

Plane Torque



The Kalamunda Men's Shed Newsletter

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Proudly supported by the City of Kalamunda and Lotterywest

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www.kalamundamensshed.com.au

NOTES FOR YOUR DIARY

28th August at 14:00 hrs Monthly general meeting AGM speaker
Sandra Finnerty Niagra Therapy.

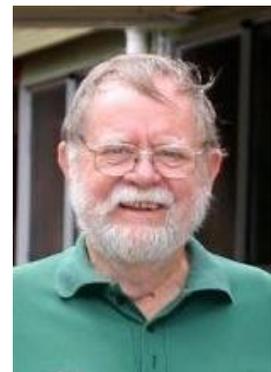
25th September at 14:00 hrs Monthly general meeting AGM speaker
Mark Pivac The robotic brick layer.

CHAIRMAN'S CHATTER

CHAIRMAN CHATTER AUGUST 2020

We are still working under the COVID Safety Plan and we know that Phase 5 will not be introduced until the end of October so keep up the good work. This means the same as last month:

- The wood and metal workshops will have a maximum of 25 and 15 members, respectively.
- Members will recognize that social distancing is still desirable



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

- and attempt to maintain 1.5m between members in the workshop
- Strong hygiene practices will be used at all times including cleaning benches, tools and hands with antiviral cleaner as frequently as possible

An important component of keeping it safe in the Shed, in both workshops, is to listen to and respect and obey any direction from the Shed Boss on the floor. We can only operate safely if everyone takes care; so, if you do not want to follow the Shed Boss instructions don't come to the Shed.

Your Committee of Management has decided to invest up to \$15,000 to improve the solar power system at the Shed. As you will probably have worked out, despite earlier predictions, we use up to 12Kwh more in the new set up than before. There is also the attack of the serial pest on our eastern boundary, *Eucalyptus citriodora*, growing tall and developing shade that restricts the amount of power we can generate. The funds for this purchase will come from the building grants we received from the Community Development Fund.

At last, I hear from the metal workers, CoM has been able to assign another portion of the grant money to equip the metal workshop. This will also be acquisitions of up to \$15,000 worth of equipment to improve the capabilities of the workshop, so we look forward to some stunning results.

We are working toward assisting Friends of Katamorda Trail to establish picnic tables and seats and rest benches along the trail. We construct the gear; they cart it in and erect it in the bush. So, there will be some assistance required in both workshops to complete this project. Volunteer to Alan or David if you can help.

The Shed Boss Guidelines have been revised and are attached in consultation with both workshop groups and give guidelines for the future. We urge members to read the guidelines to understand what the Shed Bosses are doing. These guys are volunteers, if they do not turn up, or get fed up, the workshops cannot run. Please respect their position and take their advice. Thankyou.

The fact that Phase 4 of the opening up of the State will continue to at least the end of October limits Social Activities. At the next monthly meeting we encourage you to bring your own refreshments and hang around for a chat after the talk and catch up with your mates. However, social distancing is still the go so take care.

We are aiming at having an Open Day at the Shed on the 14th November where we will be inviting people to come and see what we do. This is an opportunity to sell product so keep that in mind and mark the date. There will be more detail in the tearoom as it develops and certainly more next month.

Yes, we will be having an end of year lunch! It will be on 4th December at the Kalamunda Hotel. Because there are some restrictions due to COVID and Phase 4 we have to wait a bit to fill in the details. So, mark the date and look forward to some fun.

I have received an invitation for all members to join a free online course on prevention of dementia. **The Preventing Dementia MOOC** (massive open online course) examines the latest evidence on dementia risk factors and ways to reduce the risk. This free online course is open to everyone and members of your network may be interested in learning how to reduce their dementia risk. Being part of an online community of participants can also reduce feelings of isolation. The course is run from the University of Tasmania is about 2hrs a week for 4 weeks. It is available from 6th October to 20th November. I recommend any member the opportunity to take up this offer.

Don't forget the Food Sensations Course from Foodbank coming up on Wednesdays, November 18th, 25th, December 2nd & 9th. We need to have names by the end of October. Check your calendar.

I hope all members have a good month and find something fun to do.

John

SAFETY

Just a reminder that when using the Oxy/ Acetylene gear you have to wear the dark tinted goggles, and for arc welding a welding helmet is required, this is to protect your eyes against arc flash. Also, it is advisable to wear safety glasses underneath the welding helmet and have a long-sleeved jacket with leather welding gloves to protect against weld splatter and ultraviolet radiation.

When using the bench grinders, angle grinders and wire brushes attached to the bench grinders wear earmuffs, safety glasses and gloves for protection.

Our Next Guest Speaker

We are lucky to have Sandra Finnerty from Niagara as our guest speaker for the 28th of August. Sandra is a senior Therapist with Niagara and has been working with them for five years. "Niagara Therapy specializes in **Seniors Health**. Regular use of drug free therapy helps improve many physical age-related conditions such as arthritis, bad backs, stiff muscles, poor sleep, diabetes, mobility, fluid retention and many more. It also helps considerably with stress, anxiety and tension".

Gents we can all relate to the above, so come along and see what is available to help us oldies!

Sales



PATTI CHONG WINS HER SEARCH

Patti Chong acquired 3 rocking horses back in the days when we were in Sister Tate Lane and lo and behold, she decided that more rocking horses were required.

Using her skills Patti scoured her contact list in her phone and concluded that Richard Gates was not a criminal client and rang in.

Nic Ciocca, having just finished a rocking horse for his grandchild stepped up to the plate and two new horses were made.



On Saturday afternoon Patti, with her friend Eve, came and collected the horses from the Shed to complete another satisfied customer. Well done Nic and Richard.

Shed for Kalamunda show, handover

SHED FOR SHOW HAND OVER

Wayne Garwood from the Kalamunda Show Committee was in the Shed on Tuesday morning to receive the shed made by the metal work team.

Richard Gates and Mike Milne were on hand to hand over the shed and Wayne was delighted with the finished product.

Kalamunda Mens Shed has made a number of the ticket sheds for the Show.

Congratulations to the metal workers for another project well done.



EAST WARD COUNCILLORS VISIT TO DISCUSS SHADING GUMS

The three Councilors for South East Ward, Geoff Stallard, John Giardina and Janelle Sewell visited the Shed on Tuesday 25th September bringing morning tea for everyone. Fortunately, our Chairman scurried off to buy a coffee for our guests. Roll on Phase 5.

The purpose of the visit was to review our wish to remove the lemon scented gums along the eastern boundary to improve our power generation from the PV cells. The solution we are promoting is to remove the gums and at the same time plant a selection of local plants that would provide a “hedge” along the boundary, but not interfere with the PV Cells. To this end our members have come up with a list of possible plantings:

- Casuarina Huegeliana (Rock Sheoak) up to 10m
- Acacia lateriticola
- Acacia ocnophyllia (Hooked Leaf Wattle) minni-richi bark up to 3m

- Acacia saligna (Orange Wattle) up to 6m
- Jacksonia stembergiana (Stinkwood) Up to 7m
- Viminaria juncea (Swishbush) up to 5m
- Callistemon phoeniceus (Lesser Bottlebrush) up to 6m
- Leptospermum erubescens (Roadside teatree) up to 3m
- Banksia sessilis (Parrot Bush) up to 5m
- Grevillia diversifolia (variable Leafed Gravillea) up to 4m
- Hakea petiolaris (Sea Urchin Hakea) up to 3m

The councilors were sympathetic to our cause and have committed to taking the issue for review by the City.

Switched on to Numbers

For some time now there has been confusion regarding **what machines are on what circuits** in the new wood workshop.

Fortunately, licensed electrician, Dennis came to the rescue. With assistance from Chairman John, he kindly gave us three hours of his time to identify the circuits and reference them back to the distribution board in the shed. We are very grateful to Dennis.



By the way, Dennis is the owner of Cardlenn Homestead Wines in Mitchell Road Bickley. His wines are reasonably priced of high quality. Don't forget to check out his unwooded 2012 chardonnay!



Thanks again Dennis.

Cardlenn Homestead Wines

Science comment

Wonder where we came from, this science article from a well-known science publication explains, its all in the quarks and gluons.

A search for dark hexaquark lumps

We can see only 15% of matter in the universe. The rest is dark, and we don't know much about it. But physicists now think that dark matter might be made from the same quarks as ordinary matter.

COSMOLOGY The vast majority of matter in the universe is invisible to us, and we don't know what it is. Dark matter reveals its existence only by the influence of its gravity. Yet without dark matter, visible matter would never have gathered into the stars, planets and galaxies of the modern universe.

Cosmologists have introduced several theories about dark matter, most of them involving hypothetical particles for which we have never observed any evidence.

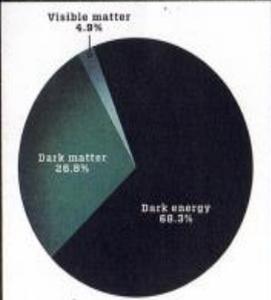
Now scientists from the University of York in England have moved in the opposite direction. They believe that dark matter could have formed from the same building blocks as did visible matter, but combined in a different way.

Visible matter consists of atoms with nuclei including protons and neutrons, these nuclear particles being each made up of three quarks. But quarks can also unite in larger groups. Six quarks can unite to form hexaquarks, and according to the

English scientists these could be the building blocks of dark matter. Their calculations show that shortly after the Big Bang, the energy level of the universe reached a point where it was possible for hexaquarks to form and unite into large lumps, also absorbing electrons that would neutralise their positive charges. Such hexaquarks would have the ghost-like qualities that are characteristic of dark matter – that it does not interact with matter nor with radiation, giving itself away only by its gravity.

The scientists predict that in spite of the stability of hexaquark lumps, they should decay over time, resulting in cosmic radiation of a specific profile that could be calculated and potentially measured to prove their theory by experiment.

Moreover, they suspect that hexaquarks have already revealed themselves for a split second during a 2014 experiment in Forschungszentrum Jülich, Germany. But this tantalising result has so far proven impossible to replicate.



DARK MATTER MAKES UP A QUARTER OF THE UNIVERSE
There is far more dark matter than 'normal' matter, but even more 'dark energy', about which we know nothing except how it affects what we can see.

Visible and dark matter may consist of the same ingredients

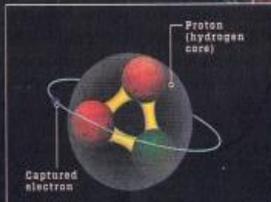
According to a new theory, the mysterious dark matter of the universe was formed by quarks, as are protons and neutrons, but using a different formula. In visible matter, a nuclear particle is made up of three quarks, whereas dark matter would be made up of hexaquarks – particles comprising six quarks each.



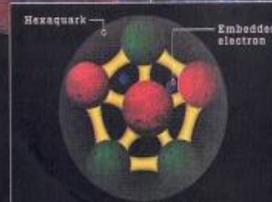
Big Bang **First second: Plasma rules.** **After one second: Nuclear particles born.** **After 240,000 years: The first atoms.** **100 million years: The first stars.** **500 million years: The first galaxies.**



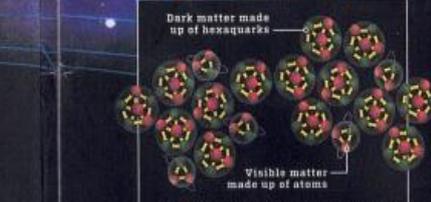
PLASMA FILLS THE UNIVERSE
1 During the first split seconds after the Big Bang, the universe is a soup of loose particles such as electrons, gluons, and different quarks.



ATOMIC NUCLEI FORM
2 The gluons rapidly glue quarks into groups of three as protons and neutrons. Much later, electrons are captured to form the first atoms.



DARK MATTER FORMS
3 As atomic nuclei form, other quarks unite in groups of six: hexaquarks. They swallow electrons so they become electrically neutral.



MATTER COLLECTS INTO STARS
4 Lumps of hexaquarks make up dark matter, the gravitational effects of which collect visible matter into the universe's first stars and galaxies.