

Noises from:



Member John Steinhardt – Canning Nature Trail

No sweat on John when I caught up with him on the very beautiful Canning River Nature Trail. Only a big grin was noticed. I caught up with him at about the half way point. John was clearly enjoying himself. I chased him for some 40 kms along this beautiful local facility. It can only be enjoyed on a bike or of course on Vic's Stinger.



The nature trail tracks the Canning River all the way from Gosnells to Canning Bridge. The trail features all types of native floodplain trees and vegetation. Birds of all types about.

The way to tackle the ride is to catch the train to Gosnells. Make it on any day between Thursday and Sunday (inclusive). The Gosnell Railway Market is open and serves good food, coffee and the best milkshake in WA. We met an old mate over a milkshake each and we shared a large pizza.

The nature trail ride is a great way to soak up 6 hours of your day. If you would like to try it let me know. Who knows, my stinger could be available as it was for old mate JS. Ask him about it, it was a hoot.

Vic Power. Health Rep

Bee Hotel

Photo: Lisa Edwards and Bruce Wright with Bruce's "Bee Hotel". Lisa is the Director of "WA Nature", an organisation promoting bee hotels for WA's domestic gardens.

Native bee populations are struggling to survive due to habitat degradation and loss.

Bee "hotels" in urban environments are popping up all around the globe. Native and exotic plant species attract the bees to the hotels which provide a habitat for these important insects which play a critical role in the pollination of our food crops.

Unlike honey bees, native bees live solitary lives, are not aggressive and are generally too small to deliver an effective sting.

Any members interested in assisting with a "building project" are invited to contact Bruce at the Shed.



Handyman to Plumber!!

Barry Arcus with the modified outdoor sink. Who knew that "handyman" Barry was also a plumber?



Health Talk

Laura Malcolm – Continence Foundation of Australia

Incontinence affects one in four, mainly adults and is more prevalent as we grow older. Surprise though, it can mostly be managed when we recognise that both males and females have a pelvic floor, a muscle that runs from near the base of the spinal tail to the front of the pelvis. The pelvic floor supports the weight of our internals. Physical activity, when we are younger naturally exercises the pelvic floor. However, inactivity as we grow older (sitting around mainly) weakens this and urine leaking ensues.

There is a simple solution to the above of which we are mostly not aware. After males urinate try drawing “your nuts up to your guts” as a physio advised at a recent talk and that Laura Malcolm confirmed. Another exercise that should become a good habit is to regularly pucker up your backside and crutch when you are standing. Doing this rapidly strengthens the pelvic muscle. Incontinence can disappear within two weeks if this is done.

Keep it up. Laura cited the case of a 91 year old lady who suffered incontinence for some 20 years. These exercises removed incontinence in her case within two weeks.

It is good practice to hold back on urinating until bladder capacity (typically 0.8 litres) grows. Don't interrupt the flow when urinating. Continence management using the suggested exercise and enhancing increased bladder capacity can even help you avoid trips to the toilet during the night. You should be able to maintain healthy hydration normally revealed with light to white coloured urine without incontinence. A drink of water before bedtime, to maintain hydration will not cause you to wake up for a toilet break at night if your pelvic floor is strong and your bladder has developed.

Laura is available to provide further advice if required (Ph 0419611309)

Vic Power Health Rep



Supervisors Corner.

If in Doubt, Ask!!!

Bandsaws

The two bandsaws in the workshop have been set up to do slightly different jobs, but none the less different.

The only two adjustments that need to be made for general use are:

- i). Adjust the height of upper blade guide. This needs to be set close to the timber for accuracy and stability.
- ii) Large Bandsaw. Tension bar. This is situated at the back of the saw and it must be tightened before use and released after use.

Large Bandsaw.

This machine, situated in the machine room, is set up primarily as “Re-sawing” machine, ie to cut timber down to size from larger pieces of timber.

If it you want to use for any other use eg Shaping, the blade will have to be changed and reset properly approx 30 - 45 mins to do the job properly. Then reset again as re-sawing machine. If you want to use it in this way (shaping) make sure you talk to the Supervisor on duty first or contact Tony Brown or Bob Groecke.

Do not just go ahead and change it without asking first!!

Small Bandsaw (Sherwood)

This machine situated in the general woodwork area, it is for cutting 'small to medium" size work pieces only. It can be used for small cutting, small re-sawing jobs and shaping.

This machine may need to have the blade changed depending on the work you are doing.

Check the tension on the blade, mostly this machine will not need adjustment.

Please be aware at all times when using the machines.

If you notice the wood starting to smoke!

Does the machine sound as if it is labouring?

Are you feeding the wood Too Fast/ Too Slow?

Is it the correct blade for what you are doing?

If in Doubt, Ask !! Enjoy your projects, Enjoy each other's company Do your bit to help out!!

And They Say We Are The Clever Country!!

Check out this video: <https://mail.google.com/mail/u/0?ui=2&ik=e453e1e29d&attid=0.1&permmsgid=msg-f:1635929664868773077&th=16b3fd5cd806ecd5&view=att&disp=safe>



The 3 Legged Race!!

Here comes the Teacher who has to be told that the Crutches are supposed to be used with each arm--not 2 for 1 !!

But they say that any 2 for 1 offer is too good to refuse so the Teacher in Tony came to the fore.

David Syminton



School Comes to the Shed.



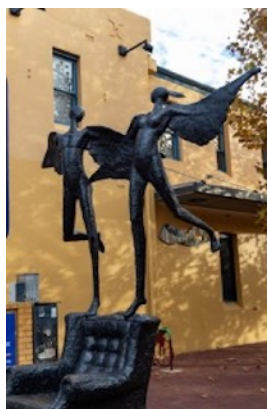
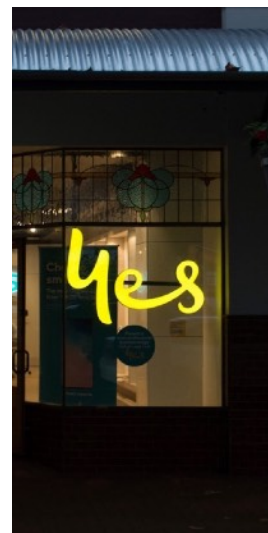
Harry Billingham learning from the “ Master” of woodwork, Mike Wiggin.

Harry, a year 6 student from Christ Church Grammar is with his mother Penny, watching Mike complete a cut out of the soda dispenser for the electrical circuit school project.

This shows how the Shed Members dispense knowledge and skill to the community - a prime focus of the reason for the Shed's existence.

Peter Dring.

Follow The Yellow Brick Road - Latest from Photography Group.



PRESBYTERIAN : When you rearrange the letters: BEST IN PRAYER

ASTRONOMER: When you rearrange the letters: MOON STARER

ELECTION RESULTS: When you rearrange the letters: LIES - LET'S RECOUNT

A DECIMAL POINT: When you rearrange the letters: I'M A DOT IN PLACE

Ageism or Lack of Sobriety???

just saw 3 people jogging outside & it inspired me to get up & close the blinds.

As I was getting in bed, she said, "You're drunk".
I said, "How do you know?"
She said, "You live next door."

**ALL MY
PASSWORDS ARE
PROTECTED BY
AMNESIA**

Technical Series Created by Tony Brown and Chris Oeding. STICKN' TOGETHER Part I

Glues, or more correctly, adhesives are a very important part of manufacturing today. There is a plethora of different types and different means of use of adhesives. This article will cover the using and preparation and Parts 2 and 3 in the next months will cover the types of adhesives and their uses.

To obtain a 'good joint' the following are important:

- The larger the gluing surface is the stronger the joint will be, if possible rough up the gluing surface to increase the surface area.
- Ensure that the joint is a good fit, adhesive itself is not very strong, big gaps in a joint means a thick layer of weak adhesive.
- Ensure the joint is clean particularly of oil or wax, both prevent the glue from adhering to the surface. This is particularly relevant when gluing oily timbers like Teak or Japanese Cedar, when gluing these types of timber, it is important to remove the oil from the wood surface with acetone.
- Gluing the end grain of wood reduces the joint strength.
- Read the instructions on the bottle to be aware of the working time and the clamping time.
- Have all clamps, protective blocks, rubber mallet, glue, damp rags, newspaper and measuring equipment all ready before you open the glue bottle.

Puns.

I'm reading a book about anti-gravity. I can't put it down.

It's a lengthy article about ancient Japanese sword fighters, but I can Samurais it for you.

Police were called to the daycare center. A 3-year old was resisting a rest.

Atheism is a non-prophet organisation.

A relief map shows where the restrooms are.

There was a big paddle sale at the boat store yesterday. It was quite an oar deal.



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**
Contact Details
Email: admin@mpms.org.au
PO Box 4373 Mosman Park 6012
Tel: 93833354
Chairman
George Klug

