

Noises from:



**The MOSMAN PARK COMMUNITY MEN'S SHED**  
**Who we are, and what we do.**

**The Mosman Park Community Men's Shed**

is a locally based men's shed that provides opportunities to join in Shed activities and community tasks, or carry out work on their own jobs or just share time, recreation and fellowship with other members.

Many of our activities include partners and family, so we celebrate the broader world of men as well as the uniqueness of men together.

The Shed has always had a focus on men's health and catering for those men in our community who are vulnerable.

**MEMBERSHIP AND STRUCTURE**

As an organisation we:

- have 315 members ranging in age from 18 to 102 with the majority resident in the Curtin electorate.
- have members from the general public that include FIFO workers, retired farmers, businessmen, handy craft & creative people, we also cater to disability & disadvantaged groups with no discrimination.
- are an avenue for men to meet and share common companionship & fellowship with a common interest in wellbeing and many varied & diverse interests.
- function as a self-funding, incorporated, Not for Profit, Charity with DGR certification.
- have no paid staff; all duties are voluntary.
- have a monthly meeting of all interested members who guide the overall running of the organisation.
- have a Management Committee who make the day to day decisions in respect to the decisions made by the members.
- have a group of volunteers who operate daily as Overseers to ensure the smooth running of the Shed.

**ACTIVITIES IN THE COMMUNITY**

As an organisation we have been actively involved in:

- the creation of parks and gardens via the Mosman Park Council.
- carrying out repairs and maintenance for local charities, churches, schools along with disadvantage groups.
- offering the use of a 12-seater bus for community use and outings.
- offering the use of a commercial registered kitchen and meeting room that can be used by the public for special events.

**PROGRAMS AVAILABLE TO MEMBERS**

As an organisation we create the following training; A men's health programs and monthly men's health & general interest talks; The "Cooking for Men" classes, with our in-house commercial Chef; Various lectures on Wine tasting;

Comprehensive general Computer training for members; Full training programs in wood and metal working tools and machines; Full training programs for gas MIG and TIG welding; A first aid training and Industrial safety training programs; Regular programs in "Home Maintenance" for women & non handy men; We also manufacture wood items & toys for sale to the public

**FACILITIES AVAILABLE TO MEMEBERS**

As an organisation we have the following:

a fully equipped wood working workshop with an extensive range of precision woodworking machines; a fully equipped metal working workshop with an extensive range of heavy duty metalworking equipment such as metal lathes, milling machine, Plasma welding; a fully equipped electronics lab with a range of equipment like oscilloscopes, Computer Numerically Controlled (CNC) equipment. a modern 3D printer and all electronic materials; Full computing facilities with training for members.

**SPECIAL INTEREST GROUPS**

Within our organisation we have the following:

Music group The Shed Boys - guitars, mandolin, banjo and vocals; Recreation room with a gym, library and pool table and members relaxing area; A group of card and bridge players who meet regularly; A group interested in model ship building; The children's toy manufacturing section; The vintage vehicle restoration group; A honeybee keeping and hive manufacturing group.; Full garden group with plant sales; A photography group with outings to special areas; Small group interested in drone

building & flying; A group of wooden boat builders; The veteran or vintage Vehicle car restoration group; Regular outings for members to visit places of special interest and popular sporting events; The ability for all members to initiate their own function or group of special interest via our contact data base; The creative metal sculpture group

**George Klug** Shed President, Mosman park Community Men's Shed  
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## HELLO to our Shed COOKERS and potential COOKERS.

Our in-house cooking teacher PETE ANDERSON has recently been "loitering" - with exemplary intentions; in the galleys of cruise ships and kitchens of seaside restaurants around Europe / Mediterranean.

As in the past; Pete will share his new-found knowledge with Shed members.

There will be 4 classes - the initial 2 will be on Wednesdays - (4:00pm - 7:00pm) August 28th and September 11th, the dates for the final 2 will be determined in conjunction with the class.

As per normal, maximum of 14 members, who need to bring own sharp knife, apron, chopping board + any liquid refreshments that they care to bring.

For "NEW CHUMS", Pete makes out detailed recipes, splits the class into 4 groups. Each group cooks a recipe - supplied by Pete, followed by a gathering of all, to taste / discuss each dish and do justice to any wines brought along.

A \$25 +/- contribution is required per class, with any excess \$'s donated to our Shed.

Concurrently, post graduate courses - at no additional cost - shall be run on dish washing; drying dishes, kitchen cleaning and cork extraction.

Please email me (ianandsue.deany@gmail.com) to pre-book these 2 dates and IF a new cooker would like to know more, please phone Pete - 0417 007 844 or email me.

Look forward to hearing from you.

### **MensShed2019Cook**

## Perfect Timing!!

Jim Lightfoot, while at the Shed for the Tuesday clean up, caught this moment on camera when an explanation of the sign writing on the Shed bus was needed!! "Who has been out partying and using the bus to get there and back?"

The explanation is pretty obvious but it did provide a few chuckles and it is time to share it with all members.



## STICKN' TOGETHER Part 2

Modern adhesives (glues) are predominantly polymers or plastics in a thick liquid form that polymerise or set, rather than dry, as the old glues did. It is important to select the correct adhesive for the particular job that you have. Modern glues are very strong, in most cases when two pieces of wood are glued together the joint will be stronger than the rest of the wood. The most common types of adhesives are:

- **Poly vinyl acetate (PVA)** is the most commonly used wood glue. It is an aliphatic liquid resin white or yellow in colour, that produces a very strong joint in wood, paper and cloth. It sets to a hard-rubbery substance that is reasonably water resistance, but not very waterproof. It is not 'gap filling' so joints have to be well fitting. Clean up can be with a wet rag, but before setting has started. Because it sets to a rubbery state it suffers from creep, so if a joint is going to be under continual stress it is better to use another adhesive that sets hard. The glue line is usually slightly milky.
- **Epoxy resins (Araldite)** are very strong, highly waterproof and creep proof adhesives suited to wood, metal and glass. They come in a two-pot form that needs to be mixed together just before use. Setting time depends very much on temperature. In warm conditions the resin sets much faster but does not produce as strong a joint. By cooling the resin, the setting time can be extended. Generally, the glue line is milky or clear when set.
- **Rubber Based (Contact)** cements are low strength adhesives for use in a wide range of materials. They will adhere to woods, metals, glass, some plastics and cloth. They can be used like other glues by applying to the surfaces and the clamping together, but most times they are used by the contact method. This method involves applying a thin coating to

both surfaces and allowing the adhesive to dry to a tacky consistency, then the two surfaces are brought together in 'contact'. When contact is made the surfaces adhere to one another. There is no need for clamps with this form of application, but it is imperative that the surfaces are aligned properly, to take them apart usually means destruction of the parts! This adhesive is often used for fixing melamine sheet (Laminex) to wood.

## HEALTH TALK - 19 JUNE - LUMBO-PELVIC-HIP HEALTH

Welcomed by Rod Dale and introduced by Sarah Ashe, the proprietor of Featherstone Physio Pilates, Jess Vanson presented a well-structured talk supported with a Power Point display.

The main emphasis was on general health and keeping moving. Health is 30% genetic; the rest is up to you. Keeping moving and generally active in advancing years can reduce the probability of heart attack by 25%. General health is closely linked with good mental health and a sense of well-being. Jess complemented the Men's Shed for the part it plays in that area.

Jess went on to discuss care for spinal and pelvic health including the role of the pelvic floor in good bodily health. The Pelvic floor is present in both men and women, though this is more commonly associated with women's health. Pelvic health is responsible for wellness in the areas of continence, sexual function, vascular health and prostate function.

Traditionally, many health issues have been treated in isolation whereas it is frequently the case that dysfunction and injury can be associated with unexpressed poor spinal and pelvic health.

Linked to all health issues and spinal / pelvic health is reasonable exercise for maintenance of muscle tone and joint movement. Exercise needs to be performed on a regular basis to maintain its good effects on our body – it's a "use it or lose it" scenario. The body will only build muscle and bone density if the right loads are placed on it regularly. If you are not sure where to start then a physiotherapist is a good first contact to help design an individualised program.

Physiotherapy treatments include an introductory assessment and review of the patient's whole health before any treatments are recommended or started. Scans or Xrays may be requested but are generally not the starting point – it is much more productive for patient and health practitioner to make a careful overall assessment first.



**Presenter – Jess Vanson**

### ***Vic Power Health Rep.***

### **Vehicle Restoration Group.**

The Vehicle Restoration guys are getting a new shed to store their tools and bits & pieces in all thanks to the ingenuity & perseverance of Bob Groeke. We look forward to seeing it put to good use in the coming months.

**Mike Ansell.**

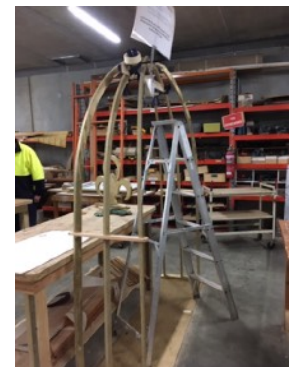


### **Some Shed Projects!**



Paul Whiting comes to grips with a piece of timber, starting square in section, to be turned into a cylindrical object.

What appears to be a piece of theatre prop being constructed. - it is actually an archway to be used at the start of the cat walk for models - construction organised by Mike Ansell on behalf of his designer daughter.



### **Electric Vehicles are here to Stay**

With the release of Hyundai's Kona, Iqonic and the new Nissan Leaf, in Australia, cheaper electric vehicles are now available here. The all new Model 3 Tesla is about to hit our shores next month with models starting under \$70k.

Phil Robertson, the Revhead who organised for nine Aston Martin to be at the last Craft Market, and I have recently joined

the Australian Electric Vehicles Association. The AEVA was formed back in 1973 after the oil price shocks and continues to promote Electric vehicles today. In those days members had to convert their own cars and some still do today. The local WA Branch has about 160 members although not everyone yet has an EV. At the last meeting about 40 turned up and we floated the idea of then bringing their cars to Craft Market in November. The suggestion was keenly taken up by the Committee and the member. Although only 25% of the membership were present, we had 11 people expressing interest.

The big question with EVs is the range. Simply the more you pay the bigger the Battery and the further it will go on a single charge. More and more charging points are being installed. A couple have even been fitted in the new Woolworths in Mt Pleasant.

EVs have driven right round the coast of Australia. There are stories from America where a company running Teslas as Taxis have covered over 400,000 miles, admittedly with a couple of changes to the battery. These were running 24/7 and using rapid chargers to 100% capacity all the time, which is not ideal for batteries.

If you would like to know more about Li ion Batteries please come to the September Talk by Chris Jones the National Secretary and WA Vice Chair. Chris is currently converting a Honda Prelude in his spare time so you may be able to get him to speak on his experiences. If you are lucky you may even get to see, close up a EV.

If you cannot make the September meeting please come to the Craft Market where we hope to have a dozen converted and production EVs along side some of the Classics cars owned by our own members.

For more information on Electric Vehicles please see the AEVA website at: <https://www.aeva.asn.au/> or visit the Tesla Owners Club site: <https://www.tocwa.org.au/> **Dave Russell**

## WELCOME TO CANAL CAPERS WA website

The West Australian "Canal Capers" group has developed this site to facilitate the exchange of inland European boating information.

Our group has been growing steadily since its formation in 2004, we meet 5 or 6 times per year in Perth (Western Australia) to share our many enjoyable experiences as we slowly cruise the 16,000 kilometres of canals and rivers waterways in Europe.

Our member's vessels are currently dotted throughout France, Germany, the Netherlands and Belgium. The last time we counted; there were over 120 members and over 30 European-based vessels owned by West Australians.

Membership is free of cost, but it is expected that members will share their knowledge and details of their experiences for the benefit of others within our group.

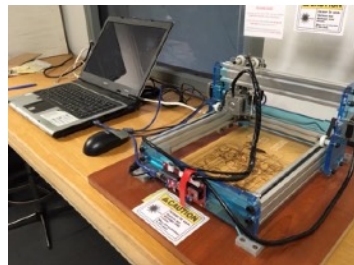
If you wish to pursue additional / more detailed information regarding the many pleasures of navigating the canals and rivers of Europe, then subscribe to our free newsletter or come to one of our Mosman Park Community Men's Shed meetings or Picnics / Barbecues - dates and details appear in the e-newsletter.

In the interim; if you wish to look at a few boats "For Sale" then a good place to start is "www.botentekoop.nl" - particularly after you have right "clicked" and translated into English.

Overseas members are also welcome to subscribe to our newsletter. **Bon Voyage ! Ian Deany**

## Room For The Future

For those unfamiliar with what goes on in one of the rooms upstairs here are some pics of the machinery and tools used in the creation of 3D printing as well as items like the one being worked on by that canny Scot, Phil where he programs the inscriber to print on the work he has completed - a timber platter.



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

Email any material for the Newsletter to:  
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**Mosman Park Community Men's  
Shed**

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