



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
Number 24 December 2013

Best Wishes from the President

This last edition of Bench Press for 2013 gives me a great opportunity to thank all members who have contributed to a successful year for Shed West, and to extend Seasons Greetings. Member participation in all Shed West activities in the Shed, at Tuesday Kenmore meetings, Bellbowrie meetings, and social activities, has been strong, and together with membership figures holding well, are a good measure of the health of Shed West.

Important achievements should be recognised for this year and they include the development and introduction of the workshop equipment training programme, an update of the Shed West Safety Policy, and the construction of a dedicated storage shed. These developments were all carried out through the dedicated efforts of members, and will reinforce our capacity for further development of Shed West.



Kenmore Moggill RSL President, Stuart Cameron presents President Max Lockwood with the certificate donating \$4000 towards fitting out the Blue Shed.

Several exciting opportunities for further expansion of Shed West member activities will open to us in 2014 and include:-

a. The "Blue Shed", which will allow members with restricted mobility to engage in a wide

range of practical activities, in a quieter environment. Whilst this facility will be designed for wheel-chair access, it will be available to all members.

b. The welding/sheet-metal working shop in the new Arts Centre, to which access is expected early 2014.

c. General arts rooms. Also in the Arts Centre, it is anticipated that Shed West members will be able to form or join groups undertaking a wide range of practical arts activities in this excellent facility.



The new Brisbane City Council Community Centre Art Centre, which is located behind Shed West. The bay to the left will be available for metal work by Shed members.

In addition to plans for expansion of Shed practical activities, the Committee is aware of the value of more social activities, including those which can be shared with wives and partners. A program will be developed with members in the New Year, and any suggestions will be welcomed.

To the Bellbowrie members who have shown great determination towards establishing and supporting a Shed facility in their own area, we offer a big "well done" and confirm the continuing support of Shed West. It is encouraging that several potential sites for a

Shed in the Bellbowrie/Moggill area have now been identified.

To all members, a very warm thanks for your contribution to Shed West this year, and best wishes to you and your families, for a Joyous, Safe Christmas, and a Happy and Healthy New Year.

Warm Regards Max Lockwood



The Blue Shed is being fitted out for a range of activities many of which can be completed while seated and will specifically cater for our less mobile colleagues.

New Committee

At the Shed West AGM on Tuesday 12 November the following were elected unopposed to the Committee:

President	Max Lockwood
Vice President	Graeme Curnow
Secretary	Roger Harding
Treasurer	Tom Usher
ASS-Treasurer	Vic Lorenz
Committee	Grahame Browne
Committee – Safety	Neil McMeniman
Committee	Phil Castle
Committee – Projects	Doug Nissen
Committee	Graham Barnard
Committee	Russ Hawksford
Committee	Chris Wright
Committee	Lloyd Brown

Fifth National Men's Shed Conference

The Conference was held at the Ballarat Lodge and Convention Centre from 27 to 29 October. The Shed West contingent was; Graeme Curnow, Alan Ernst, Roger Harding, Ray and Pam Johnson, and Ken and Daphne Martin.



The Shed West contingent at the Conference dinner where we were entertained by Keynote speaker Bettina Arndt.

The welcome function included a tour of the Sovereign Hill heritage museum which celebrates the gold mining days of Ballarat. Our tour took us underground into the mines and to a gold pouring demonstration before the social activities concluded the evening.



Roger Harding holds a freshly poured gold bar. He tried to suggest it would greatly boost our finances but, alas to no avail.

The Conference was a great meeting of the minds for the almost four hundred delegates who were able to hear and discuss the full range and diversity of activities carried out by over one thousand Sheds registered across Australia. There are also a growing number of Sheds overseas in New Zealand, South Africa, England, Ireland and Europe.



Roger got right into the spirit of things ensuring he got all the answers from the presenter of the excellent session on Shed insurance policies. An information packed and entertaining talk on what could have been a very boring subject.

Sessions were presented by Shedders, academics, various government organizations and, not for profit support groups. Among those was our own Ray Johnson who after five national conferences takes the honour of being the first Shed West member to present a paper. The session on the Drop in Centre was well attended and prompted active discussion. Congratulations to Ray on an excellent presentation.



Ray Johnson presents his paper on the Drop in Centre.

The range of topics and key note speakers provided something for everyone but for me the best value is in the opportunities to meet and discuss particular Shed interests with others and to catch up with Shedders who I had met at the Brisbane conference.

A further highlight was the induction of Graeme Curnow and others as the inaugural members of the Men's Shed Hall of Fame.



Graeme Curnow with his certificate as an inaugural member of the Australian Men's Shed Association Hall of Fame.

The next conference is planned for Newcastle in two years time.

Kenmore and Bellbowrie Programs

Both campuses are having a break over the Christmas New Year period. The Shed West workshop will re-open on Monday 13 January and the regular Tuesday afternoon programs will recommence on Tuesday 28 January. Shed members may use the workshop provided there are a minimum two members present and need to arrange a key through the regular key holders. Bellbowrie is having the same break as Kenmore, except for the Bunnings BBQ on 19 January.

Both groups 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 session, at the Shed. For more information contact Ray Johnson at pamray19@tpg.com.au.

Photography Group

The group meets on the third Friday of the month at 2pm at the Shed. For more information contact, Hans Binnekamp, 3378 5545 or e-mail at hbinnekamp@optusnet.com.au.



Workshop training is an essential part of Shed West operations. Here members receive training in the safe use and capabilities of the band saw.

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.

Welfare

One very valuable aspect of the Men's Shed movement is the support (both emotional and physical) which members can provide for each other.

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 make contact.

If you would like to join the welfare group, contact, Chris Wright 3300 4145 or 0409 278 439 chrisjoan72@yahoo.com.au.

Mens Health

Medicinewise aims to give older Australians the tools and information they need to make better decisions about their medicines and their health.

Medicine problems are common in older people. Around 1 in 3 unplanned hospital

admissions involving older Australians are due to problems with medicines - but half of these problems could be prevented.

Chronic health issues become more common with age, so people typically find themselves taking more medicines as they get older. NPS MedicineWise research found that 43% of people aged 50 or older had taken five or more medicines in the previous day, and this figure rises to two out of every three people aged 75 years or older.

For more information about the medicinewise movement visit:

www.nps.org.au/bemedicinewiseweek.

QIMR's Professor Graham Colditz from the Washington University is an internationally recognised leader in cancer prevention. He says over half of all cancers can be prevented by a combination of healthy lifestyles and regular screening. Eight simple behaviours can greatly lower cancer risk:

1. Maintain a healthy weight
2. Exercise regularly
3. Don't smoke
4. Eat a healthy diet
5. Drink alcohol in moderation, if at all
6. Protect yourself from the sun
7. Protect yourself from infections
8. Get screening tests regularly

More:

<http://preventionpapers.wordpress.com/article/cancer-prevention-bzml3lsg-samgog/>.



Barry Borchart delivers the Fire Engine to the raffle winner Matt Riggs.



Bellbowrie group does regular Community Service BBQ at the Bellbowrie Sports and Recreation Club. These are good at raising Shed profile in the community as well as fund raisers.

National activity guidelines recommend adult Australians undertake at least 150 minutes of physical activity per week over five or more separate sessions.

The 2011-12 National Nutrition and Physical Activity Survey found that only 43% of adult Australians met these guidelines. A higher proportion of males (45%) met the guidelines compared with females (41%).

Poor nutrition, sedentary behaviour and lack of physical activity are key factors associated with obesity and being overweight with one in five Australian adults exercising at very low levels, or not at all.

The level of physical activity among adult Australians varies according to age, income, education level and socio-economic status. Australians living in higher income households, were more likely to meet the national guidelines (52%) compared with those living in lower income households (34%).

Further information see: *Perspectives on Sport, November 2013*. (cat no 4156.0.55.001), www.abs.gov.au.

Web Wanderings

Forgotten a few Christmas cards? Then maybe an e-card which you can email to your friends. It is easy to make, and arrives almost instantly. Try searching on Google for e-card to find one

of the many sites that make e-cards. One site is <http://www.jibjab.com/holidays>

Are you prepared for the summer storm and cyclone season? See: www.brisbane.qld.gov.au/beprepared

Also the 2013–14 Tropical Cyclone Season Outlook is available predicting near average tropical cyclone activity. See the Bureau of Meteorology's website at: <http://www.bom.gov.au/climate/ahead/tc.shtml>



From left to right are: Paula Mahony, Kristel McPherson and children, Stacey Glover, Lynette Glubb, Lloyd Brown and Grahame Browne at the Bellbowrie Fun day presentation.

Retaining Temper—Grinding Steel Tools by Howard White

Often we're faced with the task of re-sharpening woodturning tools (and perhaps garden tools) quickly, and move to the grinder for help. I've been taught that the best way of ensuring you don't ruin temper on steel edges is to apply only enough pressure that the sparks from the grinding wheel flow down off the wheel - that is, if the sparks are flowing around the wheel and shooting off at an upward angle, you're probably applying too much pressure. The general rule is: if the tool is too hot to comfortably hold in your hand, then you may be at risk of changing the temper.

The following is an extract from a more expansive article uncovered by Shed member Len Walker in his ongoing quest for the holy grail for woodturners in particular - the ultimate sharp edge. The article, by Alan Lacer,

appeared in American Woodturner, Vol. 18, No3, 2003.

<http://woodturninglearn.net/articles/sharpen1.htm>.



Shedders staffing the display at the Anglican Church Christmas Fair. This proved a good fund raiser selling Shed made toys.

His comments apply equally if you want to put a hollow grind in the primary bevel of a woodworking chisel to reduce re-sharpening and honing time (the width of a bevel on plane blades generally doesn't warrant this approach).

"By now you may have come up against the problem of bluing the surface of the tool you are grinding. If you have high-carbon steel tools, you have a problem: the steel has now been re-tempered to a hardness that is too soft to hold an edge for woodturning. If you have high speed or high heat working tool steel-no problem. How do you know what kind of steel?"

Generally the high carbon tool steels produce a complex, white, bursting spark when placed on the grinding wheel. The high speed steels tend to have individual, orange sparks. Often the manufacturer stamps the handle or steel itself with "HSS" or "High Speed Steel." I have found some inexpensive imported tools stamped with those designations, but sparked like high carbon tools-so be careful.

Here are my suggestions regarding overheating. First, learn to grind with a lightness of hand and movement of tool that does not overwork an area-thereby producing a lot of heat. And, of course, have friable wheels that just grind cooler, and dress the wheel often. If you have carbon steel tools-and some

of my old favorites are of that steel-quench in water frequently if you must do some heavy grinding.

If you have high speed tools, don't quench in water: the effect may be too shocky for the steel and possibly produce small fractures at the cutting edge. The high speed steels easily handle temperatures of 700 to 1000 degrees F with no loss of hardness (bluing is around 580 degrees F). If the high speed tools are getting too hot to handle (during heavy grinding), I just place them on a large metal heat sink like a lathe bed and take a short break. The best rule for all steels, is learn to work without generating a lot of excessive heat."



Bellbowrie members enjoy regular social BBQs

What is Green Heart Wisdom?

The Brisbane City Council, through the Green Heart Wisdom program, is running a research project called Energy Savers. Council was awarded funds through the Australian Government's Low Income Energy Efficiency Program to undertake the research project.

The aim of Energy Savers is to look at how people over 60 use energy in their homes and share information about how they can use energy more efficiently. By seeing how different ways to save energy in the home are put into action the research project will help inform the approach taken by federal, state and local government to future energy efficiency policies and programs. This is why Council wants to find people, who are 60 or over, to work together in groups of 8 to 12.



The toy display at the Anglican Church Christmas Fair.

Can you help?

To join a group you, your friends, family or group just need to be willing to share your ideas, listen to others and have time to attend four meetings.

Each meeting will run for two hours but meetings will only be held once a month over four months. Each group gets to decide when they want to start meeting as long as they start meeting between February 2014 and June 2014.

After refreshments are served a facilitator will guide the group in a discussion about energy use in the home and explain how making small changes can increase the energy efficiency of their homes.

Each group member will receive \$50 in grocery vouchers for their efforts.

What we ask of you?

In addition to attending four meetings each group member will be asked to respond to two surveys and provide their consent for the Commonwealth Scientific and Industrial Research Organisation (CSIRO) to collect their gas and electricity meter data.

What happens to the information I provide?

All the information collected for the project, including personal details, is provided to the research team for review. Your information is not made available to anyone or any organisation outside of the research team both during or after the project.

To be eligible to join a group you need to:

- be 60 or over
- live in Brisbane
- hold a current Pensioner Concession card
- live in a detached house
- own or be paying off your home and
- not have a solar power system installed on your home.

How to get things started?

Just present this information to your family, friends and/or group and see what they think about making or joining a group.

We can contact you to find out what you, your family, friends or group thought about making or joining a group.

If you/or your group can help we can then discuss the best time for a member of our team to come out and meet you, to discuss the best times to meet and get everyone signed up.

In the meantime if you or anyone from your group has a question or would like more information please call Anna Barnes directly on (07)3178 0101.



Visiting guest speakers are presented with a wood turned pen made by Shed members. Here Howard White makes the presentation to Tania from the Arthritis Foundation.



Woodturning

Clearance items for P&N tools on Hare & Forbes.

<http://www.machineryhouse.com.au/Wood-Turning-Tools>

More on sharpening wood turning tools.

http://www.woodturningonline.com/Turning/Turning_articles.php?catid=22

Information on woodturning Chucks.

http://www.finewoodworking.com/woodturning/video/a-turners-guide-to-chucks-and-jaws.aspx?utm_source=email&utm_medium=eletter&utm_content=fw_eletter&utm_campaign=fine-woodworking-eletter

Date Claimers for 2014

Workshop reopens Monday 13 January.

Bellbowrie Bunnings BBQ Sunday 19 January

Tuesday meetings resume 28 January.

Brisbane Timber and Working with Wood Show
16-18 May 2014, Brisbane RNA Showgrounds.

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.



Above and below some scenes from the Shed Christmas Party.



More Information

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Merry Christmas

*Here's to a great Shed
year in 2014*

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Photos by T Usher, K Martin, L Brown, W Muller, A Ernst