



Your monthly update on WMS News and Events

Chairman's Foreword:

"Another June rolls round and another year starts for our Shed. We had our Annual General Meeting on 5th June, and I am honoured to have been elected as your Chairman for the coming year. John Chamberlin remains our Treasurer and is busy collecting the membership subscriptions for the coming year. Stewart Haile has stepped down as secretary after 2 years sterling work in the role. We welcome Neil Rowe on to the committee as our new secretary. Here's to the next year."

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

Shed of the Year 2023:



As reported last month our Shed was shortlisted for this award. John Chamberlin and I got into our suits and attended the House of Lords on 23rd May with high anticipation. There were four Sheds shortlisted in our category out of many entries from the hundreds of Sheds around the country. A summary of the good work being done by each Shed was read out and the winner was announced as Bootle Tool Shed. Although a little disappointed I have to say that Bootle were worthy winners, and we should be proud that we were considered in such esteemed company.



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

"Welcome to issue 22 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 cards, dominoes, or such like although this is not all that goes on. Other groups may sit chatting about whatever comes up or perhaps read a magazine. All are a friendly bunch and welcome other members to join in the conversation and banter.

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

John Chamberlin – Editor

The Carpentry Workshop:

"The wood workshop continues to go from strength to strength. Rob Fielding continues his quest to improve the layout and continues to encourage attendees to take part in learning new skills. A project has just been completed for Griston Parish Council in the guise of Owl, Bird, and Bat boxes, eventually donated by the shed. So come on lads, how about spending a session in the workshop with the team to see what's available, you may be very surprised."



John Chamberlin In the absence of a workshop report.

The Computer Room:

"Hello Everyone

I hope you are all enjoying the weather, looks like it is going to be a very warm weekend.

I would like to thank those of you who voted myself and John Bunning (at the AGM) back onto the committee for the next 12 months, you have given us the opportunity to do what we do best in the computer group, we will always try to help if we can.

So here we have it a new year, hopefully with new ideas to improve the group, I am thinking of doing a laptop computer course this year to give the members an insight into basic maintenance and upgrade/ repair, I will mention times and dates nearer the time, hope to see you all there.

I would like to give thanks to the other members of the computer group namely, Dean Betts, Peter Stokes, John Brinklow, and Nick Clare, without their help and dedication the group wouldn't be where it is today.

Easy Fundraising

I know I have mentioned it before, but you can really help raise funds for your Shed, all you have to do is visit the Easy Fundraising website and register yourself to a good cause, (in this case WMS) and make an online purchase from anyone of the 4,500 retailers who will send a donation back to your chosen good cause after you have made your purchase, or you could email myself for a link to refer you and start your fund raising , with no extra cost to yourself.

Before I finish, I would like to thank the committee over this past year for their support to myself and the computer group, when should I say things got a little tricky, hopefully we can now look forward to a better future.

Till the next time"

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





The Shed Journal



Trivia, Quiz & Puzzle corner:

June history:

1876 - 'Custer's Last Stand' - General George A. Custer, massacred with 250 men at the Little Bighorn River.
 1898 - The British signed a 99-year lease for Hong Kong, a mere 400 square miles, returned to China in 1997.
 1919 - Treaty of Versailles formally ends WWI. Germany to take sole blame and pay reparations of \$15 billion.
 1944 - Operation Overlord (D-Day), the largest amphibious landing in history, Normandy, France.
 1945 - The United Nations Charter was signed in San Francisco by 50 nations.

June born into glory or infamy:

100 BC - Gaius Julius Caesar - Roman commander and Statesman - Dictator 49 BC - Assassinated in 44BC.
 1330 - Edward the Black Prince, English knight, gained his name from the black armour he wore in battle.
 1491 - Henry VIII, King of England, famous for his six wives and his rebellion against the Roman Catholic Church.
 1740 - Marquis de Sade - Military leader, Author and cruel governor, his extreme cruelty coined the term 'sadism'.
 1890 - Stan Laurel - Film comedian. Laurel & Hardy delighted audiences between 1927 and 1955.

Joke

What's the best part about living in Switzerland?

Puzzle

A man is condemned to death. He must choose from three rooms to accept his punishment. The first room has a firing squad with guns ready to fire. The second room has a blazing fire. The third room is full of tigers that haven't eaten for twelve months.
 Which room should he choose?

Quote:

"Remember that all through history, there have been tyrants and murderers, and for a time, they seemed invincible. But in the end, they always fall. Always."
 Mahatma Gandhi

Proverb:

If you want happiness for an hour, take a nap - happiness for a day, go fishing - happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else.

The Six W's Quiz:

Where

would you find this bridge?
 The first in the world constructed of Cast Iron.



Who

is often called the 'Father of the computer'?

What

is Acrophobia?

When

were the Long-Range Desert Group (LRDG) formed?

Why

are flamingos pink?

Which

famous WW1 pilot flew this Fokker DR1 Triplane? (Ultimately painted red)



Last thoughts:

That's odd: Give the odd one out:
 Trapezium Rhombus Rectangle
 Pentagon, Kite.

Line up: Give the next in line:
 Aries, Taurus, Gemini, Cancer,
 Leo, Virgo, ?

MIA: Give the missing item:
 Columbia, Discovery, Atlantis,
 Endeavour?

"Answers are shown on the last page, please advise of any typos or errors."

John Chamberlin - Editor





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:



On 17th May 16 of us went to the Yarmouth stadium for a very pleasant evening having a meal and watching the Greyhound racing. Oh! And having the odd flutter. A great night was had by all.



Merton Church Visit:



Several members and their partners visited St. Peter's Church Merton on Tuesday 13th June. Bob Darts reports back.

Really lovely visit to the very beautiful Merton Church today. Our guide took us through the history of the church pointing out parts of interest and relating stories surrounding various lords of the manor and the many things they got up to etc.

At the end of the tour, we were treated to a cup of tea and a wedge of cake whilst we relaxed in the sun taking in the view of the lake and house. All in all, an excellent visit.

Upcoming Social Calendar:

Event	Date	Venue	Time	Estimated cost
Cromer Pier Show	Friday 14 th July	Cromer via coach	Leave Watton 10am for 2:30pm show	£35 PP incl. coach
Summer BBQ	Saturday 12 th August	Sports Centre	TBC	FREE
Afternoon Tea Train	Sunday 3 rd September	Car share to Dereham	Train departs Dereham 15:30	£34.50 PP
Thursford Christmas Special	Tuesday 5 th December	Thursford via coach	Leave Watton 5pm for 7pm show	£50 PP incl. coach
Christmas Meal	Thursday 14 th December	Barn Ruche	TBC	est. £28 PP
OTHER POSSIBLE UPCOMING EVENTS/OUTINGS				
Bletchley Park	TBC	Surrey via coach	TBC	TBC
Go-Kart Racing	TBC	Letton Hall, Shipdham	TBC	TBC
Archery	TBC	Letton Hall, Shipdham	TBC	TBC
Fly Fishing	TBC	TBC	TBC	TBC



The Shed Journal



Cromer Pier Show - Friday 14th July:

As this date is fast approaching, I need to collect all monies for paying coach and the theatre. For those who have booked and paid £10 deposits I need £25 per person. For those who haven't given me a deposit I need £35. Please check the noticeboard or speak with me if you are unsure.

Summer Bar-B-Q:

Don't forget to put your names on the noticeboard or just let me know that you would like to attend. It will be held on the field just behind the workshop and drinks will be available from the bar. Members will be manning the grills flipping burgers and burning (cooking) sausages. This event is a free one, but I will need to know numbers. Guests and family members are welcome.

High Tea on the Dereham to Wymondham Steam Train - Sunday 3rd September:

Although September is a little way off, I need to pay deposits to the train company so will need to collect £10 deposits from all who have not yet done so. The full cost of this trip will now be £32.50. It will be a car share from Watton to keep costs down. I still have 5 places available for this trip. Please check the noticeboard or speak with me if you are unsure.

Thursford Christmas Spectacular - Tuesday 5th December:

I have 6 places left for this trip. Cost is £50 to include show and coach. Please check the noticeboard or speak with me if you are unsure.

Are you interested in a day Fly Fishing, Go-Karting or Archery?

If so, please put your names down on the lists on the notice board or let me know. Once I have enough interest, I will arrange a date.

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 Shutterist's:



I seem to always start my monthly piece talking about the weather... well I have to say May was mainly grey, overcast and a chilly wind. However, Lady Luck shone on the Shutterists 'Day Out' on the Broads with bright blue big Norfolk skies. I feel June is going to be glorious.

Our group is producing record numbers of entries for both trips and the monthly competition – all of which can be found in the Shutterists Album for May. We hope you like the new format and seeing our images at the increased size.

(1). Group Outings (The Photo Walk – just one outing this month):

The Broads – Boat Trip - Friday 19th May

An event attended by 11 Shutterists and brilliantly arranged by Neil Rowe. In all, we had to take four cars (driven by Neil Rowe, Bob Darts, Stewart Haile, and John Parling made his own way there) and we left Watton at 08:30. All arrived nice and early, parked in the Pay & Display next to Broads Tours (Wroxham) and surprise surprise we found a small coffee shop with bacon baps. It had to be done!

Neil had booked an 11-seater, self-drive electric boat. The plan was to cruise through to Coltishall, take 100's of shots of Kingfishers, stop for a pub lunch and cruise back to Wroxham. To be honest most of this plan worked brilliantly – just do not mention Kingfishers!!!

In summary the weather was glorious, company quite scintillating and many of the Photographs were fantastic.

Some might say that the highlight of the trip was the Pub Lunch at The Rising Sun, others might say capturing images of both the landscapes and the wildlife, whilst many just were thankful for a great day arranged by Neil.

Thank you, Neil.



Wayne Rutter, who sadly could not make the trip, kindly accepted the honour to judge the images.

GOLD

Meandering down the river

Gold Award: shot by

DAVID HAYCOCK

Stunning shot. The colours are beautiful,
and the stillness of the water is captivating.
Straight out of Country Life Magazine.



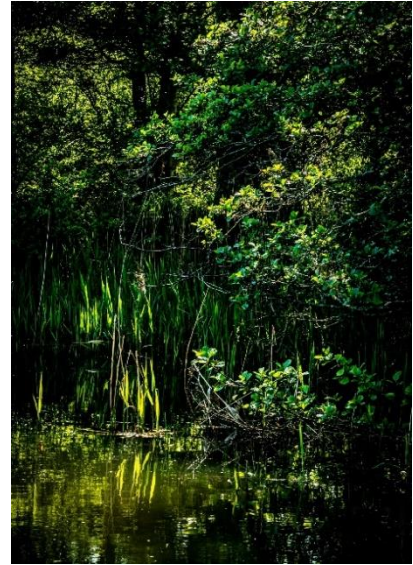


SILVER

Out of the Shadows

**Silver Award: shot by
STEVE FRANZ**

The rich and deep colours in this photo are amazing with so many different shades of green. Looks like the Amazon Rainforest rather than Norfolk.



BRONZE

Time to Fly

**Bronze Award: shot by
JOHN FORD**

This heron looks like he's posing specifically for the shot. Wonderful definition and crisp details.



HIGHLY RECOMMENDED

Swan Song

**Shot by
STEWART HAILE**

This is a beautiful shot of a swan; the head side of the photo is particularly good.



All entries can be seen in the 'Shutterists Photo Album for May' (attached with the Journal)

Congratulations to Dave Haycock... who has now attended three Shutterist outings and won two.

A great capture of an idyllic scene - well done Dave and the Terry Knight Trophy will wing its way to you soonish...

Both Silver and Bronze awards - great skill and brilliant advert for WMS Shutterists and the Norfolk Broads. Noting Steve's entry did not include a fence and John Ford shines again with a fantastic capture of a Heron.

To be honest - I am sure Wayne must have had a challenge to decide the winners - all entries were excellent in their own way.

Again, thanks to Wayne for judging and for taking time and effort to comment on every entry.



(2). 2022 - 52 Week Capture Challenge

Further delays – wrong sort of leaves on the tracks!

(3). 2023 – Monthly Challenge

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

THE LETTER FOR MAY WAS THE LETTER: 'D'

Entries, a total of 21, which can all be seen in the Shutterist Album for May (attached with the Journal)

HERE ARE THE WINNING ENTRIES

GOLD

Dusk descends on a Staithe

Gold Award: shot by

JOHN FORD



SILVER

**Dartmoor ponies on a
Norfolk common**

Silver Award: shot by

JOHN FORD



JOINT BRONZE

Delicious Dinner

Bronze Award: shot by

JERRY HAMILTON





JOINT BRONZE

Drill Helix

Bronze Award: shot by
STEWART HAILE



Congratulations to Month 5 Winners

John Ford has really stormed the competition Winner again of both Gold and Silver

Big congratulations, two worthy winning shots

Jerry, with his excellent first entry, takes a Bronze - along with my Drill Helix

Let's hope June and the Letter 'E' provides us all with another challenge.

I know a few of The Shutterists have guessed the 12-letter word - Have you?

The 2023 Monthly Challenge - Aide memoir

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.

Remember though - It's for fun... but it is a challenge.

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

Monthly Outings

Planned – one trip currently booked for June.

21st June – Thetford Priory and Circular walk

Thetford for both the Ruins and the Little Ouse. A circular walk of 3.5 miles - flat terrain

For detailed information, click on this link: - <https://www.komoot.com/smarttour/8821397>

Coffee, Lunch locations to be agreed. Let me know if any Shed member is interested – currently we have 12 Shutterists attending.

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

Monthly Challenge – June will be the Letter 'E'.

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:



Event Number 5 results: Thursday 8th June 2023



The Venue for Event 5 was The Nags Head, very local so high scoring for the Car Scores – whereas for food and service put in a par with the Dabbling Duck. As follows;

Name of Establishment:		The Nags Head, East Harling				Event 5	
Time and Date of Visit:		12:30 on 8th June 2023					
Number of WMS Members / Partners:		7					
Car Scores	125 out of a possible 140	89.29%					
Pub Scores			183 out of a possible 210		79.57%		
	Enjoyable Drive	Distance & Parking	Menu & Price	Food Quality	Service	Total Average Score	Overall Car Pub Club Rating
Avg Scores	8.7	9.1	8.4	8.7	9.0	44.00	<u>88.00%</u>

Footnote:

No venue has got even close to The Anvil, (Event 1) although the Group independently speaks highly of the Recruiting Sergeant.

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'.

Event Number 6: Wednesday 19th July 2023 at 12:30

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

Options	1 - Lunch	2 - Lunch	3 - Lunch
Venue	The Boars	The Queens Head	The White Swan
Address	Spooner Row NR18 9LL	Wymondahm NR18 0AR	Gressenhall NR20 4DU
Return Mileage to Watton	32	26	26
Typical cost for main course	£ 18.00	£ 16.00	£ 16.00

For those of you (and partners / friends) that are interested, please email me direct or alternatively add your name to the notice on the board in the Social Room

NAME	Preferred Venue (1,2 or 3)	Number of people	Do you wish to car share
------	----------------------------	------------------	--------------------------

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

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



The Shed Journal



Shanties at the Shed:



"May was a very exciting month for the shanty group. At the kind invitation of the Wayland Players, the group were afforded the opportunity to sing on three evenings at Little Ellingham, Great Hockham and Saham Toney village halls during the intervals between two one-act plays. It was also the first chance to wear our crew shirts declaring that we are the 'Wayland Shantymen' and members of 'Wayland Men's Shed'. Whatever the singing was like we would at least look professional!"

For some members of the group this was their first exposure to singing in front of an audience; However, thanks to all the hard work they'd put in during rehearsals, all three performances went well. The group was well received, and the audiences appeared to appreciate members' enthusiasm and energy (the singing wasn't too bad either!). It all augurs well for the future of the shanty group and we look forward to the next opportunity to exercise our vocal chords in public.

We have a couple of months before our next gig – a private function at Foulsham. This will give us an opportunity to get back into our usual rehearsal routine and learn some new songs.

Our number also increased this month as we welcomed Richard to the group. This gives us a crew of ten and means we can make an even better sound. But we don't want to stop there and are always pleased to welcome new members to the shanty group. You don't have to be a great singer – just the willingness to give it a go. The next sessions will be on Monday 3rd July and Wednesday 19th July 2023 in the back room behind the bar starting as soon as possible after 10 o'clock. Why not give it a try?"



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

The Music Club:

"Music Club members met on the 14th June to listen to music tracks with the optional theme 'I'll just pop you on hold'. I'm sure that we have all been irritated by the music that seems to go on forever while we're holding on the phone waiting for a response other than a disembodied voice telling us that they are very busy, and our call is important to them. It was interesting, therefore, to see what music club members would choose if they had the task of filling up the time spent 'on hold'.

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

1. 'Albatross' performed by Fleetwood Mac (89 votes)
2. 'End of the Line' performed by Traveling Wilburys (86 votes)
3. 'The Sound of Silence' performed by Simon/Garfunkel (81 votes)
4. 'Close to You' performed by Karen Carpenter (78 votes)
5. 'The Telephone Song' performed by Gilberto/Getz (67 votes)

For the next meeting the theme is 'It's got to have soul'; however, this is purely optional, and members are not restricted from bringing along any track of their choice for listening. The Club is open to all Shed Members to either bring along their own tracks to play or just to listen to the selections of others. All genres of music are welcome – choose a song that you like or one that means something to you.

The Music Club meets monthly – normally the first Wednesday in the month starting as soon as possible after 10 o'clock. The next listening session will be on **5th July 2023**. July's theme is "It's got to have soul".

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





Other News, Notices, Events & Interesting Articles:

Winston Churchill Quotes

I no longer listen to what people say, I just watch what they do. Behaviour never lies.

Diplomacy is the art of telling people to go to hell in such a way that they ask for directions.

You will never reach your destination if you stop and throw stones at every dog that barks.

Success is not final; failure is not fatal: it is the courage to continue that counts.

Fear is a reaction. Courage is a decision.

When you're 20 you care what everyone thinks, when you're 40 you stop caring what everyone thinks, when you're 60 you realize no one was ever thinking about you in the first place.

You have enemies? Good. That means you've stood up for something, sometime in your life.

A nation that forgets its past has no future.

There is nothing a government can give you that it hasn't taken from you in the first place.

Success consists of going from failure to failure without loss of enthusiasm.

If you're going through hell, keep going.

A good speech should be like a woman's skirt: long enough to cover the subject and short enough to create interest.

All men make mistakes, but only wise men learn from their mistakes.

Never give up on something that you can't go a day without thinking about.

We make a living by what we get, but we make a life by what we give.

Attitude is a little thing that makes a big difference.

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

He who fails to plan is planning to fail.

Submitted by: [Jezz Hookham](#)

If two people agree on everything, one of them is unnecessary.

All the great things are simple, and many can be expressed in a single word: freedom, justice, honour, duty, mercy, hope.

A nation that fails to honour its heroes, soon will have no heroes to honour.

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

Continuous effort - not strength or intelligence - is the key to unlocking our potential.

One man with conviction will overwhelm a hundred who have only opinions.

Appeasement is feeding the crocodile, hoping he will eat you last.

It is better to do something than to do nothing while waiting to do everything.

A lie gets halfway around the world before the truth has a chance to get its pants on.

You don't make the poor richer by making the rich poorer.

However beautiful the strategy, you should occasionally look at the results.

Life can either be accepted or changed. If it is not accepted, it must be changed. If it cannot be changed, then it must be accepted.

There is no such thing as public opinion. There is only published opinion.

Do not trust any statistics you did not fake yourself.

Christopher Columbus was the first socialist: he didn't know where he was going, he didn't know where he was? and he did it all at taxpayers' expense.

Winston Churchill



Gastro Jaunts around East Anglia Part 9

I know that the Gunton Arms has been voted the best gastropub with rooms in the country, however I would say it is more a country house hotel that has a pub style bar. It has some nice dining rooms and serves as an art gallery for the owner a certain Mr Ivor Braka, a wealthy (obviously) contemporary art dealer. He is keen on Tracy Emin and Damian Hurst, I think they are a couple of con artists who have struck lucky in finding clients with more money than sense, I'm reminded of the Danny Kay song the Emperor's New Clothes.

Back to the Gunton Arms, having spent a lovely sunny afternoon strolling along Cromer Pier. We took the short journey to Thorpe Market and arrived at the pub set in a 1000-acre deer park (pub with beer garden!) and checked in for the night.

The "pub" has several dining rooms all with walls covered in contemporary artwork, some of it quite weird. The atmosphere was nice, and the service was very good. We both had the fried Monkfish cheeks with dill sauce for starters and suckling pig for main course. Both were nice but I did wonder how old the suckling pig was, we've had this in Spain and France, and I think this was quite a mature suckling pig.

We retired to the pub bar, but this was a real let down, they've installed a pool table since we were last there and it was quite rowdy. Luckily, there were some cosy snug rooms for residents, so we moved into one of them to finish off the evening. We had a lovely room with a very comfy bed overlooking the deer park, overall, a very nice short break.

Submitted by: [Les Waller](#)

The Happy Shopper:

I'd like to introduce you to my brand new Okatsune gardening shears.

Be warned these shears are **frighteningly sharp**, they have Izumo steel blades (same as Japanese swords). The handles are made of Japanese oak, and they weigh only 800g (28oz).

I can tell you now that these shears are outstanding, if you have box hedges and lawn like I do these are just a godsend (I can't comment about other hedge types). They cut like a knife through warm butter, with all but zero effort from the user.

The slight downside is that they come with a hefty price tag of £90 but rest assured they are worth every single penny, you will never use a better pair of shears.

Submitted by: [John Chamberlin](#)



Editor's note: If you have a similar piece then please send it to me (No War and Peace articles though).

Local events 2023:

Date	Event	Location	Time
Sat / Sun 1 st / 2 nd July	Open Gardens & Yard Sales	Watton area	TBA
Sun 2 nd July	Antiques & Collectables Mkt	High St	08:30 - 15:30
Sat 8 th July	Book & Tabletop Sale	Thompson Community Hall	10:00 - 16:00
Sun 6 th Aug	Wayland Show	Wayland Show Field	TBA
Sun 27 th July	Classic Car Show & Fun Day	Swaffham Recreation Ground	10:00 - 16:00
Sun 17 th Sept	Watton Carnival	Sports Centre	TBA
Sat 28 th Oct	Fireworks Display	Wayland Show Field evening	TBA
Sun 12 th Nov	Remembrance Sunday	Memorial Car Park	TBA
Sun 26 th Nov	Festive Market	High St	TBA



The Shed Journal



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.



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

Trusted Traders: (Come on chaps, I'm sure more of you must have entries)

This regular section (if populated) will list traders that you can either recommend using or to avoid based on the overall experience. Please send me a brief description of traders that you have used including the headings below, stating why you either recommend them or not. email bjcoi8@gmail.com

I shall list them here for 3 months before letting them drop off the list.

Name	Profession	Pricing	Reliability	Quality	Notes/Pros & Cons



Prostate cancer:

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

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



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 Shed Journal



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://us19.campaign-archive.com/?u=480e179c0e626f9dd902e15bf&id=74b1529bad>



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

Treasurers Report:

"Firstly, I wish to thank you for once again placing your trust in me as Treasurer, I shall strive to deliver what is needed for this coming year. We start a new year on a very sound financial footing, details of 2022-23 finances can be seen in my yearly report which is attached as a separate document.

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

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

Memberships Report:

"Another year begins with our recent AGM. I am currently in the process of collecting the £20 membership fee for 2023-24. Hopefully, the majority of our current 80 members will renew for a further year. We often lose one or two for various reasons, none of these are ever a result of dissatisfaction."

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

Your newly 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 is on Wednesday 5th July 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 29th June 2023. *Neil Rowe* - email: neilr101@btinternet.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.



The Shed Journal



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're located in the filing cabinet in the workshop.

Wanted, For Sale & Free Notices:

Do you have an item for sale, for free or are you looking for something in particular? Please feel free to email the editor - bjcoi8@gmail.com with a price, picture, also include a brief description of the item along with your contact details. I shall endeavour to list the item here.

Note: All transactions are strictly between two parties. WMS does not endorse nor guarantee any items sold.

Solutions:

Joke: I don't know, but the flag is a big plus 😊😊😊

Puzzle: The room of tigers. If the tigers haven't eaten in twelve months, they'd be dead.

Who? Charles Babbage. Designed the difference engine in 1871 said to be the forerunner of modern computers.

Where? Ironbridge, Shropshire. Designer, Thomas Farnolls Pritchard, built by Abraham Darby III. Opened 1781.

Why? Carotenoids, a red/orange pigment is found in brine shrimps. Flamingos feed on brine shrimps.

When? 1940. The LRDG specialised in raids and reconnaissance behind enemy lines during WW2.

What? Fear of heights. Often confused with 'Vertigo' which is a is feeling your environment is moving/spinning.

Which? Manfred von Richthofen ('The Red Baron'). German fighter ace, credited with 80 combat victories.

That's odd: Pentagon. All the others are four-sided shapes, the pentagon has 5.

Next in line: Libra. These are the first 7 astrological signs.

MIA: Challenger. These were the 5 space shuttles. They flew a total of 135 missions between 1981 & 2011.

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.

