

# Plane Torque



The Kalamunda Men's Shed Newsletter

Issue No: 109

ABN 76 391 304 870

Date: November 2018

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.com.au](http://www.kalamundamensshed.com.au)

## Upcoming Events:

Thursday, 15 November (12.30 - 2pm): Electronics Group

Friday, 16 November (10am - 3pm): Seniors Week Open Day

Friday, 16 November (12.30 - 2 pm): Photographic Interest Group

Tuesday, 20 November (11.00 am): Defibrillator training

Wednesday, 21 November (11.00 am – 12.30pm): Computer Group

Friday, 23 November (2 - 4pm): General Meeting - Peter Kennedy "Premiers I have Known"

Saturday, 24 November (9.30am -12.30pm): Sausage Sizzle Lesmurdie Pharmacy

Tuesday, 27 November (2.30 – 4.30pm): Wine Club Meeting

Thursday, 28 November: Blood Sugar Testing for Diabetes Week, at the Shed

Friday, 28 November: Blood Sugar Testing for Diabetes Week, at the Shed

Saturday, 1 December: Artisan Market – Rotary

**Friday, 14 December Xmas Lunch**

Tuesday, 18 December (1 - 4.30 pm): Wine Club Meeting

Wednesday, 19 December (11am – 12.30pm): Computer Group

Friday, 21 December (2 - 4pm): General Meeting

## CHAIRMAN CHATTER (submitted by John Baxter)

Well as most will know Ken McKay and his team have been disturbing the peace with installation of the septic system that will initially be connected to the kitchen, but eventually will have the bathroom of the new shed attached. It feels like progress, however we are still waiting for our potential major funders, Lotterywest and Bendigo Bank, to agree to our

applications. And wait we must, before we can put a shed over the dunny. We are assured that progress has been made on both applications, but await the final call.

During the past month the “temporary storage” racks have been roofed and most of the material now has a home off the ground. This has been a monumental task and all of us owe a great vote of thanks to Graeme, Dave and the team who have made it happen. Twenty or so members bogged in and made progress on the Busy Bee day and the lunch provided by Stuart E, was well received at the end.

There has been a bit of a problem with the new web site entirely resting with a bunch of members who have not taken advantage of Richard’s offer of website training. Guys the new site is a great resource, but there are a few bits that you all would benefit from some training. It’s simple, it doesn’t take long and you now need to book one on one or one on three sessions with Richard to take advantage.

The November Market was a great success for the Shed with just over \$1,000 being raised. This stall and the December market stall are an opportunity for Kalamunda Men’s Shed to be seen in the community. The stall was manned by members and we are looking for starters for the 1<sup>st</sup> December market stall on the list in the tea room.

The Zig Zag hammer and nail session with kids and dads saw the creation of imaginative and simple bits from the wood we took. It was a great day as usual, a lot of fun was had by all, and what a great advertisement for the Shed. The show was so good there was a challenge for the number of nails at the end.

## **SENIORS WEEK 11-17 November, 2018 (Have a Go News)**

Message for Seniors from Minister for Seniors Mick Murray



“SENIORS Week 2018 will be held at an especially relevant time for older Western Australians and the wider community.

The week has always been an opportunity to celebrate all that older people contribute to our communities, but this year we should also take some time to reflect on some of the very serious matters impacting upon seniors. Cont.....

Issues in aged care are finally getting the attention they deserve with the announcement of a Royal Commission – and it doesn't come a minute too soon. It is fair to question why it has taken so long for the industry to be put under the microscope.

The hidden shame of elder abuse too is starting to emerge from the shadows. While recent revelations about its prevalence have shocked many, it is important that we now have a better understanding of the extent of the issue and how we can best respond.

The State Government is undertaking significant work towards combatting elder abuse and will work closely with the relevant players to ensure the Royal Commission can maximise its impact.

While we must acknowledge the challenges we face, Seniors Week 2018 also gives us a lot to be positive about.

Once again we will recognise some magnificent older Western Australians at the Seniors Awards on 17 November.

Not only do the awards recognise some of our most inspiring and dedicated seniors from metropolitan and country WA, this year the awards will also celebrate businesses and local governments who have shown an outstanding focus on making their operations age-friendly.

This new aspect is important because it moves the awards towards recognising WA Seniors Week 11 - 17 November 2018 Message for Seniors from Minister for Seniors Mick Murray those who are working hard to come up with innovative ways to encourage older Western Australians to remain active members of their communities.

I'd like to thank the Council on the Ageing for their excellent work in putting together another terrific Seniors Week – and of course *Have a Go News* for their continued support and advocacy for us older Western Australians."

(Follow this link for the full Seniors Week Event Guides and Have a Go News  
<https://www.haveagonews.com.au/digital-issues/seniors-week-event-guides/>)

*Kalamunda Mens Shed is supporting Seniors Week with an Open Day from 10.00am to 3.00pm at the Shed. Members are encouraged to come to the Shed, do something creative and enjoy talking to any visitors that turn up.*

## **WINE CLUB October 2018 (submitted by Eddie van Rijnswood)**

A smallish gathering of six met for the October meeting this time, nevertheless it was an interesting and enjoyable session. As there was no particular theme set for this month's meeting, each member, (except Stuart, new member who had two) brought along one of their favourite wines. Yours truly was on the wagon due to medical constraints.

We kicked off with Murray's 2017 Fifth Leg sauvignon blanc Semillon from Margaret River and it was consistently very drinkable. This was followed by John S's Harewood Estate "Flux-VI" from the Great Southern region which came across as a riesling. Moving on to the reds. The first was Stuart's Tudor Shiraz 2016 from Central Victoria and purchased from Aldi's - drinkable but a bit bland. Craig's Margaret River Pierro cabernet sauvignon merlot 2013 was good. Ross' showed his loyalty for Rothberry Estate with an interesting 2011 cabernet sauvignon merlot from the Mudgee Region. This was the first time a wine from Mudgee had been presented and it did not disappoint. Finally, Stuart's BWS Gentleman's Collection cabernet sauvignon batch no. 3, 2017. A great wine and voted the best for the session.

Planning for the next two meetings. The gathering resolved the following:

- **November** - meeting to be held on Tuesday 27<sup>th</sup> at 2.30pm. The theme will be Rosé, preferably a dry style. Please bring some nibbles to share.
- **December** - meeting to be held on Tuesday 18<sup>th</sup> (to be confirmed) at 1.00pm for lunch. Catering details will be finalized at the November meeting.

### **PHOTOGRAPHIC INTEREST GROUP (October) (submitted by Ray Thompson)**

The tech. topic for the meeting of 18 October was "Close-up & Macro Photography" which covered the various methods including the use of the following:

- Close-up Diopters;
- Reversing rings;
- Extension tubes
- Macro Lenses;
- Bellows extensions; and
- Telephoto lenses with coupling ring & reversed lenses.

The session concluded with a review of WA wildflower photographs captured during the recent spring.

The subject for the meeting Friday 16<sup>th</sup> November 2018 will be "Night Photography"



Nikon Bellows & Macro Lens

### **NIGHTINGALES GALA (submitted by Jeff Varcoe)**



Nightingales Gala was on again this year with a party atmosphere outside the store and our usual sausage sizzle. Elroy excelled with his BBQ skills manning the grill all morning. This year we had some serious competition from a free gelati stall that caught most of the customers. However it is always a good opportunity to be part of the community and let people know we haven't gone anywhere and are still available for men to join. Thanks to Stuart E for the effort again, particularly

as we back up again at Lesmurdie Guardian Pharmacy on the 24<sup>th</sup> November, when volunteers will again do the show.

### **FELLOWSHIP BREAKFAST (submitted by Morris Pavlinovich)**



A new activity for the Shed on Friday 9<sup>th</sup> with a Fellowship Breakfast, a chance for blokes to get together and share a meal. Twenty or so members gathered for a wonderful spread that was a bit distracted as McKays were finishing off the septic

---

ions are fully tax deductible.

system. It didn't interfere with the wide ranging conversation. Once again we have to thank Stuart E for the food preparation.

## FLYING IS FOR BIRDS (submitted by John Baxter)

**WHAT SHOULD I DO IF I FALL AT HOME?**

- ✓ Don't panic.
- ✓ Stay calm, remain positive and assess the situation.
- ✓ Decide whether or not you can get up safely.

*"When I fell at home, using this plan really helped me to get back up and on my feet."*

**CAN YOU GET UP SAFELY?**

I can get up safely	I can't get up safely
<ul style="list-style-type: none"> <li>Roll onto your side and push up onto your hands and knees.</li> <li>Use stable furniture to help yourself sit up. (see pictures over page)</li> <li>Stand up slowly and safely.</li> <li>Make sure you rest. Tell someone you have fallen and see your doctor.</li> </ul>	<p>It is important to get somebody's attention.</p> <p>You can:</p> <ul style="list-style-type: none"> <li>• Make a loud noise</li> <li>• Try and reach for the phone</li> <li>• Slide or crawl to the front door</li> <li>• Press your personal alarm</li> </ul> <p>Make sure you conserve your energy and lie quietly until someone who can help you arrives.</p> <p>Use pillows or blankets within reach to stay comfortable and warm.</p> <p>Once help has arrived tell someone you have fallen and see your doctor.</p>

For more information on how to prevent slips, trips and falls visit:  
[www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au)  
 Email: [info@stayonyourfeet.com.au](mailto:info@stayonyourfeet.com.au)  
 Phone: 1300 30 30 40

Adapted from What Should I do if I Fall at Home? (2004), Slipping out: Program to Falls Prevention Project, Health Metropolitan Health Services

Having apparently tried to fly from the top of the steps into our house last month and landing very hard disturbing my ribs and various internal organs on landing ungraciously in the garden, I can recommend not falling. Thanks for the few for the sympathy, and cheers to those who made me laugh.

But seriously folks, falls are a challenge for us as we get older. Globally, approximately 28 to 35 per cent of people aged 65 and over fall each year. This increases to 32 to 42 per cent for those over 70 years of age.

Falls are a significant issue in WA, ranking as the:

- fourth most common cause of community injury death (11 per cent)
- second most common cause of community injury hospitalisation (31 per cent).

For people over 65 falls are the leading cause of injury related hospitalisations.

So stay on your feet, strengthen your legs, move your body, keep walking, improve your health and remove hazards around your life. Make a plan if you fall. Most importantly Take Care.

## **WA ACTIVITIES ON WORLD DIABETES DAY**

On Wednesday, 14 November people all over the world will share their stories of living with diabetes as part of the theme “diabetes and family”.

Meanwhile, seniors are invited to attend HAVE A GO DAY, a Live Lighter event at Burswood Park. The team at Diabetes WA is looking forward to being there again this year.

“We love collaborating with the Seniors Recreation Council on HAVE A GO DAY, to bring helpful information to people about active aging. You’re never too old to learn something new, and our diabetes educators will be there to answer any questions you have about diabetes”, Jarnia Davies, the Community Education Coordinator at Diabetes WA explained.

To bring this illness to front of mind during Diabetes Week, our Chairman will be making Blood Sugar Testing gear available at the Shed for 2 days, Wednesday, 28 and Thursday, 29 November.

## **2018 CHRISTMAS LUNCH Friday, 14 December (submitted by John Schoen)**

Premier Social event on the Kalamunda Men’s Shed Calendar

Venue: Hartfield Country Club, Hartfield Rd, Forrestfield

Entrance: nearly-opposite Dorchester Road

Golf course setting with plenty of parking

Easy access and a fully stocked bar

Christmas Menu details and costs (around \$40.00 per person) will be finalised in the next few days.

We’re returning to the Hartfield Country Club for this year’s Christmas Lunch. Not only was the venue liked by all, the same firm who provided last year’s excellent lunch will be catering again this year.

## **“YOU COULD HEAR THE BANGING FROM UP THERE” (Submitted by John Schoen, Photo courtesy of Jim McClure)**

....so said one of the Zig Zag Festival organisers, commenting about the Kalamunda Men’s Shed children’s activity three quarters of the way down in Stirk Park. She’d heard the noise from the roundabout at the top of Kalamunda Road. You could hear it well before you could see where it was coming from.

The noise was amplified by the 3 tables (the old fashioned, fold up version with plywood tops supplied by the organisers) which, like a violin case, boosted the sound of the hammering. These tables were additional to two solid timber benches also used in previous festivals.

Not only were the tables the main source of the noise, they added a challenge to hammering nails into wood because the tables bounced. However, the kids didn’t appear to be aware or fazed by this. We were busy all day, as the photo below shows. Not only was KMS involved, Mums and Dads pitched in likewise. At times it was “standing room only” with the 3 tables and the two benches fully occupied. Although we brought 13 or 14 hammers, some kids had to wait their turn to have a go. Cars, trucks, aeroplanes with bottle top wheels, swords and shields were popular items made although some pieces of wood hammered together were harder to identify.

The two huge boxes of cedar offcuts which came from Cedar West in Walliston were emptied completely and we were starting to run out of nails. The part of the Festival in Stirk Park was meant to finish at 4 o’clock, but at twenty past, we still had kids hammering away, We couldn’t turn out the lights could we, like they do in a restaurant, when they want you to go home?

Thanks guys for drilling holes as directed by the young people and providing advice (which they ignored, more often than not) It was a blast, a terrific community involvement and more popular than ever – as was the whole Zig Zag Festival.



## MUSIC AND SAWDUST (submitted by Richard Gates)



Recently the KMS rafters were alive with the sound of singing and the strumming of ukuleles!

The Maida Vale Ukulele Group (MUGS), which comprises members from a number of local men's sheds, including our own, met in the Shed for one of their Wednesday night sessions.

When the local MUGS hall was not available due to a previous commitment, KMS came to the rescue and offered them our venue. It was a very successful night and all attendees were most impressed with the standard of our Shed and the facilities offered. They especially appreciated the large motorised screen and projector. This enabled song sheets to be displayed in clear view for all concerned. Well done Rod for procuring such high standard equipment.

As we continue to be a significant player in the Kalamunda community, we must remember that we do indeed have a first-class facility which should be available for use by other "trusted" groups in our area. Obviously sensible conditions would need to apply in those circumstances.



## **THE TRAMPOLINE PLANTER (submitted by Rod Jones)**

As members know we are approached weekly by residents seeking repairs for various items or occasionally to undertake a project of some kind. We were recently contacted by email through our website to undertake a project to convert a trampoline to a garden feature. The idea being to convert the “tramp” to a vertical circle with jasmine planted to creep up and around it, easy, not!

Our members are approached to undertake these tasks, those with the skill and ability usually step up.

In this case it was Ian Grainger assisted by Jim Maslin

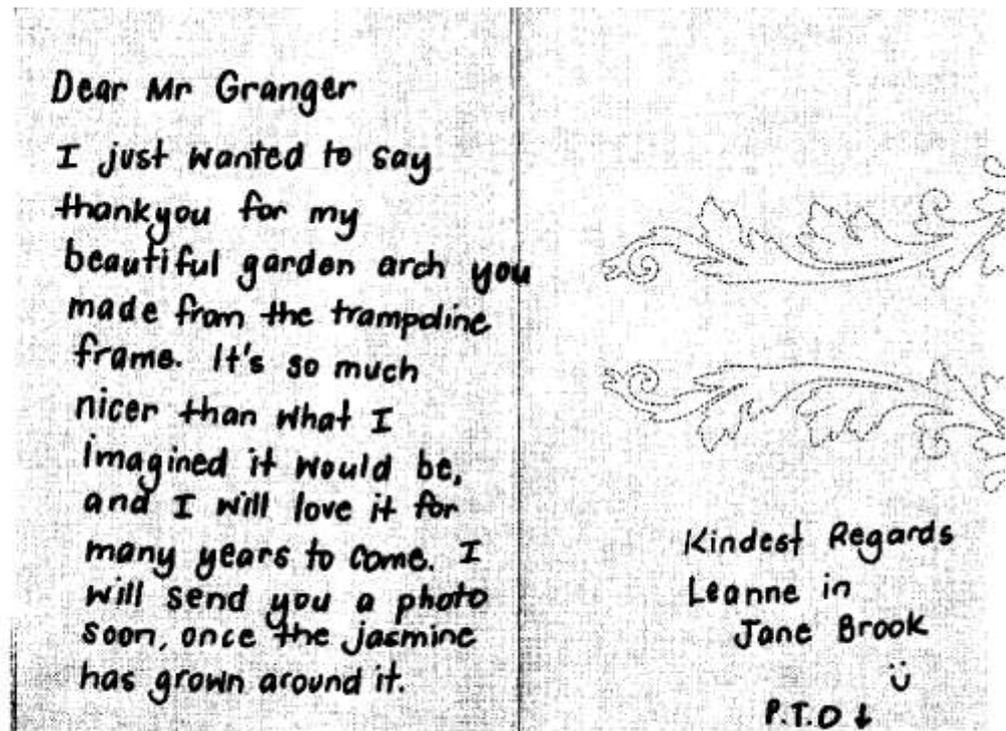


....cont

Ian is shown above remodelling the trampoline. Initially it looked like a simple task but what was involved was shrinking the circle from around four metres down to two point five. This involved the use of hydraulic benders and angle grinders and probably more.

After a lot of thought and different approaches the project was finished. Apparently the "client" Leanne of Jane Brook was over the moon, so much so that in addition to giving a donation to KMS she sent Ian a thank you card. Well done Ian and Jim.

Below is the thank you card that Leanne sent to Ian.



## COP THIS

A lawyer died and arrived at the pearly gates. To his dismay, there were thousands of people ahead of him in line to see St. Peter. But, to his surprise, St. Peter left his desk at the gate and came down the long line to where the lawyer was standing. St. Peter greeted him warmly. Then St. Peter and one of his assistants took the lawyer by the hands and guided him up to the front of the line into a comfortable chair by his desk.

The lawyer said, "I don't mind all this attention, but what makes me so special?"

St. Peter replied, "Well, I've added up all the hours for which you billed your clients, and by my calculation you must be 193 years old".

## **THE VOLUNTEER (Anon)**

It's not for the money;  
It's not for the fame  
It's not for any personal gain  
It's just for the love of your fellow man,  
It's just to give a helping hand;  
It's just to give a little of one's self,  
That's something you can't buy with wealth;  
It's not for a medal worn with pride,  
It's not for the feeling deep inside;  
It's that feeling that you've been part of helping far and near,  
That makes you a volunteer!

## **WATCH THE HEAT**

Australia has a long history of deadly heatwaves and there is no particular reason this summer will not be the next one.

It is reality that many people including the elderly, ill and very young do not respond to heatwave warnings as most will think "it does not apply to me".

We are being urged to take simple measures to protect ourselves, friends and families by:

- Scheduling outdoor activities to the cooler part of the day
- Listen to radio broadcasts or websites for information
- Closing curtains and blinds early in the day and staying indoors
- Use air conditioners to protect vulnerable people, but try to avoid the peak demand time around 6.00pm
- Check neighbours and elderly folk during the heat of the day
- Drink plenty of water

## **ARE YOU PROUD OF YOUR LATEST CREATION?**

Would you like to share all that hard work and creativity with your mates at the shed? How about sending a pic of your latest shed-produced creation to us with a brief description so we can include it in a future newsletter.