

Showgrounds Community Men's Shed Newsletter – July 2020

PRESIDENT'S JULY UPDATE – *Peter Panek (vice president)*

Hello All!

The Shed committee has been working diligently to organise the affairs of the Shed so that it operates as a well-oiled machine and we have achieved a great deal of progress.

The recent achievements of the Committee and our hard-working Shed members include:

1. The first meeting of the Bee Keeping Group,
2. The first Photography Group training Class for budding photographers followed by wine appreciation,
3. The Cooking Group has very successfully conducted catering for the Photography Group and held its first 3 course lunch for the Cooking Group. Both outcomes were fabulous examples of the talents held within this Group,
4. Near completion of the disabled and Unisex toilet facility,
5. Construction of the Bee Keeping storage room,
6. Construction of the fencing which will enclose the Beehive area,
7. Delivery of the first batch of bicycles to Bicycles for Humanity,
8. Establishment of a group of volunteers who will collect donated timber and items for the Shed with several timber collections already having taken place,
9. Construction of a new access path and gate to the garden area which will provide wheelchair access to the garden area,
10. Completion of several restoration projects and timber projects for the general public which all helps to provide valuable revenue for the Shed,
11. The first meeting of the newly formed Electronics group was held
12. Installation of a new external sink with both hot and cold water for the garden area, and
13. Establishment of electronic payment system so the Shed can now receive payment via credit card

It is extremely pleasing to see how our humble Shed is developing into an amazing community space with the establishment of numerous subgroups within the Shed. These subgroups include:

Woodworking, Computing and IT training and assistance, Electronics Group, Cooking Group, Bicycle Repairs and donations, Gardening, Bee Keeping, Photography and Wine Appreciation Group and to keep the Shed moving forward, Maintenance, construction and timber project volunteers.

With the activities of these various groups occurring throughout the day the Shed is regularly seeing 25 members a day at the Shed as the norm, and numbers spiking up on special occasions.

PERTH ROYAL SHOW 2020

As members may be aware, the Royal Agricultural Society of WA (RASWA) is planning on holding the Perth Royal Show from 26th September to 3rd October 2020. As such, the Men's Shed will be participating in this event as it is extremely necessary for us to derive much needed revenue from this event for the benefit of all Shed members. The Shed will be conducting a Woodworking competition and details will be released shortly. During the Royal Show and for the week before the Show, the Shed will be closed for regular business. This is both a condition of our lease agreement with the RASWA and to enable us to prepare the Shed for an influx of visitors to the Shed and the setup of the Woodwork competition.

To take advantage of the opportunity the Show provides to us, the members of the shed will be making items for sale to the general public and if you would like to assist in this area, please make yourself known to one of the committee members or just email the Shed and we will be in touch.

Also, during the 8 days of the Show we will require a large number of Shed members to man the Shed for crowd control and sale of items. We are blessed with a large Shed and Garden area, but in order to man it properly we will require about 10 members to be on hand each morning and afternoon each day for 8 days. If we gain sufficient volunteers, we can share the load and it will not be too onerous on any group of members. Hence I am asking all members to look at your availability over this period and to let me know when you are able to take a shift or two so I can start to populate the roster. Shifts will be approximately 4 hours long from 10:00 – 2:00 and 1:00-5:00pm.

Thank you all for your participation at the Shed and I trust you are deriving a great deal of pleasure from your membership and will continue to do so long into the future.

Finally, a special thank you to those members who have taken the opportunity to become either a Gold Member or Silver member of the Shed. Your financial contribution has helped put the Shed on a firmer financial footing this year and is greatly appreciated.

WOODWORKING GROUP – *Mike Wiggin*

Woodwork inductions are continuing with Mike Cahill taking over while Mike Wiggin is away.

There are a number of woodwork projects for customers under way in the shed and help is always needed for these as well as timber de-nailing and the weekly shed clean-ups.



GARDEN GROUP – *Steve Gerreyn*

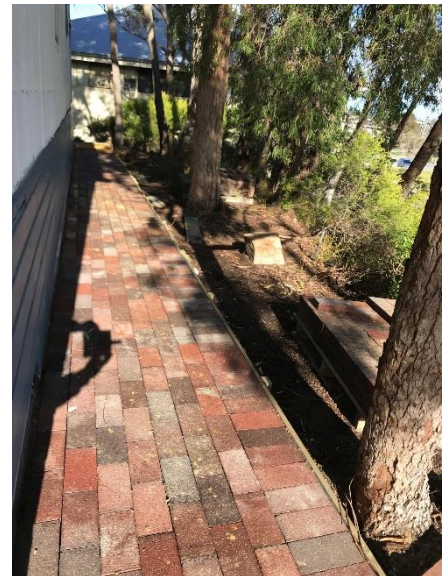
The recent weather has limited the Gardeners to a few brave souls who have worked tirelessly to complete the new pathway on the Western side of the Shed. This pathway, along with a new Gate which will be installed tomorrow 22nd July, will provide a new entrance to the Shed Garden. This will give the General Public access to the Shed Garden at the Royal Show and other events we will be planning during the summer period.

A big shout out to Noel, Rick, and Peter for completing this new path and also to Graeme for completing the repaving of part of the Garden area which has been affected by recent plumbing for the new Shower/WC facilities.

All attention over the next 8 weeks will be to prepare the Garden and surrounding areas for the Royal Show commencing on the 26th September. We are intending to sell a lot of pot plants at the Show, so if anyone has any pots and cuttings to donate to us, that would be much appreciated.

If anyone would like to help us in potting and repotting plants or helping us with a few projects over the next 4-6 weeks, please let me know as we would appreciate any assistance we can get, Hopefully the weather will be kind to us so we can complete a lot of this work.

Finally a big get well to one of our Garden Team Denis, who has been in a fight with a cat and came off second best. Surgery and two months rehab and I believe the cat got off scott free. Hope to see you soon mate.



KITCHEN GROUP – *Peter Goodes*

The Kitchen group has been very active providing a fantastic assortment of food for members helping in the Shed as the following photos show:





RECIPE OF THE MONTH – Robert Binks

Classic Caesar Salad

Prep Time: 20 minutes Yield: 4
 Cook Time: 15 minutes
 Total Time: 35 minutes

Was it really created in Rome for Caesar himself? Or did it originate with Caesar Romero in the 1948 film “The Captain from Castile”? Or was it created by Caesar Cardini, an Italian hotelier in Tijuana, Mexico? If you guessed the last one, you’re right. A now is your chance to re-create the original recipe!

Ingredients

- 2 Medium-sized Romaine (or Cos) Lettuce heads
- 1/2 cup Parmesan cheese, grated

For the Croutons:

- 2 cups Sourdough or White Bread croutons, toasted
- 1/2 cup Garlic-flavoured olive oil
- 1/2 tsp Salt
- 1/2 tsp Black Pepper, freshly ground

For the Caesar Dressing:



- 2 One-minute boiled (coddled) eggs
- 1/2 cup Parmesan cheese, grated
- 1 tsp Anchovies paste (optional)
- 1 tsp Worcestershire Sauce
- 1 tsp Lemon or Lime Juice

Method

1. Strip-off tough outer lettuce leaves and discard.
2. Wash Romaine lettuce leaves in cold water and dry - use a salad spinner, if available.
3. Chop the leaves in big chunks or tear the leaves with your fingers, smaller salad leaves can be left whole for a nice presentation.
4. Cut sourdough or white bread into bite-sized chunks and toss with garlic-infused oil in a bowl.
5. Bake croutons for 10 to 15 minutes in a pre-heated oven at 200°C, flipping over once; alternatively, fry them in a pan over medium heat, tossing frequently until golden.
6. Season cooked croutons with chopped parsley, salt and black pepper to your liking.
7. Boil eggs for only 1 minute ('coddled') and cool-off in cold water
8. Break coddled eggs into a small bowl and toss with Worcestershire Sauce and Lemon/Lime juice until it becomes a compact dressing.
9. Place Romaine Lettuce in a large salad bowl and toss with salt and black pepper, then add the salad dressing and toss thoroughly.
10. Add ½ of the Parmesan cheese and ½ of the croutons and toss again.
11. Finally, to top-off the salad, add the rest of the croutons and cheese so they don't fall to the bottom of the salad when serving.

Recipe Notes

- Croutons can be stored in an airtight container for up to 2 weeks, or frozen for up to 2 months. To use, bake the frozen croutons on a baking sheet at 150°C until thawed and crisp.
- If you prefer to omit the anchovies from the salad dressing, substitute the anchovies for an additional 1 teaspoon of Worcestershire sauce and 1 teaspoon of lemon juice instead.

COOK WELL, STAY HEALTHY & HAVE FUN

Cheers from the SCMS KITCHEN GROUP

COMPUTING AND SOCIAL MEDIA – *Les Gunn*

There have been several one-on-one help events since the re-opening of the Men's Shed. An A4 Laminator has been added to the office equipment and has been put to good use for signage around The Shed.

The Windows Computers and Laser Printers have been used for many purposes in support of other Groups, and handouts have been prepared for the Photography Course to be held later this month.

Please contact Les Gunn at les.gunn@gmail.com or 0412171006 for help with email, smartphones, WiFi, Cloud storage, and any other IT issues that may have you flummoxed.

BICYCLES GROUP – *Michael Bisset*

The bike group has been in production for the past few weeks and have delivered our first 15 bikes to B4H just this week. Current bikes we are donating are destined for Namibia. Our work days are Tuesday and Wednesday mornings if you would like to join in.

PHOTOGRAPHY GROUP – *Mike Somerville-Brown*

The Photography Group successfully ran a short course on “Mastering Photography” for 28 members on 23 July 2020.

The course was structured to ensure that all the members of our Group have a good understanding of the basic concepts for taking better photographs.



The course was led by Nick Melidonis one of Australia's foremost landscape/travel photographers and photographic educators who has travelled extensively and photographed some of the world's most scenic and wild locations.

Thanks to Peter, Les, Chris and Stephen for assistance in the planning and organisation for the course.



Catering for the course was provided by the Shed's Kitchen Group with delicious baguettes and fruit for lunch; and wine, cheese and nibbles for the after-course fellowship which was enjoyed by all.



This course will be followed by a fortnightly series of field trips and workshops typically on a Thursday afternoon over the next few months to put into practice the knowledge and information gained during the course.

ELECTRONICS GROUP – John Hassell

The Electronics Group in the Shed is now up and running for those who have an interest in all things electronic and electrical or would like to learn more about how electronic gadgets work.

The Group has been allocated space for a dedicated electronics workshop and a budget to purchase tools, components and test equipment.

So far Group members have indicated interest in building Hi-Fi stereo equipment, restoring vintage radios and exploring microcomputers.

You can contact the Electronics Group leader John Hassell for any information about the group and planned activities.



FORMATION OF A BEE KEEPING GROUP – Peter Panek

This month, July, saw the very first meeting of the Bee Keeping Group. The meeting involved a very informative presentation on Bee Keeping by Richard Collis. Richard has over 40 years of experience, both here and in England, and his expertise in this area was on clear display. As a passionate Apiarist, Richard was only too pleased to share some of his knowledge with our group.



The meeting was attended by 15 members and friends with several of them already practising Apiarists and so we have the makings of a reasonably strong group of members who are willing to participate and hopefully also help to pass along their knowledge to the group.

Since our last newsletter much has transpired. Firstly, I must acknowledge the eagle eye of John Suthers, who correctly identified my gross exaggeration when I stated that there are some 9,500 Apiarists in the State. John suggested that the number was closer to 3,500 or less. After checking the correspondence from the Department of Primary Industries and Regional Development I acknowledge that the correct figure of licensed Apiarists is closer to 960 within the State of WA. Thank you John for helping to get the truth out there.

Secondly, due to the hard work of Stephen Keenihan who did all the planning and material purchasing, and Alistair McMichael, who helped with the actual installation, our bee keeping area has now been fenced off and screened from the general public. I think this team is now planning on undertaking fencing as a new occupation and they now come highly recommended.

Lastly, the room where we will store our equipment has been completed and is available for use. Hence another milestone has been achieved.

At our last meeting, I suggested that we would meet again in about 3 weeks, hence I am planning for our next meeting to be held on Wednesday 5th August from 3:00pm. We will be showing the DVD which Richard Collis gave us a taste of at our last meeting and Richard will be available to field any questions which arise from the viewing.



Richard has also offered to provide our group with a full working hive as per the details below;
“As promised I will donate a complete colony of Queen right bees on a ten frame Langstroth hive in mid to late August. This hive will be on good used boxes and will last for some years yet.

It will comprise a base, a ten frame brood box and a ten frame honey super, all drawn comb and with some stores, with a third box with ten wired frames ready for foundation to be applied. A plastic excluder and roof to complete the hive, also possibly a fourth empty box.

These wired frames will need foundation wax to be applied, the wax we can obtain later in this month/next month when there is a place to store it.

This will be an opportunity to show how to fix wax to the wires. I will bring my equipment along at the time to let people have a go.

For the fourth box we will need frames in flat pack form with all the little bits and bobs to make them up, those items were on my parts list supplied and when the time comes I will happily help to get them

The hive is overwintering in another location and it will be available as indicated.

I may have other hive parts that I will provide to the as we get into the season.”

So, as chief Presenter, Mentor and Donator, Richard's contribution to our Bee Keeping group cannot be overstated and I extend to Richard our heartiest thanks for his invaluable contribution to the group so far and look forward to the benefits we will all derive from his contribution well into the future.



PERTH ROYAL SHOW UPDATE – Steve Gerreyn

Further to the President's Report above, we have formed a Sub-Committee of 7 persons which will be meeting regularly over the next 8 weeks to plan the Shed's involvement during the Perth Royal Show.

We are currently in the process of preparing a forecast Shed Budget for the Show and will compile a Shed Operational Plan for this event over the coming weeks. This Plan will also be updated after the event to reflect any changes we would want to make for the following year and will provide us a blueprint that we can use for our involvement in future years.



With approximately 8 weeks to go, we have a lot of work to do in preparing the Shed for this event. One of the major activities is to make a number of woodworking products that we can sell both at the show and also down the track to the Sunday markets, which have recently commenced in the Showgrounds. Over the next few weeks, we would like to establish several Production Lines in the Workshop for making these items within a short period, so we will be calling on Shedders to help us out in this regard.

We will continue to update you all on a regular basis for this Event and encourage you to take part in the preparation activities we will have over the coming weeks. Happy to take any ideas from our Membership to make this a successful event for the Shed, so please send them through to me at skgerreyn@gmail.com.

Royal Show Sub-Committee Lead

HEALTH AND WELFARE PROGRAM SURVEY

– Michael Hart and David Beard

We recently sent out an email to all Shed members about a health and welfare survey.

To recap:

Health is a major focus and aim of the Men's Shed movement. Our aim is to hold regular presentations/discussions/events for members throughout the year.

We are keen to gauge the level of interest in different health-related topics so we can begin our program planning and targeting those areas are of most interest. Obviously when we schedule talks is dependent on the availability of health professionals, but your feedback will guide us in our planning.

If you haven't already completed the survey, then please take a few minutes to do it at this link.

<https://www.surveymonkey.com/r/SJQL2HS>

We will let you know when our first health presentation is scheduled.

Stay Safe and enjoy the activities of the Shed