

Plane Torque



The Kalamunda Men's Shed Newsletter

Issue No: 73

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

Proudly supported by the Shire of Kalamunda.

Upcoming Events

- 14-20 September: National Stroke Week
- 19 September: Singing for Blokes
- 21 September: WAMSA 2015 Conference
- 23 September: Computer Users Group
- 25 September: General Meeting
- 26 September: Singing for Blokes
- 26 Sep- 3 Oct: Perth Royal Show
- 28 September: Queens Birthday Holiday-Shed shut
- 2-10 October: Mental Health Week
- 21 October: Computer User Group

MURRAY'S MURMURINGS

What a delight it was to see so many members staying back after a most enjoyable August General Meeting, having Barry Sargeant, Director General of Racing, Gaming & liquor providing a brief address on his Department's function, highlighting how it was possible to provide funding for our Roof Solar Panels to become a reality. Thank you to the many "punters" who fail to collect their winnings. Their loss - our gain.

But what I really wanted to stress is the importance of KMS fellowship, so clearly noticeable as members shared a "cool/cold" drink, or "cuppa" & perhaps a sausage. Our Guest speaker commented on the obvious camaraderie / light-hearted fellowship of members.

It's worth pointing out that initially stated that neither he or Minister John Day would not stay after the address, but he was so impressed with free-flowing question time, our social side of the meeting that he continued to not only stay but wanted to see the panels on the roof, the staged development of Workshop 4, & the intended purpose of that area, that they both stayed for much longer than originally thought. I sincerely hope that this high level of fellowship will continue to be developed.

About 20 members visited the Aviation Museum, Bull Creek. On Wednesday 16th September, the first excursion under Ray Sharp's social tenure. A full report will appear in the next "Plane Torque" edition. Thanks to "Captain" Mike & to Ray for a great visit.

October '15 looks like being a busy month at the Shed as we prepare for the November Rotary Market, & participate in two children's community projects with KMS member participation:-

- Kalamunda History Village Holiday Programme – early in October.
- Kalamunda ZigZag Programme – Sunday 25th October.

GUEST SPEAKER AUGUST GENERAL MEETING

Well we already know our power bill has been reduced by 60% thanks to the grant from Racing and Gaming Trust Fund. This month we had Barry Sargeant, the Director General, Racing, Gaming & Licencing as our guest speaker. Barry was accompanied by John Day, the Member for Kalamunda and Minister for Culture and Arts and Minister for Planning.

After Murray introduce John and John introduced Barry we had an entertaining talk rambling through the Racing and Gaming Trust to Liquor Licencing and the funding that comes from the Burswood Casino and Lotterywest from unclaimed winnings.



At the conclusion of the talk the discussion turned to the grant and the effective PV panels we have installed and there was a sort of hand over gathering.

When finished Barry gave us some application forms before a walk outside to inspect the panels on the roof.



COM ACTIVITY

New shed equipment

On a wet and windy Thursday morning approximately \$4,600.00 of new machinery arrived courtesy of Dave Buttress's Hi-Ab truck saving \$100's delivery fees.

The new equipment, a drum sander for the woodies and much to the delight of Terry Lees and his colleagues a cold saw.

These new additions to the shed will enable both the woodies and metal workers to manufacture products in a more accurate, safer, quicker and environmentally friendly way. The cold saw is particularly useful as it will replace an old GMC cut off saw which rotated at high speed with an abrasive disc that shot out hot sparks and bits of hot metal accompanied by loud noises.



Murray into the cold saw

The new cold saw is exactly that, it rotates at around 44 rpm with a coolant sump in the base that dispenses a synthetic liquid over the high speed steel blade allowing it to cold cut the steel very accurately. The drum sander will be a useful addition that will give the woodies greater versatility in their work.

Funding.

Both of these machines and accessories are funded by the Department of Veterans Affairs. Of course the time, emails and telephone calls of the grants application officer should be applauded together with acknowledgement of the assembly team Dave, Rod and others.

The grant application to the DVA was initiated in November 2014, at that point DVA had spent all of their funds, our application was in and we had to wait to the start of the current financial year, July 2015 before new funds were released. Members should be aware of the time line if they have a wish list. When having a wish for a new toy make sure all the information (including cost) are available to CoM. When the machine arrives questions are asked "does it have wheels" the response being did you order wheels? The answer being predictable.

Outcome

It would be fair to say that KMS is a very well equipped shed particularly so with these latest additions. The COM would ask members to treat all shed equipment as if it were their own and if they are unsure, unqualified or hesitant about operating any shed machines ask the shed boss or a senior member.

Router Safety (by Rod Jones)



The picture shows a spiral up cut router bit that that KMS purchased for a dedicated jig.

As can be seen, someone has ground a groove approximately 10mm from the bottom. Why anyone would do this is unclear and irresponsible. The shed has a duty of care and is required to pull defective equipment out of service. These bits cost in the region of \$40.00. It would be nice if the person that caused the damage were to donate for a replacement.

Subscriptions

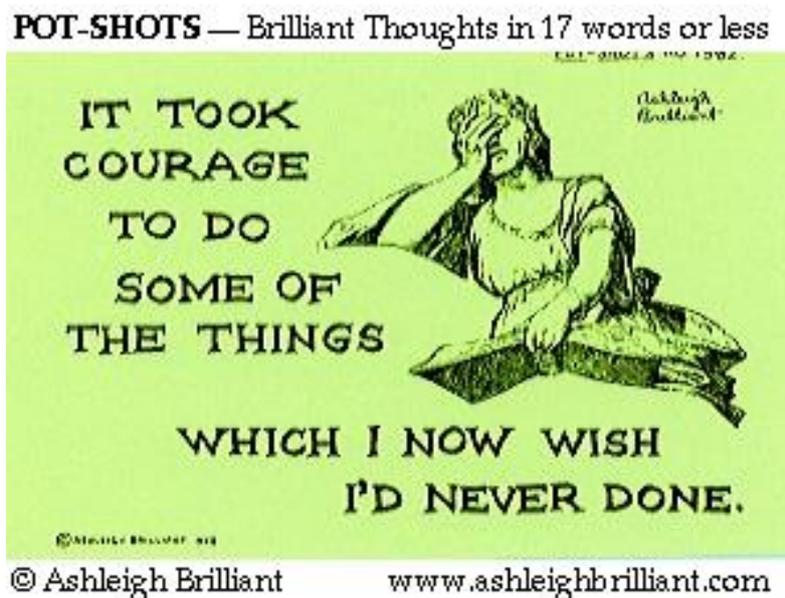
Members are reminded that in accordance with our Rule of Association subscriptions must be renewed by 30 September in order to retain membership.

Payments can be made as follows :-

- a) Direct per cash or cheque to Treasurer Graeme or Shed Boss Jim.
- b) Alternatively, payment can be made by electronic bank transfer (pay anyone facility)

Bendigo Bank	
Account name.	Kalamunda Men's Shed Inc.
BSB	633000
Account No.	136575198

Anyone having concerns about paying the subscription in full, can discuss with Graeme to make part payments in confidence.



MEET MEMBER

Ron Enright

Ron is 71, a real hills boy he grew up in Mt Helena up to 14 years old and then moved to Dalkeith for education at Hollywood and John Curtin High Schools. He started working life in Sandovers until the north opened opportunities with MKMM building the Hamersley Railway Line hanging in until the second last company plane out of Dampier to Perth on a Thursday. By Saturday Ron had married his high school sweetheart Beverley and that was 49 years ago on 10th September this year. Back to the

hi8lls with purchase of a block in 1967 and finished the house in 1970 and still there. Ron and Beverley have two kids Natalie and Michael.

In Perth Ron worked for Mt Newman Mining, MKMO and Bechtel Pacific while studying mechanical engineering. He didn't finish the study, got out of the office and worked running a lawnmowing business, selling Fords with his brother at Enright Ford and several years doing hospital maintenance. His next move was into a bookshop in the city where is served the public for 10 years, which was enough. Moved to Courier Australia and drove 400,000km in seven years and retired at 62 even though Beverley kept teaching until retirement age.

Ron joined KMS in January 2011 when introduced to the shed by friend and shed mate Rob Thompson during recovery from spinal fusion surgery. He was onto the CoM within 6 months and stayed for 2 years.

Ron enjoys the shed for many reasons, great people, and opportunity to learn so much from all our wizards as well as making a contribution. Life is Good!

AMSA INITIATIVE

The Australian Men's Shed Association are pleased to announce a new partnership with Rare Spares as part of Rare Spares' commitment to Men's Health issues.

in 1974 Rare Spares began life in a residential basement in Melbourne, supplying new and refurbished parts for 48-FJ Holdens.

More than 30 years on, Rare Spares is undoubtedly the most recognised name in the Australian Automotive Aftermarket which includes the growing restoration industry. Rare Spares now stock replacement parts for an incredible range of both new and older model vehicles; which predominately includes Holden (48-VZ) and Ford (XK-BA). Rare Spares also supply parts for other makes including Valiant, Toyota, Mitsubishi, Nissan and Datsun.

There will be plenty of things to come with this exciting new partnership, but the preliminary basis of the agreement will be: In Store/Online Donations; Initiatives for customers to donate to Men's Shed's when in store and online purchasing.

- Car Rallies; Support for Sheds who may like to hold a Car Rally or Show at their shed.
- Competitions; Various promotions and competitions made available to members.
- Event Fundraising; Invitations for sheds to fundraise at Rare Spares local events.
- Loyalty Programs; Rare Spares would like to utilise existing loyalty programs to "give back" to members and the Association.

HEALTH TOPICS

Stroke Week

The newsletter will reach you toward the end of National Stroke Week. And so here are some facts for you to consider. This information is from the National Stroke Foundation

A stroke is always a medical emergency that requires immediate treatment. DO NOT THINK IT WILL GO AWAY.

A stroke is not a heart attack. A stroke happens when the supply of blood to the brain is suddenly interrupted. Some strokes are fatal while others cause permanent or temporary disability.

The longer a stroke remains untreated, the greater the chance of stroke related brain damage. Emergency medical treatment soon after symptoms begin improves the chance of survival and successful rehabilitation.

Facial weakness, arm weakness and difficulty with speech are the most common symptoms or signs of stroke, but they are not the only signs. Other signs of stroke may include one, or a combination of:



- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

The signs of stroke may occur alone or in combination and they can last a few seconds or up to 24 hours and then disappear. It is better to seek treatment and given the all clear, than to delay treatment.

The National Stroke Foundation have a model which is to think F.A.S.T.

- See more at: <https://strokefoundation.com.au/>

Mental Health Week



Mental Health Week is a national event, held to coincide with World Mental Health Day (10 October), and in Western Australia, it will run from 2 - 10 October, 2015. It's an opportunity to promote awareness about mental health and wellbeing, and equip people with the right information. This year, we are using the Act-Belong-Commit message as the official theme for Mental Health Week.

10 tips to help you stay mentally healthy

1. Reach out and help others
2. See the funny side of life
3. Learn something new
4. Catch up with friends
5. Have an early night
6. Organise your day
7. Ask for some help
8. Take time out
9. Go for a walk
10. Eat healthy

Get Involved

SENIORS RECOGNITION

International Day of Older Persons is 1st October 2015. On this day the WA Seniors Awards 2015 will be held. There are a wide range of categories for awards so watch for it. Perhaps next year we might have a nomination ready.

Seniors week 2015 is between 8th and 15th November. Have a Go day will be Wednesday 11th November when it would be of value to see the Shed participate with some fun event.

Cop This

“Everything should be made as simple as possible, but not one bit simpler.”

Albert Einstein,

SENIORS CORNER

Today's riddle for seniors... Here is the situation:

You are on a horse, galloping at a constant speed.

On your right side is a sharp drop-off.

On your left side is an elephant traveling at the same speed as you.

Directly in front of you is a galloping kangaroo and your horse is unable to overtake it.

Behind you is a lion running at the same speed as you and the kangaroo.

What must you do to get out of this highly dangerous situation?

See the last page for the solution

A SENIOR EAT OUT

Bill and Ben got their act together this month and headed for the Best Drop Tavern in Kalamunda. As members will know the Shed has had lots of support from mine host, Elizabeth, including the grand prize for the AGM.

The Best Drop is a setting that is what it is, a friendly good old fashioned pub with a menu of classic pub tucker.

The Seniors menu consists of old favourites:

- Fish and Chips with salad
- Steak or Chicken with mash and vegies
- Vegetarian Risotto
- Pasta Bolognese and garlic bread
- Banger and mash

The service was smart and friendly, you can run a tab, and as one of our party chose to stay healthy and ordered a salad instead of veg and mash it was done with grace.

The fish and chips was a great size for lunch with a light salad and good chips; the steak and veg was tender and tasty; the chicken and veg probably suffered a little from dry chicken, but good gravy sauce fixed that; and the steak and salad was enjoyable although a little more variety in the salad would have improved the meal.

We added cider, beer, Guinness and LLB to wash the meal down and followed with a mellow flat white coffee. The cheesecake could not be resisted and scored very highly shared around the table. The whole meal for four ran up a tab of \$102.

We used the friendly, not too busy atmosphere, to have to have a lively chat and pleasant time amongst friends.

SCIENCE SPOT

The Aussie Backyard Bird Count is back with the aim to spot a million birds in seven days!

The birds — and their counters (that's you!) —came out in record numbers for the first Count in 2014, with more than 800,000 birds spotted and many different species seen in backyards across the country.

To get involved all you need is 20 minutes, your 'green patch' of choice, and some keen eyesight (or binoculars!) And it doesn't matter if you're a novice or an expert—we'll be there to help you out along the way. Simply record the birds you know and look up those you don't on our Aussie Bird Count app (updated version available for download in September) or our website. You'll instantly see live statistics and information on how many people are taking part near you and the number of birds and species counted across your neighbourhood and the whole of Australia!

If you are interested go to the web site <http://aussiebirdcount.org.au> and get counting.

Riddle Solution

Get off the merry-go-round and go home!

Knowledge is knowing that tomato is a fruit----

Wisdom is not putting it in the fruit salad.