



Issue 35

July 2024

Your monthly update on WMS News and Events

Chairman's Foreword:



"Can I take this opportunity to remind all members that our Shed was chosen as one of the recipients of the Co-op community funding for this year. This means that Co-op members can choose us to receive benefits when they shop. All you to need do is to become a member It only costs £1.

Also please encourage people you know to choose us when they shop at the Co-op. We have a notice board up in the front window of the shop in Dereham and last week John Bunning and I were at the store promoting our cause. This opportunity ends in October."

Malcolm Trayhorn - Chairman - email: malcolm.trayhorn@gmail.com

Contribution:

As part of our ongoing agreement, the Men's Shed have donated £400 to the Watton Sports Centre. These donations are only made if our finances are in a condition to do so, and as treasurer I can confirm they are. The Sports Centre took us in when we had no home and now both parties benefit from each other.

John Chamberlin - Treasurer

Editorial:

Welcome to issue 35 of "THE SHED JOURNAL"

I made an error or two last month:

Apologies to Richard Collier; I omitted the names of the car pictures in the Car Show Album.

Also, to the Shutterists – I labelled two of the outing entries the wrong way round along with other typos.

"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 However, defamatory articles will not be published."*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





The Shed Journal



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 this is not all that goes on. 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.

They recently made us this raffle ticket tumbler, thanks chaps. It goes without saying that any member will be made more than welcome in the workshop.

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

The two pictures on the right show that you can work on your own projects too. [John Hubbard](#) made this fantastic Horn Headdress and Notice board. Photos by - [AgentBSmith photography](#).

John Chamberlin – Editor



The Computer Room:

“I’d just like to say the computer group is all good, seems the team members are doing what they do best. As you know, you are very welcome to visit the group anytime during are meetings on a Monday or Thursday, we will be happy to help you if we can.

The computer group seems to have been a victim of its own success, we have 9 +regular members now , which is brilliant , but if all members attended on the same day (Monday seems to be the busiest) then I think we would be moving sideways around each other. I did a risk assessment last year and it was agreed that for the sake of Health and Safety, it would be wise to only have a maximum of 8 personal in the room at any one time, but there are occasions when there are more.

At a recent committee meeting the lack of space in the computer room was raised, it was mentioned that a container could be used to store the surplus computer items, if this happens then the storage racks would be moved allowing the addition of extra work benches, making it easier for all members to have somewhere to work. If we gain more space in the computer room, we plan to have an area where anyone who just wants to learn the basics on how to use a computer, could do so.

If you like the idea of learning about computers, just come along and join the team, we look forward to seeing you, we also have a printer section to help with any issues you may have.

Till the next time.”

Jeff Heath - Computer Group Supervisor - email: jefferyheath2017@yahoo.com



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:

Boat trip on the Broads



55 members and guests enjoyed the boat trip on the Broads on Tuesday 18th June. The weather was kind to us, and many took the opportunity after the trip to sample the delights of local fish & chips and a browse around Roy's.

Upcoming Social Calendar:

Event	Date	Venue	Time	Estimated cost
Ten-Pin Bowling	Tuesday 16 th July	Strikes- Dereham	2pm	£9 per head
Cromer Pier Show	Friday - 19 th July	Cromer – coach	TBC	£35 per head 2 seats available
Shed Summer BBQ	Saturday 31 st August	Sports Centre	1-4 pm	FREE
Thursford Spectacular	Wednesday 4 th December	Thursford – coach	TBC	£60 per head Seats available
Shed Christmas Meal	Thursday 12 th December	Broom Hall – Meet there	TBC	£30 per head

Ten-Pin Bowling - Tuesday 16^h July

12 members will be going to Strikes bowling alley for a good fun afternoon.

Cromer End of Pier Show - Friday 19th July

Due to unforeseen circumstances, I have 2 spare tickets for this event. Please contact me if you are interested. We are booked for the matinee performance on Friday 19th July. A reminder for all those attending, the coach leaves at 10am from the Queen's Hall car park. There will be time for everyone to enjoy Cromer and have a lunch before the show which begins at 2.30pm. The coach will return at the end of the performance.

Summer Barbecue - Saturday 31st August from 1p.m.

Our 3rd annual Barbecue will take place at the Sports Centre. This event is free for members and their guests. I just to need to know numbers for catering purposes, also if there are any vegetarians. Names on notice board please or to me.

Thursford Christmas Spectacular - Wednesday 4th December

This year I have booked 50 seats for the evening show. There are still places left for this trip. Please let me know ASAP if you want to come. Cost is £60 to include show and coach. Friends and guests welcome.

Christmas Meal - Thursday 12th December

Our Christmas meal this year at Broom Hall. 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.

Malcolm Trayhorn - 01953 529531 - email: malcolm.trayhorn@gmail.com





Member groups:

Shanties at the Shed:

“On the 15th of June, the group performed in Middle Street at the Town Crier Competition. The day started fine but, as the time for our performance approached, the grey clouds decided to deposit a torrent of rain on proceedings. We retreated into one of the Town Council’s marquees while most of our (surprisingly large) audience sheltered where they could. Without amplification, the group had to sing as loudly as possible to be heard in the open air. This, coupled with the cold and damp, did little to help our vocal chords and we didn’t sing as well as we are able. Nevertheless, the audience seemed to enjoy our efforts and the lady from the Council was very pleased with our performance. Perhaps we were better than we thought, as a short video clip of our singing posted on Facebook had received more than 5,000 viewings in less than a week. Does that count as an internet sensation? It must be added that the Council looked after us very well after the gig providing food and drink at the nearby hostelry. Hopefully, we will be able to support the Council at some future events in the town centre.

Back to rehearsals, we are now working on four new shanties to add to our expanding repertoire and to prepare for our next gig, a return visit to Buckingham Lodge care Home on the 23rd of July. Hopefully, we will be able to concentrate on learning new songs and refining old ones during August and September. As we are singing in public more often, we need the capacity to introduce new songs on a regular basis and this can only be achieved through rehearsal.

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 few rehearsals will be on:

Monday 1st and Wednesday 17th July 2024

Monday 5th and Wednesday 21st August 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](#) – Shanty group lead - email: silveralto@gmail.com

The Music Club:

“The Music Club has grown significantly since Nigel Potter started it in February 2022, with the average number of members attending growing from 9 in the first year to 15 now. The original two-hour time slot has consequently got very short with so many tracks played, so a decision was made at the July meeting to start future sessions at 9.30 to give us an extra half hour, finishing as usual at midday. Hopefully, this will ensure that all members attending have a chance to play their chosen track and give time for more of the wide range of comments on the music played.

*July saw 17 members attending, with 14 tracks played. However, there were at least three regular attendees unable to make it, while two who did attend would like to have played a track but couldn’t for various reasons. The theme of “**Driving with the top down**” provided a lot of room for expression, and we once again heard a very evocative selection of songs. Scoring was again very high, with 8 songs scoring over 100. The top five on the day were:*

1. “Sunny Afternoon” by The Kinks with 124 points
2. “Mustang Sally” by Buddy Guy with Jeff Beck with 114 points
3. “On days like this” by Matt Munro with 110 points
4. “California Girls” by The Beach Boys with 108 points
5. “Born to be Wild” by Steppenwolf with 106 points

*Next month’s meeting is on **Wednesday August 7th** where the theme is “**Summertime**”. Please don’t forget to sign in and pay the usual £2 session fee.*

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.”

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



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 the WMS 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.

June outing to Bury St Edmunds 27th June 2024:

Rejoicing in the successful campaign to Morston Quay in early June, our intrepid band of happy Shutterists (only 5) set forth and drove over the border into deepest Suffolk for a day’s jaunt around Bury St Edmunds. They were hoping to experience the delights of numerous photographic opportunities that are to be found in the lovely town and in this they were not disappointed.

On arrival our Bravehearts regrouped, found the nearest establishment, and consumed vast amounts of caffeine discussing what approach to take in exploring the location. As it was market day the group experimented with taking “street” photographs before walking down Angel Hill in the direction of Abbey Gardens. One member of the troop used this opportunity to test his creative prowess by looking for reflections in the windows of shops / restaurants from which he studied unusual compositions.

The gardens were in good order and proved to be popular with the group who liked the view across the gardens towards the Cathedral tower. Like moths to a lamp the group found their way to the ice cream parlour located within the grounds and much to the delight of the proprietor purchased a full range of the goodies on offer.

Feeling refreshed the group then made their way to St Edmundsbury Cathedral where they were made most welcome by cathedral staff. After the heat of the day and hustle and bustle of the market the cathedral was refreshingly cool and quiet. The troop enthusiastically set about taking numerous photographs of the building and furniture within it. All in all, an excellent hour spent exploring and putting our cameras to good use.

In no time at all it was time to think about rations and one of our number suggested a visit to one of J.D Wetherspoon’s finest establishments in The Corn Exchange. An excellent choice I must say. Feeling completely refreshed we returned to our vehicles for return to the safe environs of Norfolk.

Bury St Edmunds proved to be an excellent location to visit and a big thank you to Wayne for suggesting it.



GOLD

“There’s Something Shady Going On”

**Gold award: Shot by
Wayne Rutter**

“This scene, for me, evokes the images and sounds of the soaring music of the Cathedral Choir, accompanied by the thunderous organ and set in the delicate lace-like columns of stone.”



JOINT SILVER

**“Tower Overlooking
Abbey Gardens”**

**Silver award: Shot by
John Parling**

“A tantalizing glimpse of a hidden tower drawing the viewer into the gardens seeking a pathway to see more.”



JOINT SILVER

“Through the Trees”

**Silver Award: Shot by
David Haylock**

“At last, more is revealed with the blue sky and the trees framing the silver”





The Shed Journal



July Photo outing:

“Our next foray will be on **18th July is to Cart Gap** for a beach ramble to nearby **Happisburgh** then after lunch returning to Cart Gap via the cliff top walk. Please contact me if you would like to join us.

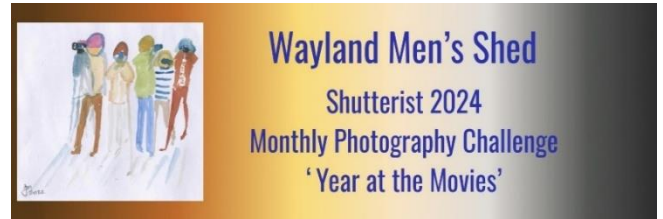
If you would like to join us on this or any of our ventures, you'll be more than welcome. You don't even need to own a camera, just come along for the stroll, and enjoy the company of a group of members who have been described as “Just like the characters in “Last of the Summer Wine” ... but on steroids!!!

Interested?

Bob Darts – Shutterists Photo Walk lead - 01953 889394 or 07825 756481 – email: 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 June was **“This is England”** The winning pictures were as follows:-“

GOLD

“The Old Men of Blakeney”

Gold Award: Shot by
Mark Tindale



SILVER

“There'll always be an
England”

Silver Award: Sketch by
John Ford





BRONZE

“Vote for Straighten
England Up Party”

Bronze award: Shot by
John Ford



JULY PHOTO CHALLENGE 'WATERWORLD'

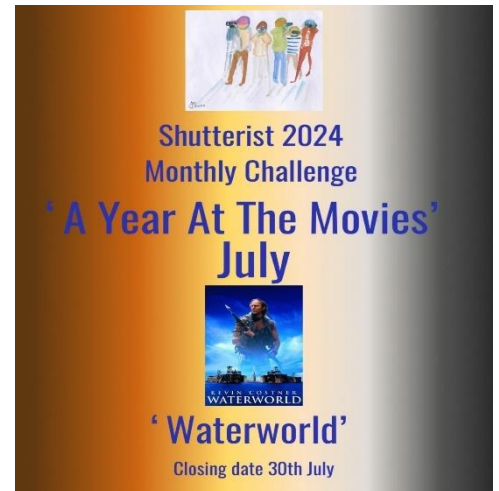
Well done to both Mark and John for their wonderful shots.
July's Movie is 'Waterworld' closing date 30th July.

Wayne advises:

“Any questions please don't hesitate to drop me an email.
wayne.rutter.1979@hotmail.com

Happy snapping (or creating).”

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





Other News, Notices, Events & Interesting Articles:

Watton Events 2024:

Sunday 21 st July	Classic Car Show – Watton Sports Centre
Sunday 4 th August	Wayland Show – Showground, Brandon Road
Saturday 24 th August / Sunday 25 th August	Watton Bike Weekend – Watton Sports Centre
Sunday 20 th October	Sports Centre Autumn Fair
Saturday 26 th October	Fireworks Display– Showground, Brandon Road
Sunday 10 th November	Remembrance Sunday – Memorial Car Park
Sunday 24 th 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 - email: bjcoi8@gmail.com

Rotary Event:

All members of the Men’s Shed are invited to an event being staged by Watton Rotary at Broom Hall on Sunday 1st September. It starts around midday and is a fun packed fundraiser. There is no entrance charge and there will be food and drink available from the hotel all day. Among the attractions are a Live Auction run by a professional auctioneer, a vintage car display, live music, and small pets for little ones. Donations to the charity will be much appreciated. Hope to see you there.

Submitted by *Peter Semlyen*

More Haste LESS Speed

Just in case you may not have heard there are new speed limit in Watton.

In the Town of Watton - 20 m.p.h. Speed Limit.

B1108 Brandon Road and High Street - From its eastern junctions with C768 Swaffham Road and U31590 Mallard Road eastwards to its junctions with A1075 Cadman Way, Memorial Way, and B1108 Norwich Road

In the Town of Watton and Parish of Little Cressingham - 30 m.p.h. Speed Limit.

B1108 Brandon Road - From its eastern junctions with C768 Swaffham Road and U31590 Mallard Road westwards to a point 60 metres west from the centre of the Thrextan Road and Brandon Road junction.

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-october-17101100?e=7c00b591b8>

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



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

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. 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.



The Shed Journal



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 with a price, picture, also include a brief description of the item along with your contact details. I shall endeavour to list the item here.

For Sale: £25

**HP Photosmart C5180
All in One Printer**



Contact:- Jeff Heath
01362 694055 - 07748 732808
email:- jefferyheath2017@yahoo.com

For Sale: £25

**Epson XP 422
All-one Printer**



Contact:- Jeff Heath
01362 694055 - 07748 732808
email:- jefferyheath2017@yahoo.com

For Sale: £25

**Epson XP 342
All in One printer**



Contact:- Jeff Heath
01362 694055 - 07748 732808
email:- jefferyheath2017@yahoo.com

FREE: £0

**Hozelock Automatic
Watering System
(No instructions)**



Contact:- John Chamberlin
01953 886892 - 07886 655713
email:- bjcoi8@gmail.com



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

Committee meeting: (There will be NO committee meeting in August)

Next committee meeting will be on **Wednesday 4th September 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 - email: 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.



The Shed Journal



Treasurers Report:

“Having been recently bolstered by annual membership fees, the Shed finances remain on a sound footing. Full, yearly & monthly accounts may be examined, and any questions answered upon application to myself.”

John Chamberlin – Treasurer – email: bjcoi8@gmail.com

Memberships Report:

*“Membership renewals are high. From an end of year total of 96 we have over 81 renewals. Members obviously like what we are providing. This month sees the arrival of another new member **Ken Gear**, please make him feel welcome.”*

John Chamberlin – Membership Secretary – email: bjcoi8@gmail.com

Housekeeping:



Can we ask all members to assist in keeping the shed tidy and helping with general tasks.

WMS Website:



Our website address is: 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.

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.

Please visit our website: www.waylandmensshed.co.uk which is regularly updated.

You can also contact us via email: waylandmensshed@gmail.com

If you wish to make a compliment, complaint, or comment, please feel free to do so. Without constructive feedback it is very 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.

