



# Bench Press

Shed West — the community men's shed for Pullenvale Ward  
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## Men's Shed Association

Our national body, the Australian Men's Shed Association, or AMSA for short, is holding a National Conference on 27 & 28 August at the Brighton Civic Centre in Bridgewater, Tasmania. The Committee would like to hear from those who are interested in going. It would be at your own cost but maybe Shed West can negotiate a group travel package.

Recently, the latest AMSA newsletter was emailed to all registered members. If you are not on email and would like a copy please contact the Bench Press editor.

For more information [www.mensshed.org](http://www.mensshed.org)

## Shed Developments

Many members attended the recent community consolation meetings held by the Brisbane City Council over the rezoning to community space of the old works depot in Branton Street.

The next step is for the Council to receive written submissions. The major community concerns appear to be about safety, security, traffic and parking. No doubt these will be addressed in the Council's development plan.

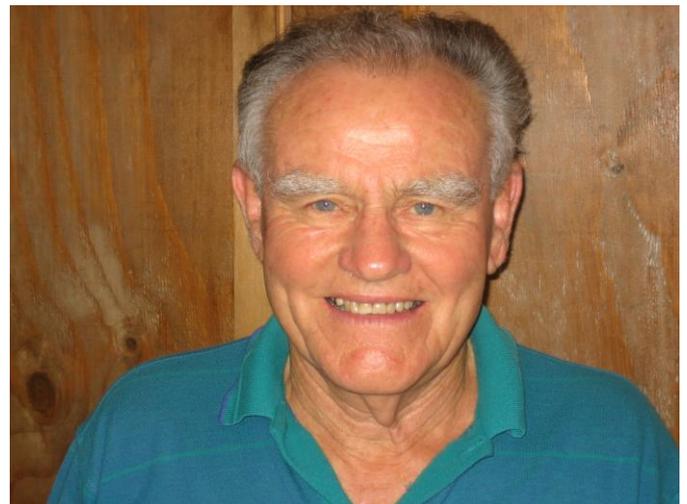
The good news is that under current arrangements Shed West will have access to the allocated shed from June this year. Depending on further negotiations there will be a further period required for setting up the equipment which will require the services of qualified trades people.

Because of the nature of the equipment there will be a requirement for suitable supervisors and people with the skills to train and certify other members in the use of the equipment.

Thankfully, Shed West is well served by members with many of the required skills.

## Workplace Health and Safety

Workplace Health and Safety is a very important commitment for Shed West. One need will be to have a group of qualified first aid officers. If you already have current first aid qualifications and are prepared to be a first aid officer please contact the Bench Press editor.



Shed West welcomes Ian Kennedy to the Committee in the role of workplace health and safety coordinator following the resignation of Chris Osborn due to work commitments.

## Program

Planning is well under way for this year.

However, we would like to hear from any members who have a special interest that they would be prepared to present to the group.

The Shed West program revolves around the weekly Tuesday meetings with a mix of presentations by members, guest speakers, skill demonstrations and excursions.

The program runs from 2 pm to 4 pm and the agenda for the coming weeks is:

- 3 March: Technical aid for the disabled
- 10 March: Visit DVR metal industries
- 17 March: Basic woodworking skills
- 24 March: Introduction to metal working
- 31 March: Excursion to XXXX Brewery

Please note the program is subject to changes.

### Special Meeting Saturday 4 April

Come along to the Shed at 10.00 am on Saturday 4 April to hear Doone Wyborn talk on the Hot Rocks project in far western Queensland. The company, Geodynamics, plans by March to have a one-megawatt trial power station at its South West Queensland site. This is large enough to meet the needs of 1000 people. Initially the plant will provide free electricity to Innamincka.



Wood carving was demonstrated by local resident, Shed West member and Ipswich wood workers group member George Stanley at a recent meeting.

### Specialist groups

Shed members have a wide range of interests and the Committee is interested in hearing from any one interested in convening special interest groups. Contact Stephen Temple-watts [aquilatw@optusnet.com.au](mailto:aquilatw@optusnet.com.au)

### Digital photography

The first special interest group is on aspects of digital photography. If you are interested contact John Green [mrjohngreen@bigpond.com](mailto:mrjohngreen@bigpond.com).

So far we have two interested members.

### 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.

### Workshop tip

While most woodworking members will be familiar with the traditional tenon saws for fine woodworking, Charles Smith has encouraged members to investigate the less well-known Japanese saws. These seemed easier to use, more reasonably priced and are available at many wood working outlets.

### Men's Cooking

Men's Cooking has been a popular topic. In addition to the recipes below there was a subsequent well attended and enjoyed session with venison casserole cooked by Dan Winkle. Are there more chefs out there willing to share their experiences?

### Rusty Chef Pasta Sauce by Graeme Curnow

Preparation time 10 minutes

Cooking time 30 minutes

#### Ingredients

- 2 tablespoons olive oil
- 1 large onion diced
- 2 cloves garlic grated or crushed
- 2 full rashers bacon diced (or 4 with the fatty 'tails' removed)
- 650 to 700 grams lean beef mince
- 800 g tin of chopped tomatoes
- 1-2 cups of water depending on how much water is in the can of tomatoes (red wine can be substituted for the water)
- 150 g tomato paste
- 1 green chilli seeds removed cut into 20 cm pieces (optional, chilli can be removed after cooking)
- 4 Bay leaves
- 1-2 teaspoon oregano (depending on personal taste)
- Salt and pepper

#### Method

Heat the olive oil in a frying pan, add the diced onion and cook until transparent and soft.

Add bacon stirring occasionally until bacon is cooked.

Mix in the mince stirring to break up the mince so that it doesn't seal into lumps, until mince is browned.

Add tomatoes, water and tomato paste. It is better to have too much water so that the sauce is thin at this stage and simmer off the excess liquid in the final cooking stage.

Add the bay leaves and oregano.

Add the garlic and simmer for 15 to 30 minutes until the sauce thickens, adding salt and pepper to taste.

Remove bay leaves before serving over pasta of your choice.



Shed West members sample the pasta sauce.

### ***Omelette by Stephen Temple-watts***

Preparation time 5 minutes

Cooking time 3 to 5 minutes

#### ***Ingredients***

2 teaspoons butter

4 eggs

1/2 cup milk

Dash water

Salt and pepper to taste

2 or 3 slabs of cheese. (Put in any diced bacon, ham or other meat with the cheese, or cooked vegies, for variation).

Dried mixed herbs or fresh thyme, basil and oregano (whatever herbs you have in your garden).

#### ***Method***

Place eggs, milk, water, herbs, salt and pepper into a bowl.

Break egg yolks with a fork, then whisk till thoroughly mixed. (Don't get too energetic, about 30 seconds at most).

Place butter in a frying pan over low to medium heat until butter melts and foams. Do not overheat as butter will blacken and burn.

Move pan about so butter covers the base of the pan.

Pour the egg mixture into the pan and cook gently, breaking any air bubbles that form during cooking, allowing the top liquid to flow in underneath.

Lift edge of omelette to check on cooking progress.

When golden-brown underneath and the top is set, sprinkle grated cheese on top and fold over one half of omelette onto the other half. (If the top is too runny and not cooked just help some runny bits to go under the edge of omelette where it will get cooked).

Slide out onto serving plate. Serves four.



Stephen with the finished product.

### **SPACE Afternoon Tea**

Back in December we received an invitation to a presentation and afternoon tea at the current Shed meeting spot to support SPACE. This the

local organisation who manages the other activities conducted in the old Scout Den. Several members attended along with local politicians, business and community representatives. SPACE was most thankful for our support.

### **Men's Health**

A resources kit, *What every man needs to know*, has been launched by the Federal Government and older men and community organisations are being encouraged to contribute to Australia's first National Men's Health Policy. For more information email [National.Mens.Health.Policy@health.gov.au](mailto:National.Mens.Health.Policy@health.gov.au)

### **Web wanderings**

The web provides many opportunities for exploring what others are doing.

Don Bray has researched the 'Spitfire' manufactured in Bellbowrie and came up with the website:  
<http://www.supermarineaircraft.com/>

Given the interest shown in the Men's cooking days, here is site about Queensland gourmet foods. It is a new DPI&F quarterly e-newsletter, *Queensland Grown*, ([http://www.dpi.qld.gov.au/cps/rde/dpi/hs.xml/30\\_12025\\_ENA\\_HTML.htm](http://www.dpi.qld.gov.au/cps/rde/dpi/hs.xml/30_12025_ENA_HTML.htm)). The site profiles and celebrates some of Queensland's farmed and fabulous fine food. It provides information on Queensland premium food producers and manufacturers, food science and exciting food events and a great spanner crab recipe in the January edition.

From time to time in the media we hear about the pros and cons of generic medicines. Some information is available at: [www.nps.org.au](http://www.nps.org.au).

If you have diabetes, are regarded as at risk of developing diabetes or just interested in more information you can contact Diabetes Australia-Queensland for an information pack on 1300 136 588 or [www.diabetseqld.org.au](http://www.diabetseqld.org.au)

Australia's leading cause of blindness, macular degeneration, is more likely to affect the over fifties. To find out more contact the Macular

Degeneration Foundation on 1800 111 709 or [www.mdfoundation.com.au](http://www.mdfoundation.com.au).

### **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.

### **More information**

Graeme Curnow 3720 9789 or [gjismcurnow@bigpond.com](mailto:gjismcurnow@bigpond.com)

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Shed members at a basic wood working meeting ( Photo courtesy of K Martin).