



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
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Shed West Opens for Business

Saturday 20 February is a major milestone for Shed West — the community men's shed for Kenmore and the west. For several years a group of dedicated volunteers supported by local organisations, government and the public has toiled away at establishing the Shed.

The aim of Shed West is to provide a safe, welcoming and creative environment in which to serve a wide range of needs for men from the district.

The Shed is a member of the Australian Men's Shed Association and was well represented at the AMSA conference in Hobart last August.

Shed members have shown an interest in woodworking, carpentry, metalworking, photography and computers. The Tuesday program has explored areas of wood- and metalworking, wood-turning and carving, tool sharpening, travel, genealogy, gardening, digital photography, cooking and men's health.

Given these interests the Shed has been fitted out with a metalworkshop with lathe, drill press and hand tools.



Part of the metalworking shop.

For the woodworkers there are wood-turning lathes, hand tools, table saws, router table, band saw, linisher, tool sharpening equipment as well as material storage. The Shed is serviced by a built-in dust extraction system.



The Committee from left: Alan Ernst (Publicity & Communications), Max Lockwood, Neil McMeniman, Malcolm Johnson, Graham Barnard (Assistant Secretary), Ken Martin (Treasurer), Graeme Curnow (President), Richard Francis (Membership & Records). Absent: Chris Young (Secretary), Jack Vintner and Ian Kennedy.

Additionally, there are regular visits to a range of interesting sites and businesses. These have included some of the other sheds in South East Queensland, laser metal engraving and plywood manufacturing factories, a local business who builds three-quarter model spitfires and many more.

In other areas of the community centre are meeting rooms, kitchen and computer facilities.

Australia Men's Shed Association, or AMSA

AMSA has membership of over 370 men's sheds throughout Australia. With more than 30,000 men regularly attending a shed this 'grassroots' community centred, 'not-for-profit' organisation is now the largest male-based representative association in Australia.

Over the last 15 years, men's sheds have brought communities together to provide men with a place of belonging where they can work on worthwhile community projects and participate in youth mentoring programs.

AMSA functions as a secretariat bringing together sheds whose primary objective is to advance the health and wellbeing of male members and whose primary activity is to provide a safe, friendly environment where men feel they belong and are able to work on meaningful projects at their own pace, in their own time, in the company of other men.

Men's sheds are supported by their spouses and other women, including those involved in health services. Of the sheds that employ a co-coordinator, 60% are women.

Studies show that participation in a men's shed program combats depression and isolation. Because of the positive health outcomes the movement has placed further emphasis on supporting strategies to improve the health of men through informing, encouraging, sharing and developing a sense of self-worth. A strategic alliance with Beyondblue is being negotiated.

Shed West Development

The project committee is headed by Max Lockwood and includes Richard Francis and Malcolm Johnson. The electrical work has been completed by members Graham Barnard and Ian Kennedy and a local contractor.



Graham Barnard working on the electrical installation.

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.

A system of member training and accreditation in the use of the machines available in the Shed has been developed and will be strictly enforced.

Program

The Shed West program revolves around the weekly Tuesday meetings from 2 pm to 4 pm for the cost of a gold coin. From now, with the opening of the Shed workshop, a further range of practical activities will be available at other times.

The Tuesday afternoon meetings are a mix of presentations by members, guest speakers, skill demonstrations and excursions.

Following the official opening of the Shed the regular Tuesday meetings will continue, as will the weekly email to keep members informed on topics and rosters.

Additional activities will take place on other days in the Shed. This will include half-day sessions on wood-turning, basic woodworking and metalworking. These workshops will enable members to become accredited on the variety of machines available under the guidance of experienced members.

Please note the program is subject to changes.



Above members visited a veneer factory to learn about the different materials and how they are made.

Metalworking



Ken Martin demonstrated a range of soldering techniques.

Woodworking



Part of the woodworking area.

Men's Health

The National Dementia Helpline is 1800 100 500. For tips on how to deal with dementia go to: www.alzheimers.org.au

A team from the Queensland University of Technology and Red Cross has developed a retirement planning framework to help older employees with intellectual disabilities to make a successful transition to retirement.

See: www.news.qut.edu.au

Beyondblue has a number of newly-translated depression and anxiety-related information materials in Greek and Italian at:

www.beyondblue.org.au

Two new publications from Catholic Health Australia assist staff and volunteers in aged care homes who provide care and support for palliative care patients. *Catholic Health Australia's Provision of Palliative Care in Catholic Health and Aged Care* is targeted at staff in aged care facilities and *Catholic Palliative Care Services* is targeted at consumers. Each year more than 20,000 Australians receive specialist palliative care. More: www.cha.org.au

Community Project

A recent community and fund raising project was the restoration of two old and weathered church pews for the Kenmore Anglican Church. There are also a number of other community projects under development.



Above Shed West members busy cleaning down and sanding the church pews before the finishing coat was applied. Below is one of the restored pews.



Show and Tell

Please bring along your projects to show others and share your experiences.

Web Wanderings

Keep an eye on our great website developed by Ray Johnson at: www.shedwest.com.au

Visit the Australian Men's Shed Association, our national body at: www.mensshed.org

Have you lost a pet lately and don't want to start again? Pet Rescue has a number of pets for adoption at: www.petrescue.com.au

Global warming is in the news and a report on consumer attitudes is available at: <http://www.neco.com.au/dirtymoney>

The National Seniors Association has a blog on age discrimination at: <http://blog.nationalseniors.com.au/>

The Australian Bureau of Statistics information bulletins on Australia's population, the 2011 census and the review of the Consumer Price Index are at: www.abs.gov.au

Most State Emergency Services, or their counterparts, offer a range of guides on dealing with emergencies, ranging from floods and cyclones to fires and heat waves. Try: www.emergency.qld.gov.au/ses/

Membership

Membership of Shed West is open to all interested men. Please pass this newsletter on to others who may be interested.



Members get ready to order the Shed West polo shirts. What size is my shirt?

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 or visit the Shed any time it is open.

Currently we have over 55 financial members with 107 members listed.



Above is the winner of the Shed West Christmas party raffle with his prize, a power drill.

Membership Fees Due

The membership fee is \$50 annually based on a financial year. Pro rata fees will apply from January to 30 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. The fees provide the basic shed services, such as electricity, water and insurance as well as provision of materials.

More Information

www.shedwest.com.au

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