



# Bench Press

Shed West — the community men's shed for Pullenvale Ward  
Volume 1 Number 3 September 2008

## Presentation to Henderson Centre

Shed West has completed its first community project making wooden art easels. The special table-top folding art easels were made to a pattern supplied by the Henderson Blue Care Respite Centre. The easels were presented to the Henderson Centre's Assistant Coordinator Daryl Jones, at a special ceremony at a Shed West meeting.

The easels allow the Centre's respite care artists easier access to their work and can be used while seated.

The easels were built by Shed West's Keith Foy and Ken Martin and handed over by Chairman Graeme Curnow.



Pictured are Daryl Jones, Assistant Coordinator Henderson Blue Care Respite Centre with an easel and one of the easel's builders Keith Foy.

## Bench Press Award

The Shed recently ran a competition to name the group's newsletter. *Bench Press* was selected as it combined the concepts of the work bench and the aim of the newsletter as a press release to members.



Shed Chairman Graeme Curnow presents Max Lockwood with his prize as the competition's winner.

## Program

The Shed West program revolves around the weekly Tuesday meetings with a mix of presentations by members and guest speakers and skill demonstrations. Suggestions for future programs are always welcome. If you believe you have something interesting to share or know someone who does, please talk to a committee member.

**Activities start at 2pm with Tai Chi at 1.30pm on alternate weeks.**

The program planned for the coming weeks is:

- 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
- 21 Oct: Tai Chi, Music Instrument making
- 28 Oct: Basic Woodworking/Carpentry

4 Nov: Melbourne Cup

11 Nov: Basic Woodworking/Carpentry

18 Nov: Cooking

25 Nov: Basic Woodworking/Carpentry

Please note the program is subject to changes.

### **Show and tell**

Show and tell is now a part of the basic woodworking meetings. Please bring along any projects you are working on to show others and tell us about your experiences and receive advice from the experts or those with more experience

### **Chermside visit**

For the Chermside visit on 30 September it is planned to have a normal meeting for those not interested in going to Chermside.

For those interested in the Chermside visit it is planned to use a 10 seater bus and if necessary a car pool, departing from the Shed at 12 noon. Please advise Horrie on 3374 1420 if you are interested.

### **Laptops required**

For the meeting on basic computing on 7 October a number of laptop computers are required. If you are willing to bring along a laptop to share with others, please contact Graeme on 3376 1886.

### **Workshop tips**

The basic wood working and carpentry sessions have provided members with some interesting and useful ideas.

To keep chisels razor-sharp, glue a piece of leather with the rough side upwards to a block of wood (70mm wide by 150 mm long). Apply some burnishing compound and each time you use the chisel just rub the bevelled side of the chisel over the burnishing block. This will keep your chisels razor sharp (Charles Smith).

### **Jewellery making**

At a recent meeting member Don Atkinson demonstrated the techniques used in making silver jewellery learnt from a long career in the industry. Don showed the group how to make a silver crocodile charm using cuttlefish as a mould. He also showed a wonderful array of specialist tools and a charm bracelet which he had made. Don shared many stories and ideas about jewellery and the metals used in the industry.



Member Don demonstrates silver jewellery making with members showing great interest.

### **Web wanderings**

The web provides many opportunities for exploring what others are doing. There is a well established shed at Bribie Island which some members visited earlier this year. It is worth a visit to their well developed website: <http://bic.net.au/briebewoodies/>

### **Membership**

Membership is open to all interested men. Please feel free to pass this newsletter on to interested friends, colleagues and organisations.

Alternatively, bring a friend along to a meeting to experience what goes on. All it costs is some time and a gold coin.

If you are not a member but are interested, come along on Tuesday afternoons to the former Kenmore South Scout Den in Branton Street Kenmore Hills.