



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
Number 21 March 2013

President's Report

Welcome to this first edition of *Bench Press* for 2013, and I hope that members and friends will enjoy the update on the affairs of Shed West.

It is hard to believe that it was six years ago that the seeds for development of a men's shed in our area were sown with strong encouragement from Brisbane City Council. Since then Shed West has evolved into an effective, soundly based organisation, well respected and supported in this community. A clear indication of the success of our Shed is the continuing growth of membership numbers, (now past 182), and the high level of member involvement in Shed activities.

You will know that the successful development of Shed West reflects a huge effort by many people, some in the obvious leadership roles and many working "behind the scenes". A great number of those members have served continuously since the earliest days of establishment of Shed West, and this has provided us with a high level of stability from



Smoko is an important part of the everyday activities in the Shed.

which to go forward. I'm sure you will join me in saluting those members who have given great service to Shed West over the years.

I think it appropriate to especially recognise the contribution of Graeme Curnow, for his leadership, dedication, strong business and administration standards, and dogged determination, in leading Shed West from those tentative earliest days to fully functional status. Graeme remains an active member of Shed West and serves on the Committee as Vice-President. As if getting Shed West established wasn't a big enough challenge, Graeme also committed to assisting the development of the broader Men's Shed movement throughout Queensland, and currently serves as President AMSA (Qld). I know you will join me in thanking Graeme for his service to Shed West and the Men's Shed movement.

A strong indication of the success of Shed West to date has been the recognition of the potential value of establishing a similar facility at Moggill-Bellbowrie to service the expanding population in that area. Support for such a concept was boosted by recognition of a parallel need for a Community Centre, and the prospect of a suitable site to serve both



Your committee and supporters at work, from left standing are : Grahame Brown; Pat Gilles; Howard White; Doug Nissen; Vice President, Graeme Curnow; Vic Lorenz, while seated are: President, Max Lockwood; Secretary, Roger Harding; Treasurer, Tom Usher. Absent are: Ken Martin, Neil McMeniman and Graham Barnard.



Afternoon tea during a Shed Meeting is time to share stories and meet other members.

functions being identified. An “annex” to Shed West was established at Moggill, and in November 2012, members of Shed West Inc agreed to support the development, as auspicing body, of a Community Centre at Moggill, incorporating a Men’s Shed, on the Moggill Anglican Church site. The further endorsement by members of Shed West on 12 March 2013, to provide funding up to \$15,000, towards the costs associated with preparation of a Development Application, has allowed the Project Management Team to proceed and cover the costs involved. A separate progress report on the Bellbowrie project is included in this edition.

I believe there will be increasing demand for the facilities provided by Shed West in our local community, as the population grows and the value that Shed membership can provide becomes increasingly recognised. It is already evident that participation in the fellowship and practical activities of Sheds would enhance the quality of life of many local men who have restricted mobility. I remain hopeful that we will eventually be able to provide a safe working environment for such people on the Kenmore Hills site. Also, it is evident that we have scope to better utilise the existing shed facilities by extending operating hours if demand for practical activities increases. I would urge members to advise the Committee if they wish to have greater access to Shed facilities than is currently available.

We owe a great vote of thanks to Alan Ernst, for volunteering to recommence production of



Work is in progress to add storage facilities behind the shed in to provide more space for workshop activities.

Bench Press on a quarterly basis. Obviously the quality and value of such a publication will be enhanced by the level of input from members. I’m sure that Alan will let you know how to go about contributing!

See Stop Press on last page.

Best wishes to all, Max Lockwood

Kenmore and Bellbowrie Programs

Both campuses run regular meetings with a guest speaker. Kenmore meets at 2 pm on Tuesday afternoon at the Brisbane City Council Library Meeting Room on the first, second and fourth Tuesdays of the month. The Bellbowrie members meet at the Anglican Church Hall in Bellbowrie on Wednesdays at 1 pm. Then there is the Drop in Centre, Computer Club, Photography Group, the 500 card players and the ever popular workshop sessions.



Charles demonstrates tool sharpening techniques at a Tuesday afternoon meeting at the Shed as part of the regular monthly demonstration workshops.

Bellbowrie Campus News

The Bellbowrie Annex of Shed West continues to be a strong unit with a growing membership. Weekly meetings are well attended averaging approximately 23 per meeting.

The Bellbowrie initiatives of developing a brochure to promote their toy sales and having a "Toy Display" in the "Art Shop" at Bellbowrie Shopping Centre have been successful.

Members were extremely disappointed not to have received any funding from this year's Brisbane City Council Men's Shed Grant program. However, this disappointment was offset with Shed West agreeing to provide funding of \$15,000. This funding will meet the costs associated with the preparation and submission of the Development Application (DA) to be submitted by the end of May. With pro-bono contributions we are still within budget.

The Shed Management Committee last month signed off on the Policy and Procedures to be adopted by the Project Management Team in the running of the project.

The DA process is being guided by Town Planning Consultant Ken Ryan. A meeting was held with Ken Ryan, representatives of the Anglican Diocese and most of the consultants and the Project Management Team on the 27 March to review the project and plan the way forward.



Members sorting donated tools. The Shed receives many donations of tools and supplies for which we are very grateful.



Woodturning lessons in progress at the Shed.

To support this application architectural and structural engineering drawings had to be prepared and approved by the project team and the Anglican Church. The architectural drawings were done by Archipelago Architects pro bono.

The DA also required the following consultants reports:

- Arborist's Report – done pro bono by Jonathon Hobbs.
- Acoustic Report
- Drainage Report – done pro bono by member Alan Williams.

The Project Management Team also considered it should engage the services of a Building Certifier prior to finalising the DA so that any changes required by the Building Certifier could be incorporated into the plans before submitting the DA. Fee proposals have been obtained from three Building Certifiers and these are now in the process of being evaluated before one is selected.

The Building Certifiers have different fee structures and differing opinions on Fire Control options and/or the need for a very expensive Fire Services report.

Each of these proposals needs to be carefully evaluated since some options involve significant design changes. Notwithstanding these problems, we hope to have selected a Building Certifier by mid-month and have redesign work completed by the end of April, ready to hand over to Ken Ryan to prepare and submit the DA using the Code Assessable process. This cannot be done until the site is

rezoned from Emerging Community to Community Use. We were advised before Christmas that the change in zoning had been approved but the change is yet to be gazetted.

If a Building Certifier were to appear on the scene offering his/her service pro bono we would be most grateful.

Once the DA is approved we then need to move on how to fund the project. We remain hopeful that the Rotary Clubs in the area will assist with funding. Applications will be prepared for major funding from the Gambling Community Benefit Fund and Jupiter's Casino Community Benefits Fund and the next round of Brisbane City Council Grants. Many other organisations offer smaller grants and we will make application for these as appropriate.

The Agreement to Lease and the Lease Agreement documents are nearing completion pending final legal opinion and the approval of the Shed West Management Committee. These documents need to be approved by both parties before the DA can be submitted by the Anglican Church.

Woodworking

The Timber & Working With Wood Shows are back bigger and better. Mark your diary with Brisbane, 17 to 19 May 2013.



Howard demonstrates the capabilities of the new saw table to members at a regular Tuesday Shed meeting.

Fifth National Men's Shed Conference

The Fifth National Men's Shed Conference hosted by the Victorian Men's Shed branch will

be held in Ballarat at the Ballarat Lodge and Convention Centre from 27 to 29 October 2013.



There is something for everyone with the program themes:

- Sustainability of your shed
- Maintaining a shed
- Cultural diversity in sheds
- Unique shed activities
- Indigenous sheds
- Rural sheds/community hubs
- Marketing your shed and fund raising
- Men's shed in aged care
- The healthy shed
- International sheds
- Dispute resolution in sheds
- Mentoring special groups
- Legal "stuff" - What is needed?

Online registration will open in July and the early bird deadline is 12 September. More: <http://www.dcconferences.com.au/mensshed2013/index.asp>

Computer Club

Want to save on phone calls and communications with family and friends?

Then think about trying Skype. Skype is a free downloadable communications program that enables you to make chat and video calls to other Skype users. Get started by visiting <http://skype.com>. Click on "Join", create a new account or sign in with a Microsoft Account such as Hotmail, Messenger, Outlook.com, or Facebook. Follow the prompts, click on "I agree to join Skype", click the "Download Skype for Windows" and follow the installation procedure.

You'll need a webcam, computer or mobile device with microphone and speaker, and an internet connection.

Find out more at a Computer Group session, every Friday at the Shed, 9:00am.

Photography Group

The group meets on the third Friday of the month in the community centre behind the Shed.

We talk about everything, but mainly about photography, but seeing old photos brings back memories and off we go. It is not all that technical, just an exchange of experiences and how we handle our photos. We try to organise somebody to give a presentation about photography related subjects.

We have approached the Committee and have received approval to buy a scanner that will allow members to scan old colour slides and negatives. When purchased we will install the scanner on one of the computers in the shed and provide some guidance and tuition on how to scan these items. Just look out for further announcements.

If you are interested in joining the group contact, Hans Binnekamp, 3378 5545 or e-mail at hbinnekamp@optusnet.com.au



An autochrome of 1913 Claddagh – Ireland – the last of the celtic tradition. Claddagh was once a fishing village with its own king, who led the fishing fleet. Nothing survives today of the thatched cottages where the fishermen and their families lived. (Author unknown; sourced from internet)

At a recent meeting Hans told the story of Autochromes. The Autochrome Lumière was an early method of colour photography

developed by the Lumiere Brothers in the early 1900s. It was the main colour photography process in use before the development of more traditional color film in the 1930s.

Welfare

Shed West has a Welfare Committee so if you, or you know of a member who requires some help or support please seek out a committee member to see what assistance can be provided. This can be as simple as a visit for a chat or assisting with gardening or jobs around the house to seeking out more extensive support and services.

Men's Health

If you are not well during this flu season please consider others and stay away from the Shed. A recent National Seniors newsletter recommends coughing and sneezing into your sleeve as your hands can aid the spread of infections.

Generic prescription medicines have generated a lot of discussion on not being the same as the original formulation. This link to an article from the January 14, 2013 issue of *Fortune* proves interesting reading and offers some more to the debate.

<http://katherineeban.com/2013/01/23/are-generics-really-the-same-as-branded-drugs-fortune-magazine>



Phil Turley busy restoring an old chair.

Medical Journal of Australia, MJA OPEN, is an open access general medical journal dedicated to publishing a wide range of medical research and other high quality information most suited to a general medical audience. A recent article was *Building healthy bones throughout life: an evidence-informed strategy to prevent*

osteoporosis in Australia. More:
<https://www.mja.com.au/open>

Living Longer Living Better, the aged care reform package was announced on 20 April 2012. The package involves a comprehensive 10 year plan to reshape aged care. It will provide \$3.7 billion over five years to build a better, fairer and more nationally consistent aged care system More:
www.livinglongerlivingbetter.gov.au/

National Disability Insurance Scheme or NDIS has been in the news but may not cover many shedders due to the age restrictions. More:
<http://www.ndis.gov.au/>



Most weeks a group of members meet to play cards. If you are interested in joining the group, who play 500, come along to the Drop in Centre behind the Shed on Mondays.

Penicillin and not the contraceptive pill according to a US researcher was what gave rise to the sexual revolution in the 'swinging 60s'. Dr Andrew Francis, an economist from Emory University in Atlanta, Georgia, said sexual inhibition was traditionally associated with the launch of The Pill in 1961 but it was the widespread use of penicillin, leading to a rapid decline in syphilis during the 1950s that launched the modern sexual era. His comments were published in the *The Archives of Sexual Behaviour*. More:
<http://link.springer.com/article/10.1007%2Fs10508-012-0018-4>

The Shed Online has an extensive Health and Lifestyle section covering such diverse topics as cancer, asthma, alcohol, anxiety and caring for someone.

Register for the regular newsletter for a great range and choice of information and discussions. More :<http://www.theshedonline.org.au/>



An Australian Institute of Health and Welfare report shows that of hospitalisations due to falls by Australians aged 65, about 70% happened in either the home or an aged care facility. AIHW spokesman Prof James Harrison said that slipping, tripping or stumbling (rather than falling from furniture or steps) was the most common cause More:
<http://www.aihw.gov.au/publication-detail/?id=60129542825>

Love Story

I will seek and find you.
I shall take you to bed and have my way with you.
I will make you ache, shake & sweat until you moan & groan.
I will make you beg for mercy, beg for me to stop.
I will exhaust you to the point that you will be relieved when I'm finished with you.
And, when I am finished, you will be weak for days.
All my love,
The Flu

Now get your mind out of the gutter and go get your flu shot!

Author unknown; sourced from internet

Web wanderings

Travelling conmen, can be reported by calling the national hotline on 1300 133 408 or check the map at www.stoptravellingconmen.org.

National Seniors Productive Ageing Centre has found that people aged 70 and over are happier than those in their 50s and 60s despite being more likely to live alone and have poorer health. The findings are in the report *Staying Connected: Social Engagement and Wellbeing*

Among Mature Age Australians. More:
www.productiveageing.com.au/userfiles/file/Staying%20Connected%20Final.pdf

Bee Friendly: A planting guide for European honeybees and Australian native pollinators describes planting choices from the backyard to the bush and aims to assist with increasing available bee food. The guide gives ideas and choices of species to bring about improved outcomes for honeybees and pollen-and-nectar-using fauna.

The Australian Rural Industries Research and Development Corporation has published a planting guide to assist individuals, gardeners, municipalities, government land management authorities and farmers. More:
<https://rirdc.infoservices.com.au/items/12-014>

Food Standards Australia and New Zealand has information on food issues including food traceability, genetically modified foods and fact sheets on country of origin labelling for consumers. More www.foodstandards.gov.au/



Doug Nissen with one of series of easels being built for a local school.

The Australian Food and Grocery Council has released its annual *State of the Industry* economic snapshot about the Australian fresh and processed food, beverage and grocery industries. More: www.afgc.org.au

9 Things that will disappear in our lifetime
Whether these changes are good or bad depends in part on how we adapt to them.

These observations are not intended to be grim, or pessimistic. They are simply reality.

1. THE POST OFFICE - Get ready to imagine a world without the post office.
2. THE CHEQUE - Britain is already laying the groundwork to do away with cheque by 2018.
3. THE NEWSPAPER - The younger generation simply doesn't read the newspaper. They certainly don't subscribe to a daily delivered print edition.
4. THE BOOK - You say you will never give up the physical book that you hold in your hand and turn the literal pages. I said the same thing about downloading music from iTunes.
5. THE LAND LINE TELEPHONE - Unless you have a large family and make a lot of local calls, you don't need it anymore.
6. MUSIC - This is one of the saddest parts of the change story. The music industry is dying a slow death.
7. TELEVISION - Revenues to the networks are down dramatically. Not just because of the economy. People are watching TV and movies streamed from their computers.
8. THE "THINGS" THAT YOU OWN - Many of the very possessions that we used to own are still in our lives, but we may not actually own them in the future. They may simply reside in "the cloud." into the Internet. If you click an icon, it will open something in the Internet CLOUD.

9. PRIVACY. If there ever was a concept that we can look back on nostalgically, it would be privacy. That's gone. It's been gone for a long time anyway. All we will have that can't be changed are memories.

This is an abbreviated version. To read the full story go to:
<http://xenohistorian.wordpress.com/2011/03/11/9-things-that-will-disappear-in-our-lifetime/>

Show and Tell

BBQ with a difference

At a social event on Melbourne Cup day Ian Cleeland brought along his BBQ to cook the sausage sizzle.



Ian cooking the sausage sizzle.

The BBQ is based on the Wiles boiler with some added accessories such as a heat exchange plate for the BBQ surface and warming drawer, heat exchanger to boil water and dry steam bleed to froth milk, just what every good barista needs!

Steam is also used to power the twin cylinder engines so you can drive the BBQ into position.

The boiler can run at around 170psi which is approximately to 170°C on the cooking plate.

As a young South African soldier, James (Jim) Fletcher Wiles, observed that there was an urgent need for catering equipment for front line troops and conceived the idea of the mobile steam cooker.

The Wiles army steam cooker was used in World War I. Over 3000 units were made and used by all branches of the armed services in Australia, New Zealand and Britain. They were finally phased out in 1983.

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

the Bellbowrie Anglican Church Hall on Moggill Road at Bellbowrie.

Editor's Note

It is planned to publish Bench Press quarterly and contributions from members are welcome. Please be brief and if you are copying material from other sources such as the internet please provide details so the source can be acknowledged or permission to republish sought. If you have suitable photos please email. If you are unsure please discuss with me.

STOP PRESS

It was confirmed last Friday by Ian Hutcheson, President of Kenmore Rotary, that his Club had agreed to make an initial contribution of \$7500 towards The Bellbowrie Shed West Project. Apart from the hope that the level of financial support for the Bellbowrie project from local Rotary chapters is expected to increase, the prospect of co-operation on wider fronts with Rotary will greatly reinforce our in-house development capacity.

More Information

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There is no end to the variety of activities carried out at the Shed. Above is a car faithfully restored by a shedder.