



# The Shed Journal



**Issue 37**

**September 2024**

## Your monthly update on WMS News and Events

### Chairman's Foreword:

*"August was a great month for our shed with plenty of activity and high attendance levels. A big welcome to all those new members who joined us, and I hope you enjoy all the benefits of being amongst a fabulous group of members. Our Shed prides itself in support for our members so if you need help or advice speak to myself or one of the committee as we may be able to assist or point you in the right direction."*

*Malcolm Trayhorn* - Chairman - email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)

### Editorial:

#### Welcome to issue 37 of "THE SHED JOURNAL"

#### 3<sup>rd</sup> Anniversary Issue

Well, it doesn't seem 3 years since my first issue of this Journal hit the airwaves, how time does fly. Way back then I had no real idea which format I would use so I basically winged it issue by issue, an acceptable layout gradually emerged which seems to fit the bill. My greatest concern was that the Journal would become staid in its content which is why I appeal to members for articles. I have had a few submissions but would always welcome more, for example just like the one in this issue about the Snetterton Car Rally.

I enjoy formulating the Journal and I thank my wife Hazel for enduring my endless hours sat with my laptop tweaking any frayed edges. I hope I can continue to provide an interesting and informative Journal for members. Please email me your views, good or bad and should any of you have any ideas as to how we could improve the content please sing out.

*"Members are welcome and indeed encouraged to contribute articles about themselves (with or without pictures) of days out, holidays, life/work experience, hobbies etc. I'm sure we all have a story to tell, once you start writing it will flow.*

*Also, if you come across an interesting article, please send it to me or point me to it or if you hear of anything interesting or informative to include i.e., Scams, DIY/Gardening tips, a film, book, magazine or music review, a good TV or radio station then please feel free to send me details and I will consider them all. The more of you who contribute the more interesting and diverse we can make it."*

**Note:** *"Political, Financial and Religious articles will be closely scrutinised before publication. However, defamatory articles will not be published."*

*"Please advise of any errors/typos and feel free to send me your comments, good or bad. I strive to please."*

*John Chamberlin* - Editor - email: [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)





## Latest News on Shed Facilities and Amenities:

### Main Social Room:

*“The Main Social Room is where the larger part of our membership congregates to catch up with fellow shedders over a cup of tea/coffee. Groups develop for a game of something or other although that is far from what’s actually on offer. Other groups sit and chat about whatever comes up, the news, holidays, home, hobbies, family etc. All are a friendly bunch and welcome other members to join in the conversation and banter.”*

*Remember that we have a trolley containing a variety of Books, DVDs, and CDs in the social room. Please feel free to help yourself, these can either be kept or returned.*

**Members are politely reminded of the importance of coming to the social room to sign in.**

*John Chamberlin* – Editor

### The Carpentry Workshop:

*“The woodwork shop continues to develop. Rob Fielding and his team of 4 or 5 regulars are doing a wonderful job and enjoying themselves in the process. The installation of the dust extraction system is now complete which means that the environment is much more comfortable to work in. Thanks go to Rob & Co.*

*Just take yourself out there to see what’s on offer, you might be very surprised. Who knows, you may well come away with new skills or pass your own skills on to others.”*



*John Chamberlin* – Editor

### The Computer Room:

*“There is no computer room report this month, Jeff is taking a well-earned break. The Tech team has been doing a sterling job in his stead. They continue apace, dismantling, repairing, and selling all things tech continuing to deliver their invaluable contributions to the shed. Why not put your head through the door and see what they’re about.*

*Jeff will be back on these pages next month.”*

*Jeff Heath* - Computer Group Supervisor - email: [jefferyheath2017@yahoo.com](mailto:jefferyheath2017@yahoo.com)





# The Shed Journal



## Trivia & Quiz Corner:

### **Sporting chance:**

Name the 2 common sports that start with a **'Face-Off'**

### **What's my line: From which song?**

"Jennifer Eccles had terrible freckles"

### **Never judge a book by its cover:**

Who wrote 'The Man in the Iron Mask'?

## The Six W's Quiz:

### **Where**

is the mountain K2 located?



### **Who**

played the leading role in the 1962 film 'Lawrence of Arabia'?

### **Why,**

in June 1215 was the 'Magna Carta' written?



### **Which**

country has the longest coastline?



### **When**

in the year are the vernal and autumnal equinoxes?

### **What**

Galaxy is the Earth located in?

## Last thoughts:

**That's odd:** Give the odd one out:  
Oak, Ash, Beech, Mahogany, Cedar, Walnut, Maple

**Line up:** Give the next in line:  
Ramsey, Mercer, Revie, Greenwood, Robson, ?

**MIA:** Give the missing item:  
DC, DS, DI, DCI, ?, DCS





## Social programme:

Our Social Secretary is very adept at organising an excellent programme of events. Malcolm is, however, open to suggestions and ideas, so please put your thinking caps on. Suggestions to Malcolm please.

## Recent events:

*“A big thank you to Jezz Hookham, John Parling, Robin Trewartha, Gordon Williams and Dave Cooper for manning the road closure on Sunday 25th August for the Bike Day event.”*

## Summer BBQ:

*“On Saturday 31st August more than 100 members and their guests attended the Sports Centre for our annual BBQ. The weather was not the best with a slight chill in the air but at least it stayed dry! The work that went on by several members and wives before, during and after the event was brilliant and made for a great day. Thank you all. Sadly, I was too busy flipping burgers to take any pictures so if anyone did take pictures, please let me have a copy.”*

## Shedfest “Mardle”



*“On Saturday 7th September Wayland Men’s Shed played host for the Norfolk Men’s Shed “Mardle” (a Norfolk word for a gossip or chat). It took place at the Sports Centre, where representatives from 16 Norfolk Sheds spent a very interesting and informative few hours talking all things relating to the work of Men’s sheds.*

*Jonny Wood, the Norfolk Men’s Shed network facilitator, opened the event and then I, as chairman of the host shed gave a presentation about how the Wayland Shed came about and the work they do for the Men of the local community. Other presentations were given by Henry Gowan from*

*Poringland, Ray Winder from North Walsham and Natasha Ereira-Guyer from Civic Society Consulting. There was plenty of time to mingle and enjoy a BBQ before heading home.*

*A big thank you goes to all members who turned out to support this event, which certainly raised our profile in the Men’s Shed arena. Bob Darts and Grahame Andrews in particular did a sterling job cooking and serving burgers and sausages to all the visitors.”*

## Upcoming Social Calendar:

Event	Date	Venue	Time	Estimated cost
Thursford Spectacular	Wednesday 4 <sup>th</sup> December	Thursford – coach	TBC	£60 per head <b>Now closed</b>
<b>Shed Mulled Wine &amp; Mince Pie</b>	<b>Monday 16<sup>th</sup> December?</b>	<b>Bowls Room</b>	<b>TBC</b>	<b>FREE</b>
Shed Christmas Meal	Thursday 12 <sup>th</sup> December	Broom Hall – Meet there	TBC	£30 per head

### Thursford Christmas Spectacular: Wednesday 4<sup>th</sup> December

*“I have now closed the list for this event but please let me know if you want to go on a reserve list and I will do my best to get you on the trip.*

*For those booked, thanks to those who have paid and now ask anyone who still hasn’t given a deposit at least to either see me or John Chamberlin. Payment can be made by cash or cheque payable to ‘Wayland Men’s Shed’, or bank transfer to **Wayland Men’s Shed - Sort code 30-98-90 Account 16989360 ref “Thursford”.***

### Christmas Meal: Thursday 12<sup>th</sup> December

*“Our Christmas meal this year at Broom Hall on Thursday 12th December. There is a list on the notice board so please put your name down if you wish to come. A copy of the menu is also on the notice board so you can write down your choices. Cost is £30 for a 3-course meal. I am now taking money for this event. Payment can be made by cash, cheque payable to ‘Wayland Men’s Shed’, or bank transfer to **“Wayland Men’s Shed” - Sort code 30-98-90 Account 16989360 ref “Christmas Meal”.***

[Malcolm Trayhorn](mailto:malcolm.trayhorn@gmail.com) - 01953 529531 - email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)





## Member groups:

### Shanties at the Shed:

*“There is comparatively little to report this month as we have no gigs booked until the beginning of November. Consequently, rehearsals during the late summer and early autumn are concentrating largely on revision of our existing repertoire and adding a few new songs before a flurry of gigs towards the end of the year.*

*Looking back on the gigs we have had to date it’s clear that we have developed our presentation (our ‘act’) as much as we have become a more than competent group of singers. One of the lessons we have learned is that audiences seem to enjoy singing along with us on the songs they know. With that in mind we are gradually incorporating several well-known ‘songs of the sea’ – not necessarily shanties - into our repertoire. Hopefully, this will allow us to engage more fully with our audiences in the future.*

*We are always looking for new members (both singers and instrumentalists). It costs nothing to give it a go other than the normal shed weekly sub. Our next rehearsals will be on:*

**Monday 2<sup>nd</sup> and Wednesday 18<sup>th</sup> September 2024**

**Monday 7<sup>th</sup> and Wednesday 16<sup>th</sup> October 2024**

*Starting as soon as possible after 10 o’clock. Please don’t forget to sign in and pay the usual £2 session fee.”*

**Interested?** Contact [Nigel Potter](mailto:Nigel.Potter@shedjournal.com) – Shanty group lead - email: [silveralto@gmail.com](mailto:silveralto@gmail.com)

### The Music Club:

*“We certainly had a fun session this time, with songs being played on the topic of Names. This brought up a really great selection of songs across a wide range of years and genres, and made the group feel the need to join in and sing on at least three occasions, which I believe is a first for the group! Everybody was raring to go at 9.30, and we needed the extra half hour as we welcomed two new attendees in Bill Gautier and Roger Widdison, bringing us to 18 attendees on the day. Next month will see us decide on our themes for next year. We’ve already got a lot of ideas within the group so whittling them down to just a dozen will be interesting.*

*We had a tie at the top for the first time, which was well deserved as those two songs brought out the loudest singing. The top tracks of the day were:*

- =1<sup>st</sup> “Lily the Pink” by The Scaffold which scored 152 points*
- =1<sup>st</sup> “Ernie, the Fastest Milkman in the West” by Benny Hill, also on 152 points*
- 3<sup>rd</sup> “Cecilia” by Simon and Garfunkel on 139 points*
- 4<sup>th</sup> “A Boy Named Sue” by Johnny Cash on 138 points*
- 5<sup>th</sup> “Change Your World” by Matt Monro on 134 points*

*Next month’s meeting is on **Wednesday October 2<sup>nd</sup>**, where the theme is **“In the Dentist’s Waiting Room”***

*We always have a good time and lots of good-natured chat, so if you enjoy music of any kind why not come along? You don’t even have to bring along something to play if you don’t want to, as you are more than welcome to just come and listen to our many and varied selections.*

*Please don’t forget to sign in and pay the usual £2 session fee.”*

**Interested?** Contact [Dave Cooper](mailto:Dave.Cooper@shedjournal.com) – Music club lead - email: [dwanddrc@gmail.com](mailto:dwanddrc@gmail.com)

### Editor’s note on groups:

*“Do you have an idea for a similar group? For example: A walking group, a book or cycling club, games group, maybe a common hobby or interest then please email the idea to Malcolm - [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com). Such groups will be fully supported by the committee but arranged and run solely by the interested members.”*

**Note:** *“A group does not have to be several members; you may just find one other like-minded individual to start with and others may well join you later.”*



## The Shutterists:

*“The “Shutterists Group” are a friendly bunch of Shedders who are keen photographers with an un-written objective of doing it “FOR FUN” and combing it with the “LOVE OF A GOOD WALK.”*



### **The group’s focus is;**

1. Monthly Group outings to photogenic places within East Anglia.
2. Learning and improving our own camera handling.
3. Learning to ‘enhance our photographs’ with minor adjustments in Photoshop.
4. Taking part in a monthly Photograph Challenge.

*Shutterist Group members all use camera types, DSLR, Compacts, Mirrorless, Film, Phones, Pin Hole, Box Brownie, etc... However, even though we are predominantly a Photographic Group, cameras are not a pre-requisite for trips out and warmly welcome all fellow members of WMS to enjoy our planned visits. For example, one of our keen members is more into Art, than photography, and will attend outings with his charcoal and sketch pad.*

## **Shutterists August foray to Pin Mill & Languard Point**

“Six members of the group were able to make this month’s foray into the depths of Suffolk where we had arranged to visit two locations – Pin Mill near Ipswich and Languard Point, Felixstowe. Although we had previously been to Pin Mill, the idea of visiting two locations during a foray was something we hadn’t tried before so, needless to say there was a certain amount of nervousness that we might have bitten off more than we could chew. Thankfully, this proved not to be the case.

The journey from Watton to our chosen rendezvous point (The Oyster & Butt Pub Car Park, Pin Mill) passed without incident despite the need to do a quick detour due to unforeseen roadworks close to the village of Ixworth. Having safely established our presence in the car park we quickly realised that the high tide had effectively cut off our route to the coastal path and we immediately withdrew to the pub to await the falling tide which would allow us the embark on our chosen route. We did however use this visit to make arrangements for us to have our rations in the pub when we had finished our tour of Pin Mill.

The weather was dull and overcast which, together with a stiff breeze, did not make for ideal photographic conditions. However, our Bravehearts did not let this affect their enthusiasm to take photographs of the numerous wrecks and other shoreline detritus that litter the area.

All too soon it was time to make our way to the pub and take up positions where a variety of beverages and meals were ordered and consumed. I am pleased to report that the quality of the food, the service and friendliness of the staff were exemplary. Needless to say, we enjoyed our visit to the Butt and Oyster immensely and all would recommend a visit if you should find yourself in the area.

Following our meal, one of our party suggested a short drive to Shotley to take in the view of Felixstowe Container Port and reminisce the decline of HMS Ganges.

So on to part 2 of our foray.... It had been our intention to perhaps catch a decent sunset over the container port taking in the view from Languard Point. Unfortunately, as evening approached the weather deteriorated with 100% cloud cover, rain in the wind and extremely high humidity so seeing the sunset was out of the question. However, the dockyard lights, silhouetted cranes and berthed ships were well worth photographing as daylight gave way to the night. We all applied ourselves to the challenge and some excellent photographs were captured.

As night fell it was time to return to Watton and we said our fond farewells and thanks to our drivers returned to the safety of Norfolk and “home sweet home.” All in all, an excellent day out and well worth the journey from Watton to our two Suffolk locations.”



# The Shed Journal



So, a little different from the usual method of judging this month because of the two distinct locations we visited on this “Shutterists day out” to Pin Mill & later in the early evening to Languard Point. I must say I was really impressed by the quality of the submitted photos particularly those taken in the low light at Languard Point. Having had a conversation with our esteemed judge John Parling, he remarked how difficult he found it to arrive at a score for each photograph.

As mentioned previously the total of the points awarded by John of the two photographs submitted would decide who would be awarded the Terry Knight’s Memorial Trophy for the coming month. The results are as follows: -“

Gold	Bob Darts	10
Silver	Grahame Andrews	8
Joint Bronze	Stewart Haile	7
Joint Bronze	Malcolm Trayhorn	7

## 6 Points

“Abstracted Wrecks”

A 6-point shot by  
**Bob Darts**

“Amazing photo reminded me of a Robinson Crusoe theme.”

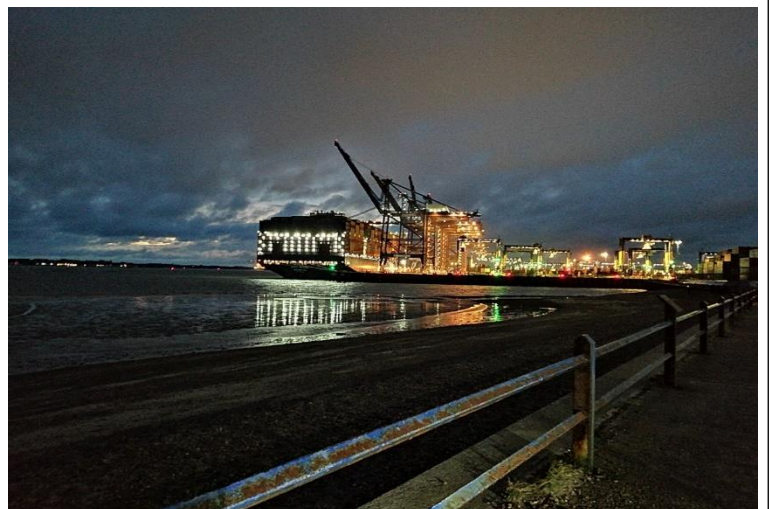


## 6 Points

“Docks”

A 6-point shot by  
**Grahame Andrews**

“Love this photo, I think the railings really sets things off.”







## 5 Points

“Revelations At Low Tide”

A 5-point shot by  
**Stewart Haile**

*"Loved the colours and reflections."*



## 5 Points

“Nighttime Docks”

A 5-point shot by  
**John Ford**

*"Lovely photo, the water,  
and the sky amazing."*



### September Photo Outing

“Our next outing is another two centre foray, this time to **Binham Priory and Wells Next the Sea Harbour**. This is being arranged by **Grahame Andrews**.

If you would like to join us on this or any of our ventures, you'll be more than welcome. You don't even need to own a camera, just come along for the stroll, and enjoy the company of a group of members who have been described as “Just like the characters in “Last of the Summer Wine” ... but on steroids!!!

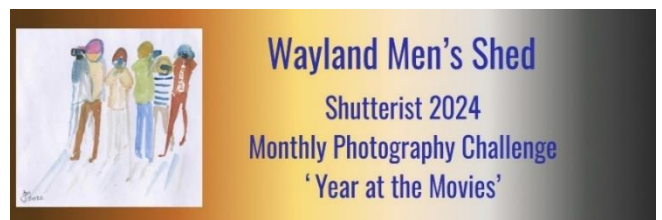
**Interested?** Contact me either at the Shed on a Monday morning or:

**Bob Darts** – Shutterists Photo Walk lead - 07825 756481 – email: [robdarts@gmail.com](mailto:robdarts@gmail.com)

### Shutterists 2024 monthly challenge:

“For this year's monthly challenge, we are heading to the movies. Each month a film title will be provided to function as inspiration. You are welcome to enter both a colour and a black and white image and entries are welcome in all artistic mediums (Photo, Sketch, Painting etc). We're still waiting for our first pottery entry.”

“The film for August was **“The Secret Garden.”** The winning pictures were as follows:-“







## **GOLD**

**“Sunny Garden Walkway”**

**Gold Award: Shot by  
John Ford**



## **SILVER**

**“Secret Floating Garden”**

**Silver Award: Shot by  
Neil Rowe**



## **BRONZE**

**“Garden”**

**Bronze award: Shot by  
Grahame Andrews**





## SEPTEMBER PHOTO CHALLENGE 'Animal Farm'

September's Movie is '**Animal Farm**' closing date 30<sup>th</sup> September.  
"Any questions please don't hesitate to drop me an email.  
[wayne.rutter.1979@hotmail.com](mailto:wayne.rutter.1979@hotmail.com)  
Happy snapping (or creating)."



Wayne Rutter – Shutterists Monthly Challenge lead  
email: [wayne.rutter.1979@hotmail.com](mailto:wayne.rutter.1979@hotmail.com)



## Other News, Notices, Events & Interesting Articles:

### Watton Events 2024:

Sunday 20 <sup>th</sup> October	Sports Centre Autumn Fair
Saturday 26 <sup>th</sup> October	Fireworks Display– Showground, Brandon Road
Sunday 10 <sup>th</sup> November	Remembrance Sunday – Memorial Car Park
Sunday 24 <sup>th</sup> November	Watton Festive Market – High Street

If any member knows or becomes aware of any events in the Breckland area, please let me know.

[John Chamberlin](mailto:bjcoi8@gmail.com) - email: [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)

### Gastro Jaunts around Norfolk Number 17:

*"This isn't strictly speaking a jaunt, but a review of a new restaurant recently opened in Watton, it's called the Raj and from the title you may have guessed it's an Indian restaurant. It's on the site previously occupied by the Flying Fish pub, on the outskirts of Watton on the Norwich Road.*

*Chas has only heard good reports from her customers at Tesco, so we had to give it a try. Indian is not my favourite cuisine, but Chas loves it, so we booked a table for a midweek lunch.*

*On arrival we were the only people having lunch, but a few customers were coming in for take-aways. The ambiance was quite nice, and the service was very attentive (with more staff than customers!).*

*For starters we had the usual poppadums with chutney dips, one of the dips was new to me, it was tamarind, I was expecting something sharp and sour, but this was really nice and sweet but not too sweet.*

*The mains were all nice and not too hot and spicy.*

*The waiter warned us that Friday and Saturday evenings are very busy, so with a good take away trade let's hope the restaurant will be a success."*

Submitted by - [Les Waller](#)





## Snetterton Classic Meeting – Sunday 30 June 2024:

On 30 June, Graeme Hale and I visited Snetterton circuit for the Snetterton Classic meeting. This is one of the most important classic car events of the year, with many of the races counting towards national championships for different categories of cars.

The sun did not appear, there was a cold wind blowing and a few brief rain showers, so a fairly typical English summer day. Nevertheless, we had a most enjoyable day browsing in the paddock, looking at exhibits, talking to fellow “petrol heads” about their cars and of course watching some racing.

Rather than ramble on about the results and highlights of the races, I feel that it will be more interesting to most shedders to feature some cars which are particularly noteworthy and left their mark in motoring history.

There follows a brief description of each car and its reason for selection, plus a gallery of photographs.

Starting off with the **‘Austin Healey Sprite’ “Sebring.”** This is no ordinary Sprite just dressed up a little. It was conceived in 1960 and produced in limited numbers at the BMC Competitions department in Abingdon. This department was well resourced and staffed by enthusiastic, well qualified competitions engineers. It was made in sufficient



**‘Austin Healey Sprite’ “Sebring”**



**‘Austin Healey Sprite’ “Sebring”**

numbers to qualify as a production car, but no more. There was never any intention to sell it to the general public. It was intended to compete at the annual 12-hour world championship sports car race, held at the Sebring circuit in Florida. If the car were able to win its class at this event there would be much publicity opening the door to the lucrative American sports car market. The standard Sprite bodyshell was lightened using aluminium alloy panels, reshaped to improve aerodynamic properties while the engine was race tuned and strengthened to withstand the rigours of a 12-hour race. To increase the likelihood of success, a top-class driving duo was hired;

namely Stirling Moss and his sister Pat, who was already a BMC works rally driver at this time. Things went according to plan and the car won its class. Examples are still competing regularly and fetch good prices at auction.

Next, we have the **‘1964 Shelby Cobra’ “Daytona Coupe”.** This was designed as a competition car, based on the Shelby Cobra production car. The special aerodynamic body shape with shortened “Kamm” tail was the



**‘1964 Shelby Cobra’ “Daytona Coupe”**



**‘1960 Cooper Monacos’**

work of a highly regarded Australian designer, Peter Brock, who was tasked with the job making the Cobra competitive at venues with long straights, such as Le Mans. He certainly succeeded, as the Daytona coupe was able to exceed 180mph, compared with the production Cobra at around 160mph. The car achieved some rather unwelcome publicity, when AC cars took one in a transporter to Northamptonshire, parked on a bridge overlooking the M1

motorway at a junction. They then unloaded the Cobra and timed it travelling up and down the M1 at maximum speed! There were no laws broken, as the car was licenced, insured and fully road equipped. There was little traffic as it took place at first light. Nevertheless, reports of the incident were made known to the police, who unsurprisingly were not best pleased. Eventually questions were asked in the House of Commons about the potential danger to the public leading, several years later, to the introduction of the national speed limit of 70mph. A car which really broke the mould in the sports prototype racing category was the **‘1960 Cooper Monaco’.** This simple but effective design brought mid-engine layout to this class of car for the first time. It was small and lightweight with excellent handling using chassis design from the very successful F1 Cooper Climax, which had won back-to-back World Championships. The Cooper Monaco used a simple 4-cylinder, 2 litre Coventry Climax engine developing about 160 bhp, but this was enough for it to record many wins against more powerful cars.



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In 1957, Lister Engineering of Cambridge produced a new sports racing car which was powered by the 3.8 litre version of the very successful Jaguar XK straight-six engine. With its more modern chassis, the Lister Jaguar was faster than the Jaguar D Type, which was becoming rather dated. With its excellent handling, plus a line-up of very good drivers it notched up many race wins. Eventually due to the shape of the body, it was affectionately known as the **'Lister Knobbly.'** Lister Engineering are still going and will produce road legal replicas of the Knobbly for wealthy customers.



**'Lister Knobbly'**

In the early 1960's TVR were having some success with their Grantura model, produced at their factory in Blackpool. The fibreglass bodied Grantura could be ordered with several different engines from Ford, Coventry Climax and BMC. These gave the car a lively performance, due to its light weight. However, to break into the lucrative American Market, it was decided they needed a model with a bit more "grunt." This led to the introduction of the **'TVR Griffith'** in 1965. This model was powered by an American 4.7 litre V8 Ford engine, the same unit as used in the Shelby Cobra. As can be imagined, the performance was enormous. Production versions had nearly 300bhp with race tuned cars reaching 400bhp. This was not a car for the faint hearted! It had a short wheelbase and light weight, plus enormous torque. If the throttle was not used with care, particularly in slippery conditions, one swapped ends in a trice. High insurance costs were a factor in limiting UK sales,



**'TVR Griffith 400'**

but it was more successful in America. Some examples were shipped to America in kit form, to be assembled with the customers own choice of engine fitted.

In 1936, BMW were having financial problems and would not have been able to continue much longer without a turn round in their fortunes. Fortunately, the introduction of a new model, the BMW 328 Roadster, was just what was needed. With appealing styling, an advanced chassis, and a superb 6-cylinder, 2 litre engine, this car was an instant success. The road performance was impressive, and the car also excelled in competitions, winning many events in racing and rallying.



**'Fraser Nash' - "BMW 328 Roadster"**

The factory was stretched to meet the demand, so when it became necessary to offer a right-hand drive option for the UK a deal was struck with the company Frazer Nash in England. Cars in kit form would be shipped to England for Frazer Nash to assemble in RHD form. These became known as Frazer Nash BMWs. Unfortunately, WW2 put an end to these activities, as BMW were switched to making armaments. The car is still a sought-after model with classic car enthusiasts and high prices are usually paid for good ones.

Submitted by – [Richard Collier & Graeme Hale](#)

## What3words?

Every 3m by 3m in the world now has a 3-word address, this is the simplest way to communicate that precise location in an emergency. Emergency services across the UK are now using 3-word addresses to easily find and share locations in emergencies.

What3words has already been used to locate a hostage who didn't know where they were, respond to rural road accidents and locate a lost child.

Emergencies can happen anywhere, from a broken-down vehicle to a major natural disaster. A 3-word address can tell us a precise location anywhere in the world. This supports response teams in coordinating their operations.

With the geographical area we live and work in, this app could speed up how quickly help arrives when it's needed most. This can make the difference between life and death.

Submitted by – [Steve Worth](#)





# The Shed Journal



## Men's Shed – We care:

Members of our shed have a variety of reasons for being a member.



- Having other male companionship.
- Reducing the feeling of loneliness.
- Meeting up with others.
- A way of making new friends.

Whatever the reason there is plenty of evidence that our shed is making a difference.

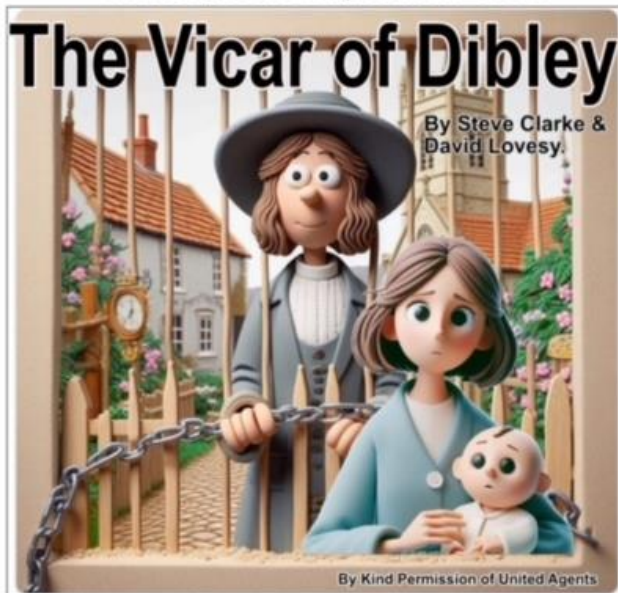
It has come to my attention through recent events that there are men in the area who are desperately in need of support and may not always be able to attend our meeting room.

Would any members, who are able, be prepared to visit a vulnerable male once or twice a week at their home? If you feel that you may be able to assist, please contact me and I will give more information.

*Malcolm Trayhorn* – Chairman - email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)

## “Vicar of Dibley is coming to Queen’s Hall”

The Boo and Hiss Theatre Company  
Proudly Presents an Amateur Production  
In the Queens Hall, Watton. Of . . .



Full of chuckles and belly laughs and most importantly the bar. Come along and give them yours support.

Submitted by *Wayne Rutter*

**Curtain Up 7.30pm Bar**

In The Queens Hall, Watton  
Thursday 26th September  
Friday 27th September  
Saturday 28th September

**Seat Price Only £6.00**

For Seat Bookings Please Call 07717 210467  
(Card Payments Welcome)  
Or visit "The Norfolk Gift Company"  
High St. Watton. (Cash or Cheque Only)

## Don't bank on it:



## Banking Hub at Wayland House – Opens Monday – Friday 09:00 – 17:00

Monday TBA - **NatWest** Tuesdays - **HSBC** Wednesdays - **Lloyds** Thursday - **Barclays** Fridays

Withdraw & Deposit cash – Deposit cheques – Pay utilities – Check balances – Banking advisors Tue - Fri

### Note:

Lloyds and Halifax branches in Thetford and the Lloyds branch in Fakenham are due to close in May 2025



## News Flash:

Just in case any of you had not heard, what was the old “Wayland News” is now being published once again. Its new title is the “**Watton and Wayland Times.**” Each issue is due for publication on or around the 15<sup>th</sup> of each month, copies can be collected at ‘Adcocks’ and at several other locations. Julian Horne is a very dedicated editor and is exceptionally good at what he does.

## Pancreatic Cancer Walk:



Steve Worth, one of our Shed members is taking part in a 31 mile walk in aid of Pancreatic Cancer during October. Steve is canvassing for donations for Pancreatic Cancer UK.

Any member wishing to sponsor Steve then please contact him directly. His email is [misterworth@yahoo.com](mailto:misterworth@yahoo.com). Steve will then tell you how you can contribute.

## An appeal from Robin Trewartha:

“Last year I wrote in the newsletter about my website relating to my professional work. I’d like to offer a word of thanks to those members that were willing to comment.

I am now fully retired and the information on the website is being converted into an eBook. I have a first draft completed, and it would be good to get some more views from members. That will help me as the book is intended for a wider public. Also, it is supposed to be a practical guide describing some of the work done by other people, to nudge changes into their lives. At present, the draft is called “Sweat,” as I describe some of the energy and hard work that others used to get out of various holes in their lives.

The reason for my asking for your views is that I want opinion from a wider audience who have not needed professional advice from a psychologist, yet they can see how the contents in my draft might apply in their lives. The practical suggestions involve day-to-day actions. Also, as ever, a writer can never see grammatical errors, repetitions, and obscure comments in their own material. Others are better placed to see them!

Do get in touch as I would appreciate a range of comments from the wide-ranging and diverse Men’s Shed membership. The website is located at <https://your-nudge.com>, but I will wait on specific requests to read a draft via my email at: [robinrewartha@btinternet.com](mailto:robinrewartha@btinternet.com)

If you would prefer to ask me some questions, or provide a few ‘verbals’ instead, then do catch me at Men’s Shed events. I am a member of the Shanty Group and Music group and attend those sessions whenever possible.”

## UK Men’s Shed Association (UKMSA):



To find out more about the UKMSA, type or, cut and paste this line into your address bar. This will take you to the June 2024 issue of ‘Shoulder to Shoulder’, the UKMSA magazine. Don’t worry that this includes the word ‘october’ it will still take you to the latest issue. <https://mailchi.mp/ukmsa.org.uk/shoulder-to-shoulder-august-2024?e=a370dbe526>



## Co-op Grant and Membership Prize Draw:



You may remember that the Co-op have chosen us as one of two good causes to receive funding during the year up to October. In order to ensure we get a good sum of money we ask all Men's Shed members and families to register as a Co-op member. It only costs a £1 to join and then when shopping at the Dereham Co-op store or on-line, choose Wayland Men's Shed as your favoured fund.

In addition, every month, 10 Co-op Members will win £500 for themselves and £5,000 for their chosen Local Community Fund cause. Every time you, as a member, spends a minimum of £5 per transaction, each month, you will receive an additional entry into the prize draw, increasing your chance of winning.

## Defibrillators:



There are **two** Defibrillators in the Sports Centre. Please make yourself familiar with **both** locations.

The first is located at the far end of the Bowls Club Room.  
The second is located just outside the Lounge Bar, just off reception.



## Prostate cancer:



Professor Mark Emberton is a world leader on the subject of Prostate cancer. The lecture is available on you tube and well worth a look. It will tell you everything you might want to know. Cut and paste this link into your address bar.

<https://menssheds.org.uk/wellbeing-resource/prostate-cancer/>

## Money Helper:



In this age of financial uncertainty, I thought it a good idea to point members in the direction of this website: - [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk). It is a government backed site covering all aspects of financial advice i.e., support, assistance, and guidance. Have a look and see what you think.

## Wanted, For Sale & Free Notices:



Do you have an item for sale, for free or are you looking for something in particular? Please feel free to email the editor - [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com) with a price, picture, and a brief description along with your contact details. I shall endeavour to list the item here.

**Note:** All transactions are **strictly** between two parties. WMS does **not** endorse nor guarantee any items sold.





# The Shed Journal



## Business & Administration:

Shed opening days and times 2024	
Social Room	Mondays and Wednesdays 09:00 till 12:00
Woodwork Shop	Mondays and Thursdays 09:00 till 12:00
Computer Room	Mondays and Thursdays 09:00 till 12:00

## Your elected committee:

Malcolm Trayhorn: Chairman, Social Secretary & Press Neil Rowe: Secretary & Website John Chamberlin: Treasurer, Memberships & Journal	Gordon Williams: Vice Chairman Jeffrey Heath: Tech supervisor John Bunning: Tech assistant	Rob Fielding: Workshop supervisor Dave Cooper: Committee Support
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## Committee meeting:

Next committee meeting will be on **Wednesday 2<sup>nd</sup> October 2024 at 3pm** in the Sports Centre.

Should any member wish to submit an item for discussion by the committee please email your request direct to the Secretary. [Neil Rowe](mailto:neilr101@btinternet.com) - email: [neilr101@btinternet.com](mailto:neilr101@btinternet.com)

**Committee note:** The minutes of all committee meetings are available for perusal in the minute book at the shed, therefore a draft copy will not be individually distributed to shed members. However, should any member require an e-copy, they may request the same on application to the secretary.

## Treasurers Report:

*“Shed finances remain as steady as ever, as always this is thanks to the support we receive by regular attendance and efforts from the woodwork and tech rooms.*

*Full, yearly & monthly accounts may be examined, and any questions answered upon application to myself.”*

[John Chamberlin](mailto:bjcoi8@gmail.com) – Treasurer – email: [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)

## Memberships Report:

*“Membership now sits at 86. We welcome **Vince Mayne** to our growing ranks, please make him feel at home.”*

[John Chamberlin](mailto:bjcoi8@gmail.com) – Membership Secretary – email: [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)

## Health & Safety:



It is important that we know how many members are in attendance. **Please ensure that you visit the Main Hall to sign-in, do not just go to the Workshop/Computer rooms.**

All members have a duty of care for themselves and others whilst on the premises. Should you become aware of any issues please ensure that you inform a committee member at once. All accidents and incidents should be recorded in the ledgers provided; they're located in the filing cabinet in the workshop.

## WMS Website:



Our website address is: [www.waylandmensshed.co.uk](http://www.waylandmensshed.co.uk).

Members are encouraged to visit the site and have a look around. The site is regularly updated and our continued thanks go to Neil Rowe for his ongoing efforts. Constructive comments, suggestions or ideas for improvement and/or potential new content are very welcome. Just approach Neil or any committee member.





# The Shed Journal



## Solutions:

**Sport:** **Ice Hockey & Lacrosse** Other sports that use stick also use this move.

**Music:** **'Lily the Pink'** Released by 'The Scaffold' in 1969.

**Book:** **Alexandre Dumas.** Originally published in 1847.

**Who?** **Peter O'Toole.** Directed by David Lean and won 7 Oscars. Also starred Omar Sheriff & Alex Guinness.

**What?** **The Milky Way.** A large spiral galaxy, Earth is in the 'Orion Arm' about two-thirds from the centre.

**Where?** **The Chinese/Pakistan border.** It's the world's 2<sup>nd</sup> largest mountain at 28,251 ft. Summit first reached 1954.

**Why?** **Magna Carta.** The first document to put into writing that the king and his government was not above the law.

**When?** **March & September.** Equinoxes are equal hours day & night. Solstices are the longest and shortest days.

**Which?** **Canada.** 151,000 miles including islands. It also has the longest land border with the USA at 5,500 miles.

**That's odd:** **Cedar.** All the other trees are hardwood, Cedar is a softwood.

**Next in line:** **Taylor.** They are all England managers between 1963 1993.

**MIA:** **DSU.** Detective Superintendent. They are all police CID ranks.

Please visit our website: [www.waylandmensshed.co.uk](http://www.waylandmensshed.co.uk) which is regularly updated.

You can also contact us via email: [waylandmensshed@gmail.com](mailto:waylandmensshed@gmail.com)

If you wish to make a compliment, complaint, or comment, please feel free to do so. Without constructive feedback it is difficult for the WMS Committee to know if they are meeting member's expectations.

**Disclaimer** - The information contained within The Shed Journal is for general information purposes only and assumes no responsibility for any errors or omissions in the content. In no event is the editor or other members of WMS liable for special, direct, indirect, consequential, or incidental damages arising out of or in connection with the content. We reserve the right to make additions, deletions, or modifications to the contents at any time without prior notice. Any views or opinions either explicit or implied are NOT the views or opinions of either the Wayland Men's Shed or the editor.

