



# January 2024

## NEWSLETTER



### EXECUTIVE MEMBERS

**PRESIDENT:** Ian Bond 0420859540  
**VICE PRESIDENT:** Grant Sullivan  
**TREASURER:** John Plunkett  
**SECRETARY:** Paul Edgeworth 0497386846

**PHONE:** 0478614027 (prefer Tuesday and Thursday am)  
**Tuesday, Wednesday & Thursday 9am– 12pm**  
**1a McDonnell Drive**

Website [www.mgmensshed.com.au](http://www.mgmensshed.com.au)  
Facebook Mens Shed Mount Gambier  
Email [mgmensshed@gmail.com](mailto:mgmensshed@gmail.com)

### BIRTHDAYS

Jim G	08/01
Bob P	16/01
Timothy C	17/01
Lyndon M	21/01
Ian L	25/01
David Na	31/01

### CALENDAR – January

#### Memberships due this month

4<sup>th</sup> January Thursday 9.00am Shed reopens  
14<sup>th</sup> January Wednesday 6.30 Shedder and partners tea at Commercial Hotel 76 Commercial Street West  
23<sup>rd</sup> January Thursday 10.30 Management Meeting  
25<sup>th</sup> January Thursday BBQ lunch

If you would like to contribute information or an article to your newsletter, talk to Editor David N or email [mgmensshed@gmail.com](mailto:mgmensshed@gmail.com)



### Essential Woodworking Power Tools

Woodworking requires a lot of cutting, sawing and shaping. This can be accomplished by traditional manual tools too, but would not be as effective as the power tools.

Woodworking power tools ensure an effective woodworking process and make it easier. These tend to give flawless results at a faster rate. That's why woodworkers always prefer having power tools besides the traditional instruments.

*I got into a heated argument with a circular saw, but it all came full circle in the end.*

#### 1. Circular Saw



Circular saw is one of the most used wood workshop tools. It's a must-have woodworking tool in carpentry. It consists of a circular blade which assists in making cuts. Its size and structure make it very handy to use and carry. It makes clean cuts and moves swiftly while cutting. The cuts gain narrow kerf while cutting with it.

#### Uses of Circular Saw

The circular saw is used for making straight cuts. It is used for rip cuts, crosscuts, or even for a blend of both cuts. It can penetrate through wood effortlessly and thus is very convenient for use.

*"Working with a saw can be really empowering, it's a cutting experience."*



Partners tea at Ba-Mi. The restaurant provided a \$50 voucher which is being raffled. \$1 tickets available at the shed.



### Macadamia & White Chocolate Cookies

Beat together 150g butter, 1 cup brown sugar,  $\frac{3}{4}$  cup white sugar and 2 teaspoons vanilla in mixer for 8-10 minutes or until pale & creamy.

Add 1 egg, beat well to combine.

Add 1  $\frac{1}{2}$  cups plain flour,  $\frac{1}{2}$  teaspoon baking powder and  $\frac{1}{2}$  teaspoon salt (omit salt if using salted nuts), beat on low until dough forms.

Fold through 250g white chocolate bits or small buttons and 150g chopped macadamia nuts.

Roll 2 tablespoons dough in balls and flatten slightly.

Place on baking tray lined with non stick baking paper, allow room to spread.

Bake at 160oC for 15-18 minutes. Cool and enjoy.

Provided by Trevor T as tasted at Barry Day BBQ lunch



Grant, Frank & Stan cutting iron for garden beds



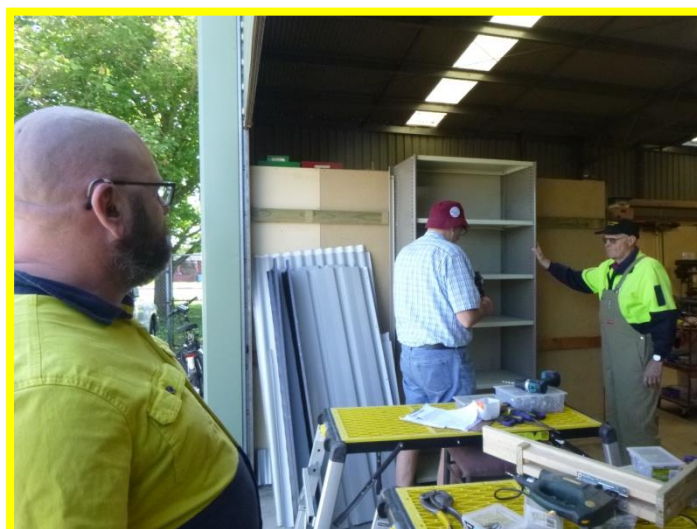
Child (parents permission granted) participating in Mens Shed obstacle course at the Bunnings Christmas Family event.



Dave, Peter and Jeff supervising activities at Bunnings Family night



Christmas wishes postcard from Peter K



Mark, Jeff, Ian organising new storage for garden bed makers.





StepUp for Dementia Research is a research participation and engagement service, a “one-stop shop” that connects individuals with researchers conducting dementia research studies. It was initially funded by the Commonwealth Government Department of Health and run by the University of Sydney.

StepUp for Dementia Research makes it easier for people to find out about dementia research and take part in research studies. The goal is to make it possible for everyone who wants to be involved in dementia research to get the chance to do so and to help researchers find the people they need.

The service is completely free for all volunteers and researchers and used only to recruit people to ethically approved research studies. It is used by approved researchers working in universities and in healthcare across Australia to list their study and by volunteers like you to express interest in potential involvement. Dementia is the second leading cause of death in Australia. Almost everyone knows someone who has been diagnosed with, or has cared for someone with, the disease.

Being able to help people living with dementia to have a better quality of life, being able to diagnose the disease earlier and the search for ways to prevent dementia all depend on research. Effective research, in turn, depends on finding participants, but this process has historically been incredibly time-consuming. StepUp for Dementia Research is the first systematic and inclusive way for dementia researchers to recruit participants in Australia and we need your help. There are many ways you can contribute, from participating in clinical trials to serving a healthy control or through citizen science. By consulting with the public, with people living with dementia and their carers and with medical professionals, we have tried to build a system that has you, as a potential volunteer, front of mind.

Participating in research can be a rewarding experience in many different ways. You may meet people who have had similar experiences to you, or you may learn more about the disease and the care or treatment options available.

While the service is free to use, we understand that we are asking you to give your time. This gift will be very much appreciated by the researchers and may in turn benefit your own and future generations.

As part of planning ahead for research participation, you might also consider making an **Advance Research Directive**.

An Advance Research Directive is a document where you write down your wishes about being involved in health-related research in the future. If you become unwell and are not able to make your own decision about being part of a study, your Directive will help people understand your wishes and preferences. More information is available on the website [www.stepupfordementiaresearch.org.au](http://www.stepupfordementiaresearch.org.au) or talk with Dick P who has been on the Step Up For Research program for a couple of years. In the process, he has been involved in a number of research projects into dementia and ageing. He has found this to be interesting, it has expanded his knowledge and given him a sense of participation.



Frank teaching Russell drill bit sharpening



Ian L with finished trinket bowl with lid

Below – Ian on the lathe making more for Christmas presents







Glen turning a Banksia pod – below close up of pod



Mark and John assembling another picnic table

*An apprentice carpenter approached a hardware store assistant. "1 kilo of nails, please," he said timidly.*

*"how long do you want them?"*

*"well, I think we'll need to keep them..."*



I've learned. . .

That the best classroom in the world is at the feet of an elderly person



Kelvin S who is 99 years old and now resides in Adelaide has taken up painting and donated several of his works to Mt Gambier hospital.





"Gee Gandpa, it's not that hard!  
Go into settings, select wifi.  
Select it!  
Tap it with your finger!!  
OMG any finger!!!



Graham T sand blasting lead light project

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