



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
Number 25 March 2014

President's Report

It is my pleasure to submit this report for our first edition of *Bench Press* for 2014, especially, at a time when things are moving in a positive direction for Shed West. A voluntary organization, like Shed West, to succeed over a period of time, requires an effective contribution from many members, and we should be thankful that we do enjoy such practical support from our membership.

To spread the work-load involved with steering Shed West in the service of our members, whilst meeting good management standards, a comprehensive structure of Sub-Committees has been established, covering the wide range of activities involved in our operations. I am most grateful to the Committee members who have accepted responsibility for leading the Sub-Committees, and to all the members who have agreed to serve on the Committees. Full details of Sub-Committee membership will be displayed in the Green Shed and Blue Shed. If you have any issues, suggestions, or special requests, please speak with a member of the appropriate Sub-Committee.



Filming for the Arthritis Queensland video got underway at the Shed.

The Blue Shed is now available for use by members with limited mobility, and those who prefer to pursue quieter activities away from



Filming continued at a social function at Shed West member John Wellsmore's place with a social BBQ.

the main workshop. Special thanks are due to Brian Purvis and his team for the internal electrical works, and to Doug Nissen for his assistance with the trenching works for the electrical power supply. To all members who have assisted with the clean-out and set-up of the Blue Shed, especially Don Bray, we owe a special vote of thanks. The range of equipment to be installed in the Blue Shed will depend on the wishes of those who use the facility, and members are requested to advise Pat Gilles of any special suggestions during the working-up stage. A protocol will be developed for operations in the Blue Shed.



Members enjoy the BBQ at John Wellsmore's place during filming of the arthritis video.

My sincere thanks to all members who assisted in the production of the men's health training video for the Arthritis Foundation of Queensland on 27 February. In co-operation with Graeme Curnow, as President of QMSA, AFQ will be distributing the finished product to men's sheds throughout Queensland, and through that extensive network to people in some of the more remote areas of the State. In essence, the main message from the video will stress the importance of self-management of health issues, "taking charge", especially relating to arthritis, the importance of early intervention, and maintaining a positive attitude. To "the cast", the co-operative "extras", John Wellsmore who hosted the BBQ and discussion session, Chris Wright and Don Atkinson for the excellent BBQ, a big thank-you to all. The producers of the video are very optimistic that a quality training asset will result, and I hope that Shed West members will have the opportunity of a "premiere" viewing at a Tuesday meeting, before too long.

The committee is keen to see more scheduled social events this year, to allow more time for enjoying each other's company outside of normal shed activities. Our Tuesday BBQs are being well supported, the dinner programme initiated by Doug Nissen has got off to a good start, and Brian Purvis is well advanced with arrangements for our visit to Amberley on 8 April. The Committee is keen to include wives/partners in appropriate social activities, and the Social Sub-Committee will be pleased to hear your suggestions for further activities through the year. Best wishes, Max Lockwood

Blue Shed



Installing the insulation was the first big job.



Pat Gilles, who is coordinating the Blue Shed plans shows Geoff Haigh the finer points of woodcarving.



Syd Hallas operates a belt sander in the Blue Shed.



There is space for a quiet cuppa and a chat while in the background is the special new wood lathe which can be used while seated.

**Brisbane Timber & Working With Wood
Show 16th – 18th May 2014 is only two
months away**

Dust and Grime can slow your Computer

Are dust and grime slowing your computer down? Gunk in the air-vents and crumbs in the keyboard could be doing damage. Learn how to clean your computer safely in five easy steps.

Tools

A screwdriver

A can of pressurised air (available at Officeworks for under \$5)

Cotton buds (do not use a cotton ball)

Isopropyl alcohol, also known as rubbing alcohol

Soft, lint-free cloth

Water

Safety glasses (optional)

Step 1: Turn off the power

Turn off the power to your computer, remove any plugs or remove the battery if you are using a laptop. Ensure that all power sources are removed 30 minutes before you start to clean. All components should be removed from the computer and any external power sources before cleaning.

Step 2: Inside the computer

Before opening your computer **check your warranty**. Some computers, especially Macs, state that opening the case will void your warranty. If this is the case and you feel your computer needs cleaning then you can take it into the store to have it done professionally. If there is nothing in your warranty about opening the case then read on.

To open a desktop: opening the tower on a desktop computer depends on the age of your machine. Older computers will have four screws holding the side of the case on. Newer models may have a push button on the back of the machine. Read your user manual to find out how to open it up.

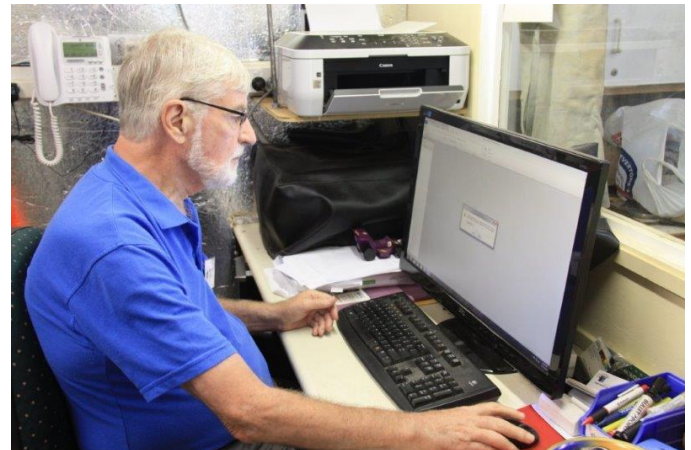
To open a laptop: turn the laptop upside down on a towel. On most laptops the vents on the underside will be grouped together on a removable panel. Undo the screws, taking note of what goes where, and remove the panel.

Once you have your computer open remember to touch as little as possible, particularly with your hands. Pick bits of fluff out with tweezers

or a cotton swab, and then use your compressed air around all of the components and the bottom of the case. Try to angle the compressed air so that any dust is blown back out of an opening, rather than further into the crevices. Never get the air nozzle closer than 5cm to the machine. Remember that you are not trying to blast, but rather encourage, the dust out of your machine. Take extra care around the delicate fans, as these can break if spun too fast.

Step 3: The computer case

Use a cotton swab dipped in isopropyl alcohol to get into the openings and crevices on the outside of your computer. You can also wipe the whole case over with a soft, lint-free cloth dipped in isopropyl alcohol.



Malcolm Douglas, one of our computer club coordinators at work in the office.

Step 4: The mouse and keyboard

Turn your keyboard upside down (do not look up at it while doing so) and gently shake it to remove dirt and crumbs. Then use your compressed air to blow in and around the keys to clear out the rest of the dust. The keys can be cleaned with a cotton swab or lint-free cloth dipped in isopropyl alcohol. The same method applies to a laptop.

To clean your mouse rub the top and bottom over with a soft, lint-free cloth dipped in isopropyl alcohol. You may need to scrape at the bottom to remove excess gunk. If you have an optical mouse ensure that no dust is obscuring the little red light on the bottom. If you have a mouse with a ball in the bottom turn the mouse upside down, rotate the circle around the ball and open the ball case. The mouse ball should be washed with water and

left to dry completely, and the interior can be swabbed over with a cotton bud dipped in isopropyl alcohol. Ensure everything is dry before reconstructing your mouse.

Step 5: The screen

Moisten a soft, lint-free cloth with plain water and wipe it over your screen to clean. Do not press hard, as this may leave permanent marks. You can also purchase specific monitor-cleaning liquids from computer shops. These should never be sprayed directly onto the screen. Instead spray the cloth and then wipe the screen.

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.

The third Tuesday of the month there is a BBQ at noon at The Kenmore Shed.



BBQ Chef Don Atkinson serves Phil Young at the regular monthly BBQ at the Shed.

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



Shed members enjoy the regular monthly BBQ, despite the summer heat.

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

Card Players

A group play 500 on Monday mornings in the Drop in Centre in the Shed complex. If you are interested contact Roger Harding at grh6@bigpond.com.

Welfare

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.



From left, John Bright from Pine Rivers Men's Shed, with Helene Frayne CEO Arthritis Queensland, and Tanya deKroo from Arthritis Queensland.

Woodturning —Turning Pens Part 1

Our guest speakers are presented with a pen turned in the Shed. This is how it is done.



Figure 1 shows the blank which is approximately 20 X 20 X 110mm. Blanks can be made from many materials, including wood and synthetics and can be bought or cut in the Shed. There is often suitable material in the Shed and other members projects often provide useful off cuts.

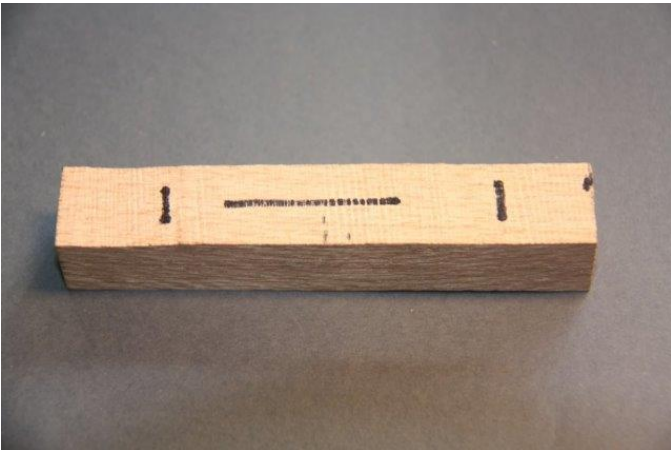


Figure 2. Next mark the two halves so it is easy to match them up when cutting multiple blanks. The line in the middle enables grain matching later.

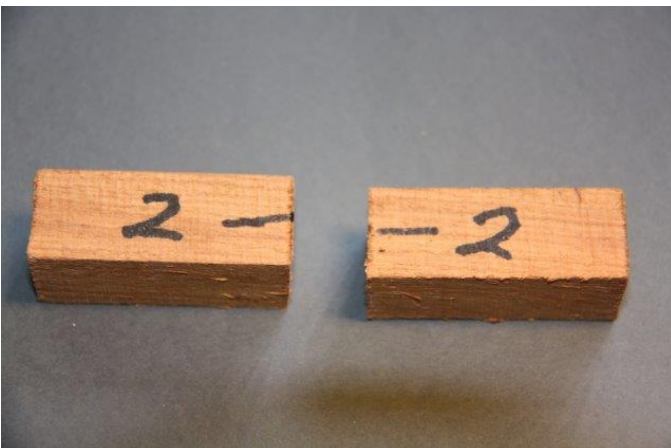


Figure 3. Cut blanks approximately in half to about 55mm in length on the band saw.



Figure 4. Using the drill press, drill a 7mm diameter hole through the centre of the blanks. The stages up to here are often completed in bulk.

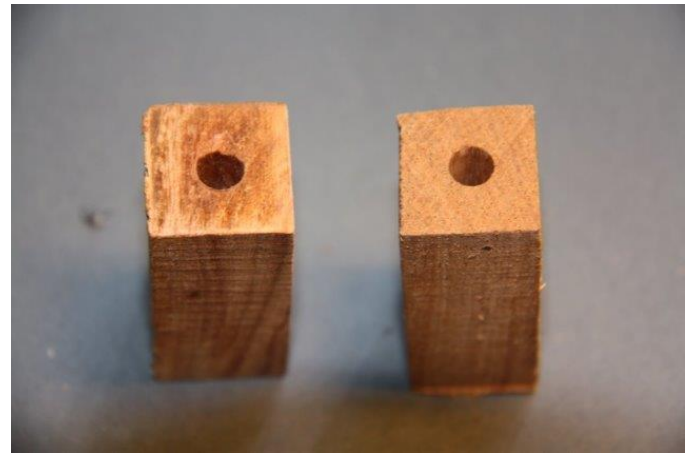


Figure 5. The cut and drilled blanks.



Figure 6. The next essential component is a pen kit as seen laid out above.



Figure 7. Take the brass tubes from the pen kit rub lightly with sandpaper and apply a quality wood working glue.



Figure 10. The next step is to square off the ends on a sanding disc so the wood is flush with the brass tube and there is a bright brass end visible.



Figure 8. Glueing the tubes into the wooden blanks. Be sure to get a good coverage. This can be a messy job but a simple jig, as in the photo, helps to get both good coverage and reduce the amount of glue you get on your hands.



Figure 11. Now you are ready to go to the lathe where you will require a pen mandrel complete with three bushings.



Figure 9 Now push the glue covered brass tube into the blank using a twisting action which aides spreading the glue inside the blank. Then set aside to dry for a day.



Figure 12. Load the blanks onto the mandrel with the bushes separating the blanks from each other and the ends of the lathe. You can see here how the grain continuity is matched up.

Now you are ready to start turning.

To be continued next edition.

Mens' Health

QIMR Berghofer

Over the many years, QIMR Berghofer has produced print issues of their community magazine, *Lifelab*. And now QIMR have launched a new online format. [eLifelab](#) This is a great way of finding out important updates on life-changing research carried out by the team at QIMR Berghofer.



Mental Health

It is estimated that 45 per cent of people in Australia will experience a mental health condition at some stage during their lives. According to the World Health Organization, depression is the leading cause of disability worldwide and is a major contributor to the global burden of disease. A high proportion of people who take their lives have untreated mental health conditions - especially depression. In Australia, more than 2000 people die by suicide every year.

In an effort to tackle these concerning statistics, *beyondblue* will hit the road in a big blue bus and work with local communities, to support people to 'Take 1 Step' for their mental health by 'Tuning in', 'Opening up' and 'Taking action'.

The *beyondblue* National Roadshow will also encourage people to 'Join us' and support *beyondblue*'s vision of an Australian community that understands depression and anxiety, empowers people to seek help, and supports recovery, management and resilience.

Visit www.beyondblue.org.au/take1step (from February 2014) to find out when the Roadshow

is in your area, or contact ontheroad@beyondblue.org.au

Dementia Research

The Alzheimer's Australia Dementia Research Foundation has launched a new interactive website, that explains and showcases dementia research currently being conducted in Australia and worldwide. See <http://dementiaresearchfoundation.org.au/>

"Donate Life" program is backed by Men's Shed movement

The Australian Men's Shed movement (AMSA) with its 150 sheds in Queensland and 1000 sheds around Australia has lent its full support to the federal government initiative "DonateLife", which has been embraced by the state health departments. This very important public awareness program culminates in DonateLife week from 23 February to 2 March 2014.

Spokesman for Shed West based in Kenmore Russell Hawksford, said that AMSA had lent its full support to assist with public education and awareness about organ tissue donations and Shed West was focusing on that awareness in its local community taking in Kenmore to Bellbowrie and surrounding suburbs. "There are 1500 Australians waiting for an organ donor at any time" said Mr Hawksford and with national awareness about the need and the donation process, "we hope the demand for organs will soon be met" he said.

Donors need to complete a written consent and families need to give their approval at the time the organ donation is made. Families need have a chat at the time the donor completes the consent form said Mr Hawksford, so that all are aware of the donor's decision and to ensure the life giving donation is available in the urgent timeframe required for successful medical implementation.

If you would like more information about this life giving program the DonateLife website has all you need: www.donatelife.gov.au. DonateLife has a Brisbane office, phone 3176 2350 or email donatelife@health.qld.gov.au

Article by Russell Hawksford reproduced from the Local Bulletin March 2014.

Web Wanderings

Check out the Qld Tool Warehouse
www.qldtoolwarehouse.com.au

A Japanese site with some interesting pens and things www.rogma6.info

Time to change your smoke alarm batteries. April is the month when Fire and Rescue authorities recommend that you change the batteries in your smoke detectors. Local recommendations seem to be for 1 April but down south it is Sunday 6 April, when daylight saving ends.

Turning counter top materials is an interesting video on turning kitchen bench top material. Anyone got a set of sacrificial chisels for this exercise?
http://www.wwgoa.com/video/003435_gluingco_undertops/?j=150753&e=HOWPEN@TPG.CO.M.AU&l=2936_HTML&u=2938420&mid=6198639&jb=0

To see what men do in the shed try:
http://www.youtube.com/embed/96l_UrTOZF0

Unity Films in the UK have just released "Shed Men - The story of The Gosport Shed", this is a fantastic production and highly recommended viewing for all shedders and those who are establishing a men's shed. To view the two 10 minute parts in this series please follow the link <https://vimeo.com/84392065>

Seqwater offers a free notification service to provide information on dam releases. This service would be particularly useful for residents who may be affected by road closures during water releases from Wivenhoe Dam.

Notifications can be provided by email, SMS to a mobile phone or recorded message to a landline. If you would like to be informed of dam water releases, you can subscribe to this service online at www.seqwater.com.au or by phoning 3035 5500 during business hours.

Editor's Note

Bench Press 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.

Forward *Bench Press*

Feel free to forward this newsletter to friends and family. However, please exercise email etiquette by deleting the sender's email address when forwarding.

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 or (07) 3878 2825
President, Max Lockwood (07) 3878 1734 or maxlock@tpg.com.au or
The Editor, Alan Ernst 0408 769 576 or ernsts@bigpond.net.au



New Shed shirts are on the way.