

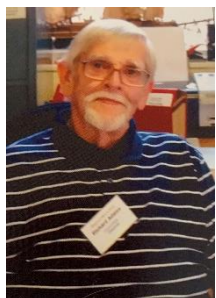


Issue 20

April 2023

Your monthly update on WMS News and Events

Chairman's Foreword:



"The first thing to mention this month is the sad news that Richard Adams passed away on Sunday 26th March after losing a long fight against cancer. He was a founder member of our shed, a previous chairman and more recently was the workshop manager. He had devoted much of his time in the last few years in getting the shed up and running and to ensuring the progress of the workshop. The committee is looking at a way to make sure that Richard will be remembered.

As our AGM is fast approaching it is time to think about issues relating to the running of the shed for the coming year. The first order of the day will be to elect a new committee. Stewart Haile, our current secretary, very kindly took on the role for the last two years but will be standing down at the AGM. We MUST have a secretary so please let me know if you would like more information and would be willing to take this on. It is not an onerous task! Any further committee posts are of course a matter for the members and full information re this will be sent out in the near future."

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

Apology:

My humble apologies go to our Secretary Stewart Haile. Having been informed I had incorrectly spelt his name, I investigated. I had in fact managed to spell it **three** very different ways, I therefore beg his forgiveness.

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

"Welcome to issue 20 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.

After signing in, the Computer and Workshop shedders will drift off to the outbuilding to take up their interests."

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

John Chamberlin – Editor

The Carpentry Workshop:

"Due to Richard Adams sad passing, the workshop currently has no supervisor. However, we have 3 very able members who are overseeing the running of the workshop for continuity. We thank them for their contribution and time taken to enable other members to enjoy this wing of our shed. I'm sure that with the onset of the AGM we will find a suitable member who will agree to take on this role. Please continue to attend the workshop as usual and offer your support to them. However, the rule of NO lone working still applies."

John Chamberlin

The Computer Room:

"Hello Fellow Techies

The computer group have started a desktop computer learning course, which has been running for the last three weeks, 8 members are attending which is fine, as space is a premium.

For those you who may have missed information regarding the learning course in the last issue of the WMS Journal, this course is an introduction to hardware that maybe found in a computer and how everything is connected together to make it work. We try to make the course light-hearted and enjoyable to attend, the course is not about needing to know everything, as long as members attending learn something that could be helpful to them.

Easy fundraising:

Just a little reminder, if you would like to help to raise funds for your Shed (WMS), then it's easy. All you need to do is go online and Google 'easy fund raising,' this will lead you to a website that will show you how you can raise funds for WMS, or you could email me for a link to the website.

Thank you for your help, every little helps.

Respect:

The computer group would like to give their respect to Richard Adams and will always remember the banter between workshop and the computer group, all in good humour.

Till the next time."

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





Trivia, Quiz & Puzzle corner:

April in history:

1739 - Dick Turpin, England's most notorious highwayman was hanged in York.
 1896 - After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece.
 1949 - Twelve nations signed the NATO military defence treaty against the threat of expansion by Soviet Russia.
 1968 - Martin Luther King. Civil Rights leader shot and killed. Best remembered for his 'I Have a Dream' speech.
 1998 - The 'Good Friday Agreement' is signed in Northern Ireland, ending 26 years of direct rule from London.

April born into glory or infamy:

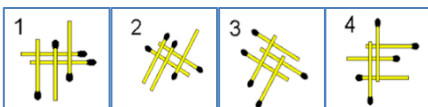
1452 - Leonardo da Vinci - One of the greatest painters in history, often credited as founder of High Renaissance.
 1564 - William Shakespeare. Playwright, creator of 154 sonnets & 36 plays, including. Romeo and Juliet, Hamlet.
 1894 - Rudolf Hess - Deputy Führer of Nazi Germany. He was imprisoned by the British and put on trial post war.
 1911 - Joseph Pulitzer - Publisher. Established the 'Pulitzer Prizes,' awarded for excellence in journalism.
 1941 - Sir Bobby Moore - Footballer and inspirational captain of England's 1966 World Cup winning team.

Joke

What's the difference between ignorance and apathy?

Puzzle

Which one of these matchstick patterns is different? Not 'the odd one out, but **'different'**?



Quote:

"The superpowers often behave like two heavily armed blind men feeling their way around a room, each believing himself in mortal peril from the other, whom he assumes to have perfect vision." ...
Henry Kissinger

Proverb:

For want of a nail the shoe is lost, for want of a shoe the horse is lost, for want of a horse the rider is lost.

The Six W's Quiz:

When

was the '100 Years' War' fought between England and France?

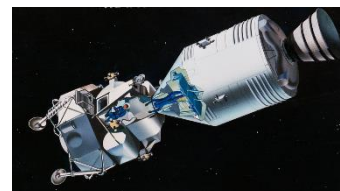
Where

in the UK would you find Brands Hatch?



What

were the three modules of Apollo 13 called?



Which

two other names did T.E. Lawrence (a.k.a. 'Lawrence of Arabia') use during his lifetime?

Why

do the majority of the world prefer Centigrade to Fahrenheit.

Who

is credited as the inventor of modern day 22 ball Snooker?

Last thoughts:

That's odd: Give the odd one out:

acute, obtuse, right, bilateral, equilateral, isosceles, scalene.

Line up: Give the next in line:

Red, yellow, green, brown?

MIA: Give the missing item:

Commander, Captain, Rear Admiral, Vice Admiral, Admiral?

"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 - 01953 529531 - email: malcolm.trayhorn@gmail.com

Recent events:

None this month

Upcoming Social Calendar: (See notes below)

Event	Date	Venue	Time	Estimated cost
Ten-Pin Bowling	Tuesday 25 th April	Strikes Dereham via Car Share	2pm or 1:15 at Queens car park	£8.95 PP
Quiz and Chips	Friday 5 th May	Sports Centre	6:30pm for 7pm food – 7:30 Quiz	£11 PP
Yarmouth Dogs	Wednesday 17 th May	Yarmouth - via coach	TBC	£23 PP Coach est. £20 PP
Cromer Pier Show	Friday 14 th July	Cromer via coach	TBC	est. £30 PP inc. Coach - £10 dep
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	TBC	est. £50 PP inc. coach - £10 dep
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 4 th June	Fakenham via coach?	TBC	TBC

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 Shed Journal



The Music Club:

"Everyday I have the blues.

'The Blues' – two short words that convey a feeling that might otherwise be much more difficult to express. But what exactly are the blues? I mean, we don't have the reds or the browns or the greens so why the blues?

There is a perception that all blues are sad – "My baby's gone and left me" type songs, but many other genres such as rock, country and jazz are infused with the blues and are much more uplifting. In music, the 'blues' refers to a particular chord structure, usually either 12 or 16 bars long, which may be in a major or minor key. It was left to Music Club members to interpret the theme 'Everyday I have the blues' for their April meeting.

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

1. *'Baby Please Don't Go' performed by John Lee Hooker / Van Morrison. (90 votes)*
- 2=. *'St Louis Blues' performed by Glenn Miller. (89 votes)*
- 2=. *'Make Your Own Kind of Music' performed by Mama Cass Elliot. (89 Votes)*
4. *'The Blues Are Alive and Well' performed by Buddy Guy. (87 votes)*
5. *'Every Day I Have the Blues' performed by Eric Clapton. (85 votes)*

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. The next listening session will be on Wednesday May 3rd in the back room off the Bar (the door next to the pool table). There is no additional charge other than the usual £2 Shed sub payable in the social room. The optional theme for the month is 'Made in Britain.' We are a very friendly group and always are pleased to welcome new members."

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

The Shanty Group:

"Shanties at the Shed,

This month the Shanty Group started to get to grips with two new songs. "Waiting for the Day" is a song that originated in Essex and concerns an old and tattered coastal barge used to carry coal from Hull to Harwich. Termed a 'pump shanty' it provided a steady rhythm against which to operate a see-saw pump. As is often the case in sea shanties things don't end well – the barge sinks!

Our second, and most adventurous song to date is 'Eliza Lee.' This shanty dates to the time when steam was beginning to replace sail. The song pays homage to the Margaret Evans, an American packet ship built in New York in 1846 that sailed passengers and cargo to New York from London, Liverpool, and other British ports. The ship was severely damaged in 1865 while at anchor in New York when the steamer Bridgeport collided with it. (No, it didn't sink but was so severely damaged that it was subsequently dismantled!) It is a challenging song to learn, but it will not be long before it is added to our repertoire.

We have recently been donated a button accordion (like the squeeze box you see and hear in Captain Pugwash!); however, we don't have anyone who can play it. If you would like to have a go at it, please let me know. You can borrow it and see how you get with no commitment to accompanying the shanty group. Encouragingly, the group has been offered a few gigs. We have accepted an opportunity to sing at a private party in August and have three potential opportunities to sing in May. We may also be able to sing at the Watton Carnival in September.

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! There is no additional charge other than the usual £2 Shed sub payable in the social room. The next sessions will be on Monday 1st May and Wednesday 19th May 2023 in the back room behind the bar starting as soon as possible after 10 o'clock."

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



The Shed Journal



Car Pub Club:



Event Number 3 results: Thursday 6th April 2023



Name of Establishment:			The Recruiting Sergeant, Horstead			Event 3	
Time and Date of Visit:			12:30 on 6th April 2023				
Number of WMS Members / Partners:			8				
Car Scores	115 out of a possible 160		71.88%				
Pub Scores			215 out of a possible 240			89.58%	
	Enjoyable Drive	Distance & Parking	Menu & Price	Food Quality	Service	Total Average Score	Overall Car Pub Club Rating
Avge Scores	7.3	7.1	8.5	9.4	9.0	41.26	<u>82.52%</u>

Our third successful event... and a venue that delivered HUGE portions.
All eight gastrophiles completed the scoring matrix.

Summary:

Now that we have enjoyed three 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%	2	87%	3	8.5	2
The Recruiting Sergeant	06.04.23	8	72%	3	90%	2	8.3	3

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 - whereas The Recruiting Sergeant, overall, loses out due to the lower car scores.

We all enjoyed watching Malcolm attempt a mountain sized 'Steak & Kidney Pudding'... if there was a belly buster trophy award then Malcom was truly the winner.

A special thanks was given to the drivers – I am sure the torrential rain effected the car scores, and it wasn't down to their driving.

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'.



The Shed Journal



Event Number 4: Thursday 4th May 2023 at 12:30

Following various recommendations – I offer a choice of three establishments.

Options	1 – Breakfast	2 – Lunch	3 – Lunch
Venue	Lavender Lounge	The Railway Arms	The Mulberry Restaurant
Address	Lynn Rd, Heacham, King's Lynn, PE31 7JE	40 Station Rd, North Elmham, NR20 5HH	11 Raymond Street Thetford, IP24 2EA
Return Mileage to Watton	70	31	29
Typical cost for main course	£ 12.00	£ 15.00	£ 18.00

Web links:

Lavender: <https://norfolkclavenderlounge.co.uk/our-food/>

Railway: https://www.tripadvisor.com/ShowUserReviews-g1157714-d14182402-r720120607-The_Railway_Arms-North_Elmham

Mulberry: https://0201.nccdn.net/4_2/000/000/056/7dc/menu-march-23.pdf

If you would like to attend, please let me know the following **before 21st April.**

Preferred venue – Number 1 or 2 or 3 - Name - Number of people - If you wish to Car Share

A poster will also be placed on the WMS Noticeboard in the Social Room

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

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:



Bring on the bright wide skies of Norfolk as the month was the wettest March in for more than 40 years. Don't get me wrong I know we needed the rain, but it would be lovely to plan great photographic days when the forecast offers bright sunshine – I say let it rain during the night. Maybe April will be better.

In March, another new WMS Member joined the Shutterists, John Parling, Shutterists are now 14 strong.

(1). Group Outings (The Photo Walks):

A - Gorleston – Thursday 30th March

An event attended by 8 Shutterists – in two cars (kindly driven by Bob Darts and Grahame Andrews) we left Watton at 09:00. The weather was kind, dry and bright. Upon arrival an establishment named Marina Bay enticed us with coffee and bacon baps. The perfect start to a typical outing of WMS Shutterists, then, Cameras at the ready, we composed our subjects trying out our skills against the backdrop of Gorleston sands, Jetty, and waves. The following images were subsequently submitted for the competition – 'Photo of the day.'



Gorleston - Steve Fransz



A Poor Excuse for a Wave
Bob Darts



Backwash - Graeme Hale



The Shed Journal



Slap - Stewart Haile



Could be Miami (But colder)
Grahame Andrews



Shed on the beach.
Malcolm Trayhorn



Reflections - Neil
Rowe

Mark Tindale, who could not make the trip, kindly accepted the Honour to judge the outing, and reported;

“The International judging panel have cast their votes....

It was a struggle to pick a winner with the top 2 being really close once I had them on a bigger screen. The one I have chosen as winner was the one that really caught my eye from the off though.

Winner: Gorleston - I love the atmosphere it creates with the moody sky and the choice of going B&W

A Poor Excuse of a Wave - Love the capture of the spray.

Slap - Nicely captured wave hitting the breakwater.

Backwash - A nice composition of sea and sky.

Could be Miami - Nice composition with the breakwater in the foreground and shed in the background.

The Shed on the Beach - Another nice picture with a brightening sky in the background.

Reflections - Nice abstract photo which looks like a ghostly face.

Well done guys and I was gutted I couldn't make it - *Mark.*”

A BIG Congratulations to our winner, **Steve Fransz**. A worthy winner I think most, if not all of us, would agree. Fabulous in Black & White. You will be presented with the Terry Knight Trophy.

Thank you Mark for Judging the entries and thank you for the comments too.

And finally, I know you are all dying to know... yes luncheon and beverages were shared in The Pier Hotel – right on the Sea front. Very popular, great menu and prices – enjoyed by all.

B - Wex

On 10th March, several Shutterists visited WEX in Norwich (a photographic specialist retailer)

Even though we were all quite restrained on the day – a couple of guys, in the coming days, did revisit WEX and capital purchases were made.

(2). April Outings

Friday 14th April – Holme to Thornham Boardwalk

<https://www.edp24.co.uk/news/23113960.holme-thornham-boardwalk-reopens-following-repair-works/>

The beginning of the walk is board walk or compacted path which makes it easy for walking. This walk can be any length, depending on where you want to walk to. Don't forget - we can always get the Lynx Coastliner No 36 bus back to Holme.

A suitable Pub will be found enroute for lunch, Oh coffee too....

Currently there are 9 WMS Members who have said they would like to attend. If other members wish to come along you are most welcome. Let me know and we can confirm date and transport.

(3). 2022 - 52 Week Capture Challenge

Results – watch this space over the coming months.



(4). 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 3 – March

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

THE LETTER FOR MARCH WAS: 'B'

9x Members entered with Colour.

Name key	
JP - John Pepper	Mti - Mark Tindale
WR - Wayne Rutter	SH - Stewart Haile
GH - Graeme Hale	NR - Neil Rowe
GA - Grahame Andrews	JPa - John Parling
MT - Malcolm Trayhorn	JP - John Pepper
DH - Dave Haylock	BD - Bob Darts
DG - Dave Gambrell	SF - Steve Fransz

1	2	3	4	5	6	7	8	9
Bunny in the back garden	Boating Reflections on the Broads	Bird 'Colourful Toucan'	Bridge over troubled water	Budburst	Boat	Blossom	Bridge	There's a Boat coming in'
JP	Mti	WR	SH	GH	NR	GA	JPa	MT

9x Members entered with B&W

10	11	12	13	14	15	16	17	18
Babbling Brook	Big Bridge	Bird 'Monochrome Black and White Avocet'	I ride my bicycle	Beads of a Feather	Benches	Blossom	Blight	There's a Boat coming in'
JP	Mti	WR	SH	GH	NR	GA	JPa	MT



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18

Editor's note:

To enable me to include all the fantastic photographs provided by the Shutterists I need to shrink many or most of them somewhat, I also occasionally crop the edges. I apologise if that detracts from the visual effect or the intention of what the photographs are meant to depict.



The Shed Journal



AND THE WINNERS ARE;

AWARDS		TITLE	Creator	Entry	Medium	Month	Letter	% VOTE
GOLD	14	Boating Reflections on the Broads	Mark Tindale	2	Colour	Mar	B	29%
SILVER	11	Beads of a Feather	Graeme Hale	14	B & W	Mar	B	23%
BRONZE	4	Bridge over troubled water	Stewart Haile	4	Colour	Mar	B	8%

Congratulations to Month 3 Winners: All winning photos attached. In order of their label not in order of winners Mark was the clear Gold winner this month and in his first month too, Graeme came a close second and took the Silver and I, Stewart, took Bronze.

Let's hope April and the letter 'I' provides an interesting selection of entries - some have already said that 'I' is too much a challenge. Let's prove them wrong...

The Stats...

Entries - 9 members

Voting - 8 members voted.

Thus, a total of 48 points awarded across the 18 entries.

Of the 18 entries, a total of 13 received at least one vote.

The winning photos accounted for 29 Points - 60% of Voting (2x Colour and 1x B & W) 1x Gold, 1x Silver and 1x Bronze awarded.

Graeme Hale tops the leader board after three months - with a total of 32 points (6 colour votes and a massive 26 B/W votes). He also has 1x Gold & 1x Silver, as does John Pepper but Graeme has more points overall.

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, 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.

What's coming up for the Shutterists...

- April outing – Boardwalk
- More ad-hoc trips (maybe)... watch your inbox and / or the Shed Notice board.
- Monthly Challenge – April will be the Letter 'I.'

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



Other News, Notices, Events & Interesting Articles:

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

Gastro Jaunts around East Anglia Part 7

After a bit of a break, I've had a jaunt this month, I went with my wife to Norwich for my first visit in a long time. We had lunch at Paolo's restaurant just opposite the town hall. This is a real Italian restaurant (not one of your pizza and pasta franchises).

We had a table by the window so that we could watch the world go by. It has a nice, homely atmosphere and the waitress (I think she was the chef's wife) was very welcoming.

For starters we shared a dish of whitebait which was one of the best I've eaten, nice plump fish in the lightest of batters. For main course we had the special of the day from the blackboard, ravioli stuffed with prawns and scallops, they were excellent.

For dessert in Italian restaurants, I usually have tiramisu as it is nearly always differently presented. We have a friend who makes the best tiramisu ever and I mark the tiramisu out of ten in comparison to her ten out of ten and this came in at a very creditable 8 out of ten.

So, all in all a very pleasant lunch, in a restaurant I would highly recommend.

I'll stop here as I have two more places to write about, The Last Wine Bar in Norwich and we are booked for a special weekend at the Gunton Arms one of my favourite gastropubs (with rooms) near Cromer, voted number one gastro pub with rooms in the country, (let's hope it's as good as last time), not to be confused with Warner's Gunton Hall near Lowestoft.

Submitted by *Les Waller*

Traders:

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 a proportion of them here for 3 months before letting them drop off the list. i.e.

Name	Profession	Pricing	Reliability	Quality	Notes/Pros & Cons
Hingham Plumbing & Heating	Plumber	Fair	Very good	Outstanding	High quality work, completed on time, friendly and cleaned the site and work guaranteed. John Chamberlin



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.

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](#)

Submitted by [Malcolm Trayhorn](#)

In the beginning there was the word:

Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mtt aer in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer be at the rghit pclae. The rset can be a toatl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

Submitted by [John Chocqueel-Mangan](#)

There's no escaping the energy crisis:

A thermal imaging camera/device as we know is a device that will help detect exactly where a property is losing precious heat and could help save considerably on energy bills.

Is there any member who has or knows of the possibility of loaning said equipment so members can identify where their properties may be losing heat? I'm sure members would be horrified to discover where heat loss is occurring and be galvanised into installing insulation etc and save on heating costs.

Do the tech boys have any ideas on this subject and could help? Yes, perhaps a bit late for this past winter but at least members could prepare for the next!

Perhaps a member knows where they can be rented cheaply. The small cost would pay for itself very quickly.

Submitted by [Jezz Hookham](#)

WMS Local Community Assistance Fund:

This is a fund of up to £500 per annum raised from specific fund-raising events such as Quiz & Chip nights and will **not** be from our main funds. It will be up to the membership to suggest worthy local causes, so if you have a proposal, it should be submitted to the committee for consideration.



The Shed Journal



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://mailchi.mp/9864d9f4ae67/shoulder-to-shoulder-june-15550677?e=a370dbe526>



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:

Shed Opening 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 09:00 to 12:00 - Thursdays 09:00 till 12:30.

Treasurers Report:

"The shed accounts have remained stable all year thanks to continued member support, our lottery funding, workshop/tech fundraising and we will end the year on a very positive note. Long may it continue.

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

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

Memberships Report:

"Membership remains steady at 75. Members who have been absent for a period are contacted by the committee and support offered."

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





The Shed Journal



Your committee:

Malcolm Trayhorn:	Chairman, Social Sec & Press	Gordon Williams:	Vice Chairman
Stewart Haile:	Secretary	Jeffrey Heath:	Tech supervisor
John Chamberlin:	Treasurer, Memberships & Journal	John Bunning:	Tech assistant

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.

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: £40

Computer Bundle Including Desktop Computer, Monitor, Keyboard and Mouse, and all required cables.

Please contact: *Jeff Heath*
jefferyheath2017@yahoo.com

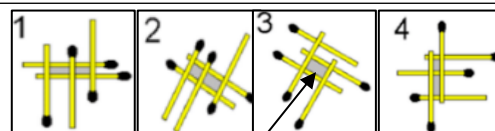




Solutions:

Joke: I don't know, and I don't care 🤔🤔🤔

Puzzle: Number 3. It has only 1 rectangle (greyed out), the others have 2.



Who? 1875 by **Neville Francis Fitzgerald Chamberlain**. A British army officer in Jubbulpore, India.

Where? **West Kingsdown, Kent**. Host to the British Grand Prix between 1964 and 1986.

Why? °C assigns freezing and boiling points of water as 0 & 100 but °F confusingly uses 32 & 212.

When? **1337 to 1453**. Lasting 116 years, was waged through the reigns of five English and 5 French kings.

Which? **John Hume Ross (1922) & Thomas Edward Shaw (1922 – 1935)**.

What? **Service, Command and Lunar**. Perhaps better remembered as Odyssey and Aquarius.

That's odd: **Bilateral**. The others are the six basic types of triangle.

Next in line: **Blue**. They are snooker balls in order of value (pink and black follow blue).

MIA: **Commodore**. They are of course ranks in the Royal Navy in ascending seniority.

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.

