



# Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward  
Number 23 September 2013

## President's Report

Great to be able to report some exciting developments since last edition of *Bench Press*. As members will be aware, one of the challenges for Shed West, as our membership numbers grow, has been how to increase the range of activities available on our Kenmore Hills site, to best suit the needs and preferences of our diverse and interesting mix of members. This issue has come into even closer focus with the need to defer construction of an annex facility at Moggill/Bellbowrie.

For some time, the Shed West Committee had been seeking access to the Brisbane City Council's "Blue Shed" on the Kenmore Hills site. The Blue Shed had been provided for BCC storage purposes, especially during emergencies or major local works projects, but for some time was rarely used. Last month, after consideration of our special needs in providing a safe and suitable environment for Men's Shed activities for a growing number of current and potential members with restricted mobility, Brisbane City Council kindly granted us use of the "Blue Shed". Whilst there are formalities yet to be finalised, including leasing arrangements and connection of electrical power we are able to commence fitting out the Shed.

First design priority will be for benches suited for use by members in wheel chairs, and we are now purchasing a special tilting wood lathe, with funds provided by BCC. Meanwhile the loan of several long and sturdy tables from Bellbowrie member resources will assist an early start of activities.



Construction work commences on the art centre, as a further development of the Kenmore Community Centre.

From the earliest days of development of the Kenmore Community Centre, it has been the intention of BCC Community Services staff, that the area occupied by the 5 old road repair materials bunkers, would be developed as an Arts Centre, and at our request, that the bunker nearest Shed West's green building, would be provided as a welding/sheet-metal working facility. At very short notice, we were advised that funding had been allocated for construction of the Arts Centre, and work has started immediately. It is estimated that construction will take about 10 weeks, during which time the construction area will be blocked for access and parking. Apart from the welding bay, the other spaces will be provided for general art activities by community members. This development offers great opportunity for members of Shed West who would like to get involved in artistic pursuits, and we will be seeking to establish relationships with appropriate "outside" art



The blue shed will be fitted out for activities for our members in wheelchairs.

groups who might establish operations at the Centre.

We have also been advised that construction of the long planned Churches of Christ, Home Assist facility is scheduled to start, on the Community Centre site in the next few weeks. This facility will be built on the existing concrete platform in the SE corner of the site, and should not have any negative impact on Shed West activities when completed. When established, Home Assist will be assuming responsibility for site management of the facilities available for public use. Again, it is planned that construction of the Home Assist facility will take about 10 weeks, during which access to that corner of the site will be restricted. Best wishes Max Lockwood

### **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.

This year's Shed West contingent are; Graeme Curnow, Roger Harding, Alan Ernst, Ken Martin and Ray Johnson.

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](http://www.dconferences.com.au/mensshed2013/index.asp)

For further information please contact the Secretariat: DC Conferences Pty Ltd.  
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### **Queensland Men's Shed Association Report**

The following is summary of the address by Queensland Men's Shed President, Graeme Curnow to the AGM at Mt Gravatt Shed.



Graeme Curnow delivers the President's report at the AGM at Mt Gravatt Shed. (Photo Ken Martin)

The number of Queensland Men's Sheds registered has grown from 110, 12 months ago to 145 with 76 Sheds declaring themselves as "operational". The remaining 68 are "developing" although there are some discrepancies in this figure.

Today in Queensland there are nine Indigenous Men's Sheds with seven of those in Far North Queensland and five Sheds are located in Retirement Villages.

QMSA has established a decentralised Committee with Chris Mills-Townsville, Jim Elmes-Bundaberg, John Williams-Bauple, John Greatrex - Boonah, Norm Thursby- Buderim, Mat Stevenson- Alexandra Hills and the Secretary Bruce Turnbull and President Graeme Curnow from Brisbane.

The Committee explored what we know of the Men's Shed Movement and experiences along the way and the challenges facing QMSA and Queensland Men's Sheds. These issues have been given our limited resources.

 Australian Men's Shed Association 5th National Conference

 A Sustainable Future

Ballarat Lodge and Convention Centre  
Ballarat, Vic | 27-29 October 2013



Funding has relied on donations and grants. These include: \$10,000 from the organisers of the Queensland Supply and Logistics Conference. A grant from FaHSCIA and some other smaller donations, QMSA has operational funds so the volunteers serving on the QMSA Committee are no longer required to self-fund their communications and contacts to Queensland Men's Sheds. Also there has been several rounds of funding from AMSA/DoHA Grants to Queensland Sheds.

AMSA faces similar difficulties in accessing funding. The introduction of a membership fee has now been approved, and it will begin in March 2014. Each Shed will pay \$200 and \$50 from that will be remitted back to State Associations to help them meet their operational costs.

We have always been listened to with interest and courtesy by the State Government. We were encouraged to think that when State finances improved, there would be funding made available to support Queensland Men's Sheds in their community work.

A 2012 study of the Mens Shed movement concluded that "Men's Sheds save lives". But despite all our good work in communities across the State It was a great disappointment to learn in July that our State Government "has no program for Men's Sheds".

QMSA has resurrected a proposition we had put to the government last year for making



Another view of the Mt Gravatt Shed workshop. ( Photo Ken Martin)

Crown Land available to Men's Sheds to set up their Shed. It is a proposal that already has precedence in New South Wales.

Community Groups' interest in Men's Sheds is growing and with the apparent low priority accorded to Men's Sheds by the Queensland Government is being countered by an increasing number of community organisations that make contact and seek our opinions or contribution to their programs.

There have been numerous requests from government, the community and professional organisations such as Adult Learning Australia, Metropolitan Hospital and Health Services, Brisbane City Council and QCOSS and organisations interested in starting a Men's Shed.

Arthritis Queensland have negotiated an arrangement for QMSA to assist with the production of two educational DVDs for men suffering from arthritis.

Contact has been made leading to potential benefits for QMSA with Clubs Queensland and National Seniors.

Work-in-progress projects: include working with the Lady Bowen Trust, equipment accumulated for the Torres Strait Shed, nutrition and cooking skills for shedders, and discussions with Hoo-Hoo International who could make surplus timber available.



Mt Gravatt Shed workshop. (Photo Ken Martin)

It is recognised that effective communications throughout our large State is difficult and costly; but that needs to be tackled in order to develop working relationships between individual Sheds and QMSA. We want to make more use of the QMSA page on the AMSA website. We are investigating the introduction of a regular Newsletter (hopefully with sufficient sponsorship to cover costs) and the introduction of a QMSA Facebook page. QMSA now has to meet these costs.

AMSA have reversed their policy on the National Men's Shed Conference by re-opening the opportunity for States (other than NSW and Victoria to host National Conferences). That opportunity will not be taken up again by Queensland until other States have had their turn. The other states have been encouraged to bid for the 2015 National Conference.

Finally, may I express my thanks to the men who served on the QMSA Committee during the past 12 months, but I want to express my appreciation to Bruce Turnbull in particular. It is sad that ill-health has forced him to rearrange his priorities but there is cause for optimism on the health front. I'm sure we all wish Bruce all the very best in the future.



Smoko at the Shed is a very important time as members socialise exchanging news, views and tips about projects that they are carrying out or just having a yarn to friends.

### **Bellbowrie News from Grahame Brown**

At the time of the last *Bench Press* we were literally weeks away from submitting the Development Application to relocate the old Moggill Country Club building onto the Moggill

Anglican Church site; raise it to the same level as the existing church buildings; and build-in underneath to create a Men's Shed space. We had consulted widely up to this point with engineers, architects, a town planner and building certifiers. Fire ratings and the need to install sprinklers were a concern but we were assured that fire rating problems could be overcome with proper clearances between buildings and boundaries - and that a sprinkler system would not be required.

At the eleventh hour we were advised that the rating given to the proposed building would require that all supporting columns needed to be fire rated and the internal and external wall cladding of the Moggill Country Club building had to be replaced with two hour fire rated materials.

The additional costs associated with this work scuttled the project.

The current position is that the Anglican Church has offered us the opportunity to submit a proposal to build a shed on another part of their land. Whilst we are considering this possibility we are examining all of our other options and have enquiries with the Brisbane City Council and the State Government regarding a suitable site.

We have advised the Bellbowrie membership not to expect work to commence on a shed in the foreseeable future.



A recent visitor to Shed West was Ralph Leutton, President of the Port Fairy Shed in Victoria. Ralph was impressed with Shed West and enjoyed a discussion on project work with our Doug Nissen.

To maintain the enthusiasm and involvement of our members we are seeking to change the format of our weekly meetings to engage more members in activities in which they have an interest and that can be conducted in the church halls or other locations. We have so far introduced a games afternoon to replace our meeting on the first Wednesday of each month and we encourage our members to attend Kenmore meetings on the Tuesday. Please follow the further changes to our meeting format in the weekly newsletter.

### **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 1pm.

On the third Wednesday of the month there is a joint meeting at Bellbowrie. 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.

### **Computer Club**

Find out more at a Computer Group sessions, at the Shed, 9:00am or by appointment. For more information contact Ray Johnson at [pamray19@tpg.com.au](mailto:pamray19@tpg.com.au)

### **Photography Group**

The group meets on the third Friday of the month at 2pm at the Shed. If you are interested in joining the group contact, Hans Binnekamp, 3378 5545 or e-mail at [hbinnekamp@optusnet.com.au](mailto:hbinnekamp@optusnet.com.au)

### **Card Players**

Calling all card players, there is an active group who play 500 on Monday mornings in the Drop in Centre in the Shed complex who are seeking more members. If you are interested contact Roger Harding at [grh6@bigpond.com](mailto:grh6@bigpond.com).

### **Welfare**

Our shed provides wonderful facilities for a broad range of activities as you see here in *Bench Press*. Well done and congratulations to all who play a role!



The new special tilting wood lathe for the "Blue Shed" for our restricted mobility members.

One very valuable aspect of the Men's Shed movement is the support (both emotional and physical) which members can provide for each other as a direct outcome of working together side by side.

In recognition of the needs of our members in times of ill health, hardship or difficulty, our Committee recently established the Welfare subcommittee to help ensure that no member 'falls through the cracks' and is left unsupported.

If you know of a member (including yourself!) who is ill, in hospital, needs a hand at home or would in any way benefit from a little extra support, please don't hesitate to contact us.

Members of the welfare subcommittee are; Chris Wright, Ken Martin, John Wellsmore, Ian Boudry, Grahame Browne, Graeme Curnow.

Also, if you would like to be part of our little group, just say the word and contact Chris Wright 3300 4145 or 0409 278 439 [chrisjoan72@yahoo.com.au](mailto:chrisjoan72@yahoo.com.au)

### **Five Time-Saving Technology Tips**

These little-known technology tips will help you to use any computer like a pro. Even if you think you're tech-savvy, we bet there's at least one tip in here you didn't know.

#### **One**

When scrolling on the web, don't pick up the mouse and use the scroll wheel – it's a waste of time. Instead, hit the Spacebar to scroll down exactly one page. To go back up, hold down the Shift key, then hit the Spacebar.

## Two

When filling in forms on the web, such as your address, hit the Tab key to move from box to box. When you come to a drop-down menu, such as choosing your country of residence, don't use the mouse to open it. Instead, when you have tabbed across to it, type the first letter of the country you want – if you keep pressing A it will sort through the countries beginning with A, eventually bringing you to Australia.

## Three

To increase the size of text on the web, hold down the Control (Ctrl) key and press the + key. To make it smaller again hold down the Ctrl key and press the - key. If you are using a Mac, replace the Control key with the Command key.

## Four

When highlighting a word, don't drag your cursor over it. For a single word, simply double click it. If you wish to delete highlighted text, don't bother hitting the Delete key. Instead, simply start typing – the highlighted text will automatically be overwritten.

## Five

Google is not just a search tool – it is also a dictionary. Type 'Define', followed by the word you want defined and Google will give you an answer. You can use Google as a unit and currency converter. For example, typing '1AUD to USD' will give you the current conversion rate from Australian dollars to US dollars. You can also try '3/4 cup to tablespoons' to get a unit conversion – this is handy when cooking.

## Show and Tell

### *Shed West Fire Engine Raffle*



At bottom of the previous column Barry Bochart busy building the toy fire engine which was subsequently

raffled to raise funds. Below is the finished toy. (Photo Hans Binnekamp)



### *Exercise frame*



One of the biggest jobs we've probably ever done is just about complete. It is a pretty big exercise frame to be used by children with Down syndrome.

### *Chapel Hill Kindergarten*

For some time small timber off-cuts from the Shed have been given to the children of the Chapel Hill Kindergarten.

They then hammer, glue and paint these together in some random fashion which is not dissimilar to what some of our members do in workshop sessions.



Doug Nissen at the Blue Mountains Shed. (Photo Doug Nissen)

### Mens Health

Are you at risk of developing diabetes? Almost 80% of Australians do not believe they are despite suggestions that over two million have pre-diabetes and are at high risk. For more information see: [www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)

Got a problem with arthritis then call the free helpline on 1800 011 041 or visit: [www.arthritis.org.au](http://www.arthritis.org.au)

### Web Wanderings

Watch out for computer scams as they become more sophisticated. For more information go to [www.scamwatch.gov.au](http://www.scamwatch.gov.au)

When shopping online be careful of over payment scams. There is interesting information by AVG Security at: [www.avg.com.au](http://www.avg.com.au)

For the latest information on Australia's population go to [www.abs.gov.au](http://www.abs.gov.au) and look for *Regional Population Growth, Australia, 2012* (cat. no. 3218.0) and for statistical breakdowns, see *Population by Age and Sex, Regions of Australia* (cat. no. 3235.0).

As always there is a wealth of information in *The Shed Online Newsletter*: [www.theshedonline.org.au](http://www.theshedonline.org.au)

The Queensland Government has committed funding for an organisation that will act as a peak body representing seniors and issues affecting them to government. More: [www.communities.qld.gov.au/funding](http://www.communities.qld.gov.au/funding)

Eligible deaf and hearing impaired Queenslanders will continue to benefit from the

They showed their thanks by presenting us with some photos of their efforts.

### Blue Mountains Shed

Doug Nissen was in the Blue Mountains In September and attended the Monday meeting of The Lower Mountains Men's Shed where his mate, Mike Siegle, is President. Doug was billed as the guest speaker from Queensland to talk on our club's progress and how we run and cost projects and get work in the door.

Doug was surprised to know that the *Western Weekender* newspaper attended to take photos and announce the news that the Leonay Golf Club had just agreed to grant a site in their links grounds for the Men's Shed to construct their new shed.

The Men's Shed also received an anonymous bank cheque in the mail for \$20,000 that morning from a local well wisher who no doubt thinks the Men's Shed is helping the retirees in the area.

Smoke Alarm Subsidy Scheme To find out about eligibility: [www.deafservices.org.au](http://www.deafservices.org.au)

Shipwreck enthusiasts have you tried the survey at: [www.ehp.qld.gov.au/shipwreck](http://www.ehp.qld.gov.au/shipwreck)

Looking for sandpaper try the online provider at: [www.thesandpaperman.com.au](http://www.thesandpaperman.com.au)

### Woodworking Tip

Many members have made wooden cutting boards. The dilemma is what is the best way to seal and finish a cutting board giving consideration to its use in the kitchen? Many people use ordinary cooking oil which over time can go rancid.

Howard White offers the following explanation.

Yes, the pundits agree that vegetable oils should not be used - so olive oil canola, sunflower etc. are all to be avoided.

For a long time I used walnut or almond oil which have a much longer life before going off. However, I've discontinued these because of the potential problem of nut allergies.

The USFDA recommends using food grade mineral oil, that is, refined paraffin oil (the ingestible stuff) which is available from pharmacies - it is what I now use. The Howard's furniture polish company's own brand "Butcher's Block" oil is simply paraffin oil, possibly with a little refined bees wax and/or carnauba wax added. You will be able to get "recipes" off the web to mix your own.

Feast Watson have their own product on the market, but I note it includes Tung Oil – which is sourced from tree nuts – so I don't know how that sits with the allergy problem?

### Editor's Note

*Bench Press* is published 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.



The rocking horse, Skippy and friend, which Richard Francis made for the Shed to sell. Richard named him Skippy after his school pony of many years ago. (Photo Richard Francis)

### More Information

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