



# Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward  
Number 9 November 2009

## First AGM

Following the recent incorporation of Shed West as a not-for-profit organisation the first Annual General Meeting was held on Melbourne Cup day immediately preceding the Cup festivities.



Members attending the first Shed West Annual General Meeting (photo Ken Martin).

The Chairman reported that the first Shed West meeting was held in November 2007 featuring Dan Winkle's art of home brewing. Since that time a lot has happened. There has been extensive and at times exhaustive activity to get the shed to where it is today. This has included seeding funds from Brisbane City Council and work by the Council on the development and rezoning of the site. There have been a number of excursions to other sites to see how other groups have developed and operate their shed activities.

Thank you to the many individuals who have donated equipment and especially, the members of the public who have donated eight major pieces of equipment and member Ray Hislop for the long term loan of his home workshop equipment. A range of grant applications have been made this financial year to further develop the Shed.

## Your Committee

President: Graeme Curnow  
Secretary: Chris Young  
Assistant Secretary: Graham Barnard  
Treasurer: Ken Martin  
Membership & Records: Richard Francis  
Publicity & Communications: Alan Ernst  
Committee:  
Jack Vintner  
Ian Kennedy  
Malcolm Johnson  
Max Lockwood  
Neil McMeniman

## Shed Developments

The project committee is headed by Max Lockwood and includes Richard Francis and Malcolm Johnson. They are working on getting the Shed up and running. There are still some delays before we can achieve a fully operational shed. Much of the electrical work has been completed. This has been done by Graham Barnard and Ian Kennedy. The focus is now on tidying up and tool storage. If you are interested in assisting at this stage please contact Max.



Cleaning in progress by Don Atkinson and Brian Reardon

## Program

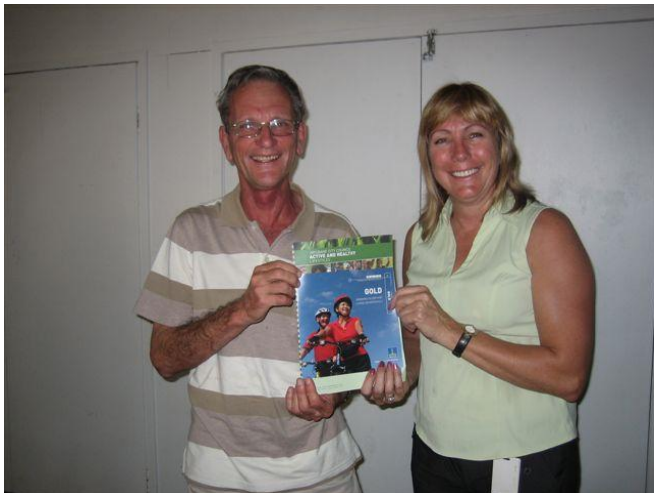
The Shed West program revolves around the weekly Tuesday meetings from 2 pm to 4 pm for the cost of a gold coin. Up coming meetings are:

- 24 November: Mig/Tig welding demonstration
- 1 December: Church working bee project
- 8 December: Visit to the Sharp Plywood factory at Wacol
- 15 December: Christmas break up party
- 19 January 2010: Shed activities resume

Please note the program is subject to changes.

Meetings are a mix of presentations by members, guest speakers, skill demonstrations and excursions.

A recent meeting was addressed by Kathy Mc Mullan from the Brisbane City Council GOLD - Growing Old Living Dangerously – program. The program aims to keep Brisbane residents who are 50 and over active and healthy. The program offers opportunities for both members to participate in and for Shed West to be an active provider



Kathy McMullan and Alan Ernst with the GOLD program

## Workplace Health and Safety

Workplace Health and Safety is very important for Shed West and first aid training is being planned. All the initial safety equipment has been purchased. If you already have current first aid qualifications and are prepared to be a first aid officer please contact the Bench Press editor.

## Woodworking



Keith Foy demonstrated and discussed the use of spindle moulders in the woodworking workshop at a recent meeting.

## Metalworking



Richard Francis working on the fit out of the metalworking area of the Shed (above) and below the outside bays one of which will be for welding, but renovated to prevent rain water pooling there and with shade cover and security.





## Men's Health

A recent Shed presentation was on men and cancer. The Cancer Council operates a Helpline Monday to Friday 8 am to 8 pm on 13 11 20. They also have a very informative website at: [www.cancerqld.org.au](http://www.cancerqld.org.au). Members were provided with information on healthy eating and physical activity, myths about sun protection, cutting your cancer risk and prostate cancer. Some other useful links about prostate cancer are:

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

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

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

The Swine Flu vaccine is now available and details about the vaccine are available at:

<http://www.healthemergency.gov.au/>

The Red Cross has released a new emergency planning booklet, *Emergency RediPlan: Household Preparedness for Seniors*. The book has four steps to develop your own plan. You can get the booklet online at [www.redcross.org.au](http://www.redcross.org.au) or by phone 1800 131 701

Osteoporosis affects men too and one in four men over the age of 60 will suffer a fracture due to osteoporosis. A new men and osteoporosis resource is available from Osteoporosis in Australia at [www.osteoporosis.org.au](http://www.osteoporosis.org.au) or 1800 242 141.

## Show and tell

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



Keith Foy brought along his marvellous work trolley with a special spot for all sorts of tools.



Planning activities in progress around one of the member built benches in the Shed.

## Web wanderings

Keep an eye on the developments with our great website developed by Ray Johnson at: [www.shedwest.com.au](http://www.shedwest.com.au)

For the woodworkers here are a few sites to try:

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

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

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

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

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

For those with an interest in statistics try [www.abs.gov.au](http://www.abs.gov.au)

The National Seniors Association [www.nationalseniors.com.au](http://www.nationalseniors.com.au) has been working with Crazy John's on seniors use and abilities with mobile phones as ninety-six per cent of Australians over 50 have a mobile phone. In 2008 Crazy John's launched a community based mobile training program in association with the National Seniors and details are at [www.crazyjohns.com.au/seniors](http://www.crazyjohns.com.au/seniors).

## Membership

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

Currently we have 48 paid up members with 107 members listed.

### 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 based on a financial year. Pro rata fees will apply from January to 30<sup>th</sup> June 2010. 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.



Timber resources already available at the Shed.



Barry Borchart and Ken Martin plan the kitchen area in the Shed while below Barry gets to work on the table saw installing the kitchen sink.



### Tools explained

Malcolm Douglas has provided some information on the lighter side of tools and their uses.

**HAMMER:** Originally employed as a weapon of war, the hammer now days is used as a kind of divining rod to locate expensive boat parts not far from the object we are trying to "adjust". Available in a variety of sizes, which is typically chosen based on the amount of time you have already wasted attempting to "solve a problem". Available with a head made of steel, plastic, brass or hard rubber. As a side note, only the steel head has a practical use, no logical use for the other materials has ever been discovered. Some models equipped with the fly away head option. AKA "Ford Wrench", "BFH", "Wound Inflicting Hammer"

**TIMING LIGHT:** A stroboscopic instrument used for illuminating grease buildup on crankshaft pulleys.  
To be continued.

### More information

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

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