



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
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National President Visits Shed West

National President of the Australian Men's Shed Association (AMSA), Mort Shearer, during his visit to Queensland explained the history of AMSA and explained the diversity of the movement to members. He was impressed by the power of men getting together and what they have achieved. For example, one shed in Victoria has a massive two thousand square metres under one roof, while South Australia has the most members per head of population and in Tasmania all 27 sheds received a \$5000 per year grant from the state government. The Lightning Ridge shed has 230 members while there are now over five hundred sheds in Australia.



Mort Shearer, National President of AMSA addresses members of Shed West during a visit to Queensland.

Workplace Health and Safety

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.



Neil Mc Meniman delivers the regular monthly safety briefing to new members in the workshop.

National Conference

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



Mort Shearer and Graeme Curnow are interviewed by Jane Paterson on the Queensland Country Hour.

If you want to listen to the session:

<http://www.abc.net.au/rural/qld/content/2011/03/s3164676.htm>

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

Woodworking

A recent development has been fine wood working with member, Peter Young. Peter has been busy instructing the group in the use of hand tools. However, firstly most had to learn how to restore the rusty and blunt tool collection many of the members own. So far sessions have included the sharpening of chisels and planes followed by their use. More recently, members have been learning how to make dovetail joints, including blind dovetails.



Peter Young discussing an issue with a wood working project with Russell Penfold. Below Tom Usher and Donald Bryant watch as Howard White sharpens a chisel.



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.

The Shed is now open Monday to Saturday, except on Public Holidays, from 9.00 am to 12.30 pm for activities for financial members.

There is a \$3 fee for training sessions, machinery use and materials.

Current activities include computing, woodturning, woodworking, metalworking, upholstery, toy making and fine woodworking.

The Thursday woodworking session is devoted to toy making. As the toys are donated to charity, this is another way of developing skills and making a contribution to the community.

The Tuesday program for the coming weeks is:

Date	Activity
3 May	Prepare for open day
7 May	Open Day
10 May	Coal Seam Gas
17 May	Home Brewing
24 May	Lapidary
31 May	Mt Isa in the 50s

Please remember that the program is subject to change depending on the availability of speakers and trainers.

Community Projects

Efforts are being made to assist flood affected residents in the area with minor repairs.



The toy makers with QRWN Secretary Joanna Robey and toys.

However, the big contributor to community projects has been the Thursday toy making group. At Christmas, a substantial number of toys were donated to the Salvation Army and St Vincent De Paul. Since then the Shed was approached for assistance with toys by the Queensland Rural Women's Network for toys for children in disaster affected areas of rural and regional Queensland.



Doug Nissen and Joanna Robey load some of the toys into Joanna's vehicle.

Men's Health

As we age, healthy eating is one way we can add enjoyment to life. There is some interesting information at:

<http://www.guidetothegoodlife.com.au/archives/997>

Making Plans is the function of www.wrappingup.com which has advice on estate planning and dealing with bereavement.

The Australian Institute of Health and Welfare has a wide range of interesting items covering the health portfolio. Among them, is the information on the high uptake of flu vaccination by older Australians (96%), but a very low immunisation rate of just over 11% for those aged 18 years and over for whooping cough vaccination as an adult or adolescent. See www.aihw.gov.au

Most in need of health care fear they can't afford it according to a survey by the Menzies Centre for Health Policy and The Nour Group. A key finding was that those struggling financially and those living outside capital cities

have a more negative view of the Australian health care system with their main concerns around access and affordability. More: http://www.menzieshealthpolicy.edu.au/mn_survey/index.htm

New palliative care strategy, *Supporting Australians to Live Well at the End of Life* recommends access to specialist palliative care services be strengthened. More: www.health.gov.au/palliativecare

Drop in Centre

Make new friends or just go somewhere different at the Drop in Centre. The Centre is open to all local residents. Operated by the Kenmore Men's Shed this is your chance to get out and meet others, share a story, read the paper or a book, browse the magazines, watch TV or join others for a game of cards in air conditioned comfort with tea and coffee available.

The Centre is in the Kenmore Community Centre and is open Monday, Wednesday and Friday mornings from 9 am to 12 noon.

For further information contact Roger on 33789750 or 0412788871 or just drop in.



Some of the Shed members enjoying the air conditioned comfort and hospitality of the Drop in Centre

Web Wanderings

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

The Joint Standing Committee on Migration of the Commonwealth Parliament has commenced an inquiry into multiculturalism

and the contribution of migration to Australian society. More:

<http://www.aph.gov.au/house/committee/mig/index.htm>

The Telecommunications Industry Ombudsman receives complaints about billings and payments, incorrect or inadequate advice for internet, landline and mobile services, confusing advertising and poor customer service. Phone: 1800 062 058 or see www.tio.com.au

Want to budget for the things you really want try: <http://www.moneysmart.gov.au/> developed by the Australian Securities and Investments Commission (ASIC).

Queensland Seniors can now utilise a comprehensive guide to concessions, retail discounts, rebates and assistance available in Queensland. To find out more go to: www.communityservices.qld.gov.au/community/concessions/.

Disability parking permits have gone national and more information is available at: www.disabilityparking.gov.au

What to take to bed with you - not a joke.



Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until you either turn it off or the car battery dies.

It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with

the button on the key.

If your car alarm goes off when someone is trying to break into your house, odds are they won't stick around as after a few seconds, all the neighbours will be looking out their windows to see who is out there. Remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there.

Membership Fees Due

If you have not paid your fees could you please do so. We now have 101 financial members. The membership fee is \$50 a financial year and if you pay now you get 2011-12 included as well..

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.

More Information

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'Men's Sheds don't just build wooden toys and fix furniture. They build Communities and fix men'. (Anon.)