



**Issue 31**

**March 2024**

## Your monthly update on WMS News and Events

### Chairman's Foreword:

*"Our Shed is moving from strength to strength, and we now have 91 members, with potential new ones checking us out on a regular basis. It is fair to say that most of these end up joining us.*

*It is gratifying to see that all new members are made to feel welcome, and it is our joint efforts that make us a successful support group in the community. As a result, the workshops and social room areas are becoming busier. We are limited for space and for the time being must manage this the best we can.*

*I ask that we all consider others during conversations to ensure that nothing is said that might offend somebody.*

*Thank you for your support."*

### Note:

*"You may notice that we now have a trolley containing a variety of Books, DVDs, and CDs. Please feel free to help yourself. If you can, then please return the item once you have finished to allow others to enjoy them."*

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

### Editorial:

Welcome to issue 31 of "THE SHED JOURNAL"

*"The size of the monthly Journal may on occasion appear reduced. This is due to the small amount of interesting / informative articles that I am able to source or that members can provide or point me to. I have also removed several of the options I piloted in the past due to lack of response. Bob Darts is now overseeing the photo outings and Wayne Rutter the monthly photo competition."*

*"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.*

*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. also, members are also welcome and indeed encouraged to contribute 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](mailto:bjcoi8@gmail.com)*





## Latest News on Shed Facilities and Amenities:

### Main Social Room:

*“The Main Social Room is where the larger part of our membership congregates to catch up with fellow shedders over a cup of tea/coffee. Groups develop for a game of something or other although this is not all that goes on. Other groups may sit chatting about whatever comes up, perhaps the news, holidays, home, hobbies, family. All are a friendly bunch and welcome other members to join in the conversation and banter.”*

**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 3 or 4 regular members are doing a wonderful job in the sourcing, collecting, and sorting any donations of tools, equipment, and wood. It goes without saying that any member will be made more than welcome in the workshop.*

*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.”*

*Here are more examples of their versatility.*

*John Chamberlin* – Editor



### The Computer Room:

*“Hello Everyone,*

*Well, there is not much going on within the group at the moment, we are currently preparing a visit to Mellor Metals, to deliver our surplus computers which have been dis-mantled by our dedicated team and separated into different types of metals namely; Copper, Aluminium, Tin / Iron. The faulty Motherboards and other Printed Circuit Boards are shipped to refiners in Harlow, this all helps in our efforts to raise funds for our Shed (Wayland Men’s Shed). This is on-going for the Computer Group, so BIG thanks to all who are involved and to all that have donated a computer item to WMS.*

*So, you might be thinking, is this all the Computer Group do? I can happily say NO, this not all we do. Within the Group we have a dedicated Printer Section, who are busy repairing, checking out Printers which have been donated to WMS , sadly not all Printers can be repaired, so those that are, are sold off and found a new home, like wise with the Desktop / Laptop Computers.*

*If anyone is looking for a PC Monitor (mostly have 19-inch screens) or you have a computer that needs a repair/upgrade or you just want to donate to WMS, you are very welcome. If you are thinking that you would like to learn a little more about computers, you are more than welcome to join the computer group, you don’t need any experience to join us; you can learn as you go along and build your skills to a level that suits you.*

*There is another side to this, would you like to learn more about Printers, you may have one at Home that needs a little TLC, bring it along and let the team have a look. Thank you to everyone who has come along to say hello, it is always nice to see new members.*

*Till the next time”*

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





# The Shed Journal



## Trivia, Quiz & Puzzle corner:

FEBRUARY QUIZ - 'LINE OF DUTY'			
<i>Answers are simply the next in sequence (sets may be mid sequence)</i>			
1	8, 27, 64	11	Straight, Flush, Full House,
2	Gamma, Delta, Epsilon,	12	Aries, Taurus, Gemini,
3	Echo, Foxtrot, Golf,	13	Fa, So, La,
4	B, HB, F,	14	Yellow, Green, Blue,
5	Par, Birdie, Eagle,	15	Lincoln, Garfield, McKinley,
6	John, Acts, Romans,	16	Quire, Ream, Bundle,
7	Moore, Hughes, Ball,	17	Mercury, Gemini, Apollo,
8	Fly, Spider, Bird,	18	15, 30, Deuce,
9	Tiger, Rabbit, Dragon,	19	Mars, Jupiter, Saturn,
10	Kilo, Mega, Giga,	20	Brown, Blue, Pink,

### Quote:

*"People never lie so much as after a hunt, during a war or before an election."*

..... **Otto von Bismarck**

### Proverb:

*He who blames others has a long way to go on his journey.  
He who blames himself is halfway there.  
He who blames no one has arrived.*

## Last thoughts:

### **That's odd:**

Give the odd one out:

Mona Lisa, The Virgin of the Rocks,  
Water Lillies, Head of a Woman,  
Vitruvian Man, Last Supper

### **Can I have a word.**

Give the meaning of the word:

Obfuscate

### **MIA**

Give the missing item:

Godfrey, Wilson, Mainwaring,  
Pike, Jones, Frazer, ?

*"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 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:

### Quiz & Chips

On Friday 23rd February there was a Quiz & Chips evening. 90 members and guests attended, and the evening was a big success raising £582 for club funds. Thanks to all those who helped on the night, those who provided the raffle prizes and all who bought tickets.

### Ten-Pin Bowling

On Tuesday 5th March, 12 members visited Strikes bowling alley in Dereham. It was a very enjoyable afternoon with 2 games of bowling, a drink and something to eat, all for £9.95. Keep your eyes on the notice board for the next visit.

## Upcoming Social Calendar: Items in red are **proposed** events, depending on numbers interested

The Men's Shed 2024 social programme has now been set firmly in motion by our VERY able Social Secretary. Watch this space for notice of another eventful year for the Men's Shed and its members.

Event	Date	Venue	Time	Estimated cost
Norfolk Broads River Trip	Tuesday - 18 <sup>th</sup> June	Norfolk Broads - coach	TBC	£25 per head
Cromer Pier Show	Friday - 19 <sup>th</sup> July	Cromer – coach	TBC	£35 per head
Thursford Spectacular	Wednesday 4 <sup>th</sup> December	Thursford – coach	TBC	£60 per head
Shed Christmas Meal	Thursday 12 <sup>th</sup> December	Broom Hall – Meet there	TBC	£25-£30 per head
<i>"I will be organising the following once the weather starts to improve. Keep your eyes on the notice board and put your name on those that interest you or just let me know in person or by email."</i>			Go Karting, Fly Fishing & Archery, Model Plane flying,	

### Trip to the Norfolk Broads - Tuesday 18<sup>th</sup> June

This trip is now **full**, with 50 members and guests booked. Please let me know soonest if you have to cancel for any reason as there may be others who could fill any gaps. I will keep a reserve list so if your name is not on the list and you wish to come then let me know. I will take money for this trip upon my return from holiday. Cost estimated at £25 per person to include boat and coach.

### Cromer end of pier show - Friday 19<sup>th</sup> July

This year we are booked for the matinee performance. I only have 1 more place available for this trip so please let me know if you want to come, first come first served. Cost will be £35 to include show and coach.

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

This year I have booked 50 seats for the evening show. Please let me know ASAP if you want to come. Cost will be approx. £60 to include show and coach.

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

After much deliberation and research, it has been decided by the committee that we will hold our Christmas meal this year at Broom Hall. I will put a list on the notice board in due course.

Please keep your eyes on the notice board and put your name on those that interest you or just let me know in person or by email.

[Malcolm Trayhorn](mailto:malcolm.trayhorn@gmail.com) - 01953 529531 - email: [malcolm.trayhorn@gmail.com](mailto: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, a book or cycling club, games group, maybe a common hobby or interest then please email the idea to Malcolm - [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com). Such groups will be fully supported by the committee but arranged and run solely by the interested members."*

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

### The Music Club:

*"The optional theme for March's Music Club was 'Americana.' This offered members a wide choice for their selections whilst being in accord with the theme for the month. The Music Club continues to be a popular activity. Despite the absence of a couple of 'regulars', 19 Shedders attended March's meeting when 16 music tracks were played.*

*This is a long way from the 6 who attended the first meeting and pushes the limit of what can comfortably be done in a couple of hours. Consequently, it was necessary to minimise individual critiques of the music played and simply to score each track on a one to ten scale where ten was the highest score available. Regrettably though this was, it was the only way to allow everyone who had brought a track time to play it to the others.*

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

- 1. 'American Pie' performed by Don McLean (151 votes)*
- 2. 'Rhinestone Cowboy' Glen Campbell (139 votes)*
- 3. 'San Francisco' performed by Scott McKenzie (133 votes)*
- 4. 'Sixteen Tons' performed by Johnny Cash (120 votes)*
- 5. 'The Gambler' performed by Kenny Rogers (117 votes)*



*The Music Club meets monthly – normally the first Wednesday in the month starting at 10 o'clock in the room behind the bar. Please don't forget to sign in and pay the usual £2 session fee.*

*The next listening session will be on **3<sup>rd</sup> of April 24**, the theme will be '**Love and Marriage**'; 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](mailto:Nigel.Potter) – Music club lead - email: [silveralto@gmail.com](mailto:silveralto@gmail.com)



# The Shed Journal



## The Shutterist's:

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.

The below is a first attempt at putting together a monthly list of places and locations for the next 12 months where members of the group have indicated they would like to visit. Dates / times have yet to be determined. (Those suggestions not included in the below will be rolled over to following period)

Month	Location	Comments
March	Pensthorpe	
April	Blickling Great Wood	
May	Morston Quay to Blakeney & return	Lunch in Blakeney
June	Bury St Edmunds	
July	Cart Gap to Happisburgh & return	Lunch in Happisburgh
August	Felixstowe (Languard Point) & Pin Mill	
September	Binham Priory & Wells Harbour	
October	Dersingham Bog & Castle Rising	Congham
November	Woodbridge & River Deban	
December	Norwich City Centre Christmas Lights & festive supper	
January	An RSPB site to be determined	
February	Lynford Arboretum & Water	



## Shutterists Photo Walk

### Kings Lynn Mart

*"Feeling fully rested and refreshed after Christmas & New Year festivities, our intrepid band of Bravehearts formed a disciplined group huddle and decided to embark on a foray into the depths of West Norfolk and test their photographic skills at Kings Lynn 2024 Mart held on the historic Tuesday Marketplace. The object of this exercise was to take low light / long exposure photographs capturing the dynamics and colours of "All the fun of the fair."*

*It is fair to say that this is a really difficult task requiring our group to master techniques with their cameras that some had never previously attempted. All in all, a very pleasant hour and a half was spent roaming the fair ground armed with tripods and attached cameras seeking out those elusive photographic opportunities.*

*At the conclusion of their undertakings and following a quick parley the squad settled in a nearby branch of a well-known chain of Italian restaurants where they heartily tucked into portions of pastas etc accompanied by a mix of extremely expensive alcoholic and non-alcoholic beverages. At the end of our foray and thanks the driving and navigation skills of our heads of transport, the squad safely returned home and enjoy the memories of trying something a little photographically different.*

*Despite the complexity of the task in hand they all rose to the challenge and produced some really excellent photographs for our esteemed judge Mr Stewart Haile to review and comment upon."*

*"I am so pleased to be the Judge of the Photos submitted by the Shutterists who attended the Kings Lynn Mart outing. The low light challenge was hit head on by all the entries and what a visual delight the set of 7 are. I doff my cap to all... fabulous.*

*As a Judge, all the entries made my final decision a really difficult choice, however I do have to choose my Winner's and my selections are as follows:"*

## **GOLD**

### **Bright Light Night**

**Gold award: Shot by  
John Ford**

*"WOW... I really love this image.  
A capture of fabulous  
'Fairground Colours' at night.  
Captivating image."*





## SILVER

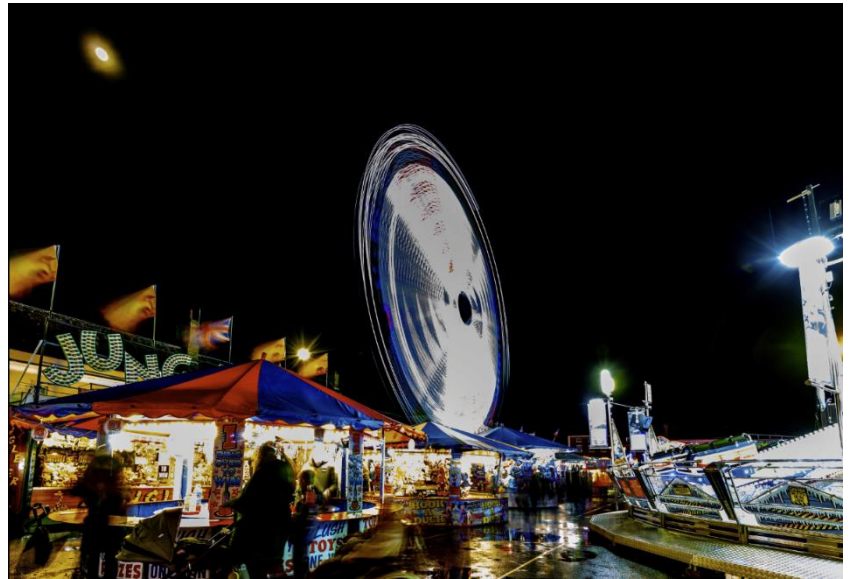
Kings Lynn Fair 5-2

Silver Award: Shot by  
**Steve Franz**

“The Spinning Ride – striking shot contrasted with the lights from the side stalls.

Wheel takes centre stage but then the side stalls draw you deeper into the image.

A Photo of sheer class.”



## BRONZE

All the fun of the fair

Bronze award: Shot by  
**Bob Darts**

“This Photo hits the jackpot – really taking me into the Fair, so much so the pink tint makes me just smell the Candy Floss.

A striking near 4D image.”



All in all, an excellent evening spent in the company of fellow “Shedders” who enjoyed the challenge of capturing the light and who came away from Kings Lynn safe in the knowledge that there’s always something to learn or to do things differently.

For next month, plans are in the initial stages of development for a foray into the wilds of Pensthorpe. If you would like to join us on this or any other forays, please see the noticeboard giving details of the group and the locations we’ll be visiting over the next 12 months.





## 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 act 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.”*

*“**February's** movie was **'The Birds'**. We had twelve entries, four black and white. And eight colour. The winning pictures are as follows:-“*

### **GOLD**

**Bird in Flight**

**Gold Award: Shot by  
John Pepper**



### **SILVER**

**The Rooks Gather**

**Silver award: Shot by  
John Ford**





## **JOINT BRONZE**

**KFC Anyone?**

**Bronze award: Shot by  
Wayne Rutter**



## **JOINT BRONZE**

**The Birds Eye View**

**Bronze award: Shot by  
Stewart Haile**





## MARCH PHOTO CHALLENGE – ‘BIG’

### Wayne advises:

*“Feel free to use your imagination, it's up to you how you interpret the month's movie title. Any questions please don't hesitate to drop me an email. [wayne.rutter.1979@hotmail.com](mailto:wayne.rutter.1979@hotmail.com)”*

*The closing date for March entries will be Monday 1<sup>st</sup> March 2024. Happy snapping (or creating).”*

### **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. It's great fun.

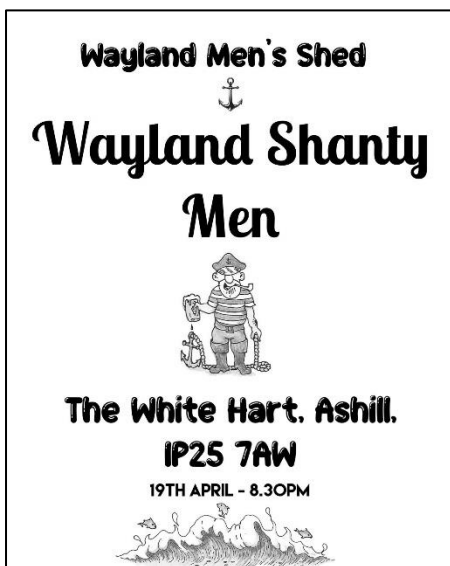
**Members interested in joining the Shutterists, can contact either Bob or Wayne for further details.**

**Bob Darts** – Shutterists Photo Walk lead - 01953 889394 or 07825 756481 – email: [robdarts@gmail.com](mailto:robdarts@gmail.com)

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

### **Shanties at the Shed:**

*“On the 8<sup>th</sup> March, the Shanty Group gave its first public performance of the year at Buckingham Lodge in Watton. Our performance was very well received and those present joined in enthusiastically to those songs where audience participation was invited. Feedback after the gig was most positive and we were delighted to be asked if we would return for another performance later in the year.*”



*As was outlined in last month's Journal, we have a number of gigs lined up for later this year. On Friday 19<sup>th</sup> May we will be singing in the White Hart, Ashill, starting at around 9pm. This will not be a formal gig, but a few songs followed by a break for refreshments then a few more songs and so on until either we, or the audience, have had enough! If you're at a loose end on the 19<sup>th</sup> May, please feel free to come along to the White Hart and lend your support. It's a really nice pub that serves good food.*

*As well as preparing for the White Hart gig, we have our sights set on an evening concert in St Mary's Church, Watton on Saturday the 18<sup>th</sup> May. This is a charity concert to help raise money for the church. In keeping with the ethos of the Men's Shed; namely, to offer our support to local charitable organisations, we will be performing free of charge. I will endeavour to establish where tickets are available before the next Shanty Group report. Our next rehearsals will be **on Monday 1<sup>st</sup> and Wednesday 19<sup>th</sup> April 2024** starting as soon as possible after 10 o'clock. We meet in the room behind the bar, 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](mailto:silveralto@gmail.com)



## Car Pub Club:



## Wayland Men's Shed Car Pub Club



### Event Number 12 results

### Friday 1<sup>st</sup> March 2024

I can report that the 12th Event of the WMS Car Pub Club was a great success. 9x attendees enjoyed a lovely leisurely lunch at Brasteds / Framingham Pigot. Truly enjoyed by all and an easy recommendation to family and friends alike. **Scores are interesting:**

Name of Establishment:		Brasteds		Event 12			
Time and Date of Visit:		12:30 on 1st March 2024					
Number of WMS Members / Partners:		9					
Car Scores	152 out of a possible 180	84.44%					
Pub Scores	242 out of a possible 270		89.63%				
	Enjoyable Drive	Distance & Parking	Menu & Price	Food Quality	Service	Total Average Score	Overall Car Pub Club Rating
Avg Scores	8.0	8.9	8.6	9.2	9.1	43.78	<b>87.56%</b>

In terms of the league tables;

**Brasteds ranks:** 7<sup>th</sup>: Car Scores  
 4<sup>th</sup>: Food Scores (really 3<sup>rd</sup> as two venues share second place)  
 6<sup>th</sup>: Overall Total

VENUE	Date	Number of people	Car Scores	Ranked	Pub Scores	Ranked	Car Pub Club Rating	Overall
The Anvil	26.01.23	9	92%	2	93.33%	1	9.22	1
The Lodge Salhouse	08.09.23	9	93%	1	92.00%	2	9.20	2
The Railway Arms	04.05.23	7	87%	4	92.00%	2	9.00	3
The Bucks Arms	19.01.24	8	86%	5	89.33%	6	8.81	4
The Nags Head	08.06.23	7	89%	3	87.14%	9	8.80	5
Brasteds	01.03.24	9	84%	7	89.63%	4	8.76	6
The Dabbling Duck	02.03.23	9	82%	8	87.41%	8	8.48	7
The Black Boys	10.08.23	6	76%	10	88.33%	7	8.40	8
The Recruiting Sergeant	06.04.23	8	72%	12	89.58%	5	8.25	9
The Honingham Buck	20.10.23	8	81%	9	78.75%	10	7.95	10
The Boars	19.07.23	7	86%	5	64.57%	11	7.60	11
Sculthorpe Mill	17.11.23	10	75%	11	54.33%	12	6.26	12

Obviously, low Car Scores will somewhat skew the overall totals... is Brasteds really 6th Favourite on the list of Car Pub Club Events. The total scores tell us so however I feel many of us WMS Car Pub Clubbers think differently – especially when we look at the individual Food Scores

*Here's to the next CPC leap into what fabulous food a Norfolk venue can offer...*



# The Shed Journal



## Event Number 13: Friday 26th April 2024 at 12:30

*“The Car Pub Club ventures onto our next event – Number 13... lucky for some! Based on recent discussions I offer three popular establishments that our CPC enjoyed during 2023. If you attended previously this might be your chance to return to a personal favourite whereas if you haven’t been before, please take a look at the scores from last time and see where you would like to go.*

*Please let me know your preferred choice and once I have a majority, I will make an enquiry with the chosen venue”*

Options	<u>1 - Lunch</u>	<u>2 - Lunch</u>	<u>3 - Lunch</u>
Venue	The Recruiting Sergeant	The Railway Arms	The Anvil
Address	Horstead, NR12 7EE	North Elmham, NR20 5HH	Congham, PE32 1DU
Return Mileage to Watton	60 Miles	31 Miles	46 Miles
Typical cost for main course	£ 22.00	£ 18.00	£ 15:00

*For those of you (and partners / friends) that are interested, please email me direct or alternatively add your name to the list below on the WMS Noticeboard*

**Please provide names, preferred venue, number of people and if you need to car share.**

**NOTE:** The above are based on chosen venue accepting our final booking.

### **Aide Memoir - The WMS Car Pub Club**

Premise is, that once a month, we drive out to a local Pub / Restaurant / Food establishment and enjoy the culinary delights that East Anglia can offer. Venue suggestions are always welcome from members.

No rota is currently set for different Cars / Drivers for different outings.

Currently there is no official ad-hoc system that allows the sharing costs of fuel etc...

The Club remains open to all WMS Members, there partners and their friends - whether they drive or not as normally there are sufficient passenger seats.

I welcome comments / suggestions re the **WMS Car Pub Club**, but I would suggest we don't want to apply too many rules (e.g.; Car Classifications / Food Groups etc..) so that Club can grow organically, as it has done so far.

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





# The Shed Journal



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

### Men's Shed – We care:

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



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

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

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

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

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

### Co-op Grant:



As reported last month we have been selected as a recipient of the community funds for the coming year by co-op customers donating to our cause when they shop. As the nearest store is at Dereham we need to promote this project as much as possible. A notice board has been placed in the store in Dereham High Street so have a look next time you are in Dereham.



### UK Men's Shed Association (UKMSA):



To find out more about the UKMSA, **type** or, **cut and paste** this link into your address bar. This will take you to the December 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.

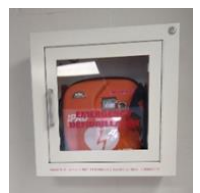
<https://mailchi.mp/ukmsa.org.uk/shoulder-to-shoulder-october-15738658?e=7c00b591b8>

### 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:



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](#)

### Money Helper:



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



# The Shed Journal



## Don't bank on it:

LLOYDS BANK **BARCLAYS** HSBC **NatWest**

Lloyds mobile bank will soon no longer be coming to Watton, the last day will be May 27<sup>th</sup> 2024

## Banking Hub at Wayland House:

**NatWest** on Tuesdays - **HSBC** on Wednesdays - **Barclays** on Fridays - Monday & Thursday TBC

## Wanted, For Sale & Free Notices:



Do you have an item for sale, for free or are you looking for something in particular? Please feel free to email the editor - [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com) with a price, picture, 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 for the Men's Shed Workshop

**Henry Hoover** or equivalent. The shed workshop hoover had finally given up the ghost.

Contact:- [Rob Fielding](mailto:Rob.Fielding@bt.com) – 01362 85014 - 07871 193206  
email:- [fieldings225@gmail.com](mailto:fieldings225@gmail.com)



## Business, Administration & Housekeeping matters:

### 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.

## 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](http://www.waylandmensshed.co.uk).

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

## Facebook:



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

[www.facebook.com/groups/5797251266956413](https://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.



# The Shed Journal



## 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.**

**HSE** 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.

## Treasurers Report:

*"Funds were recently bolstered by yet another of Malcolms fantastic quizzes, these events along with the welcome income from the two workshop teams ensure we can continue to do our best for all members.*

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

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

## Memberships Report:

*"Membership inexorably edges towards the 100 (currently 91). We once again welcome new members, so can you all please make **Mark Sayer** and **Phillip Lapworth** feel at home."*

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

## Your elected committee:

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

## Committee meeting:

Next committee meeting will be on Wednesday 6<sup>th</sup> March 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 Chairman. *Malcolm Trayhorn* - email: [malcolm.trayhorn@gmail.com](mailto: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. *Neil Rowe* - email: [neilr101@btinternet.com](mailto:neilr101@btinternet.com)

### Committee note:

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







## Trivia, Quiz & Puzzle answers:

### QUIZ ANSWERS – ‘LINE OF DUTY’

Answers are simply the next in sequence (may be mid sequence)

1	125 (Cubed numbers)	11	Four-of-a-Kind (Poker hands)
2	Zeta (Greek alphabet)	12	Cancer (Astrological signs)
3	Hotel (Phonetic alphabet)	13	Te (Musical scale)
4	H (Pencil lead grades)	14	Indigo (Rainbow colours)
5	Albatross (Golf stroke terms)	15	Kennedy (Assassinated US Presidents)
6	Corinthians (New Testament books)	16	Bale (Paper quantities)
7	Francis (England football captains)	17	Skylab (US Space programs)
8	Cat ("There was an old lady" lyrics)	18	Advantage (Tennis scores)
9	Snake (Chinese New Year)	19	Uranus (Planets distance from the sun)
10	Tera (Electronic units of information)	20	Black (Ascending snooker ball values)

**That's odd:** **Water Lilies** was painted by Claude Monet. The remainder are Leonardo da Vinci paintings.

**Word:** **Obfuscate** – To make obscure, unclear, or unintelligible.

**MIA:** **Walker.** These 7 characters were the main cast of Dad's Army.

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

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

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

