

Plane Torque



The Kalamunda Men's Shed Newsletter

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Proudly supported by the Shire of Kalamunda.

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www.kalamundamensshed.org.au

Upcoming Events

15 May: COM Meeting

16 May: Computer Group Meeting

22 May: Spit Roast at the Shed

25 May: General Meeting Iris Jones on Aged Care in Kalamunda

22 June: General Meeting –Dr Mark Ireland The heart and its health

27 July: AGM - Justice Kevin Parker – Enforcement of International Humanitarian Law

24 August: General Meeting Lindsay Taylor London to Brighton – “The Journey”

28 September: General Meeting Marlene Robins COTA Cyber Security

26 October: General Meeting Peter Kennedy “Premiers I have Known”

23 November: General Meeting Regional Men's Health Initiative

HERE'S YOUR CHANCE!

As explained at the General Meeting there will be more complication than expected to receive a grant from Lottereyswest for the new shed.

One of the criteria is support for the new shed from the City, the community and members. We are having discussions with the supportive City, we are approaching businesses in the community and we would like to give members the opportunity to show their support with specific donations to the Shed.

There are more than 130 members of the shed, if each of us put in between \$20 and \$100 we would have a significant amount of money and importantly show that members are prepared to support the new shed development.

Donations can be made to the Shed Supervisor, or by direct transfer to the Kalamunda Mens Shed Account BSB633 000 A/c 136575198 and leave your name in the reference field so you can receive a receipt

CHAIRMAN'S REPORT

The recent clean up at the rear of the shed was a great success, we filled three skips with scrap metal that generated income in addition to leaving the yard in a much tidier condition. Once again, thank you to all those assisting with the project.

Next stage will be to set up the temporary wood storage facility in a new location clear of area required for our proposed new shed. This will involve constructing a sand pad or road base level area for the wood storage framework.

The annual City of Kalamunda Trees for residents is almost due. Mike Milne is again organizing the parking control for these events with volunteer participation from our membership.

Mike has posted details of the Trees for Residents events at Forrestfield on Saturday, May 26 and at Gooseberry Hill on Sunday, June 3. Please put your name on the lists provided if you can assist with these important functions. These annual events generate income for Kalamunda Men's Shed and provides a valuable presentation of our capabilities to assist the City of Kalamunda with community activities.

Our Newsletter Editor, John Baxter has decided that it is time for a change in the newsletter management and this August will be his last edition. John has done an excellent job with the newsletter for the last few years and each edition has been received with much interest. Our newsletter spreads far beyond our membership, with members sending on copies to their families, friends and business acquaintances.

If you feel you can meet the challenge of being Newsletter Editor, please discuss with John Baxter or myself. It is important that this valuable avenue of broadcasting information of Kalamunda Men's Shed activities is maintained.

In closing, we still require nominations from people for election to your Committee of Management. It is important for any organization to have a turnover of people on their committees, this not only stimulates fresh ideas, it avoids individuals serving for long periods. If you have any queries on what is involved, please discuss the matter with any current Committee Members

COP THIS

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." *Thomas A. Edison*

Silverchain, the carers

Rebecca Prebble

Do you know what **Silver Chain** can do for you? Rebecca Prebble explains that....

.....at Silver Chain we have a complete network of in-home health and aged care specialists and can provide all the care you need in the comfort of your own home. We deliver in-home care throughout Perth and WA keeping more people out of nursing homes. That is our role

The basic home support services are provided by **Home and Community Care (HACC)** which is designed so that you can stay independent, living in your own home and staying active in your community. For Home and Community Care services, you will be assessed by the Regional Assessment Service (RAS).

The more complete **Home Care Package** is a 'package' of personalised care, designed to help those with more complex needs stay in their home as they get older. A Home Care Package gives you choice, control and flexibility in the way your care is provided. Our Home Care Packages are available in four levels, and offer a range of services depending on your needs and requirements. These services include showering, helping you to get out and about, and a variety of specialist health services. To receive subsidized home care you will need to have an assessment by the Aged Care Assessment Team (ACAT).

Silver Chain provides assistance to navigate the assessment processes.

Silver Chain also have a Private Home Care Service which is fee for service. This service requires no assessment, no waiting time and no government subsidy. The service is available to people of any age for any period of time. That means that you can purchase the care you need, whenever you need it.

As well as the home care services Silver Chain has nursing, home hospital, continence management and palliative care. This can include physiotherapy, podiatry and a range of in-home nursing. They also provide "getting back on your feet after a hospital visit" assistance.

The take home message from Rebecca was talk to your GP early about care packages, deal with service providers and the assessment teams before it becomes an emergency and take care. Thanks Rebecca.



MAY SPEAKER

Now this is one not to miss! In May we are privileged to have Iris Jones who has been researching, advocating for, and keeping aged care on the public agenda for years. Her perseverance is to be applauded particularly as she has demonstrated the paucity of aged care facilities in the City of Kalamunda. Come along and hear the update on the State of Play for Aged Care in our community.

TREES FOR RESIDENTS

It is "Trees for Residents" time again and the City of Kalamunda has enlisted our support to control the parking at Forrestfield and Gooseberry Hill.

The Forrestfield event is on Saturday May 26 at the Forrestfield Hall cnr Hawtin Rd & Anderson Rd. We need volunteers to assist with the parking between 0815 and 1200 to maintain the order.

The Gooseberry Hill event is on Sunday June 3 in the usual place at Ledger Reserve. The timing roster is the same 0815 to 1200 noon.

Please try to set some time aside to assist with this worthwhile fundraiser for our shed. There will be a sheet in the usual place in the tea room.

For further information contact Mike Milne on 0419 967 851.

WINE CLUB. - RISING UP TO RIESLING

.The theme for the May meeting was Australian Rieslings and due to the approaching northern summer, the number of members attending was down a little due to vocational demands. Seven KMS members attended to explore the white wine variety, pronounced "Reece-ling". Riesling is notable, according to Jancis Robinson for its powerful, rapier-like aroma, (some say it has a "kerosene nose"!) described as flowery, steely, honeyed and minerally. It is certainly a world apart from the usual Chardonnay, Chenin Blanc, Semillon Blanc- Sauvignon Blanc (SSB) blends that are currently in vogue.

The wines tasted came from a wide range of Australian regions plus one ring-in from Germany which had the prospect of providing an interesting benchmark or reference point. The cab off the rank was the Duke's 2014 Magpie Hill Riesling from WA's Porongorup region. Despite the 97 point rating by James Halliday, most did not agree with this high score, going to show that the variety is much misunderstood. It must however have its devotees as it is sold out within 36 hours after its release by the maker.

Next was a Howard Park 2017 Mount Barker Riesling. All agreed that this was more rounded in flavour, showing more fruit. A wine that came out of left-field was the **2017 Byron and Harold, Wandering Lane Riesling**. The B&H vineyard is located in WA's coldest region,

Kalamunda Men's Shed is a registered charity and all donations are fully tax deductible.

Wandering and is not well known. This wine has a Halliday score of 94 and it was rated the **best wine of the day**. It was described as light and delicate, crisp flavour with citrus notes. Next was the 2017 Taylor's Clare Valley (SA). It proved to be a good example of the Clare Valley region with a fuller bodied flavour.

From the Margaret River area, we tried the 2016 Leeuwin Estate "Art Series" Riesling. It was described as fresh and clean. Again, an enjoyable wine.

The last of the Australians was a 2004 Petaluma Hanlin Hill Riesling. Its colour was mid yellow and the flavour was described by most as very powerful. Although drinkable it was generally considered to be over the hill. None the less, it was good to be able to experience an older Riesling.

To finish off the day, a 2012 Oppenheimer Krötenbrunner Spätlese was generously presented. Unfortunately, on removing the cork, the rim of the bottle broke into small fragments, rendering the contents unsafe to drink. The distinctive nose however indicated that we were missing out badly.

As usual, the discussion around the table was varied and many problems were solved. For some reason, there was a heavy emphasis on "waste".

Next Meeting: Tuesday 29th May at the shed at 2.30pm.

Theme: Tasmanian reds.

PLUS a "sub theme": Grannies Treasures. Many of us have experienced cleaning out family homes and discovering relatives wine collections. Most of the said wine should have been consumed decade ago if not discarded. It will be interesting to reminisce on passed tastes and laugh at the old labels. Bring along some golden oldies. Who knows, a gem may be discovered.

NEW WOODWORKING SHED DEVELOPMENT

Wouldn't it be nice to report significant progress but your committee is working hard to raise awareness of our needs in the community and to agencies that can provide funds. We will continue to do so.

There are some fliers in the tea room and it would help if members can distribute these to friends of the Shed as we will need to raise funds from sources other than Lotteryswest to make the final amount required. If you have a chance please help!



PHOTOGRAPHIC INTEREST GROUP

Well the Photographic Interest Group got off to a flying start with 10 members enjoying the collected knowledge of Ray T and Peter G.

The inaugural meeting of the KMS Photographic Interest Group, held at Ray's studio was well attended with 12 members attending the session which covered the *Timeline of Photography*

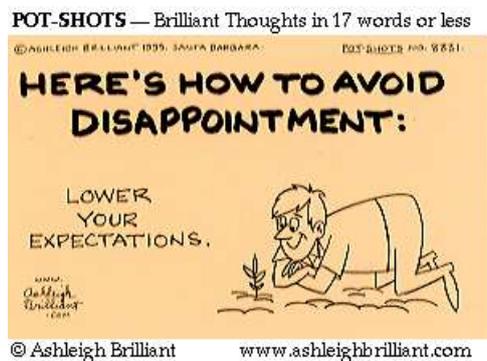
The next meeting is on the 18th May in Area 4 at the Shed.

A-NOTHER SHED



The Vincent Shed is open Tuesday to Thursday in the morning and includes afternoon on Monday and Saturday. The shed started operation in 2014 and has about 100 members. They are mainly a woodwork shed, but has a small metal work section. They have a policy of social inclusion and active participation in community projects.

It is worth noting that when this shed was beginning their steering committee visited our shed to see how we worked. What a successful outcome for the City of Vincent.



SOCIAL

LUNCH AT THE SHED

**A lamb spit roast lunch for members will be held
on**

Tuesday 22 May

12.30pm

Cost: \$10 Bring your own drinks

Pay on the day.

**Please put your name down
on the list in the Shed**

WHAT IS?

Challenged by a member to explain “What is.....” we have started with **time**.

So “What is Time” other than the space between yesterday and tomorrow!!

Time is one of the most difficult properties of our universe to understand. Time is usually considered to be an ontologically “**basic**” or primary concept, and not made up of, or dependent on, anything else. Time is an infinitely divisible linear continuum and not composed of discrete indivisible units. Atomic clocks can measure time accurate to 10^{-15} seconds which means errors are miniscule.

And that brings us to how is time measured. We seem to have our time measurement set by the movement of the earth around the sun. OK so that is 365.25 days. A day is the time the earth takes to complete a single rotation on its axis. OK so that is 23 hours 56 minutes and 4.0916 seconds at the moment (it was quicker in the past). And we say there is 24 hours in one day; that is close enough! So where did an hour come from? Most seem to blame the Egyptians who divided day-time into 10 hours they measured with devices such as shadow clocks, and added a twilight hour at the beginning and another one at the end of the day-time and night time was divided in 12 hours based on observations of the stars. Note that daytime hours and night-time hours were of different lengths. And then there was the Babylonians with their predilection for using numbers to the base 60 from their assumption there were 360 days in the year. Even though that was wrong we stuck with 60 minutes in an hour and 60 seconds in a minute. Not so fast a second is now defined as the duration of 9,192,631,770 periods of the radiation corresponding to the transition between the two hyperfine levels of the ground state of the caesium-133 atom; so there! I hope that is clear!

Of course we also have 360 degrees for divisions of a circle.

In **classical physics**, the concept of time generally used is that of **absolute time** (also called **Newtonian time** after its most famous proponent), time which is independent of any perceiver, progresses at a consistent pace for everyone everywhere throughout the universe, and is essentially imperceptible and mathematical in nature. So far so good.

The so-called arrow of time refers to the **one-way direction** or **asymmetry of time**, which leads to the way we instinctively perceive time as moving forwards from the fixed and immutable past, through the present, towards the unknown and unfixed future. This idea has its roots in physics, particularly in the **Second Law of Thermodynamics**.

And then there is **relativistic time** which allows for time dilation depending on the speed of the object. In special relativity, clocks that are moving run slower according to a stationary observer's clock. Ultimately thanks to Einstein and Minkowski we need to consider a space-time four dimensional analysis.

STOLEN FROM MIDLAND MENS SHED NEWSLETTER

No one believes seniors - Everyone thinks they are senile.

An elderly couple were celebrating their sixtieth anniversary. The couple had married as childhood sweethearts and had moved back to their old neighbourhood after they retired. Holding hands, they walked back to their old school. It was not locked, so they entered, and found the old desk they'd shared, where Jerry had carved I love you, Sally.

On their way back home, a bag of money fell out of an armoured car, practically landing at their feet. Sally quick-ly picked it up and, not sure what to do with it, they took it home. There, she counted the money - fifty thousand pounds!

Jerry said, "We've got to give it back."

Sally said, "Finders keepers." She put the money back in the bag and hid it in their attic. The next day, two police officers were canvassing the neighbourhood looking for the money, and knocked on their door. "Pardon me, did either of you find a bag that fell out of an armoured car yesterday?"

Sally said, "No."

Jerry said, "She's lying. She hid it up in the attic."

Sally said, "Don't believe him, he's getting senile"

The agents turned to Jerry and began to question him.

One said: "Tell us the story from the beginning."

Jerry said, "Well, when Sally and I were walking home from school yesterday ..."

The first police officer turned to his partner and said, "Were outta here! "