



Issue 27

November 2023

Your monthly update on WMS News and Events

Chairman's Foreword:

"This month I would just like to say how honoured I feel to be a part of our Men's shed. When I walk into the social room, computer room or woodwork room there is an atmosphere of warmth, friendship, and comradery. The support for each other and for myself in particular, is very special so thank you everyone. Long may we continue."

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

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

Welcome to issue 27 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 However, defamatory articles will not be published."*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





The Shed Journal



Latest News on Shed Facilities and Amenities:

Main Social Room:

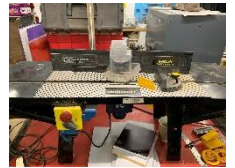
"The Main Social Room is where the larger part of our membership congregates to catch up with fellow shedders over a cup of tea/coffee. Groups develop for a game of something or other although this is not all that goes on. Other groups may sit chatting about whatever comes up, perhaps the news, holidays, 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. 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."



p.s. The workshop has just had a much needed 'Router Table' donated by Peter Bellingham.

John Chamberlin – Editor

The Computer Room:

"Hello everyone, I hope I find you fit and well and let's all keep warm as winter approaches."

Well, this month I thought I would talk about something different; you may be aware that I make videos which can be seen on YouTube, many of you may have received a link to a video, which would have been all about computers, hopefully you all found them interesting, and they have been helpful. I have enjoyed making the videos and I plan to do others in the future. The channel name is called 'The WMS Shedder,' just type in on the search bar to see the videos available.

There is another channel; this one is all about going out and about the countryside or when on holiday showing areas visited, I hope that you will find them interesting. The idea behind this is so that you can watch these videos at home to give you some ideas were you could visit if you wished, or you can watch the videos and follow the walks in the countryside and further around the country. The name for the second channel is 'Let's walk around with Jeff.' Thank you for watching, I hope to make other videos in the future.

I've not mentioned the computer team this month, but you all know how we are doing. As I have said before, if you have a problem please come and see us in the first place, we will always try to help if we can, BIG thank you for your support.

Till the next time, take care."

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





Trivia, Quiz & Puzzle corner:

November in history:

C. 1475 - William Caxton printed the first book in the English language, 'The Recuyell of the Histories of Troye'.
1703 - A "Great Storm" lasting two days struck southern England, flooding the Thames and Severn Rivers, killing at least 8,000 persons.
1703 - The "Man in the Iron Mask," a prisoner of Louis XIV dies in the Bastille prison in Paris. The prisoner may have been Count Matthioli, who had double-crossed Louis, or may have even been Louis brother.
1863 - President Abraham Lincoln delivered the 'Gettysburg Address' during the American Civil War. Two famous excerpts are - "A government of the people, by the people, for the people" and "All men are created equal."
1994 - The first paying passengers travel through the Channel Tunnel linking England and France.

November born into glory or infamy:

1847 - Winston Churchill - His inspirational speeches, combined with his political skills and military strategy carried Britain through the war, and helped the Allies overcome the Nazi onslaught and defeat Hitler.
1867 - Marie Curie - Nobel Prize winning Polish chemist. In 1903, she and her husband discovered Radium.
1887 - Bernard L. Montgomery - British General, led the British 8th Army to victory over the Germans at El Alamein in 1943. Then led the 8th Army in the Sicilian and Italian campaigns and all ground forces during D-Day.
1887 - Boris Karloff (born as William Henry Pratt). Horror film actor best known for 'Frankenstein.'
1887 - German Field Marshal Erich von Manstein. He planned the German invasion of France in 1940 and it was a stunning success. He was dismissed by Hitler in 1944 following a series of arguments over military strategy.

Sporting chance:

Why is the 'Marathon' called the 'Marathon'?

Music, Arts or Literature:

How many famous 5 books are there?

Quote:

"Never let the future disturb you. You will meet it, if you must, with the same weapons of reason which today arm you against the present."
Marcus Aurelius

Proverb:

If you must play, decide upon three things at the start: the rules of the game, the stakes, and the quitting time."

The Six W's Quiz:

What

were 'Doodlebugs'?

Where

in the world did the 'Halloween' celebrations originate?

Who

, in Greek mythology were the 'Amazons'?

Why

was this landmark famous?

Which

dessert is the hottest in the world? Reaching temperatures of 177.4°F (80.8°C).



When

did the UK first adopt 'Daylight Saving Time' (clocks going back)?



Last thoughts:

That's odd: Give the odd one out:

Light, Gentle, Moderate, Fresh
 High, Strong?

Can I have a word.

Give the meaning of the word:
 'Lien'

MIA: Give the missing item:

Faeroes, Fischer, Fair Isles,
 Fitzroy, Forties, Forth.

"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 throughout the year. Malcolm is, however, open to suggestions and ideas for future events and outings from the membership, so please put your thinking caps on for 2024. Suggestions to Malcolm please.

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

Recent events:

There have been no recent social events. The calendar is now winding down for the year.

Upcoming Social Calendar:

The social programme is now starting to wind down for the year.

Event	Date	Venue	Time	Estimated cost
Thursford Christmas Special	Tuesday 5 th December	Thursford via coach	Leave Watton 16:30 for 19:00 show	NOW FULL
Christmas Meal	Thursday 14 th December	Barn Ruche	Arrive 19:00 for 19:30 sit down	£27 PP
Mulled Wine & Mince Pie Event	Monday 18 th December	Sports Centre Bowls Room	10:00 – 13:00 Just drop-in	FREE
Birmingham Military Tattoo	Sunday 11 th February 2024	Birmingham via coach	TBA	£30 inc coach

Social Report

Thursford Christmas Spectacular

It's all ahead for the trip to Thursford Spectacular. For those who are coming, we will be leaving Queen's Hall car park at 4.30pm.

Christmas Dinner

I now have most of the money for this event on Thursday 14th December. There are a few more of you to let me know your menu choices, so make sure you have given them to me by the end of next week. There is a slight change to the menu, the **Turkey course now has roast potatoes, and the Dessert course has Christmas pudding with custard.** If anyone still wishes to join us, then let me know soonest.

Mince Pies and Mulled Wine

Drop into the social room on Monday 18th December between 10am and 1pm for some Christmas cheer. Make sure your names are on the notice board or you have let me know so we can cater for numbers. Also, any offers of mince pies please let me know.

Birmingham Tattoo – Sunday 11th February – PROPOSED ONLY

We have the opportunity of going to this event on a trip organised by Salec Coaches. I have 20 seats set aside for members of the shed and guests. The cost to you would be £30 each, which is a subsidised price. Names to me soonest please so I can confirm the trip with the coach company.

[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, a book or 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."

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."



Shanties at the Shed:

"After a short autumn break the shanty group returned to rehearsals this month. The primary goal in the weeks leading up to Christmas is to revise and refresh all the songs currently in our repertoire. This is particularly important for those shanties that include harmony sections. Accordingly, these songs were front and centre of our rehearsals in November. A number of potential gigging opportunities have arisen recently, and we need to be ready to perform to our best ability at short notice.

In order to keep expanding our repertoire we have also been singing two new songs: namely, 'Haul Away Joe' and 'Rattling Winches.' Whilst the first is a traditional shanty dating from the early 19th century, the latter is a contemporary song written only a few years ago. However, it is written in a traditional style and is often mistaken for something much older. Both are good and lively and should go down well with our audiences.

In addition to my perennial appeal for any musicians who might wish to accompany the band, I ask Shed Members to be alert to any opportunities where the group might sing in support of other local organisations such as church or community groups, care homes, etc. Perhaps you may have a contact in such groups and could ask if they would be interested. If the response is positive let us know and we'll take it from there

*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 4th December 2023** and **Wednesday 17th January 2024**. **NOTE: ONLY ONE REHEARSAL IN BOTH DECEMBER AND JANUARY.** We meet 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 Music Club:

"November's Music Club meet was based on the theme of "One Word Title." This theme allowed for an almost limitless selection of music independent of genre or era. As it transpired, and indeed might be expected given the composition of the group, the tracks selected were largely somewhat nostalgic of a bygone youth. The top five most popular tunes of the day were:

1. 'Manhattan' performed by Ella Fitzgerald (89 votes)
2. 'Crazy' performed by Kay Starr (87 votes)
3. 'Vincent' performed by Don McLean (86 votes)
4. 'Cabaret' performed by Liza Minnelli (85 votes)
5. 'Moanin'" performed by Buddy Guy (82 votes)

One of the tracks played was Aretha Franklin singing 'Think' from the film 'The Blues Brothers.' It was the second time this year that the track had been played and it is interesting to compare the score that the song received earlier in the year with that awarded this month. On the first playing (April 23) the song received 81 votes and in November 79 votes. On each occasion there were 13 music club members casting a vote.

Without wishing to read too much into one result, it suggests that there is some degree of consistency in voting from month to month and may add some credibility to our selection of 'Song of the Year' which will be announced at the Music Club's second anniversary in February next year.

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. For the December meeting the theme is 'Winter / Christmas;' however, this is purely optional, and members are not restricted from bringing along any track of their choice for listening.

*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 **6th December 2023**. Please don't forget to sign in and pay the usual £2 session fee. Why not give the Music Club a try? Please don't forget to sign in and pay the usual £2 session fee."*

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



The Shutterist's:



"Following on from the October Journal, I continue the theme of looking from a different perspective - 'Aerial' photography with 'Drones.' First and foremost, it is about getting the shots that previously could only be taken from helicopters or planes. You can also fly a drone into areas that would be otherwise hard to reach by foot. Drone tech will let you zoom in and get a unique perspective of your subject. More and more photographers are buying drones, I know at least one Shutterist who has taken the plunge. Worth adding to your Santa list?"

(1). Group Outings - The Photo Walk

(a). Dersingham Bog – a Fungi Foray into Norfolk – Tuesday 17th October

An event kindly organised by Mr Bob Darts, and attended by 5 Shed Shutterists, and reported by Bob.

"Having returned safely from last month's Suffolk foray, we turned our attention to a location not too far from HM King's holiday home in an area commonly known as Dersingham Bog. A place of wonder and an annual pilgrimage for some 'Shutterists'

Dersingham Bog contains three distinct habitats, mire, heath, and woodland. Acid valley mire is found over much of the low-lying parts of the reserve where the ground is waterlogged for most of the year. Dersingham Bog contains the largest remaining example of this kind of habitat in East Anglia. The Mire's make-up of wet acid peat makes it ideal conditions for some rare and diverse species of plants such as bog asphodels, round-leaved sundew, white beaked sedge, and cranberry.

The Mire also has some rare insects such as the black darter dragonfly and moths such as the light knot grass. In the dark it is possible to see glow-worms. The mire lies on shallow peat and is bordered on one side by a steep escarpment containing large areas of dry heath and woodland that marks the edge of an ancient coastline. The woodland at Dersingham is quite recent and contains Scots pine, oak, sweet chestnut, sycamore, and birch. The woodland glades attract birds such as redpoll, crossbill, long-eared owl, tree pipit, woodlark, shelduck, nightjar, and sparrow hawk.

So, armed with this information, a large slice of enthusiasm and an array of cameras and lenses, our intrepid bog explorers beat their way through the dense undergrowth of woodland fauna seeking out compositions that presented them with numerous opportunities to take many photographs. At this time of the year the bog abounds with Autumn colour and various forms of fungi making it a really interesting place in which to lose oneself in the moment and enjoy the peace and tranquillity.

With sharpened edges to their appetites and the prospect of lunch rapidly approaching our intrepid explorers regrouped and set forth towards the nearby village of Congham where arrangements had been made to sample the bill of fare at The Anvil Public House.

All in all, an excellent day spent with fellow Shutterist, being made all the more enjoyable by having Stewart, his wife Christine & the lovely Mrs Darts join us for our really excellent lunch."

Unfortunately, Stewart could not attend the 'Foray' but kindly agreed to cast his eye over the 5 entries."

Dear Bob

"Thank you for offering me the role of Judge for the 2023 Shutterists outing to Dersingham Bog. A real honour, as it is my first ever time as a judge. I hope I can do justice to all entries. Even though I feel I missed out on the photography it was still great to meet all at lunch. I have to say - a great diverse selection of images and I wish to add my comments, per entry, as follows;

This was not an easy decision to choose one winner so therefore I would like to choose my three favourites and award Gold, Silver & Bronze on the next page."

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

Bob Darts will be presented with **The Terry Knight Trophy** in due course.

Again, thanks to Bob Darts for arranging the trip.



Dersingham Bog Trip:

GOLD

**Collection of
Conifercone Caps**

**Gold Award: shot by
Bob Darts**

A view into a miniature world, of colour, of life and of symbiosis of nature. Great lighting and focus across the image – down to a cobweb detailed.



SILVER

Fading Fern in the Sun

**Silver Award: shot by
Grahame Andrews**

Stunning colours and I feel, a reflection of autumn, line of focus all along the stem with clever fading to top and bottom extremities of the Fern leaves.



BRONZE

Love the Markings

**Bronze Award: shot by
John Parling**

A clever image – close-up or macro to highlight the beauty of something so small using the depth of field to bring out the markings.





(2). 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 10 – October

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

THE LETTER FOR OCTOBER WAS THE LETTER: 'R'

Entries, a total of 16, which can all be seen in the **Shutterist Album for October**

THE WINNERS ARE;

GOLD

Running Water

**Gold Award: shot by
Stewart Haile**



SILVER

Rust

**Silver Award: shot by
Wayne Rutter**





Joint BRONZE

Railway Nostalgia

Bronze Award: shot by
John Ford



Joint BRONZE

Renovation Project

Bronze Award: shot by
John Ford



The 2023 Monthly Challenge – Summary of what it's about.

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.

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.

Other mediums:

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

Please also refer to last page of The Shutterists Album – gives great stats...



The Shed Journal



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

Monthly Outings

Planned – one trip for November, so far.

16th November 'Weybourne Beach, near Holt, Norfolk'

A trip being kindly arranged by Mr Bob Darts

Just to the north of the charming, archetypal English village of Weybourne is Weybourne beach. The steeply shelving pebble beach at Weybourne was said to once be the haunt of smugglers as it was easy to land large boats full of contraband here. These days you are more likely to see fishermen than smugglers.

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

Monthly Challenge – November will be the Letter 'O.'

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

Car Pub Club:



Wayland Men's Shed Car Pub Club



Event Number 9:

Friday 20th October 2023

The Honingham Buck, overall, suffered low scores in both food and the drive, but the weather was bad with poor driving conditions. Scoring details as follows;

Name of Establishment:			The Honingham Buck				Event 9	
Time and Date of Visit:			12:30 on 20th October 2023					
Number of WMS Members / Partners:			8					
Car Scores	129 out of a possible 160		80.63%					
Pub Scores			189 out of a possible 240			78.75%		
	Enjoyable Drive	Distance & Parking	Menu & Price	Food Quality	Service	Total Average Score	Overall Car Pub Club Rating	
Avg Scores	8.0	8.1	7.3	7.8	8.6	39.75	<u>79.50%</u>	



The Shed Journal



The Master Scoreboard now looks like:

Event No	VENUE	Date	Number of people	Car Scores	Ranked	Pub Scores	Ranked	Car Pub Club Rating	Overall
1	The Anvil	26.01.23	9	92%	2	93.33%	1	9.22	1
8	The Lodge Salhouse	08.09.23	9	93%	1	92.00%	2	9.20	2
4	The Railway Arms	04.05.23	7	87%	4	92.00%	2	9.00	3
5	The Nags Head	08.06.23	7	89%	3	87.14%	7	8.80	4
2	The Dabbling Duck	02.03.23	9	82%	6	87.41%	6	8.48	5
7	The Black Boys	10.08.23	6	76%	8	88.33%	5	8.40	6
3	The Recruiting Sergeant	06.04.23	8	72%	9	89.58%	4	8.25	7
9	The Honingham Buck	20.10.23	8	81%	7	78.75%	8	7.95	8
6	The Boars	19.07.23	7	86%	5	64.57%	9	7.60	9

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 WMS Car Pub Club 'League of Venues' now has two establishments tied in equal first place. The Anvil event 1 and The Lodge Event 8. Noting that The Lodge scores highest for Car Scores whereas the Anvil scores highest for the Pub Score. Combine both the Car and Pub Scores these two venues are equal favourites.

Footnote

We all know scoring is so very subjective, personal opinion can as much be about the mix of people attending, the time, the place, the specials board that day etc... What we can say is that the majority of attendees for both would not hesitate to highly recommend either. I personally would add that The Lodge is a little bit more 'special' and thus reflected in the price, whereas the Anvil is really great Pub Food, enjoyed again by the Shutterists this month and remains great value.

Event Number 10: Friday 17th November 2023 at 12:45

Following various recommendations – the WMS CPC will be enjoying food at;

Lunch	
Venue	Sculthorpe Mill
Address	Fakenham, Norfolk, NR21 9QG
Return Mileage to Watton	50
Typical cost for main course	£ 17.00

For those of you (with partners / friends) that are interested, please email me direct, letting me know your name, number of people and whether you wish to drive or car share. Currently I have a group of 10 attending this event. This is of course subject to Sculthorpe Mill accepting our 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 Shed Journal



Other News, Notices, Events & Interesting Articles:

Christmas and New Year Opening Days

Monday 18th December – Mulled Wine Event 10 a.m. - 1 p.m.

Wednesday 20th December – 9 a.m. – noon (Social room)

Thursday 21st December – 9 a.m. – noon (Workshops)

Monday 25th December – CLOSED

Wednesday 27th December – 9 a.m. – noon (Social room)

Monday 1st January – 9 a.m. – noon (Social room)

Wednesday 3rd December onward – Normal opening

Watton & District Rotary Club Group Vocational Award 2023:



"On Thursday evening 19th October John Chamberlin and I attended Broom Hall to receive a cup and certificate of achievement from the Rotary Club. The President, Shaun Yeoman paid tribute to the work done by the Wayland Men's Shed, it's committee and all the members. We now keep the cup for the next year."

Submitted by [Malcolm Trayhorn](#)

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. I have placed a notice board in the store in Dereham High Street so have a look next time you are in Dereham.



Gastro Jaunts in Norfolk Part 13:



"We've been to the Gunton Arms a couple of times, but people often say "Oh we've been there ", when it frequently turns out that they're talking about Gunton Hall the Warners place in Lowestoft. Well, we thought we ought to try it so we could compare them. We duly booked a mid-week break there and off we trotted to Lowestoft.

The staff and the accommodation were very good; however, the dining experience was absolutely dreadful, I won't bore you with the details I'll just say we decided to leave after one night. On leaving the dining room we spoke to the manager who couldn't have been more helpful, she explained that as we were "first timers" Warners offer a full refund if the customer is dissatisfied, and true to their word we were refunded in full.

Next day, the weather was glorious, so we decided to go for a walk along the prom at Gorleston. This is where some of the film "Yesterday" was made (it's the one where the Beatles were unknown to most of the population), and it featured the Pier hotel on the seafront. It was approaching lunchtime, so we thought we'd try it out. Well, we went into the pub which has been very nicely refurbished (no doubt with the extra income following the film), had a lovely light lunch in the sunroom part of the bar overlooking the beach. We enjoyed it so much we booked into the hotel for the night and into the restaurant for dinner.

We had an excellent dinner with very good service, a comfortable sleep waking to the waves lapping onto the beach. We had turned a potential disaster into a very nice experience and as a bonus we called into the nearby James Paggett hospital. I had recently had a fall and was suffering a bit with my knees, the hospital was very good, I had an x-ray and CT scan and was given anti biotics. We came home very happy."

Submitted by [Les Waller](#)



The Shed Journal



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.



It's All in the Game:



Left is a new venture that the sports Centre are trying to launch. Please make your interest (if any) known to a member of staff at the Sports Centre Reception.

Right is a similar venture starting up at the Kings Arms in Middle Street, Watton. The Breckland Boardgamers.

I'll leave interested members to make their own investigations.



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](#)

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: Pros/cons: Submitted by:
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Money Helper:



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

The Happy Shopper:



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

UK Men's Shed Association (UKMSA):



To find out more about the UKMSA, **type** or, **cut and paste** this link into your address bar.
<https://mailchi.mp/ukmsa.org.uk/shoulder-to-shoulder-october-2023?e=a370dbe526>



The Shed Journal



Boots Watton Closure:



Members may or may not be aware that Boots Pharmacy in Watton high Street is closing on 5th January 2024.

As an alternative there is a Boots branch in Hingham. A further option might be to have your prescriptions delivered. There are several companies that will arrange for this to be done, notably 'Lloyds Direct' pharmacy. This will however require you to be reasonably competent using the internet.

Local events 2023/24:



Breckland

Please email me the details of any event you hear about in Breckland: -

bjcoi8@gmail.com

Date	Event	Location	Time
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

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

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.



Business, Administration & Housekeeping matters:

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 and Thursdays 09:00 till 12:00.

Housekeeping:



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

WMS Website:



The Shed Journal



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.

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.

CALL TO ARMS

*"Is there a member amongst you that is a **Facebook Guru**? If there is, then perhaps you would rally to the cause for your Mens Shed. We really do need our Facebook page updated and maintained with what we have on offer with our current facilities/groups etc. I'm certain that it's not an onerous task and it would help us to get the word out to more people. You will have the full support of the committee and be supplied with the necessary information that you would require. So, come on board and ease us into the world of social media."*

John Chamberlin

Health & Safety:



It is important that we know how many members are in attendance. **Please ensure that you visit the Main Hall to sign-in, do not just go to the Workshop/Computer rooms.**

All members have a duty of care for themselves and others whilst on the premises. Should you become aware of any issues please ensure that you inform a committee member at once. All accidents and Incidents should be recorded in the ledgers provided; they're located in the filing cabinet in the workshop.

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 10th January 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

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

Committee note:

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



The Shed Journal



Treasurers Report:

"Accounts remain healthy. New grants have been applied for which will help but we are mainly are and can continue to be fully self-funding, ably assisted by additional income from events, and both our workshops.

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 has reached 79, adding one new member. We welcome Kevin Simpson into our growing ranks. The work is still filtering around Wayland that the Shed is still the place to be."

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

Quiz and Puzzle solutions:

Sport: Named after the legendary **26-mile run** made by a Greek soldier called 'Philippides' from the scene of the battle of Marathon to Athens, where he announced the defeat of the invading Persians in 490 BC.

Music, Arts

& Literature: **21.** Written by Enid Blyton ranging from 'Five on a Treasure Island' through 'Five are together again'.

Who? A group of **female warriors and hunters**, who were as skilled and courageous as men in physical agility, strength, archery, riding skills, and the arts.

Where? The Celts of the **UK, Ireland, and northern France**, to celebrate their new year on November 1.

Why? **Alcatraz Island.** From 1934 to 1963 it served as a federal prison. Among its famous denizens were: 'Al Capone,' 'George "Machine Gun" Kelly,' and 'Robert Stroud,' the "Birdman of Alcatraz."

When? **30th April 1916.** Starting with German Empire and Austria, followed by Britain and France, then others.

What? **V-1 flying bomb.** 'Vergeltungswaffen' meaning "Vengeance weapons" Also known as the 'Buzz bomb.'

Which? **The Sonoran Desert.** Covers appr. 100,000 square miles and includes parts of Arizona, California, most of the Baja California peninsula, the islands of the Gulf of California, and much of the state of Sonora, Mexico.

That's odd: **High.** The others are the 5 levels of 'Breeze' on the 'Beaufort Wind Scale'. Scale levels 2 to 6.

The Word: **'Lien'** is the right to keep possession of property belonging to another person until a debt owed by that person is fully discharged.

MIA: **Fastnet.** These are the 7 Shipping Forecast areas beginning with the letter 'F'.

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.

