

Noises from:



Your Shed Wins an Award!

On 26th January (Australia Day) I was honoured to attend the citizenship presentations for Mosman Park, Cottesloe & Peppermint Grove in order to accept an Award to "Mosman Craft Markets" that being: **2018 Mosman Park Community Event of the Year Award**. While I have led the team putting together this event we could not run it without your help and I applaud you all for your contribution. Additionally an extract from a message recently received from one of the Town's administration personnel clearly puts the Market in context:

"It has been a pleasure seeing the Mosman Craft Markets grow over the years, and I couldn't think of a better event or place for what it brings to the area. What's even better is knowing that families and people who visit the markets, even if for a short time, are exposed to what it means to be part of a community – especially when seeing a bunch of happy blokes behind it!

So, thank you for all of the hard work done by yourself and the fellow 'shedders. I think without realising it, the cause in which the Shed stands for, alongside the inclusive and helpful nature of its members, has somehow been embedded into the foundations of the area and become a familiar and stable icon. I'm sure it's not just me, but collectively you all resemble the best of what a bloke has to give: whether that be the helpful uncle, the smart big brother, or even the forgiving grandfather. You all have a lot to give, and it certainly doesn't go unnoticed."



Something to think about for the future perhaps? **Mike Ansell**

Interested in Woodwork.

Are you interested in Woodwork but don't know what to make or how to do it? Well there are dozens of Magazines and Books upstairs in the Library. They all contain useful diagrams, pictures and tips on how to make hundreds of items for around the home. The Magazines also include plans for toys and games. The Books & Magazines are stored in the bookcase at the far end on the left hand side. Please return the books to where you find them.

If you have not taken the trip upstairs recently, it is suggested that you go up and see what other facilities your Shed has to offer, you might be surprised!

Dave Russell

If any members are searching for a wooden challenge, Google "Wooden machine plans". It leads into all sorts of variations.

Doug Telfer

MOSMAN PARK COMMUNITY FAIR – 25TH MARCH 2018

The Shed will be setting up shop again at the Fair cooking Hamburgers & a Sausage Sizzle, Selling Wooden items and plants, etc., as per 2017. This was a useful activity in 2017 both promotionally & financially.

Some volunteers are required to help out for maybe an hour on the preceding Saturday morning to load up the vehicles and also on the day to help the selling process. I will hopefully have a form in the office from Monday 19th to put your name on or else send me an email if you can't make it into the Shed.

Thanks in anticipation **Mike Ansell** – mike.ansell@bigpond.com

Dear Shedders,

Based on the evaluation of the 2017 conference held in Merredin and the feed-back from the zone meetings, the MSWA Board has decided:

- That the next two conferences will be held on one day in the metropolitan area.
- That expressions of interest are invited from country Sheds to host the 2020 conference.

I wish to invite any Shedder who is interested in nominating to be a member of the 2018 conference committee. The conference is usually held in September or October.

Please send an email to eo@wamsa.org.au stating why you are interested in being a member of the committee and outlining any experience that you have had in organising events.

We are also seeking a volunteer who could assist with the hands on organisation of the conference. If you are interested or you know of someone who may be interested, please contact Gary Bryant on 0414 950 902.

An invitation will be extended to country Sheds to lodge an expression of interest to host the 2020 conference towards the middle of the year.

Cheers, **Gary Bryant**

Upstairs Promotion

Richard Lang, Dave Russell & Neil Porter are working hard to encourage Members to participate in activities in the recently refurbished upstairs room. Attached are two posters advertising some of these activities.

There are also posters around the Shed and a form in the Office if you wish to discuss same.



Always wanted to play **Bridge or Canasta**? Bridge and Canasta are great, intellectual stimulating card games. Shedder Joost is ready to give guidance for playing Bridge (SAYC system) and Canasta (4 handed).

Or

Always wanted to play **Pool, Billiards or Snooker**? These are great games to foster a bit of fun and interaction. Shedder Neil is ready to give guidance on playing rules & Technique

Express your interest in EITHER and we will set a date and time.

TO REPLY: Press Cntrl + Click below

<mailto:bizup@optusnet.com.au?subject=Interest in Cards> (or pool/snooker) OR Fill your details in on the lists at the shed.

WE ALL GET OLD IN THE END...

I changed my car horn to gunshot sounds. People get out of the way much faster now.

Gone are the days when girls used to cook like their mothers. Now they drink like their father.

I didn't make it to the gym today. That makes five years in a row.

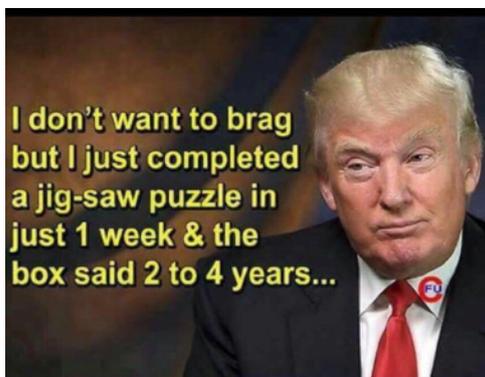
I decided to stop calling the bathroom the "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

I don't have gray hair; I have "wisdom highlights." I'm just very wise.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.



Answers to January test!!

6) 1760 Y in a M = **1760 Yards in a Mile**

7) 7 S on a F P P = **7 Sides on a Fifty Cent Piece**

8) 13 L in a B D = **13 Loaves in a Bakers Dozen**

9) 64 S on a C B = **64 Squares on a Chess Board**

10) 180 M S at D = **180 Maximum Score at Darts**

February Health Talk.

Jason St Martin, our health slot speaker for March is a husband, father and grandfather who has been an electrician for over thirty years. He currently trains electricians in high voltage operations and is an advocate for safety and training in the electrical trades. He is a volunteer speaker for beyondblue, a national organisation that works to raise awareness about anxiety and depression, reduce the associated stigma and encourage people to get help.

Jason became a beyondblue speaker to share his experience of living with depression and suicidal thoughts and to encourage people to seek out help if they need it and to speak up when they see someone who is struggling.

Jason's interests include reading, travel, languages, wine, scuba diving, gardening and doing renovations to the house. He also enjoys genealogy and tracking down distant family members in all parts of the world and hopes to one day be able to write a few books.

The talk will be a guided interactive presentation aimed at helping members identify symptoms of depression in ourselves and in friends and family who may need help.

Vic Power Mens Health Representative



The Jeep Stripped, Ready For Action!!

After a lot of hard work on rebuilding the body of the old jeep Richard got ready to start up the engine for the first time with lots of battery charging ahead of the big moment and a new battery there to assist in case of poor performance from the original one!!



Is this the moment? NO!!! There was no spark so, back to the drawing board Richard while Joost suggested I might need a chair if I was to get a photo of the engine running!!!



Some of the Rearranged Woodworking Machinery.

What a difference the new layout makes and the dust extraction is greatly improved too!



The Upstairs Gym.

Thanks to NICK KASHANI who has fixed the monitor on the Stroller. He has converted the battery based system which did not work, to one which runs on a reliable mains powered system via a small transformer. So now YOU can not only get some exercise but can also watch the numbers spin round.

Dave Russell

Newsletter

All articles/photos/info to Newsletter Editor on jamiemc.lwa@gmail.com by the day of the monthly meeting.

Jamie.

Mosman Park Shed helps Rotary

The combined Rotary Clubs of Nedlands, Subiaco and West Perth are building an 'All Abilities Play Space' in Beaton Park on the Nedlands foreshore. This is a massive undertaking costing over \$2M and where possible the Rotary Clubs have been seeking support to realise their dream. The Play Space is currently under construction and our Men's Shed was asked to provide a timber counter top. Bob Grocke arranged for Tony Barr to construct the timber top and Andrew Baird, of the Rotary Club of Nedlands has supplied this photograph of the counter top now in position. He said "Rotary owes great thanks to Tony Barr and the services of the Men's Shed. The resulting counter top is magnificent." The playground is due to open in May this year.



Andrew Baird

Improve your workshop with jigs!



No need to build something twice, use a jig the first time!

You can work fast and build something twice, or you can work slow and build it once. In the past, I have resisted using jigs because I felt that it would be faster to wing it. Well, it doesn't take much building experience to discover that this is a fallacy that will come back to bite you every time. A jig represents a well-executed plan; if you can't think through how a jig would work for an operation, there is a good chance you haven't worked out the details in your mind. One jig that I should have built a long time ago is a drawer slide installation jig. In the past, I have wasted hours measuring, marking, checking and reinstalling drawer slides that were out of alignment. Nancy Hiller wrote about her Blum installation jig in a blog post on our site a few months ago, and I just shook my head at how much time a jig like that would have saved me. Live and learn!

Extract from Shop Woodwork magazine. Doug Telfer

Skin Cancer - Talk by Dr Bob Noll, Wednesday 21st February.



Bob, previously a farmer then a GP, has opened a Skin Cancer Clinic in Cottesloe. He has considerable experience in dealing with skin cancers and shared some of his knowledge with the Shed members to highlight the need for awareness of the dangers of this, the 3rd highest incidence cancer in Australia.

The 3 main types of skin cancer are basal cell carcinoma, squamous cell carcinoma and melanoma - all are potential killers. Bob described, with the aid of photographs, what to look for in self checking (or by partner) for dangers and also outlined how the work in his clinic - and all the other clinics around the country - can be accessed and how simple the scans and photographic checks are. He recommended a yearly check but if no moles or unusual signs are evident on first screening then a 2 yearly check is fine.

Bob did note that 2 in 3 will have a skin cancer by age 70 - a sobering statistic! - and that sun is not required, though rarely, to form a skin cancer and that they are sometimes discovered behind an eye or other out sight body parts like the soles of your feet. Prevention is much better than the possibly fatal outcome!



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

Email any material for the Newsletter to:
jamiemc1wa@gmail.com

Mobile contact: 0418334513

**Mosman Park Community Men's
Shed**

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