

Showgrounds Community Men's Shed Newsletter - May 2020

PRESIDENT MIKE WIGGIN MAY UPDATE

Hello All!

This is the monthly update for May and as you can see, it comes to you as part of a much expanded – and more professionally done - Showgrounds Community Men's Shed newsletter.

Due to the recent relaxation of the lockdown, it is theoretically possible to open the shed right now, providing we meet certain requirements. However, at the Management Committee meeting held a week ago, it was decided that we would keep the Shed closed for another month. There are a number of reasons behind this - we lack the necessary signage, distancing controls and sanitizing equipment and we don't yet have a Covid-19 plan formulated, for instance – but the main reason is that your committee did not believe that we knew enough about the possibility of the disease spreading amongst our members as the regulations are relaxed. We are a demographic that is significantly prone to adverse outcomes should we become infected and we are not satisfied that reopening is safe as yet (i.e. we don't want to kill any of you yet!)

Paul Setchell and myself will be putting our plan together this week and we hope to have it ready for approval by the committee by the start of next week. The plan is potentially complex, based on Govt guidelines, so it may take a little time to implement.



Finally, a note about the article at the bottom of this newsletter from the Friends of the Cancer Council. As a current cancer patient, I thoroughly endorse the work of the Cancer Council. These people are a real bastion to patients and their families in a time of enormous stress and uncertainty. The Friends of the Cancer Council are an essential part of the program, and for so many cancer patients, the support and funding they raise is invaluable. I would urge all our members to give this fundraising program their serious consideration and I hope you will be able to donate to their cause.

ACTIVITIES AT THE SHED

The concrete pad for the Dust Extractor housing was poured last week and the steel etc was delivered last Friday. The construction of the housing has already commenced. When the work is completed, the gardeners will need to replace some of the brick paving that had to be uplifted to allow the slab to be poured.

Your committee has agreed to go ahead with the construction of the disabled toilet. Peter Panek will be supervising the work on our behalf and he's estimating completion by mid-July (well, he is now!) Once again, the gardeners will have to relay some of the paving that is removed during the work.

Our new membership management system, TidyHQ has reached what the construction industry would call practical completion. We will be using the system from now on as our

standard information storage, communications and Website, so it will be a familiar name and symbol for us all.



WOODWORKING GROUP – *Mike Wiggin*

Carbatec informed me recently that the replacement saw they got from the national SawStop supplier in Brisbane arrived damaged and has had to be returned. They do not have an ETA for the replacement (for the replacement!), but they'll keep us informed. They'll have to, I keep nagging them.

Other than that, there isn't a lot to say about woodworking at the Shed, and with the possible exception of Bruce Mazzuchelli, nobody is more disappointed than me to have to report that sad fact.



GARDEN GROUP – *Steve Gerreyn*

Hi everyone, with the onset of the cooler weather and good rainfalls the Shed Garden is going gangbusters. For those who haven't visited the Garden, we essentially have four areas in the Garden to look after.

1. The larger potted Plants for the Royal Agricultural Society which they use at Showtime and other large events
2. The Permanent Planting around the perimeters inside and outside of the Garden Area
3. The Veggie Garden Beds with a variety of vegetables
4. The Pots – approximately 600 planted and will shortly be ready for sale

The core Garden Team of 8 person took basically a junkyard of around 200 square metres and transformed it into a lovely Garden area which co-exists with the Bicycle Workshop.



Check out our new website at <https://msclaremont.tidyhq.com/public/pages/horticulture> to have a look at the garden pics. If you like what you see, come along for a visit and meet the team or play a game of Bocce on our grassed area (When we open from Covid shutdown)

Our next Phase is to beautify the surrounding areas of the Shed and build some other structures in the Garden Area, so if you would like to join our team please contact Steve at gardenlead.msclaremont@mail.tidyhq.com



KITCHEN GROUP – *Peter Goodes*



The philosophy behind the SCMS kitchen: to eat well and prepare quality wholesome food.

Food is a prerequisite for Men's Health and Mental Wellbeing.

The aims and objectives of the Kitchen Group are:

- Encourage men to prepare and cook food for themselves and be confident in that space.
- Provide the opportunity for men to learn new skills in the kitchen etc.
- Prepare and cook a range of recipes and menus.
- Invite from time to time experts and chiefs to demonstrate their skills and the art of cooking quality dishes.
- Encourage members to occasionally prepare and produce food; for sale i.e. soups, jams, chutneys.
- Finally, most importantly for the kitchen team to have fun and enjoy this experience while cooking.

Planned outcomes from this:

- Kitchen programs are planned to demonstrate and encourage all SCMS Members, whether single blokes or family men, to cook a range cheap quality dishes for the home.
- All kitchen programs maybe tuned to meet the needs of travellers, whether campers, caravaners or recreational fisherman.

The SCMS Kitchen Group forms an integral part of Mens Shed Operations.



Example of dish prepared by Peter the other night!

RECIPE OF THE MONTH – *Fish Pie*

Total preparation and cooking time: approx. 60 mins.

Degree of difficulty (1 to 10): Rated 4

Ingredients (Serves 4-6):

- 2 cups (500ml) fish stock
- 500g skinless salmon fillets
- 500g skinless white fish fillets
- 300g uncooked peeled prawns
- 175g frozen peas
- 1 tablespoon chopped chives
- 1 cup (250ml) white wine
- 1 cup (250ml) double cream
- 1 heaped tablespoon cornflour

Topping:

- 1 kg new or chat potatoes, halved
- 500g sweet potatoes, peeled and cut into chunks
- 3 tablespoons olive oil
- 1 bunch of spring onions, chopped
- 140g cheddar cheese, grated
- 2 tablespoons chopped chives
- Salt & pepper to season



Instructions:

Place fish stock in saucepan and bring to the boil; add fish fillets, simmer gently for 5 minutes. Remove fish with a slotted spoon, reserve the stock. Flake fish into large chunks, removing any bones. Spread fish chunks into an ovenproof dish with prawns, peas and chives.

Bring reserved fish stock, wine and cream to the boil; remove from heat. Mix cornflour to a paste with 1 tablespoon of water; whisk into sauce. Return to heat and cook, stirring, until sauce has thickened. Pour sauce over fish; set aside.

Boil all potatoes in salted water until tender. Drain, then return potatoes to pan with olive oil, spring onions and half the cheese and chives. Season with salt & pepper and crush lightly with a fork or potato masher. Spoon potato topping over fish; sprinkle with remaining cheese and chives. Cook for 30-35 minutes in a preheated 190°C (fan-forced) oven until topping is golden and the filling is bubbling.

COOK WELL, STAY HEALTHY & HAVE FUN

Cheers from the SCMS KITCHEN GROUP

COMPUTING AND SOCIAL MEDIA – *Les Gunn*

Plans for the coming financial year have been documented and submitted. A survey of member interests is ready to be sent out via SurveyMonkey.

“Background” and planning activities have continued via telephone, email and Zoom conferences during the lock-down period.

There have been no Workshop events due to closure of the Men’s Shed.



BICYCLES GROUP – *Michael Bisset*

Nothing has been happening with the Bicycles Group due to the closure of the Shed but old bicycles are accumulating ready for us to get stuck into them once we have the go ahead.



PHOTOGRAPHY GROUP – Mike Somerville-Brown



“Do you want to take better photos?”

A new group has been created at the Mens Shed to cater for men who love photography and seek to improve their photographic skills using digital photo and video cameras. A group of six members led by Mike Somerville-Brown met via Zoom meetings to discuss the forming of a Group, objectives and the need to develop activities and events that meet the needs of interested shed members.

As a first step in the establishment of the Photography Group the team identified the need for a member survey. A survey consisting of 9 questions was developed on Survey Monkey to identify member interest in photography, covering both still and video photography. Also, it seeks to understand levels of interest and knowledge in image management, the use of editing software to improve the finished quality of images and specific areas of interest in various types of photography, such as, the use of smart phones, digital cameras (stills and video), and genres of photography, including landscapes, portraits, sports/action, wildlife, macro, travel, family, etc.



Learn how to correct photos like above, before and after shots

It is expected that a web link will be distributed shortly to all SCMS members via an email with a request that those interested in Photography would complete the survey using the link to the Survey Monkey website. The survey takes less than 10 mins to complete and the results will be used by the Team to develop suitable events and activities to commence once the Shed reopens later this year.

I encourage all members interested in still or video photography to please complete this survey by 29 May 2020 and consider joining the Photography Group.

FORMATION OF AN ELECTRONICS GROUP – John Hassell

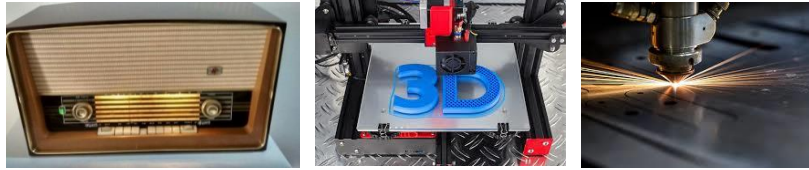
We will shortly send out a Survey to our membership to gauge the interest of Shedders in forming an Electronics Group.

We will be keen to understand from you to see what areas of electronics such a group might cover.

Suggestions already indicate that some members would be interested in household appliance repair, microcomputers such as the Raspberry Pi and the Arduino, 3D printing and CNC guided laser cutting. Others may be interested in building hifi speakers and audio equipment and restoring vintage valve radios.



Keep an eye out on your emails for this survey, be sure to complete it and let the Committee know of your interest.



OTHER ARTICLES

That Red Windmill - Graeme Owens

Yes, what about that windmill now in front of the Shed? You may either love it or hate it.

This was a static display of the Royal Agricultural Society which became redundant. How can we get rid of it they thought? Here's an idea, let's give it to the Shed.

So it sat there near the kitchen windows looking forlorn with rusting steel and broken vanes until one member (unnamed) took pity and adopted it. It would be his project to smarten it up, so to save it from the rubbish skip he put a sign on it saying "Don't touch. Work in progress".

It received an anti-rust coating, a couple of coats of paint and had new vanes made and fitted. "Now we want it to start working" was one advice received. But this thing has no moving parts, so the chances of getting it to work would be much the same as getting a marble statue to sing and dance.

That rejuvenated old dummy windmill now has a new home in front of the Shed and comments are varied. Some say "Ugh! That's awful. It's a revolting colour and windmills should be grey or silver." Others say "Great! We needed something bright in front of the Shed from which we can stream coloured balloons to help attract visitors during the Show."

Don't be reluctant to express your own comments.



Ed. I intended to insert a photo of the red windmill in front of the Men's Shed. However, that big storm a few weeks ago blew it over and it looked a little sad. So I substituted a more prosperous looking red windmill.

BOCCE or PETANQUE? – Graeme Owens

I am looking forward to playing boule in the yard. The format of boule we play can be either BOCCE or PETANQUE (similar but different).

In Petanque one stands still and tosses underarm with palm over the ball. Our space is tight but should be OK.



In Bocce one usually starts with a bit of a run-up and can toss as in Petanque, or throw like throwing a rock, or drop down and bowl the ball as in lawn bowls, so it needs a much longer area.

So due to our restricted length, playing Bocce may not be possible, particularly as we have no run-up space with a shed at one end and the step wall at the other.

That means our sign will need to read “Petanque Corner” instead of “Bocce Corner”.

If you have a set Bocce or Petanque balls, feel free to bring them down to the Shed to get a game going sometime.



Ed. This is not the Men's Shed although it is a bunch of old blokes playing Petanque (which is a religion in the south of France but must be accompanied by drinking pastis)

MESSAGE FROM FRIENDS OF CANCER COUNCIL

Many of us have been touched personally by Cancer and we know that the valuable work of Cancer Researchers is vital in the fight to find a cure.

In these days of lock down, traditional fundraising efforts can no longer occur. However, the Friends of Cancer Council WA are running an online promotion to encourage all West Australian's to continue to support Cancer Council Approved Research projects in WA.

We simply ask for a donation to our link:

<http://www.doitforcancer.com.au/fundraisers/meredythgreay>

and you will automatically be entered in the draw to win one of 6 fabulous prizes including gourmet food and wine hamper, weekends away and more. Competition closes on May 27th.

If you would like to view the prizes please visit our Facebook Page:

<https://www.facebook.com/friendsofcancerCouncilwa>



**All Donations over \$2.00 are fully tax deductible and you will receive an immediate tax receipt.

In addition, the Men's Shed Claremont Showgrounds will be recognised as a Sponsor on the Friends of Cancer Facebook Page and Website.

We thank you for your consideration to donate to this worthy cause.