



The Shed Journal



Issue 25

2nd Anniversary Issue

September 2023

Your monthly update on WMS News and Events

Chairman's Foreword:

"There is not a lot to report on this month, but I would like to remind all members that our purpose is to promote well-being in men. We cannot assist with medical issues, but we can help to prevent loneliness in Men, and should anyone need assistance I urge you to speak to me or one of the committee. We have a contingency fund to assist in certain cases so don't be afraid to ask. All communications will be treated in confidence."

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

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

Welcome to issue 25 of "THE SHED JOURNAL". My 2nd Anniversary bumper issue.

"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 However, defamatory articles will not be published."*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



Men's shed timeline:

From a standing start in March 2016, seven local men (**Richard Adams, John Chamberlin, Bob King, Harry Moulton, Ron Payne, Ken Brook, Mike Conran**) formed the '**Wayland Men's Shed**' (supported by the Wayland Partnership). Our first premises were rented from the MOD. Below is a concise timeline showing the progress of the Shed up to the present day. Clearly, every event/outing or incident cannot be listed but I think I've covered most of the significant ones.

2016

- Mar-Sep** Early meetings - Sports Centre, Hare & Barrel and St John's Church Hall. Committee formed. (Richard Adams - John Chamberlin - Bob King)
- Oct 5th** Day one in the Schoolhouse. **Seven members** Full committee of six formed and 1st meeting.
- Oct** Twice weekly meetings commence.
- Nov** Officially opens to new members. Norwich Men's Shed recce visit. Regular Monday & Wednesday opening.

2017

- Mar** **Membership reaches 20.**
1st Cheese and wine evening.
WMS website launched.
1st Photo outing.
- Apr** **Membership reaches 40.**
Trial of evening opening.
1st Newsletter published.
Official opening - Mayor Beryl Bunning.
- May** Our comprehensive social events calendar commences, thanks to our long-standing Social Secretary **Malcolm Trayhorn**, a treasured asset for sure.
1st Bank holiday opening.
- Jun** 1st Annual General Meeting.
1st Quiz & Chips night.
- Jul** Workshop officially opens to members.
- Aug** **Membership reaches 50.**
Wayland Show stall.
Yard sale.
WMS treasurers account opened.
- Sep** Stall at military vehicle day.
- Oct** CCTV system installed.
- Nov** Schoolhouse garden project commences.
1st WTC grant received £500.
- Dec** 1st Christmas market stall.
1st Christmas meal & Mince Pie event.
Joined UKMSA.

2018

- Regular events and outings continue.**
- Jan** Electronic booking in system introduced.
- Mar** WMS constitution agreed.
- Apr** **Membership reaches 60.**
WMS becomes financially independent.
Mayors' Charity donation received £1100.
- May** Members welcome packs introduced.
- Oct** 1st Evening speaker.

2019

- Membership reaches 70.**
Regular events and outings continue.
- May** Tesco grant received £1000.
- Jun** Schoolhouse garden project finishes.
- Jul** First summer BBQ.
2nd WTC grant received £500.

2020

COVID LOCKDOWN

2021

Official move to our new premises.

- May+** Official move to Sports centre incl. our new Workshop/Tech room refit.
- Jul** 1st AGM in new premises.
- Post Covid membership renews at 53.**
- Sep** 1st Open meeting in new premises.
1st Quiz night in new premises.
- Oct** Shutterists officially formed (formally the photo group.)
- Dec** Xmas meal – Mulled wine event.

2022

- Regular events and outings continue.**
- Jan** Wi-Fi Re-installed.
Web site rewritten and launched.
- Feb** Music Group formed.
- Mar+ Aug** Ten pin bowling - Yarmouth dogs.
Fakenham races - STANTA tour.
Cromer Pier Show. Afternoon tea train.
- Jun** **Membership renews at 56.**
- Sep** Lottery grant received £7100.
Shanty Group launched.

2023

- Regular events and outings continue.**
- Jan** 1st Car pub club outing.

New events planned include - Go-Karting, Fly Fishing, and Archery.
- Jun** **Membership renews at 65.**
6th AGM
- Aug** **Membership reaches 78.**

As a founder member I thank every member involved in the successful running of the Shed over the past seven years (far too many to name and to omit just one would be unjust), thanks also go to our many sponsors.

I feel very proud to be part of what we have all achieved together, long may we continue.

Submitted by: *John Chamberlin*



The Shed Journal



Latest News on Shed Facilities and Amenities:

Main Social Room:

"The Main Social Room is where the larger part of our membership congregates to catch up with fellow shedders over a cup of tea/coffee. Groups develop for a game of cards, dominoes, or such like although this is not all that goes on. Other groups may sit chatting about whatever comes up or perhaps read a magazine. All are a friendly bunch and welcome other members to join in the conversation and banter."

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

John Chamberlin – Editor

The Carpentry Workshop:

"Our super team in the workshop have been engaged in some great projects recently and here we have examples of the excellent work our workshop is capable of."

A Garden trug



Cold frame windows



Sporting equipment board



Garden table renovation



"Why not make yourself a cup of tea, take it out to the workshop for a chat with the team. You may be surprised by what you find, it may even inspire you to have a go at something new. Rob and his team will be more than happy to give you some tuition or if you can show you are competent on the machinery, they will leave you to your own devices, offering advice if asked."

John Chamberlin

The Computer Room:

"I hope I find you all fit and well and enjoying this last throw of the dice weather. No, I am not here to talk about the weather, but hopefully something more interesting?"

Let's talk Computers, do you remember when I mentioned that I was looking to do a laptop learning course, so we could all learn how to do basic repairs or upgrades to your own laptop.

The contents of the course will be as follows:

- 1. Comparing the different Hardware between a Desktop Computer and a laptop.*
- 2. Explaining what each piece of hardware does and show how similar they are.*
- 3. Showing how to replace the Random-access Memory (RAM) in your laptop.*
- 4. Talking a little more about RAM.*
- 5. Showing how to replace the main Laptop battery, sometimes not as easy as you think.*
- 6. Replacing the CMOS battery and showing the good and the bad when doing this task.*
- 7. Cleaning the air intake and cooling fan to avoid overheating, to prevent the laptop shutting down.*
- 8. Replacing the thermal grease on the CPU and in some cases the GPU processors.*
- 9. And more....*

I will try to have laptops around that are known working computers, for you to work on. The contents of the course shown above will cover the first two to three weeks, before we move into step two, which will involve dismantling a laptop and re-assembling back to its working condition. So, if you would like to take part in the course, please let me know, if possible, send me an email. See you on the next one."

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





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Trivia, Quiz & Puzzle corner:

September in history:

1159 - The death of the only English Pope Adrian IV (Nicholas Breakspeare). Ruled from 1154-1159.
 1812 - Napoleon enters Moscow. Due to the winter, circa 120,000 of 500,000 survived the Russian campaign.
 1829 - The Metropolitan Police was founded. Constables were nicknamed Bobbies or Peelers after Robert Peel.
 1886 - Geronimo – Apache Indian Chief was captured ending the last major U.S.-Indian war. He died in 1909.
 1939 - Britain and France declare war on Germany. War ensued till May 1945 - September in the Pacific theatre.

September born into glory or infamy:

480 BC - Euripides - A tragedian of classical Athens. "Question everything, learn something, answer nothing."
 1754 – Vice Admiral William Bligh - Naval commander (mutinied against on HMS Bounty in 1789).
 1758 - Horatio Nelson, 1st Viscount Nelson. Renowned as Admiral of the British fleet at Trafalgar 1805.
 1863 - Reinhard Scheer - German admiral and commander of the High Seas Fleet in WW1 (Battle of Jutland).
 1875 - Edgar Rice Burroughs – Newspaper correspondent and Novelist. Creator of 'Tarzan of the Apes'.

Sporting chance:

Who scored the first **officially ratified** 147 break in a live televised World Snooker Championship game?



Music, Arts or Literature:

What are considered the 4 main sections of an orchestra?

Quote:

"A hero may be born among a hundred, a wise man found among a thousand, but an accomplished wise man might not be found even among a hundred thousand." Plato

Proverb:

If you want to know what the road ahead holds, ask those who are coming back.

The Six W's Quiz:

Where

would you find the world's tallest statue?



What

are the five main named lines of latitude around the earth?

Who

held the title of 'The 1st Duke of Bronte'?

Why

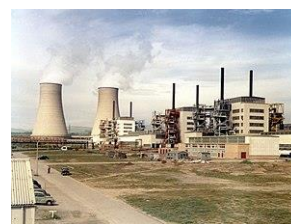
Do we have a leap day every 4 years?

Which

type of building would you be in if you were standing in a 'Chancel'?

When

and where was the world's first full-scale commercial nuclear power station built?



Last thoughts:

That's odd: Give the odd one out:

Australia, United Kingdom, France, United States, Canada, New Zealand?

Line up: Give the next in line:

St. Clement's, St. Martin's, Old Bailey, Shoreditch, Stepney, ?

MIA: Give the missing item:

Antrim, Down, Fermanagh, Londonderry, Tyrone?

"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:

Mid Norfolk Steam Train Trip:

On Sunday 3rd September 30 members enjoyed an afternoon high tea on a trip from Dereham along part of the line between Dereham and Wymondham. It was a very pleasant afternoon outing.

Quiz and Chips:

A record number of members and guests will be attending the quiz night on Friday 15th. It is hoped that we will raise a good sum for the shed funds.

Upcoming Social Calendar:

| Event | Date | Venue | Time | Estimated cost |
|---|---------------------------------------|-----------------------------|----------------------------------|----------------------|
| Bletchley Park | Tuesday 21 st September | Surrey via coach | TBC | £25 PP (now full) |
| Cheese and Wine evening | Friday 13 th October | Sports Centre Bowls Room | TBC | £5 PP |
| Thursford Christmas Special | Tuesday 5 th December | Thursford via coach | Leave Watton 5pm for 7pm show | £50 PP (now full) |
| Christmas Meal | Thursday 14 th December | Barn Ruche | TBC | £27 PP |
| Mulled Wine & Mince Pie Event | Monday 18 th December | Sports Centre Bowls Room | 10am – 1pm Drop-in | FREE |
| OTHER POSSIBLE UPCOMING EVENTS/OUTINGS | | | | |
| <i>Archery & Fly fishing</i> | <i>TBC</i> | <i>TBC</i> | <i>TBC</i> | <i>TBC</i> |

Bletchley Park - Tuesday 19th September

On Thursday 21st September a group from the shed will be going to Bletchley Park, the home of GCHQ and code breaking during the war years.

Cheese and Wine evening - Friday 13th October

This is a popular evening and a chance to meet up socially over a glass of wine or soft drink and some cheese. Cost is just £5 per person, payable now. Names to me or on notice board soonest please so I can cater for numbers.

Thursford Christmas Spectacular - Tuesday 5th December

The list is full for this now, but I am holding a reserve list just in case somebody has to cancel. I am collecting full payment for this trip now and the cost is £50. Most have paid £10 deposit so now need to let me have £40 for full payment. Many thanks.

Christmas Meal - Thursday 14th December

If you wish to join in the function at Barn Ruche this year, I will need final numbers by the end of October. I will be looking to have menu choices out in the near future. I am now taking money for this event for which the cost is approx. £27 (TBC shortly).



The Shed Journal



OTHER POSSIBLE UPCOMING EVENTS/OUTINGS

Archery Letton Hall, Shipdham TBC - Fly Fishing Tuddenham TBC. If you are interested in either of these, then please put your names down on the lists on the notice board or let me know.

Please see the notice board in the social room for forthcoming events and outings. 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, 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."

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."

Car Pub Club:



Wayland Men's Shed Car Pub Club

Since the last Journal, the Car Pub Club has enjoyed two events: -
The Black Boys in Aylsham and The Lodge at Salhouse.



Event Number 7: - The Black Boys - 10th August 2023

Event was held at The Black Boys. A 'FIND' but lost an overall high score due to limited parking and many thought the 'Drive' was not great. Scores reflected as follows;

| | | | | | | | |
|-----------------------------------|--------------------------|---------------------------|--------------------------|--------------|---------|---------------------|-----------------------------|
| Name of Establishment: | | The Black Boys, Aylsham | | | | Event 7 | |
| Time and Date of Visit: | | 12:30 on 10th August 2023 | | | | | |
| Number of WMS Members / Partners: | | 6 | | | | | |
| Car Scores | 91 out of a possible 120 | 75.83% | | | | | |
| Pub Scores | | | 159 out of a posible 180 | | 88.33% | | |
| | Enjoyable Drive | Distance & Parking | Menu & Price | Food Quality | Service | Total Average Score | Overall Car Pub Club Rating |
| Avg Scores | 8.2 | 7.0 | 8.7 | 9.2 | 8.7 | 41.68 | <u>83.36%</u> |



The Shed Journal



Event Number 8: - The Lodge- 8th September 2023

Event was held at The Lodge at Salhouse, a sister pub to both the Recruiting Sergeant and the Black Boys – both of which had proved to be popular with the WMS Car Pub Clubbers. I can safely say that all attendees, even two new recruits, of Event 8 would highly recommend The Lodge. A fabulous looking venue with immense ‘Kerb Appeal’ and the food did not disappoint. Service wasn’t perfect but who needs cutlery anyway. Scores as follows;

| | | | | | | | |
|-----------------------------------|---------------------------|-----------------------------|--------------|--------------|---------|---------------------|-----------------------------|
| Name of Establishment: | | The Lodge Salhouse | | Event 8 | | | |
| Time and Date of Visit: | | 12:30 on 8th September 2023 | | | | | |
| Number of WMS Members / Partners: | | 9 | | | | | |
| Car Scores | 168 out of a possible 180 | 93.33% | | | | | |
| Pub Scores | | 248 out of a posible 270 | | 91.85% | | | |
| | Enjoyable Drive | Distance & Parking | Menu & Price | Food Quality | Service | Total Average Score | Overall Car Pub Club Rating |
| Avg Scores | 9.4 | 9.2 | 9.0 | 9.3 | 9.2 | 46.10 | <u>92.20%</u> |

Now to compare ‘The Black Boys’ and ‘The Lodge’ with all previous Car Pub Club venues, we have visited.

| 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% | 1 | 9.2 | 1 |
| 8 | The Lodge Salhouse | 08.09.23 | 9 | 93% | 1 | 92% | 2 | 9.2 | 1 |
| 4 | The Railway Arms | 04.05.23 | 7 | 87% | 4 | 92% | 2 | 9.0 | 3 |
| 5 | The Nags Head | 08.06.23 | 7 | 89% | 3 | 87.14% | 7 | 8.8 | 4 |
| 2 | The Dabbling Duck | 02.03.23 | 9 | 82% | 6 | 87.41% | 6 | 8.5 | 5 |
| 7 | The Black Boys | 10.08.23 | 6 | 76% | 7 | 88.33% | 5 | 8.4 | 6 |
| 3 | The Recruiting Sergeant | 06.04.23 | 8 | 72% | 8 | 90% | 4 | 8.3 | 7 |
| 6 | The Boars | 19.07.23 | 7 | 86% | 5 | 64.57% | 8 | 7.6 | 8 |

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 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... Some Car Pub Club members attended both the Anvil and the Lodge – but many were different for both venues. 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 and such good value.

Heres to the next event – Event 9

Watch your in-box / WMS Noticeboard for information coming within the next few weeks.

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



Shanties at the Shed:

"Throughout this month we have been rehearsing for our next gig in Griston church which is scheduled for Saturday 30th September. The shanty group will be performing around 15 songs split into two sets. During an extended interval food and light refreshments will be served. This gig will be in support of the local community - the organisers are trying to raise funds to install a small kitchen and a toilet in the church.

Please come and support the shanty group and this very worthwhile cause. Tickets cost £8 each including all interval food and refreshments and can be obtained from me when I am in the shed on Monday mornings. If you don't see me or can't make it to the shed, then feel free to email me and I will make sure that you get your tickets before the day.

We are always pleased to welcome new members to the shanty group. You don't have to be a fantastic singer, but you do need a sense of humour! The next sessions will be on Monday 2nd and Wednesday 18th October 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:

"Music Club members met in the social room on the 6th September to listen to what proved to be the now customary diverse selection of music tracks. After each track was played it was briefly discussed and then scored by each member according to how much they liked it. This month it was good to welcome Doug to his first listening session. The top five most popular tracks on the day were as follows:

1. 'Route 66' performed by the Rolling Stones (84 votes)
2. 'Come Fly with Me' performed by Frank Sinatra (81 votes)
3. 'Highway 49' performed by Howling Wolf (80 votes)
- 4=. 'Slow Boat to China' performed by Peggy Lee and Bing Crosby (74 votes)
- 4=. 'Midnight Train to Georgia' performed by Gladys Knight (74 votes)

This month all members chose tracks in keeping with the theme: 'Journeys'. For the November meeting the theme is 'One Word Title'; 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. **PLEASE NOTE THAT THERE WILL BE NO MEETING IN OCTOBER.** The next listening session will be on 1st November 2023 in the back room off the Bar (the door next to the pool table).*

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. 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:



Grab a camera, put on some walking shoes, and join the Shutterists for great days out in the fresh air. Serious Shooting or Happy Snapping – all are welcome to our group. In addition, if you like your breakfasts, Coffee, Cake, Snacks, and the odd lunch you are truly made to be a member of the WMS Shutterists. If you want to know more about what your camera can achieve or you want to take that one special shot that you have dreamed of, such as misty water, or starburst through the trees – we can help you achieve that goal.



(1). Group Outings - The Photo Walks

(a). Lynford Waters – Tuesday 1st August

An event attended by 7 Shed Shutterists, meeting firstly at the Queens Hall at 08:30 and immediately setting off for a local breakfast at Pine Vista in Brandon. I have to say that most said WOW – no kerb appeal but what a breakfast – just ask John Ford about his doorstep of an egg & bacon roll. Eventually we did head off into Lynford Waters and the photo opportunities were really good. Mix of landscapes, misty waters, insects, etc... Lunch was The Crown and other than a grumpy boss it was a really good pub lunch.

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

Unfortunately, John C-Mangan (aka John the Sketch) missed the trip but kindly accepted the Honour to judge the images from our outing. Below is his report and the winning images he chose.

"Hi Stewart,

I am quite taken aback at your request, and I am flattered and honoured to say the least. Of course, I would be pleased to accept the privilege of judging and do my best to do so. How strange that a humble sketcher is charged with judging a collection of capable and talented photographers, where a high level of computer expertise is an essential skill. However, it is always the human eye, and not the camera, itself that captures the moment. Neither is it true that 'a picture paints a thousand words.'

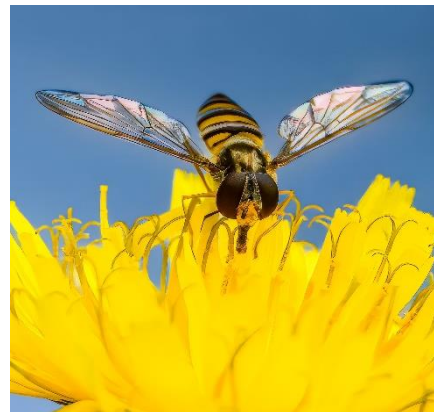
My judgement of the entries is as follows:"

GOLD

Marmalade Hoverfly

Gold Award: shot by John Ford

A striking visual impact of colours
that emphasizes suspended
animation and drama.



SILVER

Tranquil

Silver Award: shot by Grahame Andrews

This captures a mood of stillness
and silence.





BRONZE

Bridge over milky waters

**Bronze Award: shot by
Stewart Haile**

The swirl of the water echoes the
rush of water over the weir.



BIG Congratulations to all winners and all entrants too. John Ford will be presented with the **The Terry Knight Trophy** in due course. **All entries can be seen in the Photo Album for August.**

(b). IWM Duxford 'A flying evening' – Saturday 26th August

An event kindly arranged and organised by Neil Rowe, back in December 2022.

As the sun set over IWM Duxford, four Shutterists shared a special 'after hours' evening flying display as dusk turned to dark across the historic airfield. This special event provided an afternoon of up to two hours scheduled flying, plus access to all hangers till 21:00.

It was an event attended by some Shutterists last year however this year neither the flying nor food lived up to the billing. Probably will not be on our list for next year. It was a good night out, dry but overcast, but not a great one.

For all you aviators out there in the WMS Membership, here is the billed Flying Display Schedule:

Curtiss P-36C Hawk - Curtiss P-40C Warhawk - Curtiss P-40F Warhawk - Consolidated Catalina PBY-5A
Yakovlev Yak-18T, Yakovlev Yak-52 (pair) - LeVier Cosmic Wind - de Havilland Vampire FB6
Fokker DR1 - B-17G Flying Fortress 'Sally B' - Supermarine Spitfire Mk.1a N3200 - Grob 109b (Pyros)

Unfortunately, Steve Franz missed the trip but kindly accepted the Honour to judge the images from our evening. Below is his report and the winning image he chose.

Note: As there were only 4 entrants – Steve chose a single winner.

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

Photographers were: - 1 Graeme Hale - 2 Neil Rowe - 3 Stewart Haile - 4 Jerry Hamilton

WINNER

Silver Skies

**Gold Award: shot by
Stewart Haile**

A good action shot showing the detail of
the underside of the aeroplane. Also, good
use of shutter speed to blur the prop.





(2). 2022 - 52 Week Capture Challenge

Further delays – no 'R' in the month

(3). 2023 – Monthly Challenge

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

Month 8 – August

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

THE LETTER FOR JULY WAS THE LETTER: 'T'

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

HERE ARE THE WINNING ENTRIES

GOLD

Thurne Windmill on a stormy

**Gold Award: shot by
John Ford**



SILVER

Trails of Lights

**Silver Award: shot by
Stewart Haile**





BRONZE

Train Station of Olde

Bronze Award: shot by
Stewart Haile



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...

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

Monthly Outings

Planned – one trip for September, so far.

21st August - 'Woodbridge, Suffolk'

A trip kindly being arranged by Mr Bob Darts

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

Monthly Challenge – September will be the Letter 'U'.

An aide memoir re the WMS Shutterists

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

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

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





Other News, Notices, Events & Interesting Articles:



Brian Cubby's Funeral took place at Greenacres in Norwich.

The service took place on Wednesday 6th September and was attended by Men's Shed and Bowls Club members.

A spray of flowers was sent on behalf of all at the Men's Shed.

Grant from the Co-op (Breckland Funeral Service):



We were informed prior to our Summer BBQ that the Co-op would give us a grant of £150 towards provisions and in support of the work being done by Wayland Men's Shed for Men in the community.

John Chamberlin and I attended the offices of Breckland Funeral Services on Wednesday 13th September for the official handover of the cheque for this grant. We thanked the staff at their offices for their continued support.

Poets Corner: (He's a poet and he knows it.)

Norfolk

In Norfolk's embrace, where land meets vast sea,
A tapestry of wonders unfolds, especially for me.
Enchanting county, where time takes its hold,
In each whisper of breeze, tales of old are told.

Where the Broads weave their secrets, through
hidden lanes,
A labyrinth of waterways, a dance that never
waned.
Ancient rivers whisper stories, passed down
through the age,
As boats glide serenely by, turning each page.

Norfolk's coastline, a symphony of sound and
sight,
Where waves meet sand, in a harmonious delight.
Stretched along the shore, charming towns take
their place,
Beckoning with promises of serenity and grace.

From Cromer's cliffs, where brave seagulls roam,
To Hunstanton's shores, where golden sunsets
find home.
In Sheringham's bustling streets, a maritime tale
unfolds,
And Great Yarmouth's lively promenade, twinkles
so bold.

With each passing step, a journey we embark,
In Norwich's alleys, time leaves its mark.
A cathedral, majestic, towers above,
A testament to faith, devotion, and love.

But it's not just the landscapes, in Norfolk they
say,
It's the people who paint the picture, in their own
special way.
With hearts warm and open, as wide as the sky,
They welcome with kindness, and never pass you
by.

So, let's raise our voices, in praise of this land,
Where history and beauty, forever are hand in
hand.
Norfolk, your charm is woven into our souls and
heart.
Forever we shall remember you, hopefully never
to part.

Submitted by: [Wayne Rutter](#)



Pier Pressure:

CROMER PIER. PART 1 of 2 (pictures not necessarily in chronological order)

THE PIER IS A SURVIVOR AND THIS STORY IS ONLY ONE OF MANY IN IT'S HISTORY.

'It was a dark and stormy night-yes it was it really was' - that is how many children's stories used to begin and they were of course fictional stories, but this story is a bit of local history and I know because I was there.

The storm brewed on Sunday 14th November 1993 and knocked over a jack up barge situated about 2 kilometres off the shore to the west of Cromer at West Runton where the contractor Sir Robert McAlpine was constructing a sewer outfall.



The outfall pipe is taken by tunnel out beneath the seabed and when far enough offshore is brought up to the seabed and a diffuser constructed to deal safely with the discharge. To undertake this work a jack up barge is needed complete with a 50-ton crane and supporting kit at the site of the diffuser.



By a fortunate bit of timing the diffuser work had just been completed and the jack up barge made ready to leave site when disaster struck and the jack up barge

was knocked over dumping a 50-ton crane and all the kit on the seabed.

However, the work platform of the jack up is a self-contained watertight box which floats and this box [let's call it a barge] under the action of the waves and the tides happily drifted to the shore where it proceeded to bounce eastwards along the shoreline destroying and partially destroying 13 timber groynes on route and going straight through the root end of Cromer Pier in the process taking out 120ft of the pier.

As it happens my company John Martin Construction Ltd was part way through a yearlong contract refurbishing all the steelwork of the pier shot blasting the steel back to bare metal prior to repainting and making good any thin sections etc.

Therefore, the next day [Monday] at 8am a meeting was held with the pier owners North Norfolk District Council, their design engineers, and John Martin Construction to assess the damage and decide how to proceed.

The most urgent problem facing us was how to get the lifeboat crew across the gap to launch the lifeboat in the event of an urgent rescue call.

The phones were going, and all sorts of ideas and proposals were coming in from across the country for a way to do this.

The matter was still undecided when I had to leave the meeting to get back to the office and shortly after arriving the phone rang and I was



informed that our idea to construct a pedestrian suspension bridge had been accepted and that we had better get on with it right away.

The timeline of events that followed was:

Monday midday: Got the order to build a temporary pedestrian suspension bridge.

Tuesday, Wednesday: Design done, materials sourced, bridge erected.

Thursday: Bridge tested and opened in front of the television cameras. with the lifeboat crew making their first crossing of the footbridge.

The feedback from the coxswain was that he felt a bit uneasy because the suspension bridge as it swayed as you crossed it, but he felt that it was strong



enough. However, as we all know the coxswains of lifeboats are a fearless lot and I am sure that he could cope with a bit of a wobble.

We then got on with the construction of a wider and rigid temporary pedestrian footbridge to one side of the footprint of the pier as quickly as we could to enable the clearance of the debris from the smashed-up pier and work on rebuilding the 120 ft of new pier to proceed.

PART 2 WILL FOLLOW IN THE NEXT ISSUE

Submitted by: [Martin Lavers](#)



The Shed Journal



Gastro Jaunts - Part 12 - Back in East Anglia:

"We recently went on mid-week jaunt to Hunstanton and Thornham, we quite like both of them and have stayed there many times in different types of accommodation and eaten in quite a few of the restaurants, most of them are only average or worse but I have chosen 3 that I would recommend in 'Sunny Honey' and one in Thornham.

For breakfast or lunch, I would thoroughly recommend the Salad Bowl Café, perched on the cliffs between Hunstanton and Old Hunstanton, with lovely sea views, great service, and a good Full English (if you want it, lots of alternatives if you don't). For lunch or dinner, you can't beat fish and chips at Henry's of Hunstanton, near the seafront with a very nice restaurant that even sells wine.

For tapas or dinner in the middle of Hunstanton I would choose the Terrace Tapas Bar. This restaurant doesn't have a drinks licence, you can bring your own wine and pay a small corkage fee. A very relaxed atmosphere with a very genial host. We had a table on the outside terrace, lovely mixture of Spanish and Japanese dishes and a view of the sunset over the sea (you don't get that in many places in Norfolk!) A very pleasant evening.

We also stayed at one of our favourites, The Lifeboat Inn at Thornham, the dinner and breakfast were both up to their usually good standard but being the height of the holiday season, the restaurant seemed to have quite a few screaming children and yappy dogs, which I suppose is to be expected these days, so more fool us for booking in the school holidays.

Bon Appetit."

Submitted by: [Les Waller](#)

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 Arthur or Mel at the Sports Centre Reception.

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

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



Flight of Fancy:

"I recently came across a little story about RAF Battle of Britain pilot Douglas Bader. He was giving a talk at an upmarket girls' school prize giving, about his time as a pilot in the RAF during World War 2...."

*"So, there were two of the f***ers behind me, three f***ers on my right, and another on my left."*

At this point, the Headmistress went pale and interjected....

"Ladies, the 'Focker' was a German aircraft during the war."

To which Bader replied....

*"That may be so madam, but these f***ers were Messerschmitts"*

Submitted by: [Ray Cutbush](#)



Prostate cancer:

The UKMSA recently hosted a session with Professor Mark Emberton who is a world leader on the subject of Prostate cancer. The lecture is available on you tube and well worth a look. It will tell you everything you might want to know. Paste this link into your address bar.

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



The Shed Journal



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: | Akers Tree Services | Quality: | Efficient, left everything neat and tidy |
| Profession: | Tree Surgeon | Pros/cons: | Will use them again. |
| Pricing: | Reasonable | Submitted by: | <i>Nigel Potter</i> |
| Reliability: | Arrived punctually | | |



Money Helper:

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



WMS Website:

Our website address is: www.waylandmensshed.co.uk.

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

The Happy Shopper:

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

Local events 2023:

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

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



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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.

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



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/2f80b4643520/shoulder-to-shoulder-june-15715141?e=a37ce5ec92>



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**).

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





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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, Wednesdays, and Thursdays 09:00 till 12:00.

Health & Safety:

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

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

Housekeeping:

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

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 4th October 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 28th September 2023.

[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.

Treasurers Report:

"There is no change to the shed finances, they remain strong thanks to your continued support.

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 is slowly approaching 80, this along with a regular attendance of nearly half this number on most Mondays is affirmation that all we do is worthwhile and is what our members want."

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





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Quiz and Puzzle solutions:

Music: **Strings**, Woodwinds, Brass and, Percussion. Some say you can add a keyboard as a 5th section.

Sport: **Steve Davis**. In the 1982 Lada Classic against John Spencer. Earlier unratified breaks were known.

Who? **Vice-Admiral Horatio Nelson**. Granted by King Ferdinand III of Sicily, in gratitude for saving his kingdom.

Where? **Kevadia**, Gujarat, India. It portrays Sardar Vallabhbhai Patel, one of the founding fathers. It is 597 feet tall.

Why? **Earth** takes approx. 365¼ days to orbit the sun. The ¼ is skipped making for 1 leap day every 4 years.

When? **Calder Hall**, Sellafield, Cumberland 1956, it was formerly known as 'Windscale'.

What? **The Arctic Circle**, The Tropic of Cancer, The Equator, The Tropic of Capricorn, and The Antarctic Circle.

Which? **A Church**. It's the space around the altar, including the choir and the sanctuary.

That's odd: **France**. The other countries form 'The Five Eyes' (FVEY), a signals intelligence alliance.

Next in line: **The Great Bells of Bow**. These are the sets of 'Bells' in order from the song 'Oranges & Lemons'

MIA: **Armagh**. They are of course, the six counties of Northern Ireland.

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.

