



Your monthly update on WMS News and Events

Chairman's Foreword:

"It is with great pleasure that I can announce Wayland Men's Shed has been shortlisted to be named, "Shed of the Year 2023." Apart from the dedicated and tireless work by your committee, this has been achieved by all of us who are members and participate in shed activities. John Chamberlin and I will be travelling to the Palace of Westminster on 23rd May where we have been invited to hear the winners in each category.

In order to continue to live up to such an accolade we need to ensure that the committee remains strong. As you will be aware there is an AGM on Monday June 5th at 7pm at the Sports Centre. I hope as many of you will attend to show your support and witness the new committee elected for the coming year. Our current secretary has already sent out the relevant notifications, but I must stress that we MUST have a nomination for a new secretary to replace Stewart Haile, who is standing down after 2 years of dedicated service. Come on guys please consider volunteering, it is not a difficult role, and you will get full support. Come and speak to me and I will give you more information.

I must acknowledge the following:

John Chamberlin for the many hours he puts in as Treasurer, Membership Secretary, and editor of the Journal. Jeff Heath, John Bunning, and their team for the magnificent work that they do in the computer group plus the monies they bring to the shed through their efforts.

Stewart Haile for the tremendous job he has done as Secretary as well as organising and running the 'Shutterists' group and the 'Car Pub Club'.

Rob Fielding and his team for their work sorting out the workshop and completing requests.

Nigel Potter for organising and running the 'Music appreciation group' and the 'Shanty group'.

Neil Rowe for the splendid job he has done with the Website. As well as putting it together he regularly updates the information making it a valuable resource. It is looking great and gets lots of views. (What do you mean, you haven't looked at it!)."

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

Editorial: (Fresh articles needed for publication please)

"Welcome to issue 21 of "THE SHED JOURNAL".

Please bear in mind that this is your publication and without contributions from members we are in danger of the Journal becoming somewhat staid in its content/presentation. The more of you who contribute the more interesting and diverse we can make it.

Therefore, if you can think of anything interesting or informative to include i.e., Scams, DIY/Gardening tips, good/bad tradesmen, a review of something you purchased or maybe a film, book, or music review. Please feel free to send me your ideas and I will consider them all.

If you come across an interesting article (not too lengthy) then, please forward it to me. Members are also welcome and indeed encouraged to contribute small articles themselves (around 300 words with pictures) of days out, holidays, life/work experience, hobbies etc. I'm sure we all have a story to tell.

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

As I am far from infallible, please advise of any errors/typos and feel free to send me your comments, good or bad. I strive to please. If you prefer not to receive 'The Shed Journal' please let me know by return."

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 cards, dominoes, or such like although this is not all that goes on. Other groups may sit chatting about whatever comes up or perhaps read a magazine. All are a friendly bunch and welcome other members to join in the conversation and banter.

Members are reminded that it is important to come to the social room to sign in and out.

John Chamberlin – Editor

The Carpentry Workshop:

“The workshop is again up and running after the sad loss of Richard. Rob Fielding has generously volunteered to take on the role, ably supported by his team.



The workshop is currently undergoing rearrangement of its layout and is somewhat in disarray. The stock of wood will now be stored vertically for ease of access. This task will take several sessions to complete, the committee ask for your support and patience.

Works recently completed include a wall storage box for the defibrillator in the bowls room. Also, a very sturdy garden gate has been built for a member.



I'm informed that an excess of wood has accumulated over time. If you need some wood for a project, then pop in and see Rob, I'm sure he will be able to help. Feel free to make a small donation at your discretion.”

John Chamberlin In the absence of a workshop report.

The Computer Room:

“Hello everyone

I hope you all enjoyed the King's coronation, great TV coverage, ideal considering it was a wet rainy day. The Computer Team is working as ever and trying to help WMS as much as the group members can, but we had a little disappointing news, the group were unable to reach their Fund-Raising target for 2022/23 as was hoped, this was quite possible due to the rising cost of living and other factors mixed in the pot.

I don't know if the word was going round, but I had considered leaving WMS, this was due to having concerns how the Computer Group was going forward, not having full support from the all the group members was worrying, to say the least.

Now for better news, BIG thanks go to all the members who attended the Desktop learning course, I hope that over the last 6 weeks (course duration) that at least you learnt something, only as much as recognizing the hardware which can be found in a Computer and minor faults which hopefully you can do to help keep your Desktop Computer working, thank you to all for attending the course. Later in the year I am looking to start another learning course, this time all about Laptops, I will let you all know when this is going to happen, the course is open to all members who like to do their own maintenances / upgrades. In the meantime, you can always check out the videos on my YouTube channel, 'The WMS Shedder', and select a video from the list on anything to do with laptops, there are a few.

Fund Raising:

If anyone would like to help to do a little fund raising for Wayland Men's Shed, then do it the easy way, all you have to do is register on the Easy fundraising .com Website to support your good cause WMS (or send me an e-mail for a link to the Website. Once you have made an online purchase, the retailer will send back a donation to your WMS, and all this in the comfort of your own armchair.”

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





The Shed Journal



Trivia, Quiz & Puzzle corner:

May in history:




1804 - Napoleon Bonaparte became Emperor of France, snatching the crown from the hands of Pope Pius VII.
 1941 - German battleship Bismarck was sunk in the Atlantic Ocean 300 nautical miles west of Brest, France.
 1943 - Dam Busters Raid - RAF bombers successfully attacked dams in the German Ruhr Valley.
 1954 - Roger Bannister - Athlete - He became the first to run a mile in less than four minutes.
 2011 - Osama bin Laden - Al-Qaeda terrorist was located and killed by U.S. forces in Abbottabad, Pakistan.

May born into glory or infamy:

1759 - William Pitt (the Younger). – Politician – Became the youngest ever British Prime Minister aged 24.
 1838 - John Wilkes Booth. US actor - Assassinator of President Abraham Lincoln in 1865.
 1840 - Pyotr Ilyich Tchaikovsky - Russian composer - Known for 1812 Overture, 'Swan Lake', 'The Nutcracker'.
 1890 - Alfred Jodl - German general – Head of German High Command. Signed the unconditional Nazi surrender.
 1898 - Golda Meir – Politician - Forth Israeli Prime Minister. Described as the "Iron Lady" of Israeli politics.

<p>Joke</p> <p>What would be the perfect address for a policeman?</p>	<p>Puzzle</p> <p>There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?</p>	<p>Quote:</p> <p><i>"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails"</i> <i>William Arthur Ward</i></p>	<p>Proverb:</p> <p>When the last tree is cut down, the last fish eaten, and the last stream poisoned, you will realize that you cannot eat money.</p>
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The Six W's Quiz:

<p>Where</p> <p>did Boudicca's (Boadicea's) rebellion against the Romans originate from?</p> 	<p>Why</p> <p>do we use the word 'Quid' for a pound?</p>	<p>What</p> <p>made this 'Portland Class' WW2 Heavy Cruiser, 'USS Indianapolis' notable?</p> 
<p>Which</p> <p>game would you be playing if you performed an 'En passant' move?</p>	<p>Who</p> <p>invented the mercury thermometer?</p> 	
	<p>When</p> <p>did England adopt the Gregorian calendar?</p>	

Last thoughts:

<p>That's odd: Give the odd one out: Ludo, Scrabble, Monopoly, Snakes and Ladders?</p>	<p>Line up: Give the next in line: I, V, X, L, C, D?</p>	<p>MIA: Give the missing item: Indonesia, India, Iran, Iraq, Ireland, Iceland, Italy?</p>
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"Answers are shown on the last page, please advise of any typos or errors."

John Chamberlin - Editor





The Shed Journal



Social programme:

Our Social Secretary, Malcolm Trayhorn is very adept at organising an excellent programme of events throughout the year. The fact that many of these end up oversubscribed is a testament to their popularity.

I'm certain however, that Malcolm would greatly appreciate suggestions and ideas for future events and outings from the membership, so please put your thinking caps on for 2023. Suggestions to Malcolm please.

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

Recent events:

Quiz & Chips Night:

A total of 75 members and guests attended the sports centre on Friday last (5th May) for the latest quiz. The feedback for the night was that it was enjoyed by all especially the food and dancing display by the Tom Jones look-a-likee. Well perhaps not but with entry fees and raffle the night raised £500 for club funds. Thanks to everyone who supported the event with raffle prizes and by participating.



Coronation Day:



Members from Wayland Men's Shed set up and manned a stall at the coronation Day event at the sports centre on Saturday. Many thanks to all those who turned up and supported us on the stall.



Upcoming Social Calendar:

Event	Date	Venue	Time	Estimated cost
Yarmouth Dogs	Wednesday 17 th May	Yarmouth - via coach	Leave Watton 4:30pm.	£35 PP incl. Minibus
Cromer Pier Show	Friday 14 th July	Cromer via coach	Leave Watton 10am for 2:30pm show	£35 PP incl. coach
Summer BBQ	Saturday 12 th August	Sports Centre	TBC	FREE
Afternoon Tea Train	Thursday 14 th September	NNR – Sheringham to Holt	TBC	£28 PP Coach est. £15 PP
Thursford Christmas Special	Tuesday 5 th December	Thursford via coach	Leave Watton 5pm for 7pm show	£50 PP incl. coach
Christmas Meal	Thursday 14 th December	Barn Ruche	TBC	est. £28 PP
OTHER PROBABLE UPCOMING EVENTS/OUTINGS				
Bletchley Park	TBC	Surrey via coach?	TBC	TBC
Fakenham Horse Racing	Sunday 4th June	Fakenham via coach?	TBC	TBC



The Shed Journal



Church visit:

You will see on the notice board that we have a booking to visit and have a guided tour of St. Peters Church, Merton on Tuesday 13th June at 2pm. See noticeboard for full details. However, there are just twelve places up for grabs so to ensure a space please let me know soonest if you would like to be included.

Cromer Pier Show:

I still have 5 places for the Cromer Pier show trip on Friday 14th July. We leave Watton at 10am and after a morning at the seaside we see the show at 2.30pm before returning to Watton. The cost is £35, which included the show and coach. Thanks to all those who have given me a deposit. I will be collecting the balance as soon as you are able to give it to me.

Summer Bar-B-Q:

Don't forget to put your names on the noticeboard or just let me know that you would like to attend. It will be held on the field just behind the workshop and drinks will be available from the bar. Members will be manning the grills flipping burgers and burning (cooking) sausages. This event is a free one, but I will need to know numbers. Guests and family members are welcome.

Thursford Christmas Spectacular:

I still have 6 places for the Christmas Spectacular show trip on Tuesday 5th December. We leave Watton at approx. 5pm for the 7pm show and afterwards returning to Watton. The cost is £50, which included the show and coach. Thanks to all those who have given me a deposit. I will be collecting the balance as soon as you are able to give it to me.

“The Wayland Players” and the “Wayland Shantymen”

Will be appearing at local village Halls. Two one-act plays by Alan Ayckbourn will be performed with a rendering from our own shanty group during the interval. (Yours truly will be in each play). Friday 12th May at Little Ellingham Village Hall, Friday 19th May at Gt. Hockham Village Hall, and Friday 26th May at Saham Toney Village Hall. All events start at 7pm and tickets can be obtained on the door for £5.

Please see the notice board in the social room for forthcoming events and outings. Some of these have a fixed date and some are proposals. Once I have sufficient interest shown for a trip or event, I will organise a date and book the venue and coach, as necessary.

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





Member groups:

Editor's note on groups:

Do you have an idea for a similar group? For example: A walking group, book club, cycling club, games group, maybe a common hobby or interest then please email the idea - bjcoi8@gmail.com and I will publish it here.

Such groups will be fully supported by the committee but arranged and run solely by the interested members.

N.B.: 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 Music Club:

"It seemed somehow fitting that, in the week leading up to the Coronation, this month's theme was 'Made in Britain'. As it turned out, it made for a nostalgic and varied selection of tracks ranging from 'Any Old Iron' (Harry Champion) to 'Bring It All Back' (S Club 7). The top four most popular tunes of the day were:

1. 'Wish You Were Here' performed by David Gilmour (76 Votes)
2. 'Who Wants to Live Forever' performed by Queen (75 votes)
3. 'Waterloo Sunset' performed by The Kinks (74 votes)
4. 'My Love Is in Pontypridd' performed by Dan Jones (73 votes)

For the June meeting the theme is 'I'll just pop you on hold'; however, this is purely optional, and members are not restricted from bringing along any track of their choice for listening. For the benefit of those intending to come to later meetings the optional themes for the following months are: July: 'It's got to have soul' - August: 'Instrumentals only' - September: 'Journeys'.

The Club is open to all Shed Members to either bring along their own tracks to play or just to listen to the selections of others. All genres of music are welcome.

*The Music Club meets monthly – normally the first Wednesday in the month starting as soon as possible after 10 o'clock. The next listening session will be on **14th June 2023** (changed from the 7th) in the main social room. Please don't forget to sign in and pay the usual £2 session fee. Just turn up at the next meeting – you will be made most welcome."*

Interested? Contact Nigel Potter – Music club lead - email: silveralto@gmail.com

The Shanty Group:

"Shanties at the Shed.

This month has been devoted to rehearsing songs already in our repertoire rather than learning something new. At the kind invitation of the Wayland Players, we have the opportunity to perform at three local venues where the Players are staging plays during May. Each 20-minute set will include around six songs from our growing selection. A report on the performances will be provided in next month's Journal.

We are always pleased to welcome new members to the shanty group. You don't have to be a great singer – just the willingness to give it a go. The next sessions will be on Monday 5th June and Wednesday 21st June 2023 in the back room behind the bar starting as soon as possible after 10 o'clock. Please don't forget to sign in and pay the usual £2 session fee. Why not give it a try?"

Interested? Contact Nigel Potter – Shanty group lead - email: silveralto@gmail.com



The Shed Journal



Car Pub Club:



Event Number 4 results: Thursday 4th May 2023



Name of Establishment:		The Railway Arms, North Elmham				Event 4	
Time and Date of Visit:		12:30 on 4th May 2023					
Number of WMS Members / Partners:		7					
Car Scores	122 out of a possible 140	87.14%					
Pub Scores	193 out of a possible 210		91.90%				
	Enjoyable Drive	Distance & Parking	Menu & Price	Food Quality	Service	Total Average Score	Overall Car Pub Club Rating
Avg Scores	8.6	8.9	8.9	8.9	9.9	45.01	<u>90.02%</u>

“A proper pub with great food and exceptional service”. Our fourth event... and a venue ‘just up the road’ and now highly recommended. All seven Gastrophiles completed the scoring matrix.

Summary:

Now that we have enjoyed four events – the league table is as follows:

VENUE	Date	Number of people	Car Scores	Ranked	Pub Scores	Ranked	Car Pub Club Rating	Overall
The Anvil	26.01.23	9	92%	1	93%	1	9.2	1
The Dabbling Duck	02.03.23	9	82%	3	87%	4	8.5	3
The Recruiting Sergeant	06.04.23	8	72%	4	90%	3	8.3	4
The Railway Arms	04.05.23	7	87%	2	92%	2	9.0	2

The summary matrix offers both Car and Pub Rankings to show what makes a hit or what drags a venue score down. The Anvil remains a clear winner although The Railway Arms comes a very close second. Interestingly, most if not all, venues that we have visited we would be happy to recommend.

Special thanks were given to the drivers, as the venue is somewhat closer, the Car Scores reflect this.

Remember a great meal / drive scores a 9 or 10, a bad meal / drive it's a 2 or 3. You can see that the total score is weighted by both the car parameters and the eatery – by definition a ‘Car Pub Club’.

WHERE WILL WE GO NEXT?

Keep your eyes on the Noticeboard or inbox!

Interested? Contact [Stewart Haile](mailto:Stewart.Haile) - Car Pub Club lead - 07775 694099 - email: shaile33@aol.com



The Shutterist's:



I promised myself that this month I would not mention the weather but... its still cold don't you think? Will May be better – I hope so!

However, the Shutterists remain a growing force as we welcomed two new WMS Members into our Group. Mr Jerry Hamilton and Mr John Ford.

Shutterists are now 16 strong. Who else has a camera, screaming 'let me out' from the back of the drawer. Listen and come and join us.

Note:

Now there are 16 of us, our artistic output is much greater and more difficult to include within the body of the monthly Journal. Therefore, we now offer a revised format where the winning entries remain within the Journal and all other submissions will be included in a 'Shutterists Photo Album' issued as a separate attachment. That way all entries, from either the Photo Walk or Monthly Competition, including all the differing media types chosen can be viewed.

(1). Group Outings (The Photo Walk – just one outing this month):

Holme Boardwalk - Friday 14th April

An event attended by 10 Shutterists – in three cars (kindly driven by Mr John Parling, Mr Steve Franz and Mr Stewart Haile) we left Watton at 09:30. A route that only could be chosen by a Satnav went very much cross country to the delights of all!!! The weather was kind, dry, bright but cold. Upon arrival the Tea Room beckoned with Hot Coffee and Bacon Baps. Another excellent, all be it typical start, for a Shutterist outing.

Eventually we headed over the dunes and onto a fabulous boardwalk. Walking within banks of trees, high dunes, and the lapping of the sea just a few yards away. The boardwalk then opens out onto huge vistas – in all forward and lateral directions. Hopefully you will gain a feel of the visit from the entries submitted, as you can review in the Shutterists April Album.

The Pub Lunch was enjoyed at the White Horse – Holme. Absolutely brilliant!!!

Mr John Pepper, who sadly could not make the trip, kindly accepted the Honour to judge the Boardwalk Outing. Below is his report and his choice of winning images.

Hi Stewart, here are the scores from Judge Pepper

General points: good weather so several sky shots. The egret should contact his agent to discuss his rates. Good colours.

GOLD

Loneliness of the Boardwalk Runner

Gold Award: shot by

Stewart Haile

To be presented with the
Terry Knight Trophy



Comment: Black & White of the boardwalk. Really liked the depth of the boardwalk emphasised by the jogger in the foreground and the large sky.



SILVER

Moody Sky

Silver Award: shot by

Neil Rowe



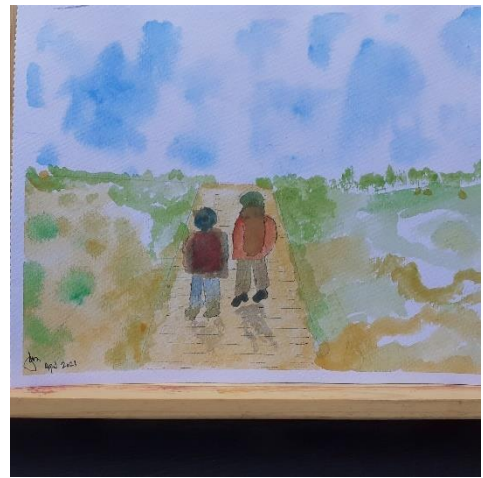
Comment: Dark sky and golden beach
Great colours contrasting in the shot, very moody, I thought.

BRONZE

Boardwalk

Bronze Award: painted by

John C-Mangen



Comment: A very Van Gogh interpretation

...and finally

An Honourable mention Photo 2 the tree. Nice and sharp caught the shapes well with the background hint of the sea. (The Tragic Tree – Photo 2 can be seen within April Photo Album)

Hope that's not too flowery.

Cheers, John

All other entries can be seen in the 'Shutterists Photo Album for April. (Emailed as a separate document)

Thank you John for Judging the entries and great comments too – can you recommend an agent as the Egret wants to take up your advice.

(2). 2022 - 52 Week Capture Challenge

Results – watch this space over the coming months.

(3). 2023 – Monthly Challenge

The 12-month WMS Artistic Challenge takes place as a tribute to Terry Knight, one of our original photo group members who sadly passed away in 2019.

Month 4 – April

The monthly challenge is based on a twelve-letter word.

THE LETTER FOR APRIL WAS THE LETTER: 'I'

There was a total of 18 entries, 9 x Colour & 9 x Black & White
All entries can be viewed in the 'Shutterists Photo Album for April'.



THE WINNING ENTRIES WERE:

GOLD

Iridescence
Male mallard showing his colours

Gold Award: shot by
John Ford



SILVER

Iron gateway to the clouds.

Silver Award: shot by
John Ford



BRONZE

Inflorescence

Bronze Award: shot by
Graeme Hale



John Ford was the clear Winner this month - Winning both Gold and Silver in his first month. Graeme Hale scores high again and takes Bronze.

Graeme Hale remains at the top of the Leader Board after four months - with a total of 46 points (18 colour votes and 28 B/W votes). John Ford had an extraordinary first month – already has second place on the leader board with 35 points. **Big congratulations to John.**



The 2023 Monthly Challenge - Aide memoir

The monthly challenge is based on a twelve-letter word that includes different letters - first letter will be January 2nd February, etc... The Challenge then is to use that letter for your entry. EG: If it was M, you have free choice of any subject matter that starts with M – Menu, Meal, Motor Car, Mosaic, etc, etc... (Please no entries like 'My Dog, My Car')

WMS Artistic Talent to submit their entry(s) by no later than the 3rd of every month.

Photographers:

Entry(s) can be one colour and / or one black & white – can be different photo or same.

Other mediums:

WMS artistic talent (in other 'Art Forms' such as charcoal sketch, water-colour, acrylic, pottery etc...) choose your medium and enter accordingly.

All members of the Shutterists, whether entered that month or not, get six votes and choose their favourite three entries. Awarding Gold (3 points), Silver (2 Points) and Bronze (1 Point).

Voting closes by the 7th of said month.

Each month the next letter from the 12-letter word will be released.

Entry should be taken or made in that previous month.

Remember though - It's for fun... but it is a challenge.

(4). What's coming up for the Shutterists...

Monthly Outings

Planned – one trip currently booked for May.

Friday 19th May – Trip on the Broads
Self-drive Electric Boat
Start at Wroxham – Cruise to Coltishall
Stopping off for a Pub Lunch
Will a Kingfisher ever be spotted???

More ad-hoc trips (maybe)... watch your inbox and / or the Shed Notice board.

Monthly Challenge – May will be the Letter 'D'.

An aide memoir re the WMS Shutterists

As a reminder to all Members, The WMS Shutterists are predominantly an 'Artistic Group', however cameras / pencils / paints are not a pre-requisite for trips out. The Shutterists welcome all fellow members of WMS to come and enjoy our outings. It is generally a good walk in beautiful East Anglia, nearly always with the odd coffee, beer, wine, lunch, dinner thrown in for goodwill.

Join the Shutterists, which is huge fun, and allow those creative juices to flow...

Interested? Contact [Stewart Haile](mailto:Stewart.Haile@shedjournal.com) - Shutterist's group lead - 07775 694099 - email: shaile33@aol.com





Other News, Notices, Events & Interesting Articles:

This guy's got same gall:

Calling all naturalists. There is more to nature than meets the eye especially when many of the objects are tiny but by no means all of them.

So, what am I talking about? I am talking about galls, and what are galls many of you may ask.

Galls are all around us in our gardens and in the countryside and there are apparently well over a 1000 of them in the British Isles hidden in plain sight you might say.

A plant gall is an abnormal growth induced by the presence of another organism living in or on the host plant causing the host plant cells to enlarge and/or multiply forming the gall and the shape and form of the gall is always the same for each specific gall causer. Plant galls can be caused or induced by a very wide range of organisms including bacteria, nematodes, and even other plants but most of our galls are caused by insects, mites, or fungi.

I would like to explain what sparked my interest in galls in the first place as I am a civil engineer with only a modest interest in gardening and things horticultural. Yes, I love living in the Norfolk countryside and had a sizeable garden and dogs which were walked daily over the fields, but I didn't have much knowledge of what I would term proper gardening and propagating flowers and vegetables. My wife was the true gardener, I did the heavy lifting.

Some years ago, and I don't remember exactly when, I came across an article about plant galls which focused on the oak tree. Now the oak tree is a tree that I am really interested in not only because of its natural beauty but because of the way that it is wound romantically into the history of our Isles and language. 'Hearts of oak' and similar expressions come to mind to say nothing of the construction of our navy in the days of sailing ships enabling the development of a huge empire.

We have two native oaks along with the introduced Turkey Oak which support more than 50 different galls 2 of which are well known, these are the marble gall and the oak apple. At the time I was familiar with the marble gall, which is spherical, about the size of a marble and has a very hard shell.

I started reading about the marble gall and discovered that it has a very interesting life cycle that involved the alternation of sexual and asexual generations. The sexual generation is when wasps hatch out that are both male and female and conversely the asexual generation is when all the hatched wasps are female. The marble gall is from the asexual generation.

What happens is that the gall wasp lays an egg on the host plant bud and the gall appears when the larvae begin to feed on the host plant. The marble gall then forms surrounding the larvae which is now protected and has sufficient food to pupate and grow on to be a gall wasp. When fully grown it can gnaw its way out through the hard shell and flies away.

What fascinated me is that all the gall wasps of this generation termed the asexual generation are females and, furthermore, they can lay fertile eggs without mating. The females from this generation seek out turkey oaks and lay their eggs in the buds. The sexual generation arising from these eggs form tiny galls 2-3mm long shaped like bananas obviously completely different in size and form from the marble galls of the previous generation.

WOW! I thought what a brilliant way for nature to develop a system of reproduction that would give the gall wasp the best chance to continue the survival of that species of gall wasp, and that is what initially sparked my interest to find more about galls.

Should any other shedder be interested in pursuing this subject and, if by chance also be a photographer and able to take pictures then when on a gall hunt, I would like to hear from you.

Submitted by [Martin Lavers](#) - 01362 820720 or text to: 07720 245745.



Local events 2023:

Date	Event	Location	Time
Sat / Sun 1 st / 2 nd July	Open Gardens & Yard Sales	Watton area	TBA
Sun 2 nd July	Antiques & Collectables Mkt	High St	TBA
Sun 6 th Aug	Wayland Show	Wayland Show Field	TBA
Sun 17 th Sept	Watton Carnival	Sports Centre	TBA
Sat 28 th Oct	Fireworks Display	Wayland Show Field evening	TBA
Sun 12 th Nov	Remembrance Sunday	Memorial Car Park	TBA
Sun 26 th Nov	Festive Market	High St	TBA

Gastro Jaunts around East Anglia Part 8:

It was my granddaughter's 25th birthday and this was to be granddad's treat. She had asked to go to the Last Wine Bar in Norwich, so off we went on a Tuesday evening. The Last Wine Bar is located on the other side of the River Wensum in St Georges Street in a Victorian Shoe factory all exposed bricks and beams.

The atmosphere was quite nice and fairly quiet (well it was a Tuesday evening). The menu is very trendy, I, like most people of our generation am used to hors d' oeuvres followed by starters and main course, this is snacks followed by small plates followed by large plates.

So, for snacks we had Brancaster oysters with raspberry and shallot vinegar which were very good. There was a good selection of small plates and as there were six of us, we had six different small plates and shared them (a bit like tapas). They included Cromer crab in a savoury donut, octopus bites, pork belly, asparagus, and tortellini all of which were very tasty.

For the large plates the younger ones all went for steak and chips, but Chas and I like to be a bit adventurous, so Chas had roast celeriac with other vegetables (n.b. she is not a vegetarian) and I had roast Coley fish (I remember when this was bought just for the cat), and everyone was happy with their choice.

For dessert the wine bar had made us a very nice chocolate birthday cake which rounded off the meal nicely. So, if you want to mix with the trendy Norwich set, this is the place to go. Personally, I enjoyed the experience but probably wouldn't go back again.

Next time our trip to The Gunton Arms!!

Submitted by [Les Waller](#)



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.



First Aid Courses:

We are arranging for 2-hour workshops for members in the near future. The British Red Cross will run these courses, and we would like as many members as possible to attend one of these workshops. See the notice for more information on what will be covered. All the technical/clinical language has been removed to ensure that it is easy to learn and easy to remember in an emergency.



The Shed Journal



Men's Shed – We care:

- Members of our shed have a variety of reasons for being a member. Whether it be for: -
- 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

Traders: (Come on chaps, I'm sure more of you must have entries)

This regular section (if populated) will list traders that you can either recommend using or to avoid based on the overall experience. Please send me a brief description of traders that you have used including the headings below, stating why you either recommend them or not. email bjcoi8@gmail.com

I shall list them here for 3 months before letting them drop off the list.

Name	Profession	Pricing	Reliability	Quality	Notes/Pros & Cons



Prostate cancer:

The UKMSA recently hosted a session with Professor Mark Emberton who 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.

[Shedding Light on Prostate Cancer with World Leading Professor Mark Emberton - YouTube](#)



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 continually undergoing updates and our continued thanks go to Neil Rowe for his efforts. Constructive comments, suggestions or ideas for improvement and potential new content are very welcome. Just approach Neil or any committee member.



UK Men's Shed Association (UKMSA):

If you want to know more about the UKMSA, type or, cut and paste this link into your address bar. <https://us19.campaign-archive.com/?u=480e179c0e626f9dd902e15bf&id=74b1529bad>



Facebook:

WMS has a group page – currently with around 17 members:

www.facebook.com/groups/5797251266956413

Note: The above page should not be confused with a similar page, this was an earlier iteration from the days of our formation, this legacy page is **NOT** updated by the Men's Shed (**Please use the above link**).





The Shed Journal



Business, Administration & Housekeeping matters:

Shed Opening Times 2023: (Time and day changes)

Social Room - Mondays and Wednesdays 09:00 till 12:00.

Woodwork Shop - Mondays and Thursdays 09:00 till 12:00.

Computer Room – Mondays, **Wednesdays**, and Thursdays 09:00 till **12:00**.

Treasurers Report:

“Shed finances remain as secure as ever. We approach the 2023 AGM knowing that our assets continue to provide us with a secure short to medium term future. If we continue in the same fashion, there is no reason why we cannot strive for even greater things.”

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

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

Memberships Report:

“There’s no stopping us now, our membership has now reached 78 with Monday attendances regularly exceeding 35. It seems that the word continues to be heard, at this rate we’ll need a warehouse to operate.”

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

Your committee:

Malcolm Trayhorn: Chairman, Social Sec & Press	Gordon Williams: Vice Chairman	John Bunning: Tech assistant
Stewart Haile: Secretary	Jeffrey Heath: Tech supervisor	Rob Fielding: Workshop supervisor (currently co-opted)
John Chamberlin: Treasurer, Memberships & Journal		

Committee meeting:

Next committee meeting is on Wednesday 3rd May 2023 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 Chairman. *Malcolm Trayhorn* - email: malcolm.trayhorn@gmail.com

The meeting welcomes 'observers' from the membership, they can submit questions and/or signal their wish to attend to the secretary no later than Thursday 27th April 2023. *Stewart Haile* - email: shaile33@aol.com

Committee note:

As the full meeting minutes are available for perusal in the minute book at the shed, 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.

Housekeeping:

Please assist other members and the committee by keeping the shed tidy and helping with general chores.

Health & Safety:

It is important that we know how many members are in attendance at all times. **Please ensure that you visit the Main Hall to sign-in and out, 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 are located in the filing cabinet in the workshop.



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.

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

Solutions:

Joke: 999 lets be having you. 😊🤔😂

Puzzle: Heroine.

Who? **Daniel Gabriel Fahrenheit**, a German/Polish physicist. Invented in Amsterdam in 1714.

Where? **Icini homeland** (modern-day Norfolk). In 60-61 AD, 70000 Romans and supporters died before her defeat.

Why? It is believed to come from the Latin phrase 'quid pro quo', which translates into "something for something."

When? **1752**. The country skipped ahead 11 days on September 2nd, 1752. This replaced the Julian Calendar.

What? **Chess**. When a pawn moves two squares on one turn, the next move an adjacent pawn may capture that pawn.

Which? In 1945 it delivered the internal components for the Hiroshima and Nagasaki atomic bombs.

That's odd: **Scrabble**. It's the only game of the four that does not use dice.

Next in line: **'M'**. Roman Numerals. Each is a letter with a numeric value and combined i.e., 1997 = MCMXCVII

MIA: **Israel**. Internationally recognised countries beginning with the letter 'I'.

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.

