



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
Number 13 November 2010

AGM

The second AGM of Shed West was held on Tuesday 9 November and the Office bearers and committee for the coming year are:

Chairman: Graeme Curnow
Secretary: Chris Young
Treasurer: Tom Usher
Committee: Graham Barnard
Malcolm Douglas
Alan Ernst
Ken Irwin
Malcolm Johnson
Ian Kennedy
Max Lockwood
Ken Martin
Neil McMeniman
Doug Nissen
Howard White

If you have ideas or concerns please raise them with one of your committee members. More specific roles for committee members will be decided at the first committee meeting.

Shed West Development



The big development is the installation of the awning in front of the Shed which will greatly increase the area available for activities.

Workplace Health and Safety



First aid training gets under way with an instructor from the Red Cross. Nineteen Shed members undertook the training over two Tuesday afternoons.

We are actively seeking a person to take on the role of Safety Officer. If you can assist please contact a committee member.

First aid training is taking place as this newsletter goes to print.

Safety is important in the Shed and members are required to wear eye protection and covered footwear when near or operating machinery. A supply of eye, hearing and dust protection has been bought for use by members, or you may prefer to supply your own. A comprehensive set of safety instructions has been developed and all members are being given a safety briefing.

AMSA News—Men in Sheds: Building Communities

Men in Sheds: Building Communities is the theme of The Australian Men's Shed Association 4th National conference which will be held in Brisbane from 21 to 23 August 2011 at the Brisbane Convention and Exhibition Centre. The conference is being organised by Australian Men's Shed Association (AMSA) in conjunction with hosts,

the Queensland Men's Shed Association (QMSA).

The conference will showcase the growth and spread of the Men's Sheds throughout Australia. With over 450 sheds and 40,000 men, the movement is growing rapidly and is now the largest male-based representative association in the nation and attracting worldwide interest.

The invitation to submit workshops has a deadline of Monday 28 February 2011 and the early bird registration deadline is Monday 11 July.

For further information please register your interest at www.amsa.org.au or www.dconferences.com.au or 02 9954 4400.



You can get copies of this information on the postcard above from the Shed or at the Tuesday meetings.

Program

The Shed West program revolves around training sessions in the Shed as well as the weekly Tuesday meetings from 2 pm to 4 pm for the cost of a gold coin.

We would like to see more members taking part in activities in the Shed. With this in mind several members have offered their services to train members in basic wood and metal working skills.

The Shed is open on Monday, Tuesday, Wednesday, Thursday and Friday mornings, except on Public Holidays, from 9.00 am to 12.30 pm for activities for financial members.

Members must book into the training activities on the program boards in the Shed, as places are limited. There is a \$3 fee for training sessions, machinery use and materials.

Current activities include:

Monday	Computing and woodturning
Tuesday	Woodworking and metalworking
Wednesday	Upholstery
Thursday	Woodworking and metalworking
Friday	Woodworking, woodturning and metalworking

The Thursday woodworking session is making wooden toys as a way of developing skills and making something useful. It is planned to use the toys as Christmas gifts for a charity.

The Tuesday program for the coming weeks is:

Date	Activity
7 December	Queensland Institute Medical Research presentation
14 December	Christmas Party
18 Jan 2011	Tuesday meeting resume for 2011

Please remember that the program is subject to change depending on the availability of speakers and trainers. Members are welcome to suggest future topics.

Woodworking



Chris Young busy gluing up the top for a desk he is building for his home study under the expert and watchful eye of Ray Steffensen.

Community Projects

With a view to how Shed West members could work with the local high school a recent visitor was Kenmore State High School principal Wade Haynes. Wade outlined the way a modern and successful high school operates. Members could easily identify with the tremendous changes in education and facilities since their days at school which for many was over 50 years ago.



Roger Sanderson (left) and Max Lockwood (right) discuss today's education methods with Kenmore State High School principal Wade Haynes.

Woodturning

Mondays and Fridays has seen an enthusiastic group of wood turners turning out bowls and pens under the watchful eye of Ray Steffensen.



Wood turning can be a dusty business. Jeff Geard is busy turning a platter from a wonderful piece of the famous Tasmanian Huon Pine.

Melbourne Cup

As the nations stopped for the Melbourne Cup so did Shed West. A group of members used the usual Tuesday meeting for a BBQ lunch, a few sweeps and raffles while watching the Cup

together. Then they celebrated or commiserated their wins and losses. The celebrations were enhanced by a visit from the newly elected member for Ryan, Jane Prentice. Jane generously donated a hamper of goodies which was offered as a lucky door prize.



At the Melbourne Cup party are from left Jane Prentice, Max Lockwood, with the gift hamper and Steve Schodel.

Brewing Your Own

Home brewing was another of the diverse range of topics covered at a Tuesday afternoon meeting.

The demonstration covered different styles of brewing and beers, the equipment required, the costs and even extended to making your own spirits. Needless to say an enjoyable afternoon was had by all.



Tony Jacobs from Brewers Choice demonstrated the various options complete with samples.

Men's Health

There are lots of interesting papers on the website of the department of Health and Ageing www.health.gov.au. Their most popular pages include ageing, bowel cancer, hearing

services, kilojoules and nutrient counters and numerous others.

Exercise and social contact are important parts of a good men's health program.



A recent local Hash House Warriors meeting finished up at Shed West for a BBQ and a inspection of the facilities. Above Graham Barnard shows three runners some of the Shed's facilities and projects under construction.

Depression in older Australians has often been mentioned and another interesting website is <http://cmhr.anu.edu.au> from the Centre for Mental Health Research at the Australian National University.

Web Wanderings

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

The Australian Institute of Criminology has information at www.aic.gov.au on issues relating to terrorism, robbery and crime in Australia.

Want to know more about the Keep Australia Beautiful Network visit: <http://www.kab.org.au/>

Child drownings have been in the news again. Try the Royal Life Saving Society's website at: www.royallifesaving.com.au

The State Library of Queensland Magazine is full of information about people, events, exhibitions, collections and much more. Subscribe for free at: <http://www.slq.qld.gov.au/>

Identity fraud is now a major issue and the public has a role to play in alerting groups such

as SCAMWatch at www.scamwatch.gov.au to possible identity fraud scams. To find out more on how to protect yourself from identity theft, visit: www.aq.gov.au.

Seniors and pensioners will be eligible for free journeys under new fare arrangements that come into effect early next year. Any journey made by go card for seniors and pensioners in excess of two journeys in the one day will be free. There are other advantages as well and the details are at: www.translink.com.au

Membership Fees Due

If you have not paid your fees could you please do so. We now have 77 financial members. The membership fee is \$50 a financial year.

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 at 98 Brookfield Road Kenmore Hills.

Show and Tell

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



Toy production on Thursday mornings coordinated by Doug Nissen.

More Information

www.shedwest.com.au
Graeme Curnow 3720 9789 or
gjsmcurnow@bigpond.com
Alan Ernst 0408 769 576 or
ernsts@bigpond.net.au

© Shed West (2010). Contact: Shed West, Community Men's Shed Inc PO Box 391 Kenmore Q 4069, or the editor on 0408 769 576.