



# Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward  
Number 18 March 2012

## President's Report

Graham Barnard

As President of Shed West, I am most pleased at the great start we have made for 2012. Our Tuesday meeting program has been varied and interesting with visits to the Tramway Museum and presentations ranging from men's health topics to a recent Legacy Tunnel briefing. We now have up to 60 members attending our weekly meetings.

Membership has grown to in excess of 150 financial members, contributed to by the formation of another campus of the Shed at Bellbowrie. While there is no Shed facility yet at Bellbowrie, weekly meetings are being held on Wednesdays at the Moggill Anglican Church Hall, with some 25 members attending. Bellbowrie has also commenced an interesting and varied speaker/presentation program.

The Workshop at Kenmore continues to be a hive of activity with many, principally woodworking, projects underway and a comprehensive equipment training program being conducted. Much of the activity is focused on support to the local community.

Storage of works-in-progress and materials



Chatting with local residents at the initial meeting of the Bellbowrie Campus are Shed West President Graham Barnard and Councillor Margaret de Wit.

remains an issue, though some relief has been provided through a welcome agreement to store timber at the Brookfield Centre for Christian Spirituality.



Loading materials for storage at the Brookfield Centre for Christian Spirituality.

From a strategic perspective, planning is well underway to find a site for a new facility as we have outgrown our space at Kenmore. Though we would retain the Kenmore facility, to address the needs of our expanding membership and offer a greater range of activities, a much larger facility is required.

The Shed is fortunate to have a very effective Committee and many willing members to keep Shed West operating in a safe and friendly environment; my thanks for their contribution.

## Kenmore and Bellbowrie Programs

Both groups meet regularly with guest speakers. Kenmore meets at 2 pm on Tuesday afternoon at the Brisbane City Council Library Meeting Room on the first, second and third Tuesdays of the month. The Bellbowrie members meet at the Anglican Church Hall in Bellbowrie on Wednesdays at 1 pm.

## Drop in Centre

If you are interested in the Drop in Centre contact Roger at [grh6@bigpond.net.au](mailto:grh6@bigpond.net.au). The centre is open from 9.00 am to noon Monday,

Wednesday and Friday. More card players needed for 500 on Monday mornings.

## Working With Youth



Ray rides the completed project eagerly watched by Akira. (Photo compliments of L Yamada).

There have been a variety of requests from the community for Shed members to work with young people. In order to do this you require a Blue Card. About twelve members now have been issued with Blue Cards. The first project was a request to teach woodworking skills. Akira Yamada has been working with Ray Steffensen once a week after school.

## Five Ways To Speed Up Your Computer

Malcolm Douglas

### 1 Clean up your desktop

If you fill your car with boxes of items you will be using over the next month, your car will consume more fuel per kilometre than if those items were in your garage. That is a similar concept to removing programs from your desktop. Your Random Access Memory (RAM) has a standard rate at which it runs, depending on the passive programs you have open. These include the desktop icons it is constantly looking at and even the desktop image.

While removing your desktop image may be going to the extreme, if you have a number of different program shortcuts, images and various other documents sitting on the desktop,

it is worth deleting or storing them in a folder to help your computer process information faster.

### 2 Clean the dust out of the box

Dust gets everywhere, no matter how hard you try to keep it out. That is true for inside your computer case as well. You may have never opened your computer case. Generally, there are screws at the back and on the side which have to be removed with a screwdriver, or can be removed by hand. Dell computers are a little different and have a button you push.

The amount of dust that can build up over the space of a year or two is remarkable. Disconnect your computer for at least 10 minutes and ensure you have shoes on which have rubber in them in the case of a discharge of electric residue.

Do not remove any of the components. Use a vacuum to remove the dust from inside the computer. You may need to use tissues to wipe out some of the more entrenched dust around the fans of your Computer Processing Unit (CPU). You can also use a soft tipped toothbrush to remove the dust, as this will not scratch any of the computer parts.



All aboard an old Brisbane Tram on a visit to the Tramway Museum at Ferny Grove.

### 3 Scan your computer for viruses and adware

A leading cause of slowing your computer down would have to be viruses and adware. These infections monitor every process on your computer and cause further increases in the use of the computer's RAM. It is important to keep an updated virus program on your computer at all times and to have a secondary adware removal program such as ad-aware or malwarebytes.

#### 4 Remove programs you no longer use

You install a program like Google Earth, a video game or even download a movie only to find it sits there wasting space. The problem is that many games or programs open a specific file on start up. The remove programs function found in your Control Panel is great for removing programs, as it shows you every single program installed on your computer and uninstalls them with the click of a button.

#### 5 Upgrade your drivers

The most difficult process which will increase the speed of your computer is to upgrade the drivers which were installed. Companies are constantly coming out with updates to the software which helps the hardware installed inside your box, run more efficiently. The best way to do this, is if you still have the boxes of the products, is to write down the names and codes and visit the manufacturers website and go to the download system. Alternatively, you may need to open up your computer box and write down the manufacturer and model name, which is on every unit. It is important to know that you will not have to update anything for the RAM, as this does not come with software.



New members at the monthly safety induction briefing with Neil McMeniman, Chair of the Workplace Health and Safety Committee.

#### Training

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) is conducting a third ten week demonstration style course in safe use of woodworking machinery. The course is under the expert

guidance of wood working instructor Rob McKee. Also, 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 AMSA.

#### Woodworking



Members with a selection of the many boxes made for the Inala Kindergarten.

#### Men's Health

**Bowel Cancer** was discussed at a recent meeting. If you missed this meeting there is information at:

[www.health.qld.gov.au/bowelcancer](http://www.health.qld.gov.au/bowelcancer)

Five ways to be **medicine wise**:

- Know the active ingredient to avoid double dosing if you take multiple medicines.
- Keep a medicines list of what you take.
- Understand the benefits and risks of your medicines.
- Talk to your doctor and pharmacist about your medicines.
- Follow the instructions carefully and read the label.

To find out how to be more medicine wise go to: [www.nps.org.au](http://www.nps.org.au)

**Think you are alone** talk to Men's Health Line 1300 78 99 78 or [www.mensline.org.au](http://www.mensline.org.au)



A recent talk was by member John Walford on his wooden clock, made entirely by hand. The clock attracted closer inspection by members after the meeting.

### Web Wanderings

Fed up with unsolicited phone calls? Then register on the Australian Communications and Media Authority's Do Not Call register at: [www.donotcall.gov.au](http://www.donotcall.gov.au) or by phoning: 1300 742 985.

If buying a used motor vehicle you need to check the new national Personal Property Securities Register (PPSR) which replaces Vcheck. More: [www.ppsr.gov.au](http://www.ppsr.gov.au) or 1300 007 777.

The Shed Online puts out a regular email newsletter about a wide offering of news, discussions, activities and events. Register at [www.shedonline.org.au](http://www.shedonline.org.au)

Queensland Seniors have a dedicated online site at: [www.qld.gov.au/seniors](http://www.qld.gov.au/seniors) or by calling the Seniors Enquiry Line on 1300 135 500. This is an ideal way for older people, their family, friends and carers to find out information on topics of interest to seniors.

Woodworkers, have you seen the unique woodchip sculptures by Sergei Bobkov at: <http://www.odditycentral.com/pics/the-unique-wood-chip-sculptures-of-segei-bobkov.html>

Check out these chess pieces: <http://www.wimp.com/chesspieces/>

The ACCC (Australian Competition and Consumer Commission) is cracking down on door-to-door salespeople targeting older

Australians. There are now improved laws in areas, such as unfair contracts and consumer guarantees. More: [www.accc.gov.au](http://www.accc.gov.au) or 1300 302 502.

### AMSA News

The Australian Men's Shed Association now has over 700 sheds registered across Australia representing about 90,000 men. Read all about it and about other sheds and activities at [www.mensshed.org](http://www.mensshed.org)

### 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 at Kenmore or Wednesday afternoon events at Bellbowrie.

### More Information

[www.shedwest.com.au](http://www.shedwest.com.au)  
Graham Barnard 3202 6522 or [barnardge@mysoul.com.au](mailto:barnardge@mysoul.com.au)  
Alan Ernst 0408 769 576 or [ernsts@bigpond.net.au](mailto:ernsts@bigpond.net.au)

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Shed West members visited the Pine Rivers Shed for an afternoon out and to see how other sheds are operating.