

Plane Torque



The Kalamunda Men's Shed 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.

www.kalamundamensshed.org.au

PO Box 1359 Kalamunda 6926

NOTES FOR YOUR DIARY

27 March at 1400: General Meeting – Speaker Damien physiotherapist - with BYO Sundowner and BBQ to follow.

27 & 28 March: Kalamunda Show.

Every Wednesday Morning: Building Bird Feeders with Chris Muller

3 to 7 April: Easter – Shed closed

15 April: Computer Group get together

22 April: Bus Fremantle Roundhouse, Fish and chips and cappuccino strip

24 April: General Meeting

FROM CHAIRMAN DAVE

We are delighted to hear that our builder Rob Tielemann has now received all the necessary approvals from the Shire to commence work on Workshop 4. In fact, by the time this newsletter is published, basic construction should have already commenced. Members should be aware that during the construction phase the rear carpark will be closed for safety reasons. There will also be some disruption to the tea making when the floor is finished in the tea room.

The re-arrangement of power points in workshop 2 and 3 has been completed, and the metal work boys are moving

machinery from workshop 2 into the machine shop workshop 3.

There will be some disruption to work in the shed in the week while the bottom chord of the roof trusses are strengthened. The Shire has arranged for this work to be done. Please assist by following Jim's instructions for safety.

When the trusses are completed, Rod will be able to finalise installation of the solar panels.

The last excursion for Shed members was to the Railway Historical Museum in Bassendean where the first and last locomotives built in the Midland Workshops are housed. The guided tour by volunteers was informative and appreciated by all who attended.

NEW MEMBERS

We welcome the new members Elroy Wyrewenaden, Tom Holloway and Bruce Glover

GUEST SPEAKER FEBRUARY

Last year your Committee of Management negotiated an arrangement with Stirk Medical Group to provide first approach assistance to the Shed. We were fortunate this month to have Dr Mike Civil from Stirk

to address the General Meeting. Following on from the Performance Survey for 2014 it is intended to continue these talks periodically through the year with the staff from Stirk.



Dr Civil provided an entertaining and insightful discussion with wide ranging question and answer chatter for members. He covered prostate conditions and cancer, Bowel cancer, Medications and vitamin supplements and the need to you're your GP informed, Mike reminded us of the need for daily exercise-both physical, by walking and gradually extending the distance and also by mental exercise-with crosswords/Sudoku,and or mens shed projects.

FOR THE RECORD

WORKSHOP 4 – MULTI-ACTIVITY AREA

The Murray Carrick led Utilisation Sub-Committee has reviewed all inputs and made recommendations to COM.

It has been assessed that most of the requested types of activity can be accommodated without a special area/fittings/services, we see that there are two exceptions to this generalisation:-

- Computer Activity/Access – protected power & data source;
- Quiet/reading Area – requires dedicated space/easy chairs [2] & limited library storage.

We can look forward to final decisions on the utilisation in the next '*Plane Torque*' newsletter.

Far from sitting on our respective "backsides" for this sub-committee it's '*all systems go*'.

POLICY AND PROCEDURES

As part of the review of the Business Plan a complete list of the Policies and Procedure documents that have been approved by the Committee of Management were compiled. It brought to attention a discussion on the purpose of Policy and Procedures and to provide some information to members I have reviewed the purpose of Policy and Procedures from the perspective of various associations.

To make it clear the reason an Association has policies and procedures is to avoid re-inventing the wheel whenever there is a decision to be made. This allows members to get on with the purpose of the Association. In our case, to create a convivial environment for members to enjoy themselves in a variety of activities.

Definitions

Policies are principles, rules and guidelines adopted by an association to reach its long term goals and are widely available to all members (In our case they are in the holder on the tea room wall). It is usually accepted

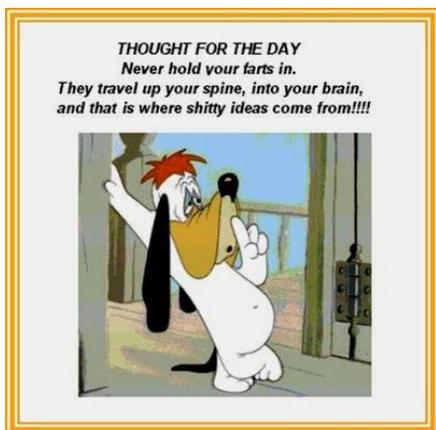
that Policy does not change frequently and when it does it involves the whole membership.

Procedures are the methods employed to express the policies in actions on a day to day operation of the association. These ensure that the results from day to day activities translate into outcomes compatible with the Policy. Procedures may change as conditions change in the day to day operation of the Association.

The COM is currently updating all Policies and Procedures for the KMS and the resultant documents will be posted on the website and in the holder on the Tea Room wall.

STUFF WE HAVE

At the last General Meeting Elton reviewed the collection of goodies we have as Shed merchandise. With Dave he presented Stuart Elliot with a “daggy” sign.



MADE IN THE SHED

Bird Feeders a Plenty

Chris, Brian and Jim produced 20 bird feeder kits for the Joey Scouts out of ply donated by ABC.

These kits were excellent for the kids and simple to make. Thanks Chris, Brian and Jim.

Wednesday Birdfeeders

Every Wednesday through February, March and April Chris and Brian are going to take members on a journey through the construction of birdfeeders of varying shapes and sizes. The principal objective of this plan is to give members a chance to learn a variety of skills used in the constructions of the finished product. “ Not only will you be learning new skills and making your brain work harder you will be contributing to the shed in as much as products to be sold at various markets. Don't forget "one for the shed one for you”.

Examples of feeders you can make are shown below.



Join Chris and Brian any Wednesday.

Not to be Left Out

Even more birdfeeders were being made in the metalwork area last month and what beauties they are.

Ross Hogg constructed a jig to bend rod for making the frame and also holding the rods while being welded.



Then using a pram wheel as a jig to bend the rod into a circle to hold the water dish.



After welding together the birdfeeder looked elegant with recycled ridge cap as a lid.



WOUNDED AND RECOVERING

It is great to hear that Jim Sharpe, Graeme Young & Howard Stapleton are all well on the “recovery road” and doing fine.

Norm Beadsell is not travelling as well and our thoughts are with his wife Robin and Norm.

If you hear of one of our members that is “not travelling so well” please let our Welfare Officer, Ron Enright, know. Ron can be contacted on **9454 5003**.

VALE

COLIN GROVES

14.09.1938 – 22.02.2015



Colin Groves was a foundation member of the Kalamunda Men’s Shed and we sadly record his passing on Sunday 22nd February. He greatly assisted KMS by donating all of his quality woodworking machinery to help establish our shed at the Canning Road premises in 2009.

The machines and equipment he generously donated included a table saw and a lathe. For a couple of years he regularly attended the shed for a chat and some comradeship. Failing eyesight prevented him from enjoying his woodwork hobby.

The retired farmer had a very quiet and friendly demeanour and he very much enjoyed the companionship of all KMS members.

A few years ago he was diagnosed with dementia and was no longer able to come the shed.

Farewell old mate. Submitted by Eddie van Rijnswoud

EQUINOX RAMBLINGS

Most of the celebrations associated with the equinox were established in the Northern hemisphere and have been transported to the southern hemisphere by migration of Europeans and Chinese. However the Australian Aborigines and Incas in South America are known to have used the equinoxes to support their use of the land and define their seasons.

This short essay reflects on the celebrations associated with the equinox which occurred on the 21st March in 2015. This has been brought about as I sit in Bali preparing for Nyepi which is a Balinese Hindu festival celebrating the beginning of a new year. There are many celebrations associated with the equinox and I have compiled a list of the easy ones to find for your enjoyment. The order has no significance other than timing and when I found the information.

Hindus celebrate Holi in India annually on the last full moon day of the lunar month Phalguna. This is the last full moon before the equinox. The day is a riot in India with colour being splashed on everything.

Wiccan culture celebrates Mabon on the autumn equinox. Mabon celebrates the

second harvest and the start of winter preparations.

Pagans celebrate the equinox as a celebration of spring in the northern hemisphere with worship of Goddess Eostre and the season of rebirth.

Druids celebrated the Autumnal Equinox in the southern hemisphere on March 21st or thereabouts, it is called Alban Elfed or Light of the Water in the Druid tradition.

Iranian (Nowruz) celebrations observe the New Year on the equinox for many Persian and Central Asian communities exactly when the season changes from winter to spring. It has been celebrated for over 3000 years and is rooted in the traditions of Zoroastrianism.

Higan (Higan-e), is a week of Buddhist services in Japan during the March and September equinoxes. It celebrates the spiritual move from the world of suffering to the world of enlightenment.

Earth Day - Some organizations schedule Earth Day for March 20. Earth Day is when people from all nations, religions and cultural backgrounds celebrate their similarities: living on Earth.

Nyepi is a holy day in Bali as the end of the year and the beginning of a new year. It is celebrated on the new moon closest to the March equinox. Nyepi is a day reserved for self-reflection, and as such, anything that might interfere with that purpose is restricted. The main restrictions are no lighting fires; no working; no entertainment or pleasure; no traveling (the airport is closed); and, for some, no talking or eating at all. It is sometime called the "Day of Silence" and is very peaceful.

Passover or Pesach begins on the 15th day of Nisan which is on the night of a full moon

after the northern equinox and is a commemoration of their liberation by God from slavery in Egypt and their freedom as a nation under the leadership of Moses.

Easter - Easter or Pasch is observed as the first Sunday after the Paschal Full Moon, the full moon that occurs on or soonest after 21 March – Easter is a festival and holiday celebrating the Resurrection of Jesus Christ from the dead, described in the New Testament as having occurred three days after his crucifixion by Romans at Calvary. Paschal eggs are part of the Easter celebration and these traditionally are decorated chicken eggs that symbolize fertility and rebirth.

Happy Easter All.

COMMUNITY ACTIVITY

Kalamunda Show -: 27th & 28th March

KMS will once again be at the 2015 Kalamunda Show with a Saturday stall to promote public awareness of KMS which Chris & Dave are organising. We are also providing administrative assistance to the Show organisers on Friday night & all day Saturday.

Joeys

Back in December “Croc” the Kalamunda Joey Scout Leader requested assistance to help the joeys through their environment badge by preparing bird feeder kits. Thanks to Chris, Brian and Jim who did the job.



FROM THE EDITOR

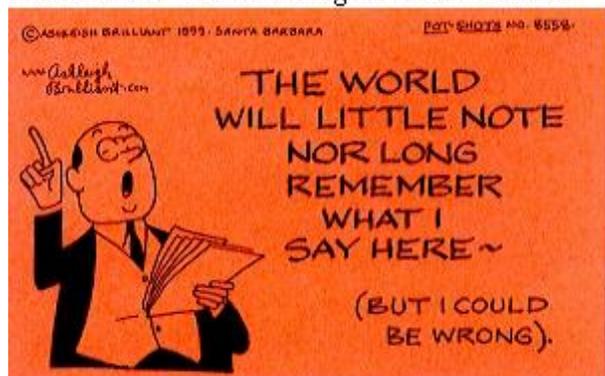
It is not without some fear and trepidation that I step into the role of editor following two leaders in the development of our Shed in Eddie van Rijnswood and Richard Gates to whom we owe a grant debt of gratitude.

In future editions I will attempt to encapsulate the suggestions Richard left in his last Newsletter. One of the areas I would like to encourage is to expand Member contributions including what I hope will be regular sections on:

- Made in the Shed
- Men on the Move
- Tips and Tricks

My goal will be to engage member interest in the newsletter and provide a little humour as we go. I notice that the Midland Men’s Shed have great member contributions.

POT-SHOTS — Brilliant Thoughts in 17 words or less



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