



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
Number 26 June 2014

President's Report

Our day excursion to the RAAF Amberley Aviation Centre on 8th April was enjoyed by 50 members of Shed West. The collection of retired and restored aircraft gave us an unusual opportunity of seeing up close, how military aircraft have evolved from WW2 until quite recent times. It was also of interest to see how a group of volunteers worked together on restoration projects that in many cases required many years to complete, before producing an aircraft fit for display. An opportunity for co-operation between the Centre and Men's Sheds was raised in connection with the restoration of an AVRO Anson (light bomber), the airframe of which, including the main wing-spar, was of timber construction. Our potential interest in co-operation in such a project was registered.

After the visit to the Amberley facility, we enjoyed lunch at the Walloon Hotel. Thanks to all members who supported this activity, and our special thanks to Brian Purvis for his efforts in making all the necessary arrangements for a successful day.



President Max and Treasurer Tom make good use of the time on the bus to discuss Shed business on the way to the outing at Amberley.



Shed West President Max hard at work at one of our regular monthly BBQs at the Shed assisting Don Atkinson.

We now look set for a successful Open Day for Shed West on Saturday 25 October, and I am hopeful that by that date we will have the Blue Shed fully operational, and be established in our metal-working bay in the new Arts Centre. In addition to our being able to demonstrate to the community our widest range of activities, the later revised date will ensure that the site is not encumbered with construction works. The proposed programme for the Open Day will include demonstration of all Shed West activities, inspection of all facilities, Men's Health presentations including "Spanner in the Works", free hearing tests, showing of the Arthritis Queensland/Shed West health management video, presentation of toys for sale, refreshments for sale, fund-raising raffle, and the official opening of the Blue Shed.

To make this event best reflect Shed West's effectiveness as a community service facility it will need a strong level of support from members in the preparations and "on the day". I am confident that we can rely on that support being provided.

The video produced by Arthritis Queensland with the assistance of Shed West has been

very well received by the stakeholders, especially including the funding agency, Metro North Brisbane Medicare Local. Apart from the initial target of presenting the video to more than 4,000 men's shed members in Queensland via QMSA, it has been recognised that the men's health message should be promoted to the widest possible audience in Queensland and beyond. The official launch of the video has been delayed pending final design of the most effective presentation package, but I am hopeful that we should have a copy of the final cut of the video before the end of June.



Arthritis Queensland CEO, Helene Frayne, Centre with John Bright from Pine Rivers Men's Shed and Tanya deKroo at a Shed function during filming of the video.

During July, Vice-President Graeme Curnow, and I will be (separately) on holidays, overseas. I am most grateful to Past President, Graham Barnard, for changing his own travel plans to be available to act in the role of President during July.

Best Wishes 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 1pm.

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

Details of weekly sessions are in the weekly email bulletin.



Members sign in to the weekly meeting at the Brisbane City Council Kenmore Library meeting rooms under the watchful eye of Barry Borchart.

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 Chris Wright as below.

Prostate research

A research group from the University of Queensland led by Dr Ryan Stafford is looking for volunteers aged 18 to 80 years for a base line study of males with no prostate surgery history. This is a totally non-invasive study and if you would like to volunteer or require more information please contact Welfare group Chair Chris Wright Chrisjoan72@yahoo.com.au or 3300 4145



Chris Wright, Chair of the Welfare committee, is also our AV expert at the weekly meetings. Here Chris negotiates the complexities of the BCC meeting Room projection equipment. Assistance is always at hand from the very supportive library staff.

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



Construction of the Home Assist facilities behind the Shed are well advanced.

Photo Editing

Malcolm Douglas

You don't have to pay big money for photo editing software. These two websites let you edit your photos for free online, without having to download any software.

Pixlr Editor

The Pixlr Editor is an easy-to-use website. With a simple layout, clearly marked controls and great graphics, this website makes editing your images simple. You just upload your photo, make your changes, and save the new, edited image back to your computer. This service is free for anyone to use, and you don't have to download any software to start editing.

FotoFlexer

In its own words, FotoFlexer is the most advanced online image editor, and we haven't

found anything with which to challenge that statement. Although it is not as user-friendly as the Pixlr Editor, FotoFlexer does offer you far more options when it comes to advanced image editing, and once again the website is free to use and does not require a software download.

For more information downloaded from:

www.yourlifechoices.com.au

Visitor from Scotland

Recently Ian McMaster from a Shed near Aberdeen in Scotland who was visiting Brisbane contacted the Shed and arranged to visit. Their Shed has eighty members and is the only one in Scotland.



Ian enjoys a cuppa and chat with Shed West President Max and Shed Workshop Supervisor Don in the grounds of the Shed on a warm sunny day. Ian thought it was very warm for a winter's day.



David Hanson is busy with a wood work project. Members can work on their own projects or assist with Shed coordinated projects which are often for other community groups.



Horrie Palmer assists Tim Ryan with an upholstery project.

Men's Health

Arthritis

If you missed the interesting Shed meetings on arthritis, Arthritis Australia has a range of fact sheets available at 1800 011 041 or visit www.arthritisaustralia.com.au

Also the video on arthritis featuring Shed West can be viewed at www.arthritis.org.au or www.qldmensshed.org

Stroke

Look out for the signs of stroke. A recent Shed meeting on stroke stressed the **FAST** rule **FAST** is an easy way to remember the key signs of stroke:

Face – Check their face. Has their mouth drooped?

Arms – Can they lift both arms?

Speech – Is their speech slurred? Do they understand you?

Time – Time is critical. If you see any of these signs, call 000 now. For more information contact the StrokeLine on 1800 787653 (free call or go to www.strokefoundation.com.au

Elder abuse

Elder abuse is any act within a relationship of trust that results in harm to an older person. The Elder Abuse Helpline is at 1300 651 192 Monday to Friday 9 am to 5 pm. In an emergency call 000. For more information visit www.qld.gov.au/makethecal

QIMR Seminars

Keep an eye on the Queensland Institute of Medical Research website for their range of

regular free health seminars presented by their world class researchers. More:

www.qimrberghofer.edu.au/

New Shirts

The Shed has new shirts in blue chambray with a logo to replace the former green polo shirts.



The new and the old modeled by George Rivers and Ken Irwin.



There has been a great take up of the new shirts with Rex Lapham and Malcolm Johnson seen wearing the shirts at a recent Tuesday Shed meeting.

Remember

Shed West open day

Saturday 25 October

Amberley Visit

Brian Purvis coordinated a successful trip for members to the Amberley Aviation Heritage Centre on Tuesday 8 April. The group, seen below travelled by bus to Amberley and on the return visit had lunch at the Walloon Hotel. Over fifty members attended.



This is my tool kit.



Members enjoying lunch at the Walloon Hotel.



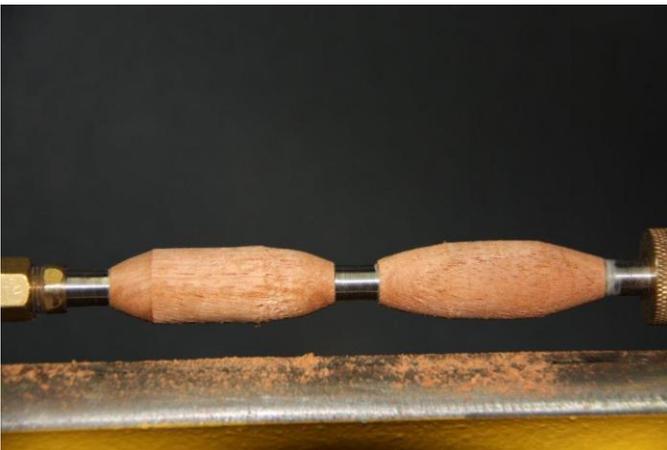
Photos courtesy of Ken Martin.

Woodturning —Turning Pens Part 2

Continuing from last edition of Bench Press.



Use a gouge to shape the pen. This can be used for the whole project.



The blanks are turned to the desired shape taking the ends down to a smooth finish with the bushes.



Advanced turners may prefer using a skew chisel as this reduces the amount of sanding required.



The pen is now shaped and ready for sanding.



Sanding is carried out with 150, 240, 320 and 400 grit papers to produce a fine scratch free finish. Higher grades can be used for even finer finishes.



Next apply finish. There is a wide array of possible finishes but a good result is achieved with the products available at the Shed. First use EEE Ultra Shine followed by several coats of Shellwax.



Apply the finish with a small piece of soft cloth and buff with a clean piece of cloth.



Similarly for the tip and then the mechanism which needs to be done last.



Now to assembly. Remove the turned pen barrel from the lathe and lay out with the pen kit components. There are several ways of assembling, including using the drill press, specially designed presses or the bench vice. The latter is used at the Shed.



The result is shown above. Press the mechanism in to just show the ring around the mechanism. Then test with a refill.



First assemble the cap components and press together in the vice.



Now insert the refill put the middle ring on and press on by hand the cap section. All that remains to be done is insert in the packaging.

Interested

If you are interested in turning pens please contact the Bench Press editor as there are plans to have a couple of special sessions.



Jacob Reinders masking up a model plane ready for painting.

Web Wanderings

You can now access information on the MyAgedCare gateway to compare prices and features. As well there is an online calculator. More: www.myagedcare.gov.au or call 1800 200 422.

Australia's health 2014 report is available at <http://www.aihw.gov.au/home>. It shows the rising cost and demand of our health services.

Following the presentation at the Shed from the Fraud Squad do not relax as there are many scams out there. Try this video link. <http://tenplay.com.au/news/brisbane/2014/6/10/hi-tech-robbery>

Keep up to date with the website Scam Watch. www.scamwatch.gov.au

The Australian Bureau of Statistics has released new data on the time spent caring for others in a free report Caring in the Community 2012. More: www.abs.gov.au

There are some interesting reports at <http://www.productiveageing.com.au/site> from the National Seniors Productive Ageing Centre.

If you have not been to the Shed Online recently there have been some updates and changes to the site. See: www.theshedonline.org.au

ManSpace TV

ManSpace TV recently commenced as a 10-week series on the Go! free-to-air channel on a Monday evening at 7.30pm. Go! is networked

nationally so check your local TV guide. If you miss an edition, simply go to the Nine Networks Jump-In website and you can view it there. Each week one of the segments features members from Men's Sheds.

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*

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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

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Bruce Montgomery working with the powered hacksaw in the metal workshop.

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