

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.com.au

Upcoming Events

13 June: City of Kalamunda Aquifer Replenishment/Lunch Embers

13 June: Electronics Group

15 June: Photographic Interest Group

20 June: Computer Group

21 June: Getting most from Members Area of web site

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

CHAIRMAN'S REPORT

There is still a requirement for someone to fill the position of Secretary for the next Committee of Management, nominations close on June 30. Ray Maher has filled this position for varying period over several years and would appreciate a well-earned break. The AGM is on July 27, this provides time for a learning period with Ray for anyone interested in taking on this position, Ray is very proficient in this type of role and would extend excellent training skills to a new incumbent. Please see Ray or myself if you require further details of the functions of this important position.

At this stage we have nominations for other Committee positions, however, this does not preclude further nominations from interested people.

Members are reminded that in the interests of safety, people should not carry out any work with powered machinery in our workshop area without at least a second person present.

As reported in our May newsletter, John Baxter has decided it is time for a new editor, the August newsletter will be his last edition. John is very experienced in this position and will assist a new person prepared to take up this challenge. It would be disappointing if our newsletter was to close, it is an asset for distributing information on our activities to members and the general community'

There has not been any progress regarding the proposed new shed, negotiations are still being examined to determine if the City of Kalamunda can allocate ownership of the shed to Kalamunda Men's Shed. This will enhance our application for grant funding from Lottery West. An important consideration for Kalamunda Men's Shed is to be aware of potential re-occurring maintenance costs.

Aged Care Facilities in Kalamunda

Our guest speaker for the May 2018 general meeting was Iris Jones whose topic was "Aged Care in Kalamunda", a topic of great interest to most members of the shed. The number of attendees however was down a little from the usual crowd due to the extreme weather conditions that prevailed on the day.



Iris is a long-term resident of Kalamunda and has worked in local government and other agencies for many years in the area of community services. She is well versed in the dynamics of the machinery of government as well as needs and demographic sentiments of our residents. All

members are aware that the City as well as the whole country is faced with the issue of the rapidly increasing needs of the ageing population and the lack of appropriate aged care facilities. Iris acknowledged the federal government's preferred option of keeping older folk in their own homes for as long as possible. Most of us would concur with this philosophy as the familiarity of our own surroundings are preferable to those in hostels or nursing homes. There comes a time however when illness or advanced old age places an impossible burden and work load on home based carers.

For quite a number of years, around 370 new places that have been approved by the relevant department for construction by a number of aged care providers. However, no new units have been constructed. A wide spectrum of issues and problems were cited by Iris as the causes for the delay. Firstly, three levels of government are involved, each having varying priorities and constraints. Suitable land availability is another matter. Living in the hills with its coffee rock makes site works and sewerage connection very expensive and unattractive to would be developers. Recently, most of the City area has been classified as "Bush Fire Prone" which resulted in a whole new raft of regulations that must be taken into account in the design and approval phases of any building proposal. And then there is politics – something that creeps in anything where people are involved. It is gratifying however that our new local Member of Parliament, Mr. Matthew Hughes has been taking a keen interest in the current shortfall of aged care facilities and has been in discussions with Iris and KMS member Mal R. and Iris have also made representations to a state government committee charged with facilitating the rapid release of suitable government land for the construction of aged care accommodation.

Following her talk, Iris facilitated a lively discussion amongst KMS members. We are grateful for the very informative presentation given by Iris.

JUNE SPEAKER



Have a heart and don't miss this !!!!

Our next guest speaker is Dr Mark Ireland on the topic, "The Heart and its Health".

Mark Ireland was born and educated in WA. He graduated from UWA in 1973, Initially worked at SCGH and then RPH and then undertook specialist Cardiology train in Birmingham, UK. After 3 years he returned to RPH to complete training and then in 1982 was appointed as a staff specialist in Cardiology. During the following 10 years, Mark was involved with the establishment of the Heart Transplant Program at RPH. In 1989 he commenced in private practice with Dr Bernard Hockings, continuing as a sessional cardiologist at RPH. After another 10 years, he transferred to QE2 as a sessional cardiologist and remained there for a further 10 years, also working as a sessional cardiologist at JHC during this time.



Mark's major interests have been in heart failure, and imaging, particularly echocardiography and management of coronary artery disease.

JULY SPEAKER

Some Background

Under the leadership of Josip Broz Tito Yugoslavia consisted of 6 provinces:- Serbia, Croatia, Montenegro, Bosnia-Herzegovina, Macedonia and Slovenia.

Where Tito's leadership had held the various ethnic, religious and different language groups together, the country started to break up on his death.

What followed was, at first, a fluid, complicated and confusing situation.

A great deal of political manoeuvring went on. Some of the provinces declared independence. From 1991 the situation developed into a major humanitarian disaster. Mass murder, rape, torture, arson and forced expulsions of thousands of people by setting fire to their homes solely on the basis that people belonged to a different ethnic group. This is now known as "ethnic cleansing"

The war resulted in some 120,000 deaths, the worst death toll in Europe since the 2nd World War. One indescribable, unbelievable atrocity was the mass killing of 7000 Bosnian Muslim men and boys at Srebrenica and their burial in a mass grave.

Srebrenica was listed, together with a range of other locations where atrocities had been committed in the indictment by the International Criminal Tribunal for the former Yugoslavia (ICTY) against Slobodan Milosevic the President of Yugoslavia (now reduced to 2 provinces-Serbia and Montenegro)

This provides but a tiny snippet of background information relating to:

Our Guest Speaker at the July Annual General Meeting.



Justice Kevin Parker AC/RFD/QC was the Australian, Perth Modern School educated and a law graduate of UWA, WA Supreme Court Judge, Permanent Judge of the ICTY in the Hague, the Netherlands, Vice President of the ICTY 2005-2008 and Trial Chamber Presiding Judge 2008-2011

The trial of Milosevic had been in progress for nearly 4 years and was just a month or two short of a verdict being handed down when it came to a sudden end by the death of Milosevic in his prison cell. The cause of death was myocardial infarction (a heart attack).

We are particularly privileged to have Justice Parker as our eminent guest speaker at our Annual General Meeting in July. He may be able to throw some light on a horrific episode in recent history about which little is known in Australia.

COP THIS

Don't piss of old people. The older we get, the less "Life in Prison" is a deterrent.

METAL SECTION

Area 3, machine shop, has been busy cleaning up & improving the layout of this section with the help of pigeon hole compartments donated by John H.

Several products have been produced from this area recently, well done to those involved.

Area 2; General fabrication, this area has been more productive in recent times, great to see & tidiness has greatly improved too.

The frame for a cabinet for the City of Kalamunda is progressing & is ready for cladding.

Mike Milne

WORLD ELDER ABUSE DAY



Elder Abuse: Everyone's business

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on 15 June to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect.

In Kalamunda there will be a "Don't Get Ripped Off" session in the Forrestfield Library 11.00am and Kalamunda Library 2.30pm on the 14th June. Booking is essential by going to <http://www.kalamunda.wa.gov.au/Events/2018/Library/Dont-Get-Ripped-Off>.

Watch for Scams particularly telephone calls claiming to be from Telstra.

PLANTS FOR RESIDENTS

Forrestfield 26 May- A big thank you to all who made themselves available to assist with parking at the plant distribution in Forrestfield.

The City of Kalamunda were very satisfied with the results that day & all available plant stock was handed out.

KMS part went well with our allocated space just filling just as the first residents started to leave with their selection thus creating enough space to continue.

The weather was not very kind to us & some of our volunteers were released early due to decreased need for our services.

A lot of people parked in the street rather than in organized parking.

Gooseberry Hill 3 June The usual very popular distribution point filled up early, we could have used a couple more people in our first session & less later on, though at this venue we need to guide cars leaving particularly once there are spaces as they drive through against traffic flow & pedestrians walking between cars is a risky situation. Something to keep in mind for next time.

Safety is a major reason for us to be employed for these duties.

This time plant demand exceeded supply.

In total KMS had 17 members involved, thank you all. A generous effort by these members to help KMS clear approximately \$1000.

EXCURSION FOR MEMBERS



Wednesday 27 June

Bus departs Shed 8.45 am

Returns to Shed 3.30 pm

**Visit to the Gravity Discovery Centre
(near Gingin)**

Cost for the day: \$26 Pay on the day.

This includes travel in the CoK community bus, entry fee, morning tea and lunch.

A list for names is on the notice board at the Shed. Please put you name down as soon as possible.

If you can't get to the Shed and would like to go then contact Fred Deshon on 0424481980 or fcdeshon@iinet.net.au

Date for the Diary

Dinner at Pines Restaurant Monday 6 August

Keep this date for dinner at the Pines Restaurant, Bentley TAFE starting at 6.30pm 6.30 pm. This is for members and wives. This has been very popular in the past, so hoping as many as possible can be there.

A notice and list for names will be put on the Notice Board next week.

WINE CLUB. - RISING UP TO RIESLING

The theme for the 29 May meeting was Tasmanian reds plus “Grannies Treasures” and eight members attended which was a little less than usual. The reason being that a number of the flock had flown the nest, leaving our early winter for warmer climes. The theme proved to be a challenge as Tasmania is now a renowned producer of world class sparkling and white wines as well as top notch Pinot Noirs. The sunny afternoon session turned out to be a double bingo! Of the wines brought along, included were two Ninth Island Pinot Noirs and three Devils Corner (owned by Brown Brothers) Pinot Noir (PN). On to the tasting.

The Ninth Island P.N 2017 is actually made by Pipers Brook in northern Tasmania. It was a bright, light red, almost a Rosé style and a bit fruity. Considered to be quite drinkable.

Devil’s Corner P.N 2016. This was considered to be light, fruity and plummy. Liked. Just for comparison, the description given by the producer is given below:

Colour: This Pinot Noir is brightly coloured with youthful purple tones. given below:

Aroma: A strongly perfumed style redolent of spicy black cherry, dark fruits and hints of raspberries.

Palate: The wine displays a juicy, sweet-fruit middle palate with soft, ripe tannins and fresh acidity.

So now you know!

Bay of Fires Eddystone P.N 2014. This wine is sourced from the Derwent valley in northern Tasmania. Most described it as elegant, nicely balanced and very smooth. One member however said that the nose was redolent of damp canvass! (hopefully not mouldy canvass).

James Halliday’s description was aligned with ours but included such terms as “perfectly balanced, silky tannins and integrated oak, the length impeccable”.

This was voted to be the wine of the day and not surprisingly, it was also the most expensive at around \$30.

As a backstop, Eddie had brought along a surprise in addition to his Devil’s Corner. It was a **bulk dry red** from Brown Brothers which had been bottled in a BB’s Malbec from Heathcote. The blighter had done it again. It proved to be liked by all.

Ross H is to be commended for remembering to bring along a bottle for our secondary, ongoing theme, “Grannies Treasures”. It was a **Rosemount Coonawarra Cabernet Sauvignon 1997**. On withdrawing the cork, a presentable red appeared, quite drinkable but it faded fast. Thanks to Ross for this one.

Next meeting:

Tuesday 26 June 2018 at 2.30pm. In the shed tea room.

Theme: Any wine from the Clare Valley, South Australia.

To assist, some of the more well-known winemakers in the region include: Adelina wines, Grosset (if you can afford them), Jim Barrie, Pikes, Sevenhill Cellars, Taylors, Tim Adams, Wendouree and Wilson Vineyard.

The secondary theme of Grannies Treasures, the stuff you found in the back of the cupboard, Shed or in family home clean-outs will continue. Some of them may not be worth the risk of opening but they will be worth a laugh or bringing back memories.

TIME

And a follow on from last month....

Time is an illusion perpetuated by the manufacturers of space

MEN'S SHED WIDOWS LAMENT

I'm just heading off to the Men's Shed
Said he, as he made for the door
His breakfast dishes all over the sink
Muddy footprints still on the floor

So off he goes to the Men's Shed
Domestic chores left behind
The mowing can wait 'til tomorrow, he said
And it's right at the back of his mind.

And that dripping tap and the pruning?
They can wait for another day
I have to go to the Men's Shed
Their expecting me down there today

I thought you said you had back pain,
The 'flu, and your shoulder was sore?
He says he'll be back by lunchtime
For the Doc and the Physio, for sure

So off he trots to the Men's Shed
There's lots to be doing down there
We're building a brand new Shed, he said
And I haven't a minute to spare

So while he is off at the Men's Shed
We women get on with the chores
We clean up the stink he left in the sink
And we wash and we mop up the floor

We have a good go at the mowing,
But the mower refuses to start
And that monstrous bougainvillea bush?
Well, the shears are missing a part

So we leave the washing 'til later
And scramble around in the shed
Searching through nuts and bolts and things
Finding everything else instead

For our shed at home is neglected
It's not like the Men's Shed at all
Where every tool is there in its place
Hanging ready for use on the wall

So back he comes from the Men's Shed
But the dishes are still in the sink
For I have gone off with my girlfriends
To the movies, and then for a drink
By NEVER YOU MIND

Don't worry about getting older. You still get to do stupid things, only slower!

Woodworking Word Power

R	E	V	I	R	D	W	E	R	C	S	L	J	O	I	N	T	R
T	H	O	L	E	R	A	B	D	B	E	B	E	N	C	H	T	E
S	H	A	R	P	E	N	E	R	U	L	E	R	S	X	J	H	D
Q	E	R	B	I	S	C	U	I	T	P	O	C	K	I	T	E	N
U	H	A	N	D	D	R	I	L	L	E	F	I	G	A	H	G	A
A	R	D	S	C	R	O	L	L	S	A	W	S	L	O	I	C	S
R	B	D	R	U	E	D	A	P	N	D	A	D	D	G	C	U	E
E	I	A	I	E	L	R	T	R	P	W	O	O	N	G	K	T	L
G	H	D	N	S	M	U	O	E	V	O	E	W	T	A	N	O	D
G	N	O	N	D	C	M	T	S	W	R	L	O	E	U	E	F	N
E	R	Y	A	N	S	S	A	S	D	T	E	I	E	L	S	F	I
E	R	I	R	M	O	A	A	H	R	T	I	L	S	S	S	S	P
L	E	G	N	A	P	N	W	N	M	I	T	I	E	H	E	A	S
E	T	Z	L	D	B	D	I	X	D	S	C	C	U	I	R	W	T
A	U	W	D	O	E	E	S	D	O	E	W	N	L	V	I	C	E
V	O	W	T	T	D	R	E	T	U	O	R	E	G	N	U	L	P
B	R	E	N	A	L	P	M	A	L	C	E	P	I	P	J	I	G

Band Saw

Bench

Biscuit

Chisel

Cutoff Saw

Disc Sander

Dowel

Drill Press

Drum Sander

Glue

Grinder

Hammer

Hand Drill

Jig

Jig Saw

Pencil

Pipe Clamp

Planer

Plunge Router

Polish

Ruler

Screwdriver

Scroll Saw

Square

Sharpener

Spindle Sander

Router

Thicknesser

Vice

Wood Lathe

In the remaining letters there are a number of joint names. If you find more than 15 you beat the creator.

The answers to the Word Search – No Cheating Now!!

R	E	V	I	R	D	W	E	R	C	S	L						R
								D			B	E	N	C	H		E
S	H	A	R	P	E	N	E	R	U	L	E	R	S		J	H	D
Q			B	I	S	C	U	I	T					I	T		N
U	H	A	N	D	D	R	I	L	L				G	A	H		A
A			S	C	R	O	L	L	S	A	W	S	L		I	C	S
R	B	D	R			D		P		D	A	D			C	U	E
E		A	I	E		R		R	P	W	O				K	T	L
			N	S	M	U		E		O		W			N	O	D
G				D	C	M		S	W		L		E		E	F	N
	R				S	S	A	S				I		L	S	F	I
	R	I				A	A	H				L	S		S	S	P
	E		N			N	W	N				I	E	H	E	A	S
	T			D		D			D			C	U		R	W	
	U				E	E				E		N	L	V	I	C	E
	O					R	E	T	U	O	R	E	G	N	U	L	P
	R	E	N	A	L	P	M	A	L	C	E	P	I	P	J	I	G

- | | | |
|-------------|---------------|---------------|
| Band Saw | Grinder | Ruler |
| Bench | Hammer | Screwdriver |
| Biscuit | Hand Drill | Scroll Saw |
| Chisel | Jig | Square |
| Cutoff Saw | Jig Saw | Sharpener |
| Disc Sander | Pencil | SpindleSander |
| Dowel | Pipe Clamp | Router |
| Drill Press | Planer | Thicknesser |
| Drum Sander | Plunge Router | Vice |
| Glue | Polish | WoodLathe |

And the remaining words:

- | | |
|---------|--------------|
| BUTT | ROUGH |
| DADO | DOVETAIL |
| | TONGUE AND |
| DOWEL | GROOVE |
| BISCUIT | BRIDLE |
| LAP | FINGER |
| MITER | POCKET HOLE |
| MORTISE | RABBET JOINT |
| TENON | |