

Stonehaven & District Men's Shed (SDMS) Newsletter for 6th November 2023

If a Shed member requires any support or just wishes to chat, you can contact any member of the **Shed Welfare Team** either via email welfare.team@stonehavenmensshed.co.uk or telephone:

Douglas Knox	07533-886391
Andy Lorimer	07756-401675
Bert Butchart	07730-231206
Bill Allan	07703-502279

The on-duty **Shed Safety Supervisor** can be contacted on **01569-785617**.

An audio version of this newsletter will soon be available here : [Facebook](#) | [website](#).



In the Newsletter this week:

- Shed News
- Community Projects / Other News
- Scottish Men's Shed Association (SMSA)
- Dates for your Diary
- K&M Communities website



Shed News:

- **Christmas Lunch**
 - As previously mentioned, the annual Christmas lunch is on Thursday 14th December at the Station Hotel (12:00 for 12:30). For those who haven't yet signed up, as of writing there are still 12 places remaining out of 60 available places.
 - Donations for raffle prizes are kindly requested. There will be a box wrapped in red Christmas wrapping paper in the Shed's social area for you to put any donations. Thank you in advance!
- **Trustees Meeting**
 - A Trustees meeting has been scheduled for Monday 13th November. If you have any topics or issues that should be raised at this meeting, please let one of the trustees know.
- **Christmas Fayre**
 - We are all encouraged to think about making something for the Christmas Fayre. If you need some inspiration, there are a lot of great ideas to be found on 'Pinterest'.
- **Audio Newsletter Trial**
 - **Tony Zaccarini's wife Lynn** who is part of the 'Talking Newspaper' team, has delivered the audio newsletter dated 22nd October. This is an ongoing trial to understand whether any members or people in the community may be interested in listening to the newsletter due to having a vision impairment. The audio file has been posted on our [Facebook](#) page & [website](#). If any members have any thoughts/comments about this, please let **Paul Bentley** know.

- **Storm Damage (28th-29th October)**

- Considerable damage was done on the 2nd weekend of the recent storms that coincided with high Spring tides. The Shed had some water ingress, bypassing our flood gates and sand bags, although fortunately no significant damage was done inside. Most of Stonehaven beach appeared to be up on the road outside the Shed, taking the wonderful council workers about 3 days to clear tons and tons of gravel and other debris. Sadly, the cladding on the barriers outside Molly's café was further smashed up and has currently been removed. Also, the boardwalk received further significant damage, resulting in about half of it being closed until ... who knows when!
- A big thanks to the Projects Team and all other shedders who helped with the recent clean-up operations.



- **Alternative Energy Project**

- **Duncan Cursiter** advised that installation of Air Source Heat Pumps had been impacted due to delays at the council but work has now commenced as of Monday 6th November.
- Regarding the solar panels, Duncan is awaiting revised roof structure drawings from the structural engineer and revised proposals from solar PV supplier. We should be able to install two arrays of 18 panels on each side of Shed roof together with battery storage. Revised roof structure drawings will enable us to submit a Building Warrant application for another Licence of Works. Intention is to carry out the internal roof works in the coming weeks and install solar panels in the new year in an effort to ensure work is completed before financial year-end and minimise the risk of losing grant funding.

- **CNC Team**

- The Shed's new CNC machine has been delivered and assembled at the Shed. The team are currently undertaking setup & commissioning activities. It's hoped that we can start using this machine soon (in time for the Christmas Fayre!).
- Work has ongoing in the Workshop to construct the enclosure and workbench. Thanks to all involved!



- **Monthly Talks**

- **November's** talk was given by **Garry Peters** from **Home Energy Scotland** talking about energy efficiency and how we can all save energy & reduce fuel bills while keeping warm at home. Garry also gave some details of government grants that are available for home owners e.g., to get help with costs for insulation, draught-proofing, renewables or a heating system. These grants are intended to help the Scottish government achieve our Net Zero Scotland plans. Brochures are available in the Shed giving further details. For free energy advice, Home Energy Scotland can be contacted FREE on **0808 808 2282** or by visiting www.homeenergyscotland.org



- **December's** talk was intended to be Duncan Rennie (aka [The Travelling Cooper](#)) giving a demo of his coopering skills. However, Duncan has had to cancel and we will try to get a replacement speaker in time for 1st December.
- **Yoga Classes**
 - The weekly 'Iyengar Yoga' class with **Linda Chedburn** continues at 1pm every Thursday as usual.
 - The monthly 'Dru Yoga' class with **Lynne Bentley** was held at 1pm on Monday 6th November. Next one is scheduled for Monday 4th December.
 - Yoga is a very positive activity for both physical & mental health (for people of all ages!). If anyone is interested in attending classes, please let **Jim MacKenzie** know.

- **WORLD'S EASIEST QUIZ!** (thanks to **Bill Allan** for this! 😊)

Passing requires only 3 correct answers out of 10!

- 1) How long did the Hundred Years War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Atlantic are named after what animal?
- 7) What was King George VI's first name?
- 8) What colour is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the colour of the black box in a commercial airplane?

Remember, you need only 3 correct answers to pass. Check your answers on Page 5 below.



Community Projects / Other News:

- **Scam Awareness**
 - 'Scam Share' bulletins are now being received via email from Trading Standards Scotland and will be forwarded to members separately. These bulletins give details of current scams together with ways to help you or your family & friends avoid being the target of a scammer.



Scottish Men's Shed Association (SMSA) / UK Men's Sheds Association (UKMSA):

- **Registration for the SMSA AGM & 'Scottish Men's Shed of the Year' Awards 2023**
 - The SMSA's AGM and 'Scottish Men's Shed of the Year' Awards 2023 are on Friday 10th November 2023, 10am to 3pm at Carse of Gowrie Men's Shed, Swan House, 2 Explorer Rd, Dundee DD2 1GB.
 - The event incorporates the popular 'Scottish Men's Shed of the Year' Awards 2023 where this year's winner and two runners-up will be revealed. The three finalists for 2023 are:
Banff, Macduff and District Men's Shed | Carluke Men's Shed | Carse of Gowrie Men's Shed.

- The latest edition of the 'Scottish Shedder' is available from the SMSA's website [here](#) or from our own Shed website [here](#).
- The 'UK Men's Sheds Association' issues a monthly newsletter called 'Shoulder 2 Shoulder'. If you would like to subscribe to receive it via email, you can use this [link](#) to register – just scroll down that webpage to find the 'Subscribe to our newsletter' option.
- Current SMSA statistics:

136 SCOTTISH SHEDS OPEN	3520 SCOTTISH MEN'S SHED ASSOCIATION MEMBERS	66 SCOTTISH SHEDS IN DEVELOPMENT	10267 SCOTTISH SHEDDERS ACROSS THE 32 LOCAL AUTHORITIES
--------------------------------------	--	---	---



Dates for your Diary:

Thursday 9 th Nov	Weekly 'Iyengar Yoga' class with Linda Chedburn at 13:00
Monday 4 th Dec	Monthly 'Dru Yoga' class with Lynne Bentley at 13:00
Thursday 7 th Dec	Bacon Rolls, Open Forum & Monthly Talk: <i>Note: The Coopering Demo by Duncan Rennie has unfortunately been cancelled. We will try to find a replacement speaker in time – details to be advised.</i>
Thursday 14 th Dec	Shed Christmas lunch 12:00 for 12:30 at the Station Hotel There are still up to 12 places available but hurry!

• ANSWERS TO WORLD'S EASIEST QUIZ 🧐

Questions

- 1) How long did the Hundred Years War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut? Sheep and Horses
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Atlantic are named after what animal?
- 7) What was King George VI's first name?
- 8) What colour is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the colour of the black box in a commercial airplane?

Answers

- 116 years
Ecuador
Sheep and Horses
November
Squirrel fur
Dogs
Albert
Crimson
New Zealand
Orange (of course!)



K&M Communities website:



- The [K&M Communities](#) website contains both local & government information and access to various useful resources. As active members of the K&M Wellbeing Network, the Shed receives updates on new Shire initiatives.
- [Kincardine and Mearns Summer edition 2023](#) Newsletter.
- [Latest K&M Community Planning E-Bulletin.](#)
- [K&M Welfare & Wellbeing Network Bulletin.](#)



You are currently registered to receive this newsletter.
If you wish to unsubscribe, please click the [Unsubscribe](#) link.