



# Rosefield Community Shed

Ground floor, Southern End, Highgate Park  
103 Fisher Street, Fullarton, 5063

**NEWSLETTER No. 2/18**

## ***Rosefield@Wayville - Our Shed's New Home***

Rosefield Community Shed, after five rewarding and successful years at Highgate Park, is moving to a new home at the Adelaide Showground, Wayville, in early October.

From its humble beginnings as a perceived need by members of the Rosefield Uniting Church, it was formed initially as a men's shed in a room at Highgate Park, The Julia Farr Centre. Shortly, it expanded into the vacant maintenance area where it is situated currently and then morphed into a Community Shed with the membership encouraged from both genders – all ages - young and old.

Positive changes arising from the inception and subsequent realization of NDIS, the role of Highgate Park changed, resulting in the tenure of the Shed becoming limited. Following discussion between DCSI (now DHS) and the shed in early 2017, a new home for Rosefield Community Shed became necessary.

Members of the Management Committee approached various agencies in the Unley area, with little avail, however, in fortuitous discussion with David Pisoni, he directed us to the management of the Royal Agricultural & Agricultural Society (RAHS) at Wayville.

Our initial approach to the CEO, John Rothwell, of RAHS was received positively and enthusiastically. The Board of RAHS approved Rosefield Community Shed using a suitable shed.

Subsequently, it was agreed that the shed tenure will cease at Highgate Park on 30<sup>th</sup> September 2018. The management of DCSI generously

proposed, following discussion and by negotiation, that equipment and tools in the maintenance area be assigned to Rosefield, in accordance with Government policy, transported and installed in the allocated shed in the Showgrounds.

This shed covers a large area and most importantly

for the tenets of the shed, it has a large zone which with TLC is eminently suitable for a meeting/coffee/lunch room. Members of the shed have adapted this area in advance of the move into a comfortable space having lined walls, built storage rooms and undertaken an extensive "paint job". The RAHS have assisted greatly with electrical support and above all positive encouragement.

As Rosefield Community Shed is also affiliated with AMSA SA, there is an opportunity to host

a "Muster" of other SA sheds. Other future developments will be to provide school holiday programmes for all students 14+ who are interested or may be seeking woodwork as a career option.

With our new home, from Tuesday 9<sup>th</sup> October our hours will be extended to 9.30am - 3.30pm.

New updates will be provided in our next newsletter. If you wish to receive editions of our newsletter please leave your email address, make enquiries or contact us on:

[info.rosefieldcs@gmail.com](mailto:info.rosefieldcs@gmail.com)

**New members are most welcome  
be they novices, hobbyists, and those with skills  
willing to become supervisors, male or female,  
young or old - or just seeking a third place  
(see next page in this newsletter).**



*Members Ross & Gerry lining our new meeting room ready for October*

# Loneliness is bad for your health & the role of the third place

Imagine a 70-year-old man who sees his physician frequently for a variety of aches and pains. He might complain of back pain on one visit, headaches another time, and feeling weak on the next. Each time, his physician does a physical exam and runs the appropriate tests, without finding anything to account for his symptoms. Each time, he leaves the surgery feeling frustrated that “nothing can be done” for what ails him.

However, if we looked more closely, we’d find out that this patient lost his wife five years earlier and has been living alone since. His three children all live in other states. Although he dotes on his grandchildren, he sees them only about once a year. He has a few friends that he only sees occasionally. If asked, he would probably tell you that, yes, he is lonely.

This is a common picture in a family physician’s office. These ill-defined symptoms without any clear cause might well be the result of social isolation and boredom. **Research shows that people who feel lonely have more health problems, feel worse and perhaps die at an earlier age.** Loneliness and social isolation are also associated with increased blood pressure, higher cholesterol levels, depression and, if that were not bad enough, decreases in cognitive abilities and Alzheimer’s disease.

Psychiatry has long known that feelings of all kinds can affect our physical health in profound ways. It seems officials are starting to take that seriously – the United Kingdom now even has a [Minister for Loneliness](#). And for good reason.

**Humans evolved** to be around others. Long ago, we hunted in small hunter-gather groups, where social cohesion could help protect from predators. Being alone without support in the wild is dangerous – and stressful.

*Many people feel lonely in the city, but perhaps ‘third places’ can help with that*

Loneliness is a hidden but serious problem in cities worldwide. Urban loneliness is connected to population mobility, declining community participation and a growth in single-occupant households. This threatens the viability of our cities because it damages the social networks they rely on.

One response to these trends involves “third places”. These are public or commercial spaces that provide informal opportunities for local people to mix socially on neutral ground.

The concept of third place, is distinct from first and second places. A first place is the private space of home. Second places are where people spend significant time,

often formally. These include schools, universities and workplaces.

Common examples of third places in cities include community gardens, libraries, public swimming pools, cafes, **men’s or community sheds**, farmers’ markets and dog parks.

## How can third places reduce loneliness?

There is growing understanding of the negative outcomes and costs associated with loneliness. These include fractured communities, declining trust, stress, depression and disease. Clearly this is neither desirable nor sustainable.

Third places can help by creating or enhancing a sense of community on a smaller, more human scale. The village-like feeling of third places can reduce people’s anxieties and make them more comfortable with trying a new social experience.

Third-place interactions encourage conversation in a homely atmosphere. Regulars who are local to the area often help with this. In third places, people are free to come and go without obligation. The status and backgrounds of users are largely irrelevant. These places are generally designed to be accessible, accommodating and inviting for all ages, low-profile, comfortable and conversational.

Third places bring people together based on shared spaces, which become more important than individual histories. This can reduce wariness of strangers and create social connections. Third places can lead to more resilient and better-connected communities, building up social capital, while reducing loneliness.

- Third places are most effective when they encourage interactions between locals. Providing facilities and activities creates a purpose to interactions and reasons to start chatting.
- Local councils can support citizen-led activities such as community gardens and community sheds. They can also provide activities such as Tai Chi classes.

Protecting existing third places is as important as providing new ones. For example, a local council may be tempted to allow housing to take over the site of a community garden. While there may be some reasons to support that idea, it should be carefully considered against the loss of social capital and the risk of entrenching social isolation.

**Next page: Valuing and promoting Third Places**



## Valuing and promoting third places

We live in an age of urban mobility with no historical comparison. Many of us have been strangers in a new city. Loneliness is an unwelcome and growing feature of this urban mobility. Third places offer a useful and tested model for reducing loneliness.

Yet many city dwellers see these spaces but don't use them. In this sense, perhaps the biggest barrier is our willingness to make the time to seek out and participate in third places. For those people who do, banishing loneliness could be one of the greatest benefits.

*"A further step could be to invite someone to share your meal time to chat over the food and socialize".*

## Activities and Projects

A major project currently being undertaken is the refurbishment of our new meeting room at the showground, however, this has not stopped other projects.



Right: the stand for our entry at the show in conjunction with Mitre 10 Unley Road for a "Mini-Garden".

Left: An ecological bird house made from recycled and donated timber



Left: A rustic coffee cart constructed for a coffee stall for community events

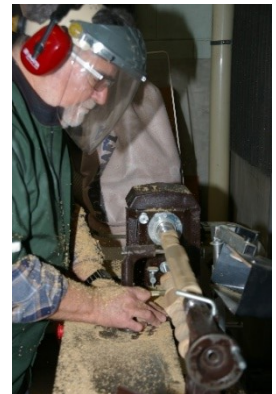


Right: "Plateau provincial traditionnel"  
French style wooden tea tray



Right: Hardwood planter box suitable for outdoor use made from recycled floor boards.

Our revered coordinator occasionally needs to have "lathe therapy" and here he is involved in "copy turning" a table leg as part of a furniture restoration for another member. Wood turning can be most rewarding, as well as constructive when a piece of wood becomes a piece of art with the finish as "smooth as a baby's whatever"!



A challenging undertaking is that of making precision balance bikes. This project involved both engineering and a "lot of native cunning". But is really

rewarding to see it coming together. Shortly, they will be available for purchase.

### Items Available for Purchase

Tel: 0438 441 235

Balance bikes - \$148

Planter boxes in pine \$45

Planter boxes in hardwood - \$65

Provincial Tea Trays - \$38

Trevor's Artisan Birdboxes- \$30

(made in conjunction with an ornithologist)

Rocking horse \$145 (made-to-order)

## Scope and Range of Projects and Undertakings

Rosefield Community Shed welcomes men and women of all ages, local and non-Unley residents. We focus currently on projects around wood, but with the move are considering additional media such as lead lighting. One aspect of wood work is the restoration of furniture which also involves reupholstery.

We welcome additional skills being brought to the shed as we all learn from others and become up-skilled.

## Have you ever wondered why wooden toys are better and safer for children than plastic toys?

### 1. The Safety of the Toy: Plastic vs. Wood

One of the objections towards plastic toys is that they can easily break, leaving nasty, sharp edges that can harm a baby or child. Wooden toys are normally more durable. Consider the difference between a wooden or plastic toy truck.

**Advantages:** Wooden toys are normally far safer than plastic toys in general and can be a great option if you are concerned about the safety of your child.

### 2. The Life of the Toy: Long Lasting

Wood is a robust and often is a very resilient material. It potentially has a very long life and can be passed on to younger siblings, cousins or friends. Getting a long life out of a toy and the fact that wood is often more durable than plastic is a definite plus!

**Advantages:** (1) It can be passed on, in the family or to friends. It might even become a family heirloom. (2) It has a long life and is pretty unlikely to break next week, so you are going to get some really good life and wear out of these fantastic toys.



### Conclusion: So, Are Wooden Toys better & Safer than Plastic Toys?

There are a number of benefits given by wooden toys, from being eco-friendly (and protecting our environment), to being durable (a toy that can be

passed on), as well as being safer (than it's plastic counterparts) and being an excellent source of imaginative play.

These toys are beautiful! They are a toy that will last. Rather than having a child on the iPad or latest smart phone for entertainment these gorgeous toys will have them creating imaginative games and involved in pretend play for hours.

We really need to consider the future of our kids and give them something that is an investment in their future. Why not consider making wooden toys today for your children or grandchildren at

**Rose-field Community Shed.**

No power tools but old fashion hand saw, square ruler and sanding is all you need to get started.

This is an investment which you won't regret.

---

## From the Desk of the Coordinator of Rosefield Community Shed - Gerhard (Gerry) Ganser,

As you would image with all that's going on it's hectic – but rewarding. The move to the Wayville Showground is progressing well and if it were not for the assistance and encouragement of many people it would not have occurred. Firstly, the assistance of the Management of Highgate Park and DHS (previously DCSI), Muriel Kirkby and Julie Gunn respectively, who recognized the value of 'The Shed' to the community of Unley and neighbourhoods and came up trumps (not the USA one!) with assistance.

Without David Pisoni's lateral thinking in recommending that we approach the management of the showground we would likely be considering a tent in Unley Oval to maintain the continuation of Rosefield Community Shed

The work and vision of my management committee team enabled the transition and their vision for the move and expansion into the foreseeable future has kept my spirits high. My thanks go to Mary, Neville, Warren (Wozz), John, Ian and Graham.

Where have we got to? Thanks to John LePlastier and Jason Hemmingway at the Showground,

we are now in transition with our meeting room at the nursery. Those familiar with 'sheds' recognize that the meeting room, alias coffee or tea room, or whatever it is called, is pivotal to our values.

We have installed two secure storage rooms comprising framework, ceilings and lining, and have

placed studs and lining boards around the area. Following a painting "bee" last week it is looking great. "Wozz" and Ross (pictured) did an excellent job with the framing and boarding, and Trevor, Ray and Ian and others excelled with the painting. Electricians and plumbers have been busy and with another coat of paint we can start our residency – not fully until after this year's show.

Then, tools and equipment will be transported and installed from

Highgate Park to our new home at the Showgrounds under the direction of DHS. THEN, early October, we will be fully active with our current members and with additional time available to welcome new members – and encourage some to "take on" supervisory roles.

Further information: 0438 441 235.



## CHICKEN IN THE OVEN:

*A great one tray dish. Full of flavour and easy to make.*

### INGREDIENTS

4 chicken Maryland or 1 chicken cut into pieces (approx. 1.5K)  
3 large onions sliced  
3 garlic cloves crushed  
2 tablespoons fennel seeds lightly crushed  
1 tablespoon cumin seeds lightly crushed  
350 mL chicken stock  
1 tablespoon tomato puree  
5 large potatoes sliced thinly  
Seasoning of salt and pepper  
Olive oil  
Foil

A large baking dish

### INSTRUCTIONS

- . Preheat oven to 140°C.
- . Place the onions and garlic on the bottom of your baking dish.
- . Sprinkle half the herbs, some seasoning

and some olive oil onto the onions and garlic..

Place the chicken on top of the onions and sprinkle with a little more seasoning.

. Cover with the potatoes.

. Add the remaining herbs, seasoning, and olive oil over the potatoes.

. Mix in the tomato puree with the stock and pour the stock on the side of the baking dish.

Cover with foil.

. Place the dish in the oven and bake for about 2.5 hours.

. Check to see if the chicken is cooked through. If not bake for a further half an hour still covered with foil.

. Remove the foil and increase the temperature to 180°C.

. Bake for a further half an hour or until the chicken and potatoes are browned.

. Remove and garnish with parsley (optional).

. Serve with greens of your choice.



## Member Profile: Warren (Wozz) Scarman

Working life started at 16 as an apprentice in Carpentry and Joinery in a small family building company. After completing my apprenticeship and a further 3-year Building Supervisor Certificate, I worked in the Building Industry for 15 years which included a two year stint

conscripted in national service.

I have been self-employed for most of my working life, owning and running an IGA Supermarket, a land-lord managing a Shopping Centre, owning and operating a Medical Engineering Company and one of the largest Industrial First Aid Company's in SA.



*"Wozz" working on the new meeting room at Wayville*

I am proud to say that my son still operates this successful company which is employing ten people. My other interest is pampering, polishing and driving my



fifty-year-old Historic MG, clocking up 120km each week over 3 rides with my cycling group and traveling around Australia and overseas with my wife Helen.

As an involved member of Rosefield Uniting Church, I have been a foundation member of the Rosefield Community Shed start up and development. I try and plan my other activities around my Shed commitments which is a caring place where people feel safe, comfortable and welcomed. The Shed offers me the opportunity to listen to people, to learn and to care about people.

### Funding of Rosefield Community Shed

Our shed is funded largely by its members – their discretionary weekly donation of \$5 to cover coffee, tea and nibbles – especially cakes by members and families. We have received some grants for programmes from the Australian Men's Shed organization, but we are now seeking further funding from various sources to fund the role of the coordinator.

## Sponsors & Activities of Rosefield Community Shed

The members of the shed wish to thank the following, without their support we would be more limited in what we can provide and achieve.

### Unley Rotary Club

Support with the provision of a laptop computer, an A3 printer and a large monitor.

The computer gives all members flexibility for administration, presentations and shortly instruct into basic computing skills.

The A3 printer enables us to produce plans for projects and is invaluable in planning of our move to the showground.



### Boral Timbers

Boral have provided some quality timbers which are forming the basis for furniture making using traditional techniques of cabinet making and wood turning. As we are moving we have by necessity restricted its use to basic wood turning of "French Rolling Pins\*" as an introduction of wood turning to members, but once installed and functioning we have plans for items of furniture such as coffee table with turned legs. Some hardwood flooring has been "morphed" into "Lazy Susans" and are available by order (see below)..

**French Rolling Pins** – Driving one of these it takes rolling to a new level – be it pastry, marzipan, pizza bases, etc. The contour enables more control and creativity.



We are making them in various timbers – some in laminated forms others in solid hardwoods. They are an ideal

project for the novice to gain experience and confidence in wood turning on a lathe, before embarking on complex turnings.

The Boral hardwood is ideal for turning in many of our projects.

**Lazy Susans** – Often warmly associated with a meal in a Chinese Restaurant; but conversely remembered when the children dare one-another to spin it *toooo* fast!



### Unley Council

We are most appreciative for the support of Unley council who funded the position of coordinator for the last two precious financial years (finished on 30<sup>th</sup> June 2018). Their support recognised the role of the coordinator to be pivotal for the running of Rosefield Community Shed.

## Activities of the Shed

Once settled at Wayville with extended hours – additional wood skills, lead-lighting, and furniture restoration.

In the planning stage is Culinary Literacy.

What is Culinary Literacy? -

Actually, a rewarding topic to appreciate food, its background and preparation, its consumption, and the pleasure of food. It is *'interactive edutainment'*. (educational entertainment in which you take part) and without sitting in front of *"the box"*.



Auspiced by  
Rosefield Uniting  
Church, Highgate

## Invitation

**Come in and have a look at what we do.  
Until end of September at Highgate Park  
and from then on at  
Wayville Showground**

**To arrange a visit and for directions  
Please ring 0438 441 235**

Email: [rosefieldcs@gmail.com](mailto:rosefieldcs@gmail.com) or <http://rosefieldcs.orgfree.com>



Australian Men's Shed  
Association  
Reg: ASMS 101085