



Katoomba Men's Shed

Building Better Blokes

Noise from the Shed

No. 13 May 2017

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Kirinari project participant Korbin works on restoring a chair with Kirinari staff member Pat.

Kirinari at the Shed

Peter Kinhead

Kirinari are a provider of services to people under the National Disability Insurance Scheme (NDIS). The Katoomba Men's Shed is pleased to provide a temporary home for one of Kirinari's community programs.

The program is helping young people to explore new activities including gardening, arts and crafts and furniture restoration. The furniture activity needed a temporary work area while a new location is organised. The workshop at the Shed is an ideal location.

The small group of participants will be working at the Shed for two days each week. If the first few weeks are anything to go by, the interaction and sharing will be a benefit to both organisations.

President's message

Peter Kinhead, President

I have written to all of you before about job vacancies and I think it doesn't hurt to remind everyone of the need to have extra people on hand when someone is away or when they get snowed under every so often.

We have some new Day Coordinators on the books but there are still some positions that need filling or just need some assistance. Most of these positions go unrecognised and un-thanked by a lot of us, but they are essential for the smooth running of our Shed.

We need people to help out in the following areas so if you or someone you know can assist, please get in touch with the person listed below or any of the committee members.

Vacant positions

- Men's health coordinator
- Building maintenance coordinator
- Publicity coordinator

Positions needing backup and help

- Gardening – coordinated by John King, but could do with more assistance.
- Surplus equipment sales – coordinated by Peter Greenacre but could do with a backup man and some regular assistance.
- Big W work – coordinated by Robbert Van Leeuwen who needs a backup man and some regular assistance.

As you can see there are a couple of vacancies and a couple of spots where we could use some assistance every so often, keeping in mind we do not expect qualified or expert background in these areas, just a 'degree' in common sense would be more than welcome.

Computer club and training

Stephen Crisdale

Now that the Shed's upgrades are complete it's time to actually use the equipment!

The computer club will still function on Friday mornings. It will continue to offer one-on-one assistance to members with their own computers (laptops mainly). Members who are considering getting more involved with digital technology (i.e. computers, smart TV's, tablets, mobile phones, DVD/BluRay etc.) can also get advice and assistance at the computer club.

In addition to the computer club, the Shed is developing a series of 'beginner' level lessons, for roll-out on another suitable day. These sessions will be more like short courses, in a lesson/tutorial style, in contrast to the more relaxed, laid-back style of the computer club. These courses will focus on the Windows operating system. (help with other systems is also available on request).



A group of members exploring the inner secrets of their laptops under the able leadership of Stephen Crisdale.

The first courses will be tailored for inexperienced users who would like to feel more

comfortable with using their computer. Topics may include:

- installing and upgrading Windows,
- common-sense security measures,
- worthy low-cost/free software and services
- prudent computer housekeeping, including backups regimes.

The Shed's equipment has been extended to include tablet computers. This will allow members to learn more about devices such as Android tablets or iPads.

We recognise that some of the members who would be interested in learning more about using computers miss out on the advice of activities because they don't get email! If you are one of the 'digitally challenged' and want to learn more, make sure that you get in touch with the computer club to register your interest. That way we can give you a call when something suitable is on offer, such as one of the Broadband for Seniors online tutorials. We don't get enough notice of these to send out hard-copy invitations.

It's the Shed's intention to provide members with the skills to achieve a quality digital technology user experience; especially given the ubiquitous nature of today's digital technology. If you have queries about anything 'digital', don't hesitate to raise them with the computer club

For more information:

- See Stephen Crisdale at the Shed on most Friday mornings.
- Put your name on the interest list on the activities board at the Shed.

Activity program – what's on

Each Tuesday: Card players

Each Wednesday: Electronics and woodwork

Each Thursday: Bike assembly (if needed) and electronics.

Each Friday: Computer club.

24 May: Woodworking demonstration, mortise and tenon joint, 10.00 am.

1 June Shed orientation and safety session, 10.00 am.

21 June Woodturning demonstration, turning a wooden pen, 10.00 am.

24 June Excursion to Timber and Working with Wood Show at Homebush. Put your name on the activities board.

6 July Shed orientation and safety session, 10.00 am.

19 July Woodworking demonstration, hand-cut dovetail joint, 10.00 am.

3 August Shed orientation and safety session, 10.00 am.

16 August Woodworking demonstration, handsaw care and sharpening, 10.00 am.

Move it or lose it

John Stanley

Would you like to join in a group exercise workshop with other men from the Shed? The workshops would run over 6 weeks and the men will learn how to improve body strength, cardiovascular health, balance and flexibility. The workshops will be held at a clinic in Camp Street and they will be interactive and fun. An accredited exercise physiologist will lead the workshops.

We need a minimum of 10 men to make this a goer and there will be an all-up cost of \$72 per person.

If you are interested, talk to John Stanley (Mobile 0411 139 824) or put your name on the list at the Shed.

Nearby Sheds:

Lower Mountains Men's Shed

The newest Shed in our area is the Lower Mountains Men's Shed. They meet at 19 Calver Avenue, Mount Riverview (shared with the Blue Mountains Woodturners). The Shed operates on Tuesdays from 9.00 am to about 1.30 pm.

From all reports, the new Shed is going well, with up to 20 men present.

For more information, contact Ken Shaw on 4739 3141.

Footnote: The Nepean Men's Shed was previously known as the Lower Mountains Men's Shed and met at the same location.

New Management Committee

The Shed AGM in March elected a Management Committee to manage the affairs of the Katoomba Shed. The new Committee has many familiar faces, and a few new ones. Some roles have shuffled about since last year.

Peter Kinkead is the president. Peter worked in the Rural Fire Service before retirement and has served two years as Vice President.

David Bowskill is the Vice President. David worked as an electrical engineer and served on the committee for a long time, including the two previous years as President. He also serves as Day Coordinator for Fridays.

David Christie is the new Secretary. David has also served on the committee for many years, including a number of terms as President. David continues to work as a geotechnical engineer.

Don McKinnon is the new Treasurer and is new to the committee this year. Don is a retired plumber and also has interests in faceting gemstones.

David White is the Public Officer, carrying on from last year. David is a retired solicitor. The Public Officer is an ex-officio member of the committee, and David also acts as the minutes secretary.

Kevin Wallace is a member of the committee, carrying over from last year. Kevin is also the Day Coordinator on Wednesdays and Thursdays. He has a background in plumbing and teaching.

Robbert Van Leeuwen is a member of the committee, carrying over from last year. Robbert ran his own businesses before retirement.

John Stanley is a new member of the committee. He worked with Telecom before retirement and also serves as the assets and toolroom coordinator, coordinates the kitchen catering and is the new Day Coordinator for Tuesdays .

Don't mention the 'D' word

Health feature by Bruce Ward



When I was at boarding school in Sydney, our family farm was too far away for a weekend visit, so once a month I would spend the weekend with an aunt and uncle who lived near

Parramatta. They had known me all my life and we remained very close as I grew to adulthood. So it came as a real shock the day my uncle greeted me with 'Hello, I am sure we have met'. He was living with dementia and had completely forgotten who I was.

Dementia is a difficult issue for people affected, their families and friends. Some of us are very fearful of dementia and worry when we are a bit forgetful.

There are many forms of dementia and each has its own causes. It can often be difficult to tell the difference between the early signs of dementia and the normal effects of aging. There are also a number of medical conditions that cause signs similar to dementia, some of which may be temporary.

The onset of dementia is likely to be gradual, and may escape notice, even within the close family. The early stages are often only apparent in hindsight. In the early stages, a person may:

- appear more apathetic, with less sparkle
- lose interest in hobbies and activities
- be unwilling to try new things
- be unable to adapt to change
- show poor judgement and make poor decisions
- be slower to grasp complex ideas and take longer with routine jobs
- blame others for 'stealing' lost items
- become more self-centred and less concerned with others and their feelings
- become more forgetful of details of recent events
- be more likely to repeat themselves or lose the thread of a conversation
- be more irritable or upset if they fail at something
- have difficulty handling money.

As dementia advances, these early signs become more apparent and disabling. A person experiencing mid-stage dementia may:

- be more forgetful of recent events – even with the more distant past details may be forgotten or confused
- be confused about time and place
- become disoriented or lost if away from familiar surroundings
- forget names of family or friends, or confuse one family member with another
- forget saucepans and kettles on the stove – or may forget to turn on the stove
- wander around streets, perhaps at night, sometimes becoming lost

- behave inappropriately, for example going outside in nightwear
- see or hear things that are not there
- become very repetitive
- be neglectful of hygiene or eating
- become angry, upset or distressed through frustration.

The third and final stage is advanced dementia. By this stage a person is severely disabled and needs total care.

While an activity like the Men's Shed may be good therapy for a man experiencing early-stage dementia, it is quite possible that the apathy and loss of interest would see him go to the Shed less frequently than before the onset of dementia.

In the case of a new member, the first few visits to the Shed will possibly magnify any signs of dementia as the unfamiliar environment and new people increases confusion.

There are some important issues for the Shed to consider in relation to dementia. The Shed is a voluntary, self-help organisation where men work cooperatively together. But we are not a provider of personal or community support services. While our members look out for each other and help each other with projects, they do not provide care services for each other.

Most Shed members take full responsibility for themselves. Those who choose to undertake projects are generally capable of completing the work themselves, with other members providing advice and moral support. An alternative for some men who are not capable of complete independence is to attend with the assistance of a family member, a friend, or a paid carer. The Shed has a formal policy on carers which is available from the website.

The Shed does not and should not try to determine if a person is affected by dementia. Dementia is a medical condition that must be diagnosed by medical practitioners. The Shed can only focus on specific behaviour, risks to the man concerned, and risks to other members.

If you, or your family are concerned about the possible signs of dementia you should talk to your family doctor. The doctor may arrange for an assessment of memory loss and cognitive function leading to a diagnosis. If you are concerned about your memory, it is a good idea to write down what you want to say to the doctor, and it may also be a good idea to take someone you trust with you.

There are treatments available that will slow the development of some types of dementia, so early diagnosis is important.

For more information see fightdementia.org.au or talk to your medical practitioner.

Project idea: Turn a pen

Turning a pen on a lathe is a popular project idea. A huge range of options are available and making a pen is a good project for someone new to woodturning.

The project is based on a pen kit that can be purchased from woodturning suppliers. Kit prices range from below \$3 to more than \$25 for some fountain pen kits.

You turn the outer barrel of the pen from wood or acrylic.



Five wooden pens based on one of the most inexpensive kits and free scraps of wood.



A pen made from multi-coloured acrylic. A wide range of acrylic blanks are available.

There will be a demonstration of pen turning at the Shed in the next few weeks and the equipment for turning pens will be available (on loan from members) for anyone wanting to have a go. See the activity program for the date and time of the demonstration.

The hardest part of a project?

Bruce Ward

There are two stages of a project that some men seem to struggle with. The first is getting started – and the other is getting finished.

Getting started takes a mental commitment, and a confidence that we will be able to do the project and get it completed. We may also be put off by the thought that our work might not be up to standard.

Remember that perfection is something to aspire to, not something you are ever likely to reach. (There is something that is better than perfect – read to the end to discover what it is.)

Do you think any of the great artists or craftsmen created a masterpiece at their first attempt? And even when they reached the peak of their talents, were they completely satisfied with what they created?

- If you never start, you will never finish.
- Start small, and then get more ambitious.
- Be prepared to have a go.

Practice makes perfect – but what is better than perfect? FINISHED!

Changing the constitution

Bruce Ward

Last year the NSW Government revised the Incorporated Associations Act and related regulations. The changes included three new requirements for the constitution of an incorporated association. The Shed needs to amend its constitution to comply with these new government regulations.

Apart from the essential changes, the Management Committee has agreed that this is an opportunity to make some other amendments that will simplify and improve some of the rules.

The amended constitution will be put to a special general meeting of the Shed on Wednesday 12 July at 1.30 pm. Full details will be provided to members in good time to allow proper consideration. Details will also be available on the Shed's website and in hard copy at the Shed.

Road Trippin'

David White

If you had asked me two weeks ago where I'd most like to be travelling in the world, I'd have said, 'Driving along that twisty road beside Lake Garda, through those tunnels, beside those mountains that plunge straight into the lake. Drinking an Aperol Spritz in a bar by the lakeside.'

But I've just been road trippin' in good old Oz. The charms of Italy notwithstanding, I reckon we had as good a journey through north-eastern Victoria as we've had anywhere in the world.

And it was comparatively easy:

- Pick a primary destination/occasion for motivation – in this case the Bright Autumn Festival
- Do some Airbnb research a couple of months out and lock in some enticing venues
- Pack a couple of bags, the esky and your trusty co-pilot
- Sling the bike on the back of the car
- Pull out of your driveway and point the car south.

No passports, visas, hep A-B-C shots, foreign currency or just-in-case antibiotics required. No airport transfers, security checks or working out yet another public transport system. You just leave.

You can take your choice of scooting down the freeway or taking roads less travelled. Google Maps will show you three different ways and the time differentials in following one or the other. We took the fastest way, just to get out of town, even though the Hume is a pretty boring (though efficient) drive these days, with every town along the way by-passed.

After a few magical days in Bright we opted for the back tracks; that plan took us on roads with a "C" prefix which seem to guarantee a continuing vista of classic Australian rural countryside, and the blink-and-you-miss-them

Taking the 'C' roads seems to guarantee continuing vista of classic Australian rural countryside. An early morning scene in rural Victoria.



small towns. Through places with intriguing names like Wandiligong and Violet Town. Along gunbarrel-straight stretches where there won't be a bend for 30 k's and the speed limit is, unofficially, at your discretion.

Here are a few surprises we discovered about the joys of road tripping in rural and regional Oz:

Everywhere we stayed had at least one craft brewery operating – you can map your trail by the beer you've drunk.

'Cellar door' has gone beyond wine – we picked up olives, olive oil, pickles, jams, cheese. Oh, and wine of course.

Good coffee is becoming ubiquitous – any place with more than a few hundred people seems now able to support a caffeine infrastructure. Try that in Europe.

You can bring all kinds of stuff home with you, rather than being restricted to the 2 litres of single malt from the duty free on the way back into the country, or paying the ridiculous price of Fed-Exing.

Victoria in particular has an extensive array of rail trails that encourage exploratory but relaxed bike riding.

Once upon a time, all we could afford (and all we wanted) was to strap the surfboards onto the roof of the VW, cram in a tent and a couple of the boys, and take off. Recapturing just a little of that was, perhaps, the best part of all.

Corn & ham omelette

Preparation Time 20 min

Cooking Time 25 min

Serves 2



Ingredients

- ½ cup corn kernels
- 50g lean ham, diced
- 1 small zucchini, grated
- 1 small tomato, diced
- 3 eggs
- 1 teaspoon parsley (fresh or dried), finely chopped
- cooking oil spray
- ½ cup reduced-fat cheese, grated

Method

1. Preheat oven to 200°C (180°C fan-forced). Line an oven tray with baking paper.
2. Combine corn, ham, zucchini, tomato, eggs and parsley.
3. Heat cooking oil spray in a fry pan on medium to high heat.
4. Pour mixture into pan and cook for 15 minutes.
5. Remove from pan and place on prepared oven tray. Sprinkle with cheese and place in the oven for 5-10 minutes.
6. Cut in half and serve on wholegrain toast.(margarine optional).

Health tip!

Never refreeze foods that have been defrosted or partially thawed as this may cause food poisoning.

(Recipe and tip from *Recipes for Life – Cooking for one or two*, Newcastle University and Department of Veteran’s Affairs.)

About Katoomba Men’s Shed

This newsletter is produced by:

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The Shed is a not-for-profit organisation that aims to advance the health and wellbeing of its members by providing a safe and happy environment where skilled and unskilled men can, in the company of other men:

- Pursue hobbies, pastimes and interests
- Learn new skills, practise, and pass on old skills
- Learn about their own and other men’s health and well-being
- By their efforts, contribute to their families, their friends, the Shed and their community
- Mentor younger men

Disclaimer

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Thanking our supporters

The Katoomba Men’s Shed thanks the following organisations who provide ongoing in-kind support to the Shed and its operations.

- Blue Mountains City Council
- Digital Mountain
- Blue Mountains Burglar Alarms
- Cleanaway Katoomba