



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
Number 22 June 2013

President's Report

When the time comes to prepare a brief update report on current activities, the biggest challenge is to "keep it brief". This is a great problem to have, as it reflects Shed West's very active state of affairs, made possible through a great number of effective members.

Many of you will have seen that progress is well advanced on the new storage shed on the south side of our main Shed building. This facility will ease some of the pressure on space and safety in the main Shed by providing storage space for materials, including ready to use timber and equipment. Thanks to Pat Gilles for his input to this project, from obtaining BCC approval and funding support, to contractual arrangements, through to overseeing fit-out.



Doug Nissen (left) and Pat Gilles inspecting progress on the storage shed project.

You might also have noticed that Doug Nissen was given a break from leading the "Special Projects" team inside the Shed, so that he could "relax" and lead the design and construction of the floor structure for the storage shed. This was a major undertaking and involved a great physical and management commitment from Doug, supported by many Shed West members and outside volunteer specialists. The result of this effort was that several thousand dollars was saved against original estimates. From all members to Doug and his helpers, a huge thank-you.

Through Tuesday meeting briefings and the weekly newsletter, we have endeavoured to keep members up to date on progress with the Moggill-Bellbowrie project. Although it has become necessary to abandon the plan to create a joint Community Centre/ Men's Shed facility on the Moggill Anglican Church site, due to fire-rating requirements for the proposed relocated timber upper building, we are confident that a "Shed-only" facility on the same site will be achieved. Members will appreciate that such a change in the scope of the project, will involve many variations in our



Shed West President Max Lockwood inspecting library shelving donated for use in the new storage facility.

arrangements with the Anglican Church, and of course, in the new building design. On the positive side, the revised plan will involve less supporting data, and hopefully, approval process time, for the Development Application, plus building costs should be significantly reduced. We are hopeful that the previously confirmed promises of financial support for the Moggill-Bellbowrie project, will be maintained for the modified plan. I'm sure members will join me in thanking the Project Management Team and friends who have already contributed towards the Project in kind, for their tireless efforts to date.

An on-going objective of the Shed West Management Committee is to ensure that the maximum number of members who wish to participate in the practical activities in the Shed, can do so both competently and safely. To achieve this objective, a great deal of effort has been expended by Howard White, towards establishing a structured training programme that will enable members to become designated as competent, in the safe operation of machines in the Shed. Similarly, Neil McMeniman has updated the Workplace Health and Safety Rules, for Shed West, to ensure that we maintain the high standards needed to protect our members from injury or illness, whilst occupied in Shed activities. I'm sure that Howard will let you know when places are available on the Training Program, but meanwhile please make sure you are familiar with the current Health and Safety Rules. Best wishes Max Lockwood



Ken Martin (left) is one of several members who helped out on the AMSA stand at Working with Wood in Brisbane.

Fifth National Men's Shed Conference

This is a great event for all keen shedders. Just talk to someone at the Shed who has attended a previous conference. This is a chance to meet other shedders and learn about what goes on in other Sheds across the country.

Booking are now open for the Fifth National Men's Shed Conference, hosted by the Victorian Men's Shed branch, which will be at the Ballarat Lodge and Convention Centre from Sunday 27 to Tuesday 29 October 2013. For full program details see:

www.dconferences.com.au/mensshed2013/index.asp

For further information please contact the Secretariat: DC Conferences Pty Ltd.
PO Box 637, North Sydney NSW 2059
P: 612 9954 4400 | F: 612 9954 0666
E: mensshed2013@dconferences.com.au

ANZAC Day

ANZAC day saw a large contingent of Shed members, many of whom are RSL members, at the Bellbowrie and Kenmore Anzac Day marches and services.



Spotted on Anzac Day at Kenmore are Max Lockwood and Kevin Daly.

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. On the third Tuesday of the month there is a meeting at the Shed with workshop discussions and

demonstrations. Then there is the Drop in Centre, Computer Club, Photography Group, the 500 card players and the ever popular workshop sessions. Details of weekly sessions are in the weekly email bulletin.



Don Bray (left) with bat maker Julian Millichamp who entertained members with demonstrations, information and stories about cricket bats at a Tuesday meeting in May.

The Clock

The clock for the Kenmore Library was a major joint project between Shed West and Kenmore Rotary.



Pictured at the presentation are from left Howard White and Peter Young from Shed West, Councillor Margaret De Wit, Neil Root Team Leader Kenmore Library, Ian Hutcheson and Ray Hartzenberg Kenmore Rotary.

Computer Club

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 at 2pm at the Shed.

If you are interested in digitising all those prints and slides from the past then here is your chance. The Shed has purchased a suitable scanner and training is available to all Shed members. There is a comprehensive article on photo digitising in the Shed online 18 June issue www.theshedonline.org.au If you are interested in joining the group contact, Hans Binnekamp, 3378 5545 or e-mail at hbinnekamp@optusnet.com.au

Card Player

There is an active group who play cards on Monday mornings in the Drop in Centre in the Shed complex. If you are interested in joining contact Roger Harding at grh6@bigpond.com.

Welfare

The Welfare Committee plays an active role in supporting Shed members in times of need. If you know of anyone who needs assistance please contact Chris Wright at chrisjoan72@yahoo.com.au

Men's Health



Recently, member Alex Trefny of Hearing Dynamics spoke on hearing problems. Taking the time for a free hearing check is Howard White (left) with Alex.

Last year Shed members visited the Queensland Institute of Medical Research where a development is the Therapeutic Goods Administration (TGA) approval of Picato® gel as a topical treatment for solar keratoses, or sunspots, a precursor to the second most common type of skin cancer: squamous cell carcinoma. The treatment has also been approved by the FDA for use in the USA. Dr Jim Aylward first explored the potential of *Euphorbia peplus*, commonly known as radium weed or petty spurge. See www.qimr.edu.au



Shed members visiting DVR Industries where materials are laser cut.

Web Wanderings

Interested in a news site which is not a radio, newspaper or TV site try: www.crikey.com.au

Viber is an app available for smartphones that allows for free connectivity between two phones both using Viber, you will need either 3G or a WiFi internet connection. Payment for use is taken from the data usage of your phone, helping to prevent hefty international calling cost fees. See www.viber.com

Try this site for a foot powered wood lathe <http://www.wimp.com/footpowered/>. If we could just find the fly-wheels and pulleys we could knock up a couple for the Shed!

There are a range of phishing emails circulating which look very much the real thing from banks, telecommunication companies, and the ATO. Be extra careful to ensure they are genuine and if in doubt, don't open, delete the email immediately and check with your supplier by phone or try the company's website.

Where do we live? The Australian Bureau of Statistics has released 'Where and how do Australia's Older People live? The article focuses on the 14 per cent of Australians aged 65 years and over in 2011 - where they lived and the activities they participated in, including paid work and caring for children. It shows that 37 per cent are engaged in either paid or voluntary work or provided unpaid child care or

care for a person with a disability. More: www.abs.gov.au .

Show and Tell

A great variety of projects and activities take place in the Shed.



George Rivers busy in the Shed on the scroll saw cutting out a reindeer.



Jeff Mitchelmore is the shed's keen leather worker.



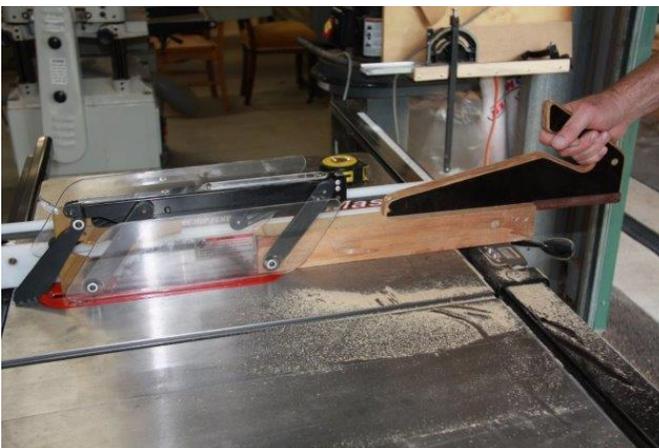
Part of Barry Borchart's helicopter fleet as part of the shed's toy making activities

Health and Safety Dos and Don'ts

Your committee takes safety very seriously and has spent considerable time and money making sure that equipment and training is provided to all members. However, safety is everyone's concern, both your own and keeping an eye on others. If you are unsure about anything, ask.

The Shed West Committee and Safety Committee have introduced the following rules and guidelines for members **and** visitors when in the Shed:

- Members who want to use the shed facilities must attend an OH&S Training induction before they start work in the shed.
- Name tags to be worn.
- At least two people must be in the shed before any work can be carried out.
- Wearing of **enclosed leather** footwear is **mandatory** at all times within the shed.
- Safety glasses (provided) to be worn when using any machinery with moving components – full-face shields (provided) to be worn when using a wood lathe or metal grinder.
- Hearing protection (provided) and dust masks (provided) are to be worn when machines generating these hazards are in use.



Note the guards are in place and a suitable push block is in use on the table saw.



Graham Huxham is correctly dressed with ear, eye and dust protection and wearing his name badge.

- For hygiene reasons members are encouraged to provide their own safety equipment (safety glasses, hearing protection, dust masks). If the Shed's safety equipment is used by a member, it is to be cleaned and disinfected as necessary before it is replaced in shed stocks.
- Do not wear loose fitting clothing that can potentially be caught in moving parts of machinery.
- Members should observe the relevant Safety Operating Procedures posted adjacent to each individual machine.
- Before operating any machine or power tool;
 - Check — make sure the machine is safe to use (eg has a current Electrical Safety Test Tag)
 - Set — set blades, guards, guides, and dust extraction before using machine
 - Use — safely operate machine and ask for assistance where necessary
 - Clean — after use clean the machine of all dust, shavings etc.
- Safety guards and other safety features attached to machines must not be removed or changed in any way rendering the operation of the machine more hazardous without reference to a mentor or Shed Supervisor.



Safety equipment supplied in the Shed from top left: full face mask for wood turning. Ear protection, safety glasses and disposable dust mask. Many members choose to supply their own safety equipment.

- If a machine is not operating correctly switch it off immediately and place a “Not-in-Service” sign (available in the office) on the machine and advise the Workshop Supervisor or Office Administrator.
- At the end of working on a project with any machinery, that machinery must be returned to its original condition **BEFORE ITS NEXT USE** by the member/s who has/have been working on it.
- The cutting depth on the Jointer must not be changed under any circumstance. Deep cuts on the Jointer can be achieved with multiple passes on the machine. Sanding, routing and sawing with portable power tools and machines is to be conducted outside of the workshop.
- Members are to clean up any debris, woodchips, sawdust, filings etc. they generate while using the machines **before** they leave the work station, and assist in the general tidying up of the workshop at the completion of each day. Work stations must be left clean and clutter free at the end of each day.
- When a member is engaged in working with machinery always approach him from front-on or the side - never from behind - wait until he acknowledges your presence and turns off his machine before attempting to engage in conversation.

- Be mindful of timber protrusions and potential hazards when moving in close proximity to machines in use.
- As storage space is limited, where possible, members are to take their projects home at the end of each day. The only exception to this rule is with major glue-ups where clamped projects need to be left overnight. But the projects must be removed the next day.
- All tools are to be returned to their storage place after being used.
- Before timber is machined it must be inspected closely for nails, stones, grit and other debris. Only dry timber should be put through the machines.
- Do not use machinery if you are affected by drugs or alcohol.
- Alcohol cannot be consumed within the confines of the shed.
- No smoking in the shed or its surrounds.

One or more mentors will usually be on hand during the shed’s normal opening hours to help unaccredited members who require assistance to carry out small tasks on a particular machine, but who are not necessarily looking to be accredited for that particular machine. Mentors are also available to assist any member who simply wishes to have someone machine timber on their behalf



Neil McMeniman, Chair of the shed's Workplace health and Safety Committee shows wood turners need to use a full face shield and the dust extraction system when turning.

Storage shed development





Many thanks to Ken Martin and Richard Francis for the photographic record of the development of the storage shed.

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.

Forward Bench Press

Feel free to forward this newsletter to friends and family. They may be interested in the Shed movement or to know what you are doing.

However, please exercise email etiquette by deleting the sender's email address when forwarding to prevent scammers, spammers,

hackers and mischief makers from creating problems for you, your friends and others.

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.



A key part of Shed activities is having a chat with friends either while doing a project or during the regular down tools time at the Shed for smoko.

More Information

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