit. Ensure top and bottom overhang all round slightly. Place a flat piece of material (i.e. MDF) above and below to ensure a flat fit and clamp down with two bricks. ensuring the overhang top and bottom has not moved.

When set, overnight if possible, put a straight pattern following bit in the router table and use this, having set the height correctly so that the bearing runs well up the side of the box. Trim the overhang top and bottom remembering to cut the end grain first to minimise chipping.

On the sanding machine, 80 grit sand the box all round to a nice finish. Using a small pattern following round over bit, round edges of top and bottom but not the corners.

Decide which is to be the top and bottom and with a light pencil, mark the end of the box to ensure the correct position when reassembling the top and bottom.

Set the fence on the band saw to cut off the lid, approximately one third of the box for the lid looks good. Sand the lid and the bottom to remove the saw marks using minimum sanding to give a good finish. Note again do not turn them end to end when sanding to ensure a good flat joint, taking into account the pencil mark at the end of the box for correct alignment.

Hinges. Decide which is to be the back of the box and mark with a sharp point on the bottom of the box where to drill for the hinges, approx 40mm from each end of the box looks good. Make sure the mark is in the centre of the wood side to side, we only have 7mm so take care! The hinge is 5mm.

Put a 5mm brad point drill bit in the drill press and mark the depth of cut to allow the hinge pin to be just below the surface. To do this use the depth stop on the drill press to limit the depth of cut or mark the depth of cut on the drill bit. Note it is better to drill a slightly deeper hole than too shallow. Now drill the two holes being very careful

to ensure you are in the centre of the wood. A trick here is to have the box running length ways away from you to more easily see that you are in the centre of the wood.

To drill corresponding holes in the lid place the two pins into the existing holes, these have a point on top to mark the position of the hole on the lid. Place the lid gently on top of the bottom with the pins in. Square up very carefully and then press down firmly to mark the position of the holes to be drilled in the lid. Reset the drill press as before for the depth of cut and drill these holes.

Put a 45 degree cutter in the router table with the correct fence to expose only part of the cutter. Now on the back of the box top and bottom cut a 45degree bevel the full length of the box. This bevel is to extend to the centre or just beyond the centre of the holes to allow the box to open. Without changing the cutter setting on the front of the bottom of the box, we need to cut a finger slot so the lid can be opened. This should be in the centre of the box and about one third of the box looks good

To fit the hinges press into the base first with the hinge bent to 90degrees to get it positioned correctly, now put into the lid and press together, open and close the box a few times to seat the hinges {no need to use glue normally}

Sand to a nice finish, then finish with your choice of finish. I suggest two or three coats of sander sealer. Don't let any sealer get into the inside. Rub down well with wire wool. Finally spray the box and then rub down again lightly with wire wool.

Lastly line the inside of the lid and bottom with felt or similar. This is done only when the box is complete.

NOTE this is a basic box as made on the recent course in KMS. It can obviously be varied to suit your wishes. Any extra embellishment, such as fancy strip can be added. For advice on any of these instructions speak to Barrie Spencer and if you catch him on a good day he may help you out.



Some of the finished products by Secretary Ray and The Master, Barrie



Don McKechnie, Geoff Wiltshire and Gosnells Mayor, Dave Griffiths in the Shed.

(pic from The Hills Gazette)

GOSNELLS VISIT

A team from the Gosnells area visited the Shed in March. The team consisted of Rotarians, the City of Gosnells Mayor and staff. KMS greeted the guests with Member No 1, Shire President Don McKechnie and other KMS members. Gosnells were about to hold a public meeting to establish a Shed in the area and were keen to learn from the success of the Kalamunda Men's Shed. A good discussion was held and the visitors had the opportunity to talk to KMS members who were attending the Shed on that day.

The public meeting held the next day was very fruitful with over 100 attending and 117 people registering an interest. Thirty five men signed up for membership. Congratulations on their achievements so far and we wish them well. Coincidentally one of the driving forces behind the establishment of the Gosnells Men's shed, is Geoff Wiltshire who is the younger brother of one of our Committee members, Rob Wiltshire.

POSSUM BOXES

As mentioned in the last Newsletter, our resident Vet, Dr Tom has been in discussions with Kayana Wildlife Rehabilitation Centre in Lesmurdie. KMS agreed to make Possum Boxes for the Centre to use themselves and to sell to raise money. Tom, Jim, Barrie and Murray formed a production line and 10 boxes were made and despatched to Kanyana. Hopefully soon there will be some happy possums living in KMS boxes.



The finished product, Possum Box No 1

SHED BOSS HAS OTHER INTERESTS

When not working at the Kalamunda Men's Shed, Jim Chantry is involved with the Community Service Organisation Kiwanis International, a worldwide organisation of volunteers committed to improving the community in which we live.

Jim, who is currently the Lieutenant Governor for Kiwanis in Western Australia and a past Governor for the Australia District, is looking to form a new Kiwanis Club in the Kalamunda area.

Between 15th and 20th April Jim and a small team will be active in Kalamunda talking with community leaders and residents interested in volunteering their time and joining a new Kiwanis club. Naturally referrals for community minded people would be welcome.

Membership is open to all Men and Women in good standing in the community, whilst age is not a barrier they are looking for Adults in the 20 to 45 yr. range, however do not let this be a barrier to interested older people.

Kiwanis caters for groups of all ages and sponsors many youth and school based clubs as part of its major interest providing children with a good foundation for life.

For further information go to www.kiwanis.com.au/ for the Kiwanis Australia District home page and further links.

Jim can be contacted by mobile phone 043 898 2003 after April 6th or by email chantjim@yahoo.com

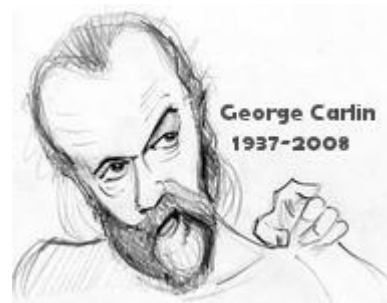
SHED UPDATE

Work has commenced on renovating the old Roads Board building (ex Police Station) next door to the Shed. **Bower Bird Dave** very quickly introduced himself to the Foreman and soon had many materials promised for our new Shed. In particular the acoustic tiles, counter, doors, insulation and even the gaol have been donated to KMS. Dave and his team transported the goods to Lesmurdie where they are stacked ready for use. Jim and his team removed the canopy from the rear of the building and that will be moved and erected at the new site. More recently timber from the internal partitions in the building has been removed and stacked ready for KMS use.

Your Committee has seen a preliminary draft of the document to go to Lotterywest from the Shire and we await a review and finalisation of their consolidated estimates.

The English Plural

According to....



**We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes.
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.
You may find a lone mouse or a nest full of mice,
Yet the plural of house is houses, not hice.**

If you don't read the newspaper you are uninformed, if you do read the newspaper you are most likely misinformed.

- Mark Twain