



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
Number 17 December 2011

Annual General Meeting

The Shed West Annual General Meeting on 15 November saw a significant changing of the guard and restructuring of the committee.

There will now be more sub-committees reporting to the management committee so as to both spread the workload, and shorten the committee meetings. The new Committee is:

President, Graham Barnard

Vice President, Graeme Curnow

Secretary, Roger Harding

Treasurer, Tom Usher

Committee members:

Don Bray, Workshop Coordination

Alan Ernst, Programs

Ken Martin, Community Liaison

Neil McMeniman, Workplace Health and Safety

Doug Nissen, Project Coordination

Howard White, Training

Chris Wright, Assets

Training



Rob McKee demonstrating the woodturning lathe during the recent training program. Note Rob's prescription style safety glasses.

The Shed, under the guidance of training coordinator Howard White, and with financial support of the Brisbane City Council and the Australian Men's Shed Association (AMSA) has conducted a ten week demonstration style course in safe use of woodworking machinery. The course was run for two groups under the

expert guidance of wood working instructor Rob McKee. A further course is being planned for 2012. Also next year, a specially selected small group, who has completed the first course, will undertake further hands-on training together with 'Train the trainer' training. These members will become the shed's training team. The training has been well received and the Shed acknowledges the generous grants from the Brisbane City Council, under their Men's Shed Grants Program and the AMSA.

Program



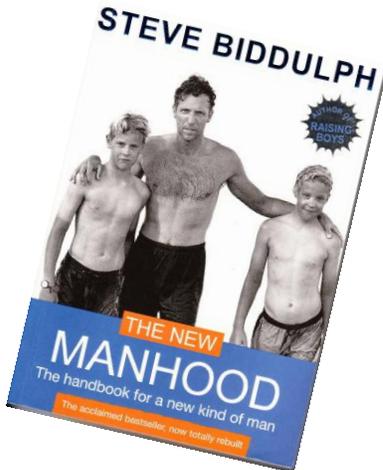
Chris Young and Graham Barnard sort out members suggestions for future activities, programs and directions during the strategic planning meeting.

Members have provided significant feedback on the structure of the Tuesday afternoon meetings. For 2012 it is planned to meet at the Brisbane City Council Kenmore Library Meeting Room on the first, second and fourth Tuesdays of the month. The third Tuesday of the month will be at the Shed and provide an opportunity for the regular monthly safety induction for new and continuing members. In those months where there are five Tuesdays, excursions to other venues of interest are being planned.

The first meeting for 2012 will be on 17 January at the Shed.

Men's Health

Private health insurance is becoming increasingly popular and there are new online tools to assist in making the right decision at <http://www.privatehealth.gov.au/footer/videos.htm>



Steve Biddulph was a major draw card at the recent AMSA conference in Brisbane, where he sold out of the copies of this recent book. *The New Manhood* is a follow up to his previous successful book *Manhood*. While many shedders may believe they are past the need for such a book it has a wonderful range of information for men of all ages, from boys, through fatherhood, to granddads and for those planning to mentor others. The book provides a wide range of information and powerful stories from the author's own life as well as case studies from his extensive practice in the field. Each chapter ends with a section called *IN A NUTSHELL* which has a series of dot points summarising the section. The book has a detailed index and extensive author's notes section. No topic is left unexplored.

Woodworking



Ken Irwin on the popular toy stand at the Kenmore Anglican Church Christmas Market.

Toys, toys and more toys, has been the scene at Shed West with Doug Nissen and his toy making group. Members have been busy making toys for the successful Anglican Church Christmas Market following on from the successful October open day at the Shed. There has also been a steady stream of visitors to the Shed inquiring about toys. The aeroplane rockers by Don Bray and the excavators by Neil McMeniman have been very popular. The success of the toy making has raised over five thousand dollars in the last two months. As well, a large collection of toys has been donated to the charity group, Connected www.connected.org.au.

Toy making has received wonderful corporate support from John Holland construction from their generous delivery of surplus packaging timber.



A collection of parts and part made excavators in Neil McMeniman's home workshop.



The building of possum boxes, in a range of sizes has been a popular community project.

Web Wanderings

After last summer's floods and cyclone are you disaster ready? Try:

www.emergency.qld.gov.au

www.disaster.qld.gov.au

www.qld.gov.au/getready

www.brisbane.qld.gov.au/beprepared

For seniors living alone there is the Senior and Safer booklet available at

www.emergency.qld.gov.au/publications and search for Senior and Safer booklet.

For those living in the more rural parts of our area check out www.ruralfire.qld.gov.au

Have you registered with the Brisbane City council for storm warnings on your mobile phone?

<http://www.brisbane.qld.gov.au/community/index.htm>

In an emergency you can call the SES on 132 500. Put this number in your mobile now.

For the gardeners and those interested in the environment try www.biosecurity.qld.gov.au for information on a wide range of weeds and other pests.

While on the topic of gardening try www.yates.com.au the home of Yates seeds and the Yates Gardening Guide now in its forty-third edition. There is also a host of other information and products. www.cityfoodgrowers.com.au has information about organic gardening and producing food in your backyard.

For those interested in growing herbs try www.qldherbsociety.org.au



Charles Smith is busy making toys in the workshop.



A typical meeting at the Shed with Doug Nissen demonstrating some of the new hand tools now available for use.

Gardening writer Annette McFarlane has a great web site at www.annettemcfarlane.com.

4BC gardening guru Colin Campbell can be found at <http://colincampbellsgarden.com.au/>.

For the travellers with medical questions try www.traveldoctor.com.au which has a wide range of fact sheets and products as well as local clinics.

While on the topic of travel try www.travelsecure.infrastructure.gov.au. This federal Government site has information about flying both domestically and overseas and about what you can and cannot take.

Veterans Families Help Line is for a family member or carer of a veteran or former serving member with concerns about their mental health 1800 156 005 or www.veteransfamilieshelpline.org.au

Falling interest rates may be good for home buyers but not for investors and self-funded retirees and those approaching retirement. There are a number of online retirement calculators like <https://info.westpac.com.au/rlscalculator/results.cfm> from Westpac. Also the Australian Securities and Investments Commission (ASIC) has launched a new retirement planning publication and online calculator aimed at helping people make informed decisions. Try the Smart Money website at <http://www.moneysmart.gov.au/>

AMSA New Chairman

The Board of AMSA has elected a new Chairman in Mr. Ted Donnelly. Ted has played

a major role within the establishment of AMSA and was recognised for his contribution to the Association and to Men's Sheds at the recent Brisbane conference. Ted also co-authored the widely distributed, *How to set up a Men's Shed* manual along with Ruth Van Herk.

AMSA on YouTube

As part of the new AMSA website we have our very own Men's Shed channel on YouTube.

The channel will be dedicated to everything Sheds. To help in posting as much information as possible AMSA are inviting all sheds to send any video that may be suitable. This can include anything from media clips, demonstrations or special features.

These can be sent via email to amsa@mensshed.net or by post to AMSA, PO Box 68, Windale, NSW 2306.



The feast at the Shed Christmas party was a night enjoyed by over seventy members, wives and partners.

Special Presentations

In December the Shed made two special presentations.

First, a substantial donation of toys was made to the charity group Connections. These toys will be distributed to families in the flood and cyclone devastated areas of Queensland.

The second was to the John Holland Group. A model wooden truck painted in their corporate colours for display in their offices in appreciation of their support. John Holland have been great supporters of the Shed supplying large quantities of recycled timber from their projects. This timber has been used in toy making and other shed projects.



The 15th December was a busy day with presentations of toys to the charity Connections and the model truck to John Holland representatives.

Next Edition

For the next edition of *Bench Press* I am seeking contributions from Shed members. They should be short items of interest to members and be suitable for publication. Jokes or cartoons are not required. The Committee guided by the editor has final right of acceptance. If you are not sure or would like to discuss further please contact me.

Interested

Visit the Shed at 98 Brookfield Road Kenmore Hills any morning Monday to Friday or enquire about the Tuesday afternoon meetings.

Christmas Messages

Over the holidays many of us will be travelling. Remember if you plan to drink, don't drive, on long trips take regular brakes and get the car serviced before you go. There are also some warnings out about cheap and dangerous Christmas tree lights or maybe some of the new energy saving LED decorative lights.

Whatever your choices, Shedders, wishing you all a Merry Christmas and a happy and healthy 2012.

More Information

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