

## Noises from:



### Mosman Park Senior Citizen of the Year

Congratulations to Brian Millmore on being named the Mosman Park Senior Citizen of the Year. Brian was recognised for all the great work he did around the setting up and running of the MPMS as well as his other contributions to the Mosman Park community. A worthy recipient of the honour.



### From David Kelsall

"A few weeks ago as I was lifting the grass catcher for my hand push mower down from a high shelf, I realised there was a *Lactrodectus mactans* walking over my hand. In my haste to dispatch the very poisonous arachnid, I dropped the grass catcher and broke the plastic clip which connects to the mower. So I tried the internet looking for mower parts and even saw an identical unused grass catcher in Queensland for \$40 plus postage on Gumtree. It's just the clip I want not the whole thing!

No problem. Bunnings has a special department for obtaining these things, after all, it's a Flymo H40, still made in Sweden although Husqvana have taken over Flymo. A few weeks waiting and Bunnings replied the agents don't carry the parts any more. No problem, try the Swedish company. "We stopped making parts for those years ago", they emailed. So, how to solve this problem.

Like a bolt from the blue, I remembered the wonderful gift of a 3D printer by some of the Shed Members and Daniel and James presentation. So, I approached James a week ago with the part and he kindly looked at the photos on my iPhone and traced the image of the part onto a piece of paper. And today, as I walked into the office, there hanging on the wall was a bright red replacement part for my mower with tiny holes ready for the screws at the correct distance apart. All accomplished at the Mosman Park Mens Shed. What a treasure we have at our doorstep.



### A Centenarian in the Shed!

On January 24th one of the Shed members turned 100. Ken Walker received his congratulatory letter from the Queen. Ken survived many life threatening situations such as a truck crash, a ship sinking, Japanese bombing and feels he is lucky to have made it to 100. He maintains that he eats everything he is told he shouldn't but it is fair to say his zest for life is the real key.

Congratulations from all at the Shed.



### Help Needed!!

Any member keen to offer assistance - no skills required, just endeavour!!- to help complete the Bridge Tables and the wheelbarrows please contact the on duty Shed Overseer for best times to attend.

## Broadstairs Shed

Whilst visiting my family in Perth WA in 2012/13 I saw all the publicity of the new Mosman Park Men's shed in your local papers. This interested me, as being newly retired I had just built a workshop for myself in my back garden and had noticed a large number of older newly retired men in my town. On my return to England, I spoke with one or two of these men who lived in my street and asked them if they would be interested in forming a men's shed in Broadstairs. One of these told me that he had heard of the shed movement in Australia and there was a lady in the town who was interested in starting one. He gave her my phone number and she contacted me and asked if we could meet. This I did, it turned out that Kerry Millett was the secretary of the Town Team, a group of volunteers who choose to work together for the good of our town. She asked me if I would agree to go to a meeting of likeminded people to discuss the launching of a Town Shed. This I did and so about seven of us met in a café down town and the Shed was born. Kerry is a great organiser with an amazing energy and was soon applying for grants and looking for suitable premises. She managed to organise a campaign to get people to vote for us in a competition for some £50,000 (\$82500AUS) Lottery funding, and negotiated with the local council to let us have a disused park keeper's lodge for the Shed.



This building was virtually derelict, three months was spent refurbishing it and equipping it with some very good machines using the money from the lottery. On the 9<sup>th</sup> May 2014 it was opened by our local MP Laura Sandys. The Shed was mainly a woodworking shop with meeting rooms upstairs which we used as a tea room and computer training. The Shed was very well received in the town and generated a lot of good will, so much so that we won the local 'Heart of the Community Award' for our area.

Over the next year we had so many people joining us that we started to look for new, bigger premises. Once again Kerry was on the job and we soon had a very sympathetic landlord offering us a section of the old town tram shed. Over the summer we have been able to convert this to our needs with much generous help from local businesses and are now able to offer metalwork as well as woodwork. We are now bidding for a grant for a lift to enable those who cannot manage the stairs to access the upper rooms. If anyone is interested we have a very good and up-to-date website, [broadstairstownshed.org.uk](http://broadstairstownshed.org.uk). If anyone is visiting the UK and in Kent, drop in and see us, I am sure you will feel at home in our Shed just as I did when I visited you in October 2016.

Andy Parkins (Founder member Broadstairs Town Shed)

## Another Horse Ready for the Road.

This rocking horse came into the Shed in very poor condition but with a lot of hard work from a team led by Bob Grocke it has been transformed into a wonderfully restored beast which the owners will be very proud of when they collect it. The saddle and bridle were made by Richard Lang so perhaps that famous Peter Allen song "Tenterfield Saddler" needs to have a rewrite and be renamed the "Mosman Park Saddler"???



## **Health Talk - Wednesday 15th March, 4.00pm - " You Me and Us Together - Mental Health"**

**Dr Geoff Paull**, one of us, has kindly offered to lead an exceptional health talk on personal mental health and that of our colleagues and friends to precede the March Monthly meeting. Mental health isn't that hard to understand when it's laid out in the open, and most of us have a basic belief in how it works. The challenge is usually starting to move from some awareness of negative emotional disturbance into sustainable positive states of mental health (in ourselves or someone we care about). Let's explore ideas around this together (this is not a PowerPoint presentation!).

This will be well worth attending as insight so gained might just help a friend or community member.

*Vic Power. Men's Health Representative.*



The monthly meeting will follow at 5.00pm

## **Cooking Classes/Wine Appreciation Course.**

**Booking form - which lists class requirements - is hanging in our Shed Office.**

Dates - all Thursdays - are **June 1, June 22, July 20, August 03, August 17.**

We will also hold our Annual Wine Appreciation classes - dates shall be **June 8 and July 6** - details to be released shortly. We are fortunate to have such expertise, who are willing to volunteer their services - Peter Anderson; regularly travels to attend cooking classes overseas and cultivates his fresh vege / fruit garden down south. "Magnus" a.k.a David Magnus, lectures in all things wine and spent many years with Radisson Hotels in the catering / wine business. How lucky are we to share their vast knowledge?

**Ian Deany**

## **The Shed Boys**

Saturday 4th February saw the 2nd public performance of The Shed Boys when they played to a very appreciative audience at the Allen Park Tennis Club.

So impressed were the Tennis Club that they have already booked the band for a return gig next year. The Captain of the club was even more pleased than others as bar takings amounted to \$550 as members stayed on much longer than usual to soak up the music - and the drinks!!



**Calling All Musos!!** As the Boy Band has taken off in grand style they would like any other members interested in playing/singing/ learning to come along to one of the Thursday night sessions to see if there is a place for you in this very friendly, no ego and sharing group. The Shed Boys meet at 7.00pm each Thursday in the meeting room (or if occupied by Lions etc., upstairs)

**Bruce Varley**

## **Mentoring Project.**

*"My son Eddie Hopkins is a student at Scotch College, Swanbourne and is in year 10. This year they have to complete a Personal Project and Eddie has chosen a free Range Chicken Coup as he feels it would be good if more chickens could be free range. School have given me your details as he has to make the chicken coup but will need help with the project and I wondered if you had any members who would be interested in this project?"*

*Rachel Hopkins* **Email:** [rachel.hopkins1@outlook.com](mailto:rachel.hopkins1@outlook.com)

Any Shed member interested in this please contact **Mike Wiggin** on **0408679307** to find out how the Project works.

## **Cordless Drills**

A reminder to all who use the cordless drills in the woodwork section to ensure that if you change a battery as the loaded one has run out you **MUST** place the discharged battery on the charger. This means the next person who wants to use one does not find all the batteries are flat!!

## **MP Community Fair - Sunday 26th March.**

The Shed has a significant presence at this event and many volunteers are needed to carry out all the tasks on the day. There is a sign up sheet in the Shed if you are happy to help out. The Fair is in the afternoon.

Members are advised to take in the "Amsler Grid" pinned to the notice board outside the supervisors office. Viewing this card as instructed and discovering distortions mainly at the centre of the chart would point to likely onset of macular degeneration.



Stalemate

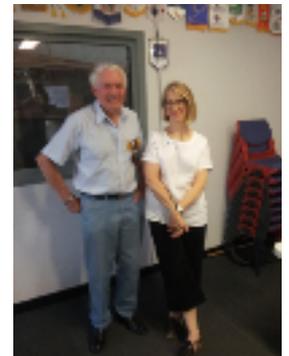
### Macular Degeneration - Amslar Grid.

One would be advised to consult an optometrist with your concerns without delay because a week delay without treatment can lead to irreversible vision damage.

Macular degeneration leads to a black spot that completely destroys ones central vision. Onset of the condition occurs in as many as 16 percent of people over 50 years. The risk increases with age.

Genetic pre condition is the main risk factor but age diet and lifestyle are also factors.

Georgina Ryan is herein being introduced by Peter Dring at our February Health Talk. Members present will confirm that the presentation was outstanding and gave valuable personal insight that can be conveyed to our members and community.



**Vic Power** Health Representative.

### A Little Taster from a visit to the Wooden Boat Show in Tasmania Attended by some of our Members.

(More in the next edition.)

Just home from the Wooden Boat Show in Hobart... where I strolled in to a small invasion of MP Shedders... Axel, Paul and John ( who built THE boat in the MP Shed doorway). **George Williams..**



If you would like to take on a useful project, a speedboat like this could keep you busy for a while.

What age gap? Old blokes help eager youngsters to build boats



All articles/photos/information to Jamie McKinnon by the day of the monthly meeting.

Email any material for the Newsletter to: [jamiemc1wa@gmail.com](mailto:jamiemc1wa@gmail.com)

Mobile contact: 0418334513

Mosman Park Community Men's Shed **Contact Details**

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Chairman

**George Klug,**