



# Bench Press

Shed West — the community men's shed for Pullenvale Ward  
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## Shed West Under Way

It is some time since our last newsletter and a brief recap of progress and activities should bring everyone up to date.

Shed West is the name of the developing men's shed for Brisbane's western suburbs. The group has over eighty registered members and currently meets in a quiet cul-de-sac in the former Kenmore South Scout Den, now known locally as The Space, on Tuesday afternoons. Negotiations for a permanent home on an adjacent site owned by Brisbane City Council are well advanced and planning by Shed West members on how to set up the space is under way.



Recently members were able to inspect the shed which is a four bay colorbond shed. Current plans are for two buildings the other being an office style complex.

The current shed members have shown a strong interest in woodworking, carpentry, photography and computers. It is planned to

develop all of these themes once we are in our permanent home.

So far the program has explored areas of woodwork, carpentry, tool sharpening, woodturning, travel, genealogy, gardening and digital photography. This has led to a wave of restoration of hand tools and the development of new skills or the refreshing of long forgotten skills.

## Workplace Health and Safety

Workplace health and safety is a vital component of any project and Shed West is no different. Recently, Chris Osborn joined the committee as the shed's workplace health and safety officer and a number of members who have current recognised first aid and CPR training have agreed to act as first aid officers. However, we will need more first aid officers.



The meeting on 12 August had a demonstration of CPR and first aid from a St John's Ambulance trainer.

The group has purchased some safety goggles and ear protection. However, members are

strongly encouraged to provide their own. Safety equipment will be required whenever tools are being used. As all electrical tools will need to be inspected and tagged we are seeking a suitably skilled electrician who would be prepared to volunteer their services.

### **The Committee**

A full list of the committee and a description of their roles is on the shed notice board.

*Chairperson* Graeme Curnow

*Treasurer* Ken Martin

*Secretary* Graham Barnard

*Activities Coordinators* Graeme Curnow and Max Lockwood

*Membership Officer* Malcolm Lewis

*Meeting Convenor* Malcolm Johnson

*Publicity Officer* Alan Ernst

*Projects Officer* Malcolm Lewis

*Properties Procurement Officer* Max Lockwood

*Properties Maintenance Officer* Horrie Palmer

*Health and Safety Officer* Chris Osborn

*BCC Liaison Officer* Scotia Monkivitch

### **More Help Needed**

We need some more volunteers to help out with organising the Tuesday programs.

Please speak to any member of the Steering Committee, to volunteer your services.

### **Membership**

Membership is open to all interested men. Please feel free to pass this newsletter on to any friends and colleagues who may be interested.

### **Program**

The Shed West program currently revolves around the weekly Tuesday meetings with a mix of presentations by members and guest speakers and skill demonstrations. Each fortnight the meeting commences with a short session on Thai Chi for arthritis before a

presentation. The alternative fortnights are devoted to basic woodworking skills.



Tai Chi for arthritis is a regular part of the program. Above Barbara Ashby leads the group.

**The program starts at 2 pm and Tai Chi is now at 1.30 pm.**

The program planned for the coming weeks is:

- 26 Aug Tai Chi and Music Instrument making
- 2 Sep Basic Woodworking/Carpentry
- 9 Sep Tai Chi and Photography
- 16 Sep Tai Chi, Basic Woodworking/Carpentry
- 23 Sep Photography
- 30 Sep Visit to Chermside (to be confirmed)
- 7 Oct Tai Chi and Basic Computing
- 14 Oct Basic Woodworking/Carpentry

Please note the program is subject to changes.