



# Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward  
Number 8 September 2009

## Shed Developments

Work on the Shed is continuing with plans for a soft launch later in the year. The electrical work has been completed, work has started on the dust extraction and the equipment layout. Shed West is indebted to those members who are devoting many hours and skills to further its development, along with the business who have donated equipment.

## Kenmore-Moggill RSL Support

Members were on hand on 19 August to welcome Mr Stewart Cameron CSC, President of the Kenmore-Moggill RSL Sub-Branch, when he visited the Shed, to present a cheque for \$5000, in support of the development of Shed West. In presenting the cheque, Stewart spoke in support of the importance of the Shed West project to men in our district, and of how the donation gave the Sub-Branch an opportunity to return to the local community a worthy contribution, in recognition of the generosity and support provided to the local RSL and its members. He indicated that the donation was strongly supported by Sub-Branch members, 27 of whom were already members of Shed West. During an inspection of the developing facility, Stewart complimented Shed West on progress to date and expressed his confidence in the successful future of the project.



## AMSA Conference Tasmania

The Australian Men's Shed Association is our national body. The 3rd National Men's Shed Conference was held at the Wrest Point Hotel, Hobart on 24 and 25 August and was attended by Graeme Curnow, Ken Martin and Malcolm Johnson, together with 340 others from across Australia.



Attending the conference dinner were Ken and Daphne Martin, Graeme Curnow and Malcolm Johnson.

The conference program included themes on setting-up, management, running and development of sheds, men's health, special purpose sheds, sheds in aged care units and AMSA experiences. Interestingly, AMSA is now the largest male-based representative association in Australia. The number of sheds is doubling every two years with most having around thirty members. Current ball-park costs for setting-up and establishing a shed are around \$70,000 to \$80,000.

Displays and demonstrations covering traditional manual skills in shed activities were limited, but interesting, and there were a lot of brochures and contacts collected. Also covered were alternative activities for sheds and ways of raising funds.

There was a large emphasis on preventative measures to improve men's health supported by many displays. One session was on the national M5 project created by the widow of Crazy John, where it was pointed out, currently five men die every hour in Australia from five potentially preventable causes (heart disease, diabetes, lung cancer, other cancers and physical trauma). Presentations were received on depression (from Beyond Blue), bowel and prostate cancers and hearing loss.

The Shed West delegation made best possible use of the program by splitting-up and attending as many sessions as possible and in meeting as many delegates as possible, to see what ideas were being developed. A key take away message was to appoint a coordinator to manage and run day-to-day shed activities and another was to involve your local political representatives in everything you can.

### **Program**

The Shed West program revolves around the weekly Tuesday meetings from 2 pm to 4 pm for the cost of a gold coin with a mix of presentations by; members, guest speakers, skill demonstrations and excursions. Up coming meetings are:

- 29 September Woodworking DVD presentation
- 6 October Blue September with the Queensland Cancer Council
- 13 October Abrasives in the workshop
- 20 October Tool transporter
- 27 October Introduction to photography
- 3 November AGM and Melbourne Cup party

Please note the program is subject to changes.

### **Workplace Health and Safety**

Workplace Health and Safety is very important for Shed West. The Shed will need 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. Training for a pool of members who are regular attendees is also recommended.

### **Woodworking**

A variety of sessions have covered a range of woodworking activities.



Members watching a demonstration by fellow shed member Keith Foy on making drawers.



Malcolm Johnson with his mammoth efforts in restoring a wood turning lathe donated by Ray Steffensen.

### **Metalworking**



Member Chris Young has a go at sharpening a knife under the watchful eye of Ken Martin and members.

Ken Martin ran a very popular and successful afternoon on sharpening kitchen knives.

### **Men's Health**

There is an ever increasing range of websites dealing with men's health.

Eye health is important as we age so try National Eye Health Awareness Campaign website at: [www.australia.gov.au/eyehealth](http://www.australia.gov.au/eyehealth)

The M5 project suggests as a start, men can take five preventive steps:

- Share your family history with your GP
- Know your healthy weight
- Check your blood pressure
- Stop smoking – it's the only healthy option
- Maintain a healthy mind and a healthy body

More: [www.m5project.com.au](http://www.m5project.com.au)

Some other sites to try are:

[www.quit.org.au](http://www.quit.org.au)

[www.quitnow.info.au](http://www.quitnow.info.au)

[www.andrologyaustralia.org](http://www.andrologyaustralia.org)

[www.eczema.org.au](http://www.eczema.org.au)

[www.nhmrc.gov.au](http://www.nhmrc.gov.au)

[www.healthyfoodguide.com.au](http://www.healthyfoodguide.com.au)

### **Web wanderings**

Try out our great new website developed by Ray Johnson at: [www.shedwest.com.au](http://www.shedwest.com.au)

For the wood turners there is an interesting array of materials on pen making at [www.addictivepenkits.com](http://www.addictivepenkits.com)

For travelers the Department of Infrastructure has a new website to educate people about the Australian airport security measures at: [www.travelsecure.infrastructure.gov.au](http://www.travelsecure.infrastructure.gov.au)

Some weeks ago we heard about the farming history of the Brookfield area. If any of you are still farming there are training grants available. For information on the Farm Ready program go to: [www.farmready.gov.au](http://www.farmready.gov.au)

If you are 45, get ready for age discrimination to affect your employability. For more information:

[http://www.hreoc.gov.au/about/media/media\\_releases/2009/69\\_09.html](http://www.hreoc.gov.au/about/media/media_releases/2009/69_09.html)

Brookfield Show turns 100 in 2010 and you can watch the story unfold at [www.brookfieldshow.com](http://www.brookfieldshow.com)

### **Show and tell**

Please bring along any projects you are working on to show others.

Such was the case with a session on Harley Davidson Riding by Malcolm Douglas. Members were entertained with stories about the many trips Malcolm has made across Australia and the world and particularly his trip to the USA. The talk was supported by a range of brochures and catalogues for members and Malcolm's Harley.



Malcolm and his Harley.

### **Vale Stephen Temple-Watts**

Shed West was well represented at the funeral of fellow member Stephen Temple-Watts. While Stephen's time at Shed was limited he made a very substantial contribution. Stephen was no sooner a member and he became very involved. Among other things he was responsible for sorting out the growing membership list. Stephen called each member to ensure their details were correct. He also was one of the early contributors to Show and Tell with a terrific performance at men's cooking with a range of tips and a perfectly prepared omelette. The eulogy showed Stephen to have had an amazingly busy, diverse and interesting life and it came as no

surprise that Stephen would have become so involved in Shed activities.



Stephen, always with a smile, preparing his omelette at men's cooking. The recipe is in Bench Press No 5.

### Membership

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

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 at 2 pm.

### Membership Fees Due

As Shed West progresses to our soft opening, and resulting from the decisions of the last General Meeting and the start of the new financial year, it is time to pay Shed West Membership fees of \$50 annually. These fees can now be paid at Shed meetings or by post to PO Box 391 Kenmore Q 4069. The \$2 per meeting fee remains and there will be fees for machinery use and materials once the Shed is operating. The fees are important to keep the basic shed services like electricity, water and insurance operating.

### More information

[www.shedwest.com.au](http://www.shedwest.com.au)

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Members visited the Kenmore State High School to inspect the manual arts centre, the new science block site and were briefed on other school developments.



Members visited Aveo Durack Campus to inspect their woodworking and lapidary workshops.



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