

Plane Torque



The Kalamunda Men's Shed Newsletter

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Proudly supported by the Shire of Kalamunda

PO Box 1359 Kalamunda 6926

www.kalamundamensshed.com.au

Upcoming Events:

Saturday, 16 February (7pm onwards): A Magical Evening Under the Stars

Wednesday, 20 February (11am-12.30pm): Computer Interest Group

Friday, 22 February (2-4 pm): SPECIAL GENERAL MEETING

Tuesday, 26 February (2.30-4.30pm): Wine Club Meeting (theme Chardonnay)

Friday, 15 March (12.30-2pm): Photographic Interest Group

CHAIRMAN CHATTER (submitted by John Baxter)

Next Friday there will be a great event when KMS is presented with a cheque for \$298,728.72 for the new shed. This money will then be paid to us as we build the new shed. Hopefully by the time you read this we will have finally submitted the Building Approval document which will require 10 days process prior to approval and then there will be a brief pause for the builder to get the show on the road. Look forward to some action in March!! Keep up to date with progress on the website. I hope to see as many members as possible at the Monthly Meeting on Friday to welcome the cheque. Lotterywest likes there to be heaps of publicity about projects they fund so if there is any good ideas please let me know.

The green shed has to be removed. COM has decided to advertise in Scroungers for someone to remove it and take it away. The contents will be stored temporarily in the main shed. The message is if there is anything precious to you now is the time to rescue it.

COM agreed to a trial of the Repair Café based on the Kalamunda Men's Shed. This excellent project will give members of the community a chance to bring things in that members may be able to fix for them rather than sending the items to the tip. It also provides a community

outreach for KMS. It is stressed this activity is voluntary amongst our members with no obligation to participate. I hope it will be a worthwhile addition to the KMS activities. Watch the noticeboard and webpage for opportunities to be involved.

It is hoped that a stable position can be reached by the metalwork planning committee to accommodate the machines and project areas by Easter, or the end of April. A meeting on the 4th February aired a lot of individual opinions that will require focus.

The back fence will be completed, including the dog leg of the PAW, by the City shortly. The gap in the northwest corner of the fence will be closed. This will allow the fireys to remove the fence from our north west corner and improve security from the north.

We would like to reintroduce “Bull Sessions” into the Shed. In the past Howard Stapleton championed these Bull Sessions which were a great no names, no packdrill, no publicity opportunity for members to discuss topics as wide apart as “Your favourite Car” and “A glass of whiskey and a small pill”. If a member would like to champion this activity it would be fantastic.

So the year has begun with a bang and it seems to me that 2019 has all of the makings of a great year for Kalamunda Men’s Shed. Enjoy.

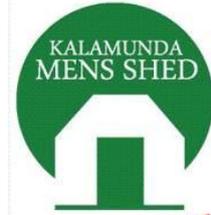
THE JOY OF USING HAND TOOLS (submitted by John Baxter)

If you get a chance, have a look at this video on YouTube by Greg Miller. It gives a real insight into the value of using hand tools and the need to get that message to the younger generation. Click the link below:

<https://www.youtube.com/watch?v=WaPvndq8z48&list=PLo8POuljNXP0caiofi4u0a5MsLGAbQC&index=2>



KALAMUNDA MENS SHED



REPAIR CAFÉ SEEKING VOLUNTEERS

ONE SATURDAY MORNING A MONTH, 8:30am - 12:30pm

EXPERTISE AREAS: BICYCLE REPAIRS, ELECTRONICS/ELECTRICAL GOODS, WOOD/METAL REPAIRS,
BITS & BOBS / GLUING, CO-ORDINATORS, CAFÉ STAFF

PLEASE PROVIDE YOUR DETAILS ON THE FORM ATTACHED TO THE SHED NOTICE BOARD

WARNING – DON'T GET CAUGHT LIKE I DID! (excerpt from Midland Mens Shed Newsletter – David Gurry)

When walking hand-in-hand with my wife through Midland Gate Shopping Centre, we were forced to part to pass a lady slowly pushing a pram and managing a couple of toddlers – I went to the right, my wife to the left. When we rejoined hands after passing the pram and entourage, I was rather surprised when my wife violently pulled her hand away from mine. When I looked over at my wife in puzzlement to find out why she had pulled her hand away, I found it wasn't my wife but a luscious looking, quite upset, 40 year old woman on the verge of screaming for security. To say I was embarrassed was an understatement as I tried to settle the young lady and explain that I thought she was my wife – oh yeah! was the look on her face – fortunately at that moment my wife arrived from negotiating her attempt to pass the pram, and reassured her. Next I had to face the embarrassment of the young lady "laughing her head off" at my expense whilst I apologised profusely and slowly moved away with my wife beside me (and a very red face) to the amusement of the crowd that had gathered to watch the entertainment.

COMMUNICATION AND THE CHALLENGES OF BEING A MAN

There are many contemporary issues of interest at the Kalamunda Men's Shed and over the next few months we hope to provide an interesting programme.

- Our May guest speaker, Janet Scott, will talk on the above subject. She will confirm the challenges facing men within our demographic, especially during transitional stages such as retirement or redundancy.
It will be the opportunity for us to gain a better understanding of the mental health issues affecting us all.
- Some will recall **Howard's Bull sessions**. These were very productive discussion groups, where a small number of members sat around once a month and talked about specific issues, either directly affecting them or of special interest. Topics were wide and ranged from "**personal health**" to "**moving house**". This was a wonderful forum for KMS members!
 - We need to kick start this initiative, **BUT WE NEED A CHAMPION!** The task is not onerous. If you are interested in "chairing" this group, please contact Chairman John.
- The WA Government has introduced a **Think Mental Health** campaign, '**Talking and Listening are Powerful**'. It provides education, resources and awareness of the significant benefit the simple act of talking and listening can have. The key messages of the campaign are:
 - Check in on a mate, or someone you care about if they're not going so well;
 - Talking and listening are powerful; and
 - Mental health issues can affect anyone. It may be difficult at first, but talking can help.
 - For information and resources to help provide support visit the [Think Mental Health](#) website. (Sourced from Men's Sheds of WA email)

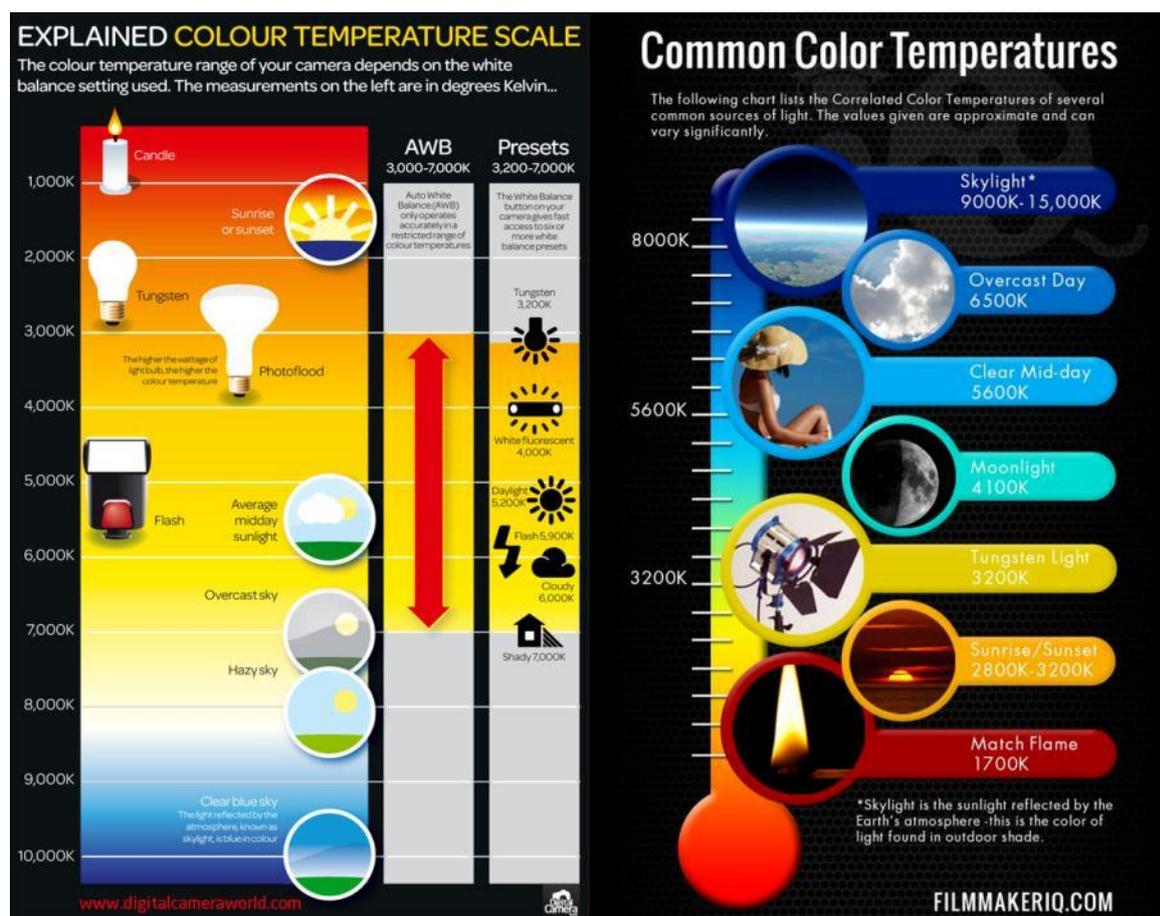
CLASSIC CARS AND COFFEE (submitted by Morris Pavlinovich)

University of WA, no. 3 Car park
Sunday, 17 February
8.30am til 10.30am

PHOTOGRAPHIC INTEREST GROUP - JANUARY (submitted by Ray Thompson)

The topic for January's meeting was Colour Temperature and its effects on photography. Luckily these days in the era of digital cameras, the problems are generally handled by the built-in "Auto White Balance" feature. However in difficult or mixed lighting conditions the problems are easily resolved by manually adjusting the camera's white balance "Presets" to the appropriate colour temperature.

For colour-critical images, a "custom" white balance can be taken using a reflected reading from a neutral reference card (grey or white). Alternatively the image can be adjusted in "post-processing" using computer software.



<https://www.cambridgeincolour.com/tutorials/white-balance.htm>

LINKS TO KALAMUNDA MEN'S SHED PHOTOS FOR THE PAST 12 MONTHS

The links below are to a Nikon Image Space album of photos taken by Ray Thompson over the past 12 months. You can either download, copy or watch a slide show of the images.

1. **KMS December 2018 General Meeting – Show & Tell**
<http://img.gg/gq9RI2v>
2. **Ken Wyatt - KMS December 2018 General Meeting**
<http://img.gg/tF9cPjn>
3. **KMS November 2018 General Meeting – Guest speaker:**
<http://img.gg/R3vNwUK>
4. **Morris' old Antarctic photos**
<http://img.gg/LDBDi9S>
5. **Men's Shed WA conference 25/10/2018**
<http://img.gg/ARpNK6H>
6. **KMS visit to Vines Retirement Village – 22/08/2018**
<http://img.gg/tHM7O9g>
7. **KMS Morning Tea with Peter Kenyon – 09/08/2018**
<http://img.gg/e9RlnWw>
8. **KMS Wine Group – visit to Tonon Wines – 31/-7/2018**
<http://img.gg/UW4d9WX>
9. **KMS AGM – 27/07/2018**
<http://img.gg/PNJuv9O>
10. **KMS visit to Gingin Gravity Centre – 27/06/2018**
<http://img.gg/M9iQZsX>
11. **KMS visit to CoK Aquifer Recharge Project – 13/06/2018**
<http://img.gg/UaZtNQ5>
12. **KMS Swan Valley Wine Tasting Tour – 13/04/2018**
<http://img.gg/lke89Iz>
13. **KMS Perth Stadium Visit – 20/03/2018**
<http://img.gg/6hmBIN2>
14. **KMS visit to Vintage Machinery Museum - 15/02/2018**
<http://img.gg/Wr9Ufth>

HEALTH AND WELLBEING PLAN ADOPTED (ex City of Kalamunda News)

Health and Wellbeing is high on the agenda at the City of Kalamunda, with the adoption of a new plan. Lifestyle choices can be attributed to half of all deaths worldwide. While the City is not a health care provider and does not have the means to treat lifestyle diseases, it does have an important role in developing initiatives which will prevent these diseases. The Plan is an integral part in delivering these outcomes.

Council endorsed the [Community Health and Wellbeing Plan 2018 – 2022](#) unanimously, with work now underway bringing the plan to fruition. The Plan recognises the actions the City currently takes to improve the health outcomes of its residents and identifies opportunities to further improve community's health and wellbeing. Mayor John Giardina, "Residents are encouraged to interact with their community and make healthy lifestyle choices. In addition, the plan aims to improve mental health and creating a sense of belonging, it will also reduce the incidents of preventable diseases."

The focus is on Health Lifestyles; Healthy Communities; Healthy and Safe Environment; and Healthy Partnerships and economy. The new Plan has been developed based upon feedback obtained from non-for-profit organisations, government agencies and other local governments. Community consultation with community members, health practitioners and community groups. The feedback advised further consideration should be given to mental health initiatives. Community members suggested a focus on youth and seniors. Stress and substance abuse were two key issues raised by the community having an impact on health and well being, along with social isolation. The feedback was used to ensure the Plan addresses community needs. The Health and Wellbeing Plan acknowledges activities already undertaken by the City to promote health and wellbeing, and identifies future projects and actions to be conducted to further enhance the health and wellbeing of the community.

The Interim State Health Plan did not consider mental health. However, the City's Plan has gone beyond this, listening to the community and recognising the importance of mental health. This will be achieved by increasing opportunities for families and individuals to create social connections and encouraging meaningful involvement in the community, as well as exploring opportunities for the City to offer mental health first aid courses

[View Health and Wellbeing Plan 2018 – 2022 here](#)

Alternatively, to read a copy of the plan visit your local Library, the Administration during business hours or call us on 9257 9999.

From "The Conversation"

SYPHILIS IS MAKING A COMEBACK, AND CAUSING SOME UNUSUAL HEALTH PROBLEMS (from “The Conversation”)

Syphilis is a sexually transmissible infectious disease that has plagued humankind for centuries. Today, syphilis is diagnosed rapidly by a simple blood test, and easily treated with an inexpensive antibiotic. However, the disease may masquerade as other medical conditions, confusing even health care professionals. A delay in diagnosis and treatment may have serious medical consequences.

Syphilis has afflicted heads of state, whose nations have suffered from the consequences of their diminished mental health. King Henry VIII of England and Tsar Ivan IV Vasilievici of Russia (“Ivan the Terrible”) are examples. Careers of internationally influential artists – such as Ludwig van Beethoven, Oscar Wilde and Scott Joplin – ended prematurely due to syphilis. Syphilis is caused by a spiral shaped bacterium called *Treponema pallidum*. Although the bacteria multiply slowly, they are easily passed between sexual partners via the skin or mucous membranes.

A small ulcer is the typical “first stage” of syphilis. The second stage of syphilis is characterised by unusual skin and mucous membrane rashes that improve without treatment over weeks to months. Finally, in the tertiary stage, syphilis becomes extremely destructive. Large inflammatory growths that occur anywhere in the body may seriously damage tissues. Ophthalmologists have noticed an increase in cases of syphilitic uveitis. A delay in starting penicillin can result in permanent vision loss. Everyone from the general public to our health-care professionals need to be more aware of syphilis.

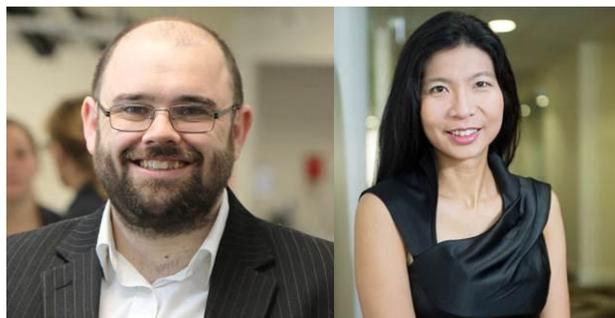
PROSTATE CANCER AWARENESS

Don’t miss our next General Meeting on Friday 22 February! We are fortunate in having three professionals from ICON, Midland to talk to us about Prostate Cancer. They are respectively:

Dr Eve Tiong: Radiation Oncologist

Dr Elayne Ooi: Urology Surgeon

Dr Tim Clay: Medical Oncologist



So be ready with your questions about this very important issue.

KALAMUNDA ICON GETS REVAMP (ex City of Kalamunda News)

Works to remediate, restore and refurbish the History Village's locomotive are now underway. The revamp kicked off mid last month, thanks to a \$180,000 grant from Lotterywest.

The Kalamunda icon has been shrink wrapped since 2016, following the identification of asbestos during maintenance works. The City has placed a strong focus on ensuring the project is carried out safely, relocating the locomotive onto a platform and constructing an enclosure before works got underway.



COP THIS

Why we love the British (from British newspapers):

Commenting on a complaint from a Mr. Arthur Purdey about a large gas bill, a spokesman for North West Gas said, 'We agree it was rather high for the time of year. It's possible Mr. Purdey has been charged for the gas used up during the explosion that destroyed his house.' (*Daily Telegraph*)

Police reveal that a woman arrested for shoplifting had a whole salami in her underwear. When asked why, she said it was because she was missing her Italian boyfriend. (*Manchester Evening News*)

Irish police are being handicapped in a search for a stolen van, because they cannot issue a description. It's a Special Branch vehicle and they don't want the public to know what it looks like. (*Guardian*)

A young girl who was blown out to sea on a set of inflatable teeth was rescued by a man on an inflatable lobster. A coast guard spokesman commented, 'This sort of thing is all too common'. (*Times*)

At the height of the gale, the harbourmaster radioed a coast guard and asked him to estimate the wind speed. He replied he was sorry, but he didn't have a gauge. However, if it was any help, the wind had just blown his Land Rover off the cliff. (*Aberdeen Evening Express*)

Mrs. Irene Graham of Thorpe Avenue , Boscombe, delighted the audience with her reminiscence of the German prisoner of war who was sent each week to do her garden. He was repatriated at the end of 1945, she recalled:'He'd always seemed a nice friendly chap, but when the crocuses came up in the middle of our lawn in February 1946, they spelt out 'Heil Hitler.'" (*Bournemouth Evening Echo*)

HAVE A NEWSLETTER ARTICLE?

If you have an article, notice or photo you'd like included in a future newsletter, please email to the Editor, chrismarion.thompson@iinet.net.au.