



Issue 23

July 2023

Your monthly update on WMS News and Events

Chairman's Foreword:

"This month just a message from me to emphasise that Men's Shed is all about promoting the well-being of Men. The strength of our membership and all the different groups and activities we run as well as the workshops reinforces how successful we have become.

Thank you to all the group organisers, workshop managers and everyone for supporting the ethos of our well-being and support for each other.

For those of you who know Brian Cubby, one of our long-term members, he has not been in the best of health recently and is currently in hospital. I visited him today (12th July) and gave him a card from the Shed to let him know we are thinking of him."

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

Editorial: *(Fresh articles needed for publication please)*

"Welcome to issue 23 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. Over time I have tried to introduce a few new sections: -

Trusted Traders. Here you can recommend or disgrace a company or tradesperson.

Happy Shopper. You can recommend or debunk an item purchased or the shop it was purchased from.

Local events. If you hear of an upcoming Wayland event, please inform me and I shall add it to the list.

Wanted, For Sale or Free. Send a description, price, and contact details with or without a picture or two.

If you can think 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.

If you come across an interesting article (not too lengthy), please send it to me or point me to it. 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. You may think it mundane, but rest assured, some members will find it interesting. I'm sure we all have a story to tell, once you start writing it will flow.

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 However, defamatory articles will not be published.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





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 has completed a batch of 5 bird boxes, a bat box and bug hotel for the Wayland Academy via the Rotary Club. There may also be a request for an Owl box. We received a sizeable donation to the Shed funds. The Owl box, bird box and bug hotel for Griston have been collected. All this is good publicity for WMS.

The lathe has been used to produce a copy of a members missing chair spindle. His wife was delighted and could not tell which spindle was the replacement. Should any member like to have a lathe demo or even (with help if necessary) make a turned item, then please let Rob know. Other tuition can also be arranged.

They still have work outstanding, beer barrel stools, a cutlery box cover, and the possible refurbishment of a garden table for Browns Farm.

The wood mounted plaque in memory of Richard Adams is a future task that the workshop will undertake once the brass plaque has been sourced.

Our future supply of timber is improving with both John Bunning and Mark Cumberland having sources.”

John Chamberlin In the absence of a workshop report.

The Computer Room:

“Hello Fellow Techies

I hope I find you all fit and well, I recently had a holiday in Bakewell, Derbyshire, visiting Buxton, and travelling down the Winnats Pass into Castleton in the Hope valley, also trying a little natural spring water from the St Anne’s Well, Buxton, well worth a visit, I’d not been in the area for about 10 years, it brought back many memories.

Right, less about the holiday, let’s talk about the computer group, I’m pleased to say that when I returned from my holiday the group had been getting on with what they do best, and all members were pulling in the same direction to raise funds for WMS, brilliant.

We had a very busy day on Monday 10th July with 8 members working away with plenty of banter. We are currently working through our surplus computers that we obtained from our second pickup in a month from Anglia Computer Solutions, who we currently have a sponsorship deal with.

I am looking at running a laptop maintenance course in the future. It will be designed to help you complete basic repairs/upgrades to your laptop. The duration of the course will be around 6 weeks, more on this in future Journal issues.

Defibrillator:

As the computer group opens on a Thursday and a defibrillator may be required, this could present a problem as the bowls room is normally locked. You would have to quickly go to reception to obtain the key and this is not ideal in an emergency. It may be more expedient to get the second Defibrillator which can be located on the wall, just outside the Lounge Bar. It would be advisable to alert a member of the Sports Centre Staff before taking/using the defibrillator. A notice will be posted in the workshop. Let’s hope we never need to use it.

Until the next time, all have a great month.”

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





The Shed Journal



Trivia, Quiz & Puzzle corner:

July history:

1943 - Battle of Kursk begins, the largest armoured confrontation in history. Fought between Germany & Russia.
 1946 - The Bikini swimsuit was introduced by French designer Louis Reard at a popular swimming pool in Paris.
 1962 - Telstar 1, the first comms satellite to transmit live Televisions and phone conversations across the Atlantic.
 1966 - England win the World Cup in extra time at Wembley Stadium beating Germany 4-2.
 1996 - The 1st cloning of an animal. 'Dolly the sheep' was cloned from tissue taken from a 6-year-old ewe's udder.

July born into glory or infamy:

336 BC - Alexander the Great - King of Macedonia and Persia. He was one of history's greatest military minds.
 1856 - George Bernard Shaw - Irish playwright, critic, polemicist, and political activist.
 1858 - Emmeline Pankhurst - Suffragette who was imprisoned in her efforts to gain the vote for British women.
 1866 - Beatrix Potter - Author and illustrator, author of a dozen books and 23 tales, most famously, Peter Rabbit.
 1921 - John Glenn – Astronaut. The first American launched into orbit. Alan Shepard was the first into space.

Joke

What do you call a short psychic who has escaped from prison?

Puzzle

Can you move the coins on the left to form the shape on the right in 4 moves?
 If a coin is moved it must touch **two** other coins in its new position.



Quote:

"I came in with Halley's Comet in 1835. It is coming again next year, and I expect to go out with it. It will be the greatest disappointment of my life if I don't go out with Halley's Comet. The Almighty has said, no doubt: 'Now here are these two unaccountable freaks; they came in together, they must go out together.'"

Mark Twain

Proverb:

Parents who are afraid to put their foot down usually have children who step on their toes.

The Six W's Quiz:

Why

does the sky appear blue?

Who

is generally accepted as the 'Father of fingerprinting'?



What

Is an Acronym?

Which

famous mountain pass links Afghanistan and Pakistan?



When

would the 'Nuclear Football' be used?

Where

was Napoleon Bonaparte **first** exiled?

Last thoughts:

That's odd: Give the odd one out:

Nile, Amazon, Yeltz, Congo, Ob, Yellow, Yangtze

Line up: Give the next in line:

Augustus, Tiberius, Caligula, Claudius, ?

MIA: Give the missing item:

Superior, Huron, Erie, Ontario, ?

"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:

Upcoming Social Calendar:

Event	Date	Venue	Time	Estimated cost
Go-Kart Racing	Tuesday 18 th July	Letton Hall, Shipdham	08:45 Breakfast 10:00 Go-Karting	£22 PP + Breakfast
Summer BBQ	Saturday 12 th August	Sports Centre	Starts 1pm	FREE - Purchase own drinks at the bar
Afternoon Tea Train	Sunday 3 rd September	Car share to Dereham	Train departs Dereham 15:30	£32.50 PP
Quiz and Chip Night	Friday 15 th September	Sports Centre	18:30 for 19:00 food - 19:30 quiz	£11 PP
Bletchley Park	Tuesday 19 th September	Surrey via coach	TBC	est. £30 PP
Cheese and Wine evening	Friday 13 th October	Sports Centre Bowls Room	TBC	est. £5 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	£28 PP
OTHER POSSIBLE UPCOMING EVENTS/OUTINGS				
Archery	TBC	Letton Hall, Shipdham	TBC	TBC
Fly Fishing	TBC	TBC	TBC	TBC

Support for Youth Football club at Sports Centre

On 8th and 9th August two members of our Shed will be painting the interior of the changing room/club room of the youth football club. If anyone else feels they are able to help, please let me know.

Summer BBQ Saturday - 12th August at the Sports Centre

Check that I have your name by looking at the list on the notice board. There is no cost for this event apart from any drinks you may purchase at the bar.

Afternoon Tea Train - Sunday 3rd September

Car share to Dereham - Train departs Dereham 15:30

The cost is £32.50, and I am now collecting money for this. There are 5 places left on this trip. Contact me soonest if interested in this great afternoon out on a steam train with a superb High Tea.

Quiz and Chips evening - Friday 15th September

Names on the list in the club room or to me please.

Numbers limited to 72 so do not delay. Cost remains at £11 per person.

Bletchley Park - Tuesday 19th September

Cost approx. £30. Names to be put on list in club room or names to me.



The Shed Journal



Cheese and Wine evening - Friday 13th October

Names on list at Shed please or to me please. Cost will be approx. £5.

Thursford Christmas Spectacular - Tuesday 5th December

via coach Leaving Watton at 5pm for 7pm show. £50 PP incl. coach and show.

Christmas Meal - Thursday 14th December

Barn Ruche cost approx. £28 PP

OTHER POSSIBLE UPCOMING EVENTS/OUTINGS

Archery TBC Letton Hall, Shipdham TBC

Fly Fishing Tuddenham, TBC

If you are interested in either of the above, then please put your names down on the lists on the notice board or let me know.

I would be pleased to receive money for any outings and events whenever you have the funds.

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.

Shanties at the Shed:

"This month the Shanty Group have been rehearsing new songs for inclusion in the programme for our next gig. One of these, 'Bully in the Alley' refers to a slang term for being drunk (bully). When sailors were paid at the end of a voyage, they would go into town to have a good time. If one of their company became too drunk, he would be 'parked' somewhere whilst the others carried on partying and would then be collected on the way back to the boat at the end of the night. It is a cracking call and response song that will go down well with audiences.

We currently have 2 gigs in the diary and are looking forward to the start of August when we will be singing at a birthday party and to the end of September when we will be singing in Griston. At present John Pepper does an excellent job accompanying the group on solo guitar. However, we do look enviously at other, more established, shanty groups that have several instrumental accompanists. If you play an instrument (guitar, drum, fiddle, keyboard, almost anything really!) and feel that you might be able to help the group please get in touch. You don't have to be a virtuoso, just willing to give it a go.

*We are always pleased to welcome new members to the shanty group. You don't have to be able to sing well but you do need a sense of humour! The next sessions will be on **Monday 7th** and **Wednesday 16th August 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."*

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



The Shed Journal



The Music Club:

“Music Club members met on the 5th July to listen to music tracks with the optional theme ‘It’s got to have soul’. This month’s selections in accordance with the theme were some of the most diverse that have been played at one session of the Music Club with a significant proportion being from the classical repertoire - music for the soul.

The top five most popular tracks on the day were as follows:

1. ‘Georgia’ performed by Ray Charles (100 votes)
2. ‘Nimrod’ Elgar (97 votes)
3. ‘Mustang Sally’ performed by The Commitments (88 votes)
- 4=. ‘Miserere’ Allegri (82 votes)
- 4=. ‘My Guy’ performed by Mary Wells (82 votes)

*The Music Club meets on a monthly basis – normally the first Wednesday in the month starting as soon as possible after 10 o’clock. The next listening session will be on **2nd August 2023**. Please don’t forget to sign in and pay the usual £2 session fee.”*

For the next meeting, the theme is ‘Instrumentals only;’ however, this is purely optional, and members are not restricted from bringing along any track of their choice for listening. 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 – choose a song that you like or one that means something to you. We are a very friendly group with diverse and interesting musical tastes. You may not like all the tracks being played but there will invariably be many that you will enjoy. Just turn up at the next meeting – you will be made most welcome.”

Interested? Contact [Nigel Potter](#) – Music club lead - email: silveralto@gmail.com

Car Pub Club:



Event Number 6 Wednesday 19th July 2023



I can confirm a reservation has been made, as follows;

Venue	The Boars
Address	Spooner Row, NR18 9LL
Return Mileage to Watton	32
Typical cost for main course	£ 18.00

For those of you (and partners/friends) that are interested, **and haven’t already indicated your intention**, please email me direct or alternatively add your name to the notice on the board in the Social Room.

Please state: **NAMES - NUMBER OF PEOPLE - DO YOU WISH TO CAR SHARE**

Final arrangements, travel / car share etc, to be made before Monday 17th July.

For more information, or any questions please feel free to contact me:

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



The Shutterist's:



As imagined by all, I start this report with a comment re the weather. Fabulous. A glorious June – just as I predicted last month. End of report.

Big Blue Norfolk skies - with a little cloud makes for great photographs. It was like this for our Shutterists day out in Thetford.

During our outings I wonder how many more Shed Members would enjoy our trips? I have to say they are as much about the 'craic' as they are about coffee, beer, sausage rolls or food in general. Oh, and yes, we take some photos too!

(1). Group Outings - The Photo Walk

Thetford – Priory Ruins and River walk – Wednesday 21st June

An event attended by 10 Shed Shutterists, meeting firstly at the Queens Hall at 09:30 we then headed south towards Thetford centre in three cars. Neil planned parking and a coffee shop to group. Both excellent choices.

Now that we are a larger group, where we can, we split into two so that each other's photographs are not easily photobombed by a.n.other Shutterist. The Thetford outing leant itself perfectly to a split of the subjects. Group one headed to the Priory Ruins and group two to the river. The plan would be to meet back up for lunch then reverse the subjects.

Lunch became another highlight of the trip – The Red Lion which not only has a great location with outdoor seating, but drink and food were really good too, plus it was especially memorable because of the actions of one specific Shutterist (but no worries as what happens in Thetford stays in Thetford).

The lunch was so successful that group two didn't actually make it to the ruins, probably as some were ruined at the Pub anyway! Whereas group one luckily wandered to the pub from the ruins via the river walk.

Overall, a fabulous day – even the photographs were not bad either. We hope you like them as included in this month's photo album.

Jerry Hamilton, who sadly could not make the trip, kindly accepted the honour to judge the images from our Thetford outing. Below is his report, comments, and the winning images he chose.

GOLD

A River View

Gold Award: shot by

JOHN FORD

**A scene of total calmness
and tranquillity.**





SILVER

Banded Damsel fly

**Silver Award: shot by
DAVID HAYLOCK**

Amazing colours caught on the Damsel fly and the light through the leaves making them glow.



BRONZE

Bridge Reflection

**Bronze Award: shot by
MALCOLM TRAYHORN**

Eye catching colours, perfect oval reflection of bridge and precise reflection of whole tree beyond the bridge.



Web Link to Map: <https://www.komoot.com/smarttour/8821397>

All entries can be seen in the 'Shutterists Photo Album for June.

BIG Congratulations to the winners and all entrants too, especially to John Ford who presented another worthy submission for GOLD Award. Great to see our chairman on the rostrum too.

Thanks again to Jerry for being our judge and for taking time and effort to comment on every entry.

(2). 2022 - 52 Week Capture Challenge

Further delays – excessive heat has distorted the railway tracks.

(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 6 – June

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

THE LETTER FOR JUNE WAS THE LETTER: 'E'

Entries, a total of 19, which can all be seen in the **Shutterist Album for June**



The winners are:

GOLD

Ears, big, all the better for hearing you!!

**Gold Award: shot by
JOHN FORD**



SILVER

Ears

**Silver Award: shot by
GRAHAME ANDREWS**



JOINT BRONZE

Eyes have it

**Bronze Award: shot by
JOHN FORD**



JOINT BRONZE

Ecclesiastical View

**Bronze Award: shot by
MARK TINDALE**





The Shed Journal



Congratulations to month 6 winners.

John Ford had another great month and wins another Gold and a Bronze this time round.

Grahame Andrews split John Ford from a clean sweep with his excellent Silver – 'Ears'

Mark Tindale picks up a great Bronze for his 'Ecclesiastical View.'

July and the Letter 'X' will provide all with a creative challenge, noting any photos submitted that do not meet the competition criteria and rules may be disqualified!

PS: All you 'Shedders' must now have guessed the 12-letter word!

The 2023 Monthly Challenge - Aide memoir

Photographers:

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

Photo must be taken in that month and title must start with the letter of the month.

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.

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 July.

11th July – Pin Mill: Near Ipswich in Suffolk – Butt & Oyster for food

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

Monthly Challenge – July will be the letter 'X.'

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 - Shutterist's group lead - 07775 694099 - email: shaile33@aol.com





Other News, Notices, Events & Interesting Articles:

Population Statistics: (Published previously but re-issued so you can once again contemplate your existence)

The population of earth is fast approaching 8 billion. For most, that's just a large figure and that is all. However, if you condense 8 billion into 100 persons, then into various percentage statistics. The resulting analysis is very eye-opening.

Out of every 100

- 11 are in Europe.
- 5 are in North America
- 9 are in South America
- 15 are in Africa.
- 60 are in Asia.
- 49 live in the countryside.
- 51 live in cities.
- 12 speak Chinese.
- 5 speak Spanish.
- 5 speak English.
- 3 speak Arabic.
- 3 speak Hindi.
- 3 speak Bengali.
- 3 speak Portuguese.
- 2 speak Russian.
- 2 speak Japanese.
- 62 speak their own language.
- 30 have internet access.
- 70 are unable to go online.
- 7 received university education.
- 93 did not attend college.
- 83 can read.
- 17 are illiterate.

- 75 have mobile phones.
- 77 have their own houses.
- 23 have no place to live.
- 63 can eat full meals.
- 21 are over-nourished.
- 15 are under-nourished.
- 1 ate their last meal but did not make it to the next meal.
- The daily cost of living for 48 is less than £1.50p.
- 87 have clean drinking water.
- 13 either lack clean drinking water or only have access to a water source that is polluted.
- 33 are Christians.
- 22 are Muslims.
- 14 are Hindus.
- 7 are Buddhists.
- 12 are other religions.
- 12 have no religious beliefs.
- 26 live less than 14 years.
- 66 died between 15 and 64.
- 8 are over 65 years old.

"If you have your own home, eat full meals & drink clean water, have a mobile phone, can surf the internet, and have gone to college/university then you are in the miniscule privileged less than 7% category.

Amongst 100 persons in the world, only 8 can live or exceed the age of 65. If you are over 65 years old, be content & grateful. Cherish life, grasp the moment.

You did not leave this world before the age of 64 years like the 92 persons who have gone before you. You are already the blessed amongst mankind.

Take good care of your own health. Cherish every remaining moment."

Originally submitted by [Jezz Hookham](#)

Trusted Traders: (Come on chaps, I'm sure some 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. Paste this link into your address bar.

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



The Shed Journal



Local events 2023:

Please email me the details of any event you hear about in Wayland: - bjcoi8@gmail.com

Date	Event	Location	Time
Sun 6 th Aug	Wayland Show	Wayland Show Field	TBA
Sun 23 rd July	Classic Car Show	Watton Sports Centre	TBA
Sat 26 th August	Bike Show	Watton Sports Centre	TBA
Sun 27 th August	Classic Car Show & Fun Day	Swaffham Recreation Ground	10:00 - 16:00
Sun 17 th Sept	Watton Carnival	Watton Sports Centre	TBA
Sat 14 th October	Oktoberfest	Watton Sports Centre	TBA
Sat 28 th October	Halloween Party	Watton Sports Centre	TBA
Sat 28 th October	Fireworks Display	Wayland Show Field evening	TBA
Sun 12 th Nov	Remembrance Sunday	Memorial Car Park	TBA
Sun 26 th Nov	Festive Market	Watton High Street	TBA
Sat 16 th December	Big Christmas Party	Watton Sports Centre	TBA
Sun 24 th December	Our Family Christmas Party	Watton Sports Centre	TBA



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.



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



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



The Happy Shopper:

Editor's note: Can you recommend or debunk an item purchased or the shop it was purchased from? If you have a piece, then please send it to me bjcoi8@gmail.com (No War and Peace articles though).



First Aid Training:

Thursday 27th July. 10am Social Room, Watton Sports Centre.

If you have not already put your name on the list but wish to attend, please let me know. The British Red Cross will run these courses. All the technical/clinical language has been removed to ensure that it is easy to learn and easy to remember in an emergency. There is no cost involved.



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://mailchi.mp/0f250cda9131/shoulder-to-shoulder-june-15710742?e=7c00b591b8>



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**).



Business, Administration & Housekeeping matters:

Housekeeping:

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

Shed opening days and times 2023:

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:

“The shed remains financially sound and provided we remain vigilant the shed has a bright future. We once again thank you all for continuing to support the shed by regularly attending the weekly sessions and events.

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

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

Memberships Report:

*“The bulk of our 23-24 membership renewals are in and membership stands at 76, this includes one new member, and we welcome **Syd Couldridge**. The fact that so many members have renewed reinforces the fact that The Men's Shed is without doubt remains **THE** place to be in Wayland.”*

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



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
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Committee meeting:

Next committee meeting will be on Wednesday 2nd August 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](mailto:malcolm.trayhorn@gmail.com) - 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 July 2023. [Neil Rowe](mailto:neilr101@btinternet.com) - 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.

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're 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.

Wanted:

Does any member have any offcuts of 15mm or 22mm copper piping? Lengths of 6" or greater please. I make numbered plant labels from them.

Please contact: John Chamberlin
01953 886892 – 07886 655713
bjcoi8@gmail.com

For sale:

Suitcase wheelchair ramp.

Folds up conveniently so can easily be carried and placed in a car boot. Sensible offer secures.

Please contact: Jezz Hookham
jezzhookham@btinternet.com

Free:

2 Roller Blinds.

Available to a good home. They are used but may be of use. Sizes: 45" drop x 46" wide and 39" drop x 23" wide.

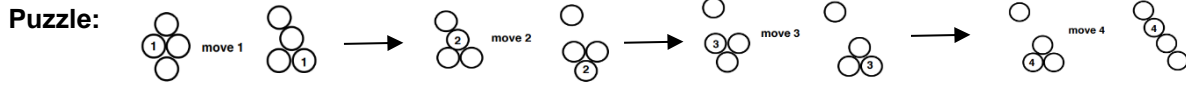
Please contact: Brian Shinn
01953 884073
ps39844@gmail.com





Quiz and Puzzle solutions:

Joke: A small medium at large 🤔🤔🤔



Who? **Sir Francis Galton** – British Anthropologist. In 1892 he published the first book on fingerprinting.

Where? **Isle of Elba in the Mediterranean.** After Waterloo, his 2nd exile was to St Helena in the Atlantic.

Why? **Blue light** is scattered more than the other colours because it travels as shorter, smaller waves.

When? **By the US president** to communicate & authorize a nuclear attack if away from fixed command centres.

What? **A word** created by combining the first letter or syllable of each word in a phrase to create a new word.

Which? **Khyber.** 33 miles long, located in the White mountains. Historically used by Cyrus, Darius & Genghis Khan.

That's odd: **Yeltz.** The others are among the longest rivers in the world.

Next in line: **Nero.** The first 5 Roman Emperors - The 'Julio-Claudian' dynasty ruled between 27 BC & 68 AD.

MIA: **Michigan.** The 5 great lakes of N. America. The St. Lawrence River connects them all to the Atlantic.

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.

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