



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
Number 28 December 2014

Greetings from the President

It is with pleasure that I extend my greetings and thanks to members of Shed West, at the end of a year that has seen us involved in quite a few new, different and successful activities. Perhaps our year-end membership numbers (approaching 200), are a reflection of a growing recognition in the local community of the varied activities and opportunities for members?

In June, through QMSA, Shed West was invited to join 7 other Sheds in the construction of a very special "BRISBANE" sign as a signature component of the welcome to participants in the G20 Conference. In addition to agreeing to manufacture the very large letter "S" in the sign, several of our members took a leading part in the overall structural engineering design, development of the detailed manufacturing data, and co-ordination of the inputs from the 8 Sheds involved. I'm sure that for those who have seen the finished product, and all who are familiar with the public appreciation of the sign at Southbank, will join me in congratulating the Shed West project team on the success of their efforts, and thanking them all for a major contribution to the image of Men's Sheds.



The BRISBANE sign at Southbank for the G20.



Graeme Curnow is presented with a certificate and gift in recognition of his service to Shed West by Graham Barnard.

Strong support for our Tuesday afternoon meetings in the BCC Kenmore Library has continued this year, with attendances often nearing capacity. This support must reflect on the member enjoyment of the speaker program and the opportunity for members to socialise in the comfortable environment of the venue. On behalf of all members may I extend our warmest thanks to John Kahlert and Phil Castle for arranging the excellent speaker program, and to Malcolm Johnson for arranging set-up rosters plus provision of delicious refreshments.



Members enjoying the facilities in the Blue Shed.

At the AGM on 11 November, we had several members stand down from the Management Committee, and we owe thanks to them for their service to Shed West. In particular special recognition is due to Graeme Curnow who stood down from the Vice-President position and committee, after serving Shed West from its inception in 2007 as inaugural President for 4 years, and 3 years as Vice President. In addition to his important role in the establishment of Shed West, Graeme has led the formation of Queensland Men's Shed Association, (now 150 members), and represents Queensland's interests on AMSA. It was fitting that we could recognise Graeme's contribution by presentations at the Shed West Christmas Party.



Our expert carvers at work carving the ham at the Christmas party.

At the December Management Committee meeting we welcomed 5 new members, who I'm sure will make a valuable contribution to the future affairs of Shed West. In particular it is significant that Dennis Greig has joined the Committee as Vice-President, and has confirmed that he will nominate for President when a future vacancy occurs for that position. The Committee has agreed as a principle, that the future tenure for the President and Vice-President positions should not exceed a full 12 months duration. Also it has been agreed that a member nominating for the Vice-President position gives a commitment that he will nominate for the position of President at the next appropriate time. These measures are intended to encourage members to nominate for leadership roles, knowing that there is a target time-limit on their commitment. Also a

programmed turn-over of the President and Vice-President positions will ensure that new ideas and priorities are constantly being introduced to the Committee.

At Bellbowrie, progress on the improvements to the leased cottage on Priors Pocket Rd at Moggill for use as a Shed West Annex by local members is well in hand. The local community support for the Project has been most impressive, as have the efforts by the local members to bring a quality facility into operation as soon as practicable.

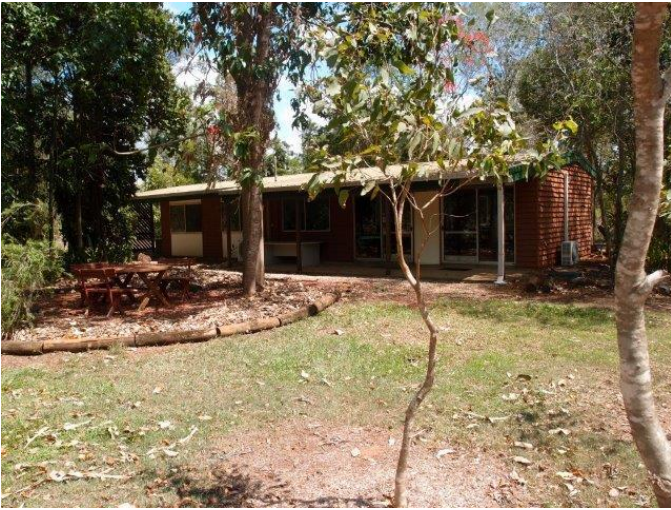
After a year that included several milestone events, including starting operations in the Blue Shed, co-operating with the production of a training video to promote self management of health issues by men, being allocated sole use of the Welding Bay in the Arts Centre, and the Bellbowrie project being launched, it was appropriate that we should mark year's end with an excellent Christmas Party at the Brookfield Centre. On behalf of all members may I extend our warmest thanks for a very successful event to the co-ordinators, Daphne and Ken Martin, and all members and partners who assisted in so many ways.

I am sure we can look forward to another successful, enjoyable year of Shed West activities in 2015. May I take this opportunity to wish you and your loved ones a safe and happy Christmas and a prosperous and healthy New Year.

Best Wishes Max Lockwood

Finally - a Men's Shed facility at Bellbowrie

By now, most Shed West members will be aware that the Men's Shed at Bellbowrie [an annex of Shed West Men's Shed Inc] now has a home in the Moggill area. Bellbowrie members had been holding weekly meetings in the Moggill Anglican Church Hall, however they were keen to find a more permanent facility and recently secured a 'Licence to Occupy' the Caretakers Cottage on the Department of National Parks, Recreation, Sports and Racing [NPRSR] site at 55 Priors Pocket Road, for an initial period of two years.



The Bellbowrie Shed.

The Cottage had been vacant for some three years and is in need of renovation before it can be fully utilised for meetings and activities. Agreement to occupy the site was conditional upon the Shed carrying out this restoration work, which includes repairing white ant damage, painting internally and externally and a clean-up of the site. The renovation is well under way and has been funded from revenue raised by the Bellbowrie members and some financial support from the parent Shed West community Men's Shed Inc. A photographic record is being made of the progress of the renovations.

To save costs, the majority of the work is being carried out by member's volunteer labour. On most mornings of the week there have been 'working bees' of enthusiastic members; everyone is pitching in to help. Currently concreting work is underway to site a garden shed that will house garden tools and other such equipment. Very soon there will be a flurry of painting activity. The Shed has been fortunate to receive considerable support from local businesses and tradespersons. To date we have had assistance with the mulching of trees and green waste; plaster preparation for painting; clearing of gutters; installation of water supply valves; demolition and removal of asbestos; and provision of paint. We have also received many offers of furniture, tools and equipments to fit-out the facility.

The Cottage provides a great venue for the men to meet in a quiet and stress free

environment. Meetings are still held each Wednesday afternoon at 1pm, usually with a topical presentation from a guest speaker. Visits and luncheons are also conducted on some Wednesdays. A drop in centre is operating on Tuesday mornings from 9am and the Cottage is currently offering activities including computing, gardening, tool sharpening and social games. Since moving to the Cottage, attendance at Wednesday meetings has grown from around 20 to well over 30 each week.



Bellbowrie members hard at work on new facilities at the Shed.

Whilst the Cottage [basically a three bedroom house] is well suited for our meetings and social needs, it lacks the space and environment for workshop activities. In the short term it is proposed to set up one of the rooms with a wood lathe, bandsaw and dust extractor to get some wood working activities under way, also to enclose the carport such that we can utilize workbenches with small electric and hand tools for minor projects. In the longer term our goal is to construct a workshop. The NPRSR agreement provides for us to construct a 12m x 6m shed on the site which can be fitted for a range of workshop activities. The Bellbowrie Shed is currently seeking grant funding to enable construction and fit-out of this proposed workshop.

All members of Shed West are encouraged to visit the Bellbowrie Shed and enjoy a cuppa with your fellow members at Bellbowrie. Perhaps if you are sufficiently motivated you may even consider contributing to the

renovation works currently in progress. In any event you are most welcome to visit.

Graham Barnard
Bellbowrie Coordinator

New Committee

At the Shed West AGM on Tuesday 11 November the following were elected opposed to the Committee:

President	Max Lockwood
Vice President	Denis Greig
Secretary	Roger Harding
Treasurer	Tom Usher
Assistant-Treasurer	Vic Lorenz
Committee	Graham Barnard
Committee	Ian Boudry
Committee	Phil Castle
Committee – Safety	Neil McMeniman
Committee – Projects	Doug Nissen
Committee	Brian Purvis
Committee	Jacob Reinders
Committee	George Rivers
Committee	Roger Tomes

same break as Kenmore with weekly meetings resuming on Wednesday 28 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 55 Priors Pocket Road on Wednesdays at 1pm. On the third Tuesday there is a BBQ at the Kenmore campus.

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.

Gleaned by Malcolm Douglas from pages of www.yourlifechoices.com.au



BBQ duties on open day at the Kenmore campus.

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 12 January and the regular Tuesday afternoon programs will recommence on Tuesday 27 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



Members and visitors at the computer club display on open day.

Quickflix

Ever heard of Netflix? Quickflix is Australia's answer to this American website. You can rent movies online and have them delivered either as a DVD through the post, or by streaming them instantly to your computer. If you go with Quickflix Post, you choose the movie you wish to watch and Quickflix will post you a DVD. You watch it and then send it back in a pre-paid postage pack. If you go with Quickflix Play, then you simply choose your movie and start streaming it to your computer immediately. The

downside to the first option is that it takes time for the DVD to arrive. The downside to the second is that it uses up your internet data. Prices range from \$14.99 to \$29.99 per month.

ABC iView

ABC iView is the Australian Broadcasting Corporation's (ABC) free online player. The television shows are streamed directly to your computer, so even though the service is free, it is a good idea to note that you are using your internet data. You can watch the most recent one or two episodes of currently airing shows, just in case you missed one. There are also hundreds of older shows in the archive, with full seasons available for you to enjoy at your leisure.

BBC iPlayer

The BBC iPlayer website is not currently available to those outside the United Kingdom, however, it is possible to get around this if you have an iPad, iPhone or Android device. The BBC is negotiating for international streaming rights but, until then, you can always download the BBC iPlayer app onto your Apple or Android device to access a wide range of BBC television programs, from the much loved *Pride and Prejudice* miniseries to current dramas, comedy, news and more.

SBS on demand

SBS on demand gives you free access to SBS programs, movies and live events. You can stream the shows or movies to your computer – the only cost is to your download limit. There is also a large back catalogue of past programs, so you can browse through documentaries, foreign films and more.

iTunes

You can download the Apple iTunes program for free to any computer. All Apple devices, such as iPhones and iPads, come with it preloaded. With iTunes you can purchase and download popular television shows and movies, which you can watch on any Apple device or simply on your computer. Unlike the other websites, you actually download the television show or movie, so you can keep it and watch it again. You can buy new movies for about \$24.99, or rent them for \$6.99 (you don't get to keep the movies you rent). You can

also buy individual television episodes for about \$3.49. The prices will vary depending on how new or popular a show or movie is.

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.

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.



At open day there was a very successful men's health display.

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.



Members and guests in the new metal working bay at the Kenmore Shed.

Mens Health

Take care in the water Older people are being urged to take extra care in the water this summer after new research reveals they are over-represented in drowning statistics.

A 10 year analysis by the Royal Life Saving Society (RLSS) Australia found that 1,072 people aged 50 years and over drowned in Australian waterways between 2002 and 2012.

This represents 36 per cent of all drowning deaths during the period, with males accounting for 75 per cent of those who drowned.

The Royal Life Saving Society Australia is encouraging people to talk to their parents and grandparents about how to reduce their risk of drowning through some simple safety measures including:

- Knowing their limitations
- Being aware of medical conditions
- Avoiding alcohol around water
- Wearing a lifejacket
- Learning lifesaving skills

More: <http://www.royallifesaving.com.au/>

Healthy life expectancy in Australia You can now expect to enjoy longer lives with more years free of disability, according to a report released today by the Australian Institute of Health and Welfare (AIHW).

The report, *Healthy life expectancy in Australia: patterns and trends 1998 to 2012*, shows the gains in the number of expected years living free of disability were related to a combination of increasing longevity and decreases in disability prevalence rates.

Australians can also expect to live more of these extra years free of disability and severe or profound core activity limitation.

The report shows that:

- Australians who had reached the age of 65 gained, on average, more years without severe or profound core activity limitation than years with it.
- Men who were aged 65 in 2012 could expect to live another 8.7 years without disability and a further 10.4 years with some form of disability, including 3.7 years with a severe or profound core activity limitation.
- Boys born in 2012 could expect to live to the age of 62.4 without disability and a further 17.5 years with some form of disability.



Members and guest during the speeches at the Christmas Party.

The report also shows that gender gaps in life expectancy are narrowing across all age

groups, although women can still expect to live longer than men. More: <http://www.aihw.gov.au/>

Web Wanderings

Scammers Protect yourself from credit card scammers over the Festive season more: <http://aca.ninemsn.com.au/article/8936017/protect-yourself-this-christmas-from-card-skimmers>

Holiday time is prime time for scammers so be careful. The ACCC offers a few tips:

- If it seems too good it probably is.
- Use reputable travel agents.
- Be careful on how you pay, particularly online be sure to use a secure payment method.
- Be careful of cold callers offering deals.
- If you think you've been scammed, report it.
- If you think you have provided your account details to a scammer, contact your bank or financial institution immediately.

You can report scams to the ACCC via SCAMwatch www.scamwatch.gov.au/ or by calling 1300 795 995.

The Shed On line has a wealth of information if you are looking for something shed related to do over the holiday break. More: www.theshedonline.org.au

Open Day

In October, Shed West opened its Kenmore Hills doors to the community to provide an opportunity for locals to see the range of the interesting and varied work that members are involved in. With almost 200 members involved in a variety of both hands-on and social activities members learn new skills and share their knowledge; find a quiet place to read and relax; or simply meet with mates. Sheds have an important role in promoting men's health

International Men's Shed Gathering-Dublin October 3-5

The Irish Men's Shed Association hosted the first International Men's Shed Gathering as part of their 2014 conference held at the Helix Centre in Dublin. With the theme Learning from Down Under the AMSA was represented at the conference with 3 delegates David Helmers (AMSA, CEO) Paul Sladdin (AMSA Board Member and President of the VMSA) and

Graeme Curnow (AMSA Board Member and President of the QMSA).

At the conference all 3 AMSA delegates participated in a Q&A session that provided the audience with valuable information regarding Mens Sheds, and the popular "All Power to You", the QMSA DVD for men in Sheds who suffer from arthritis was screened in the program just prior to the President's presentation.



Graeme Curnow visiting the sights of Ireland.

The key address of the conference was made by Irish President Michael Higgins who is also the Patron of the Irish Mens Shed Association, Mr Higgins acknowledged the Australian Mens Shed movement and gave acknowledgement to the Australian Mens Shed Association for assisting in the development of the Irish Mens Shed movement that has made such a difference in improving the well being and health of so many Irish Men. The president's address can be viewed at <https://m.youtube.com/watch?feature=youtu.be&v=4QdknYCbStU>

Prior to the conference was a "Shed Crawl" visiting the Blanchardstown/Mulhuddart Men's Shed, Moynalty Men's Shed and the Drogheda Men's Shed all of which were very impressive operations each being very different in structure and showed the diversity of Men's Sheds is universal.

Following on from the conference Graeme visited a number of Shed's around Ireland

while David travelled to England and Wales to address a Men's Shed conference in England and meet with Men's Sheds in Wales.



Reticence swept away like so much sawdust in the Men's Shed movement



Alison Healy
Communities of men with time on their hands are talking as they lathe

their hands to join community Men's Sheds to work on a range of projects while enjoying the friendship of other men. **Alison Healy** got involved with Mulhuddart Men's Shed in Dublin after he was made redundant from his job at Dublin Airport in 2012. "I found a leaflet about the Men's Shed so I popped in and I've been here since. It was only me and my wife at home in the house so I got bored and wanted something to do," he says.

Woodwork: More than 7,000 men are members of almost 220 Men's Sheds on the island of Ireland. Every shed is different. Some 60 men, aged between 40 and 88 are involved in the Mulhuddart Men's Shed and they spend most of their time on woodwork projects. "90 per cent of what we do here involves wood-

work," Meyer says. "We make birdhouses, benches, flower boxes, tables, all from scrap material. We also repair bikes. We recently got a donation of 60 bikes from the Garda station in Blanchardstown so we are repairing them and selling them."

66 men are not very open but when we're together we talk more
work. There are no social workers here, or nurses, but we chat and that's very important." He recalls one of the oldest

members telling him that he was on a range of tablets before he started visiting the Men's Shed. "How he says, 'I only take Solpadine from time to time. I don't need the other tablets anymore.'"

Changed life: This is echoed by Gerard Grehan who says Mulhuddart Men's Shed has changed his life. He became depressed after a series of injuries and accidents forced him to give up his work as a butcher seven years ago. "I was on anti-depressants and I couldn't work," he says. "Then I came down six months ago and I haven't looked back since. My mental health has gone from zero to 100."

Shoulder to shoulder: members of the Shed Crew and the Mognally Men's Shed at the Mognally Museum Threshing Museum.

Over in Mognally, Co Me members are busy restoring lathes machinery while Droghda "shedders" are signing and making awns. Their hashtag prototype was listed in the design for the *Irish Times* Twente awards. John Egan, chief executive of the Irish Men's Sheds Association, says the potential for movement is huge. "We're the numbers could do. There are nearly 2,000 clubs and 500 ICA group there's room to continue to expand. Our motto is that I don't talk face to face - they shoulder to shoulder."

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.

Farewell

This is my last issue as editor of Bench Press after 28 issues over 7 years I am going to have a break. My thanks to all who have supported the newsletter with copy and photos and I look forward to seeing a new editor with fresh ideas to continue the newsletter.

More Information

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Merry Christmas

Here's to a great Shed year in 2015

The Irish meeting received excellent coverage in ethlocal press.

Forward Bench Press

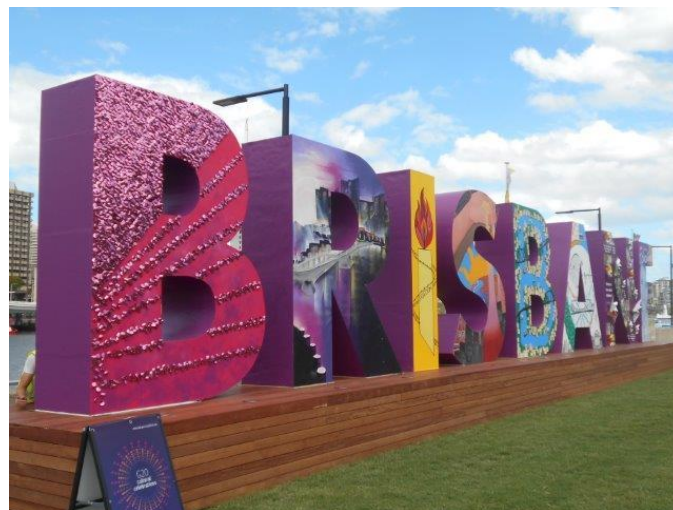
Feel free to forward this newsletter to friends and family. They may be interested in the Shed movement or to know what you are doing.

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.

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

Interested



It was estimated that over 350 million viewers worldwide saw the BRISBANE sign as the backdrop to news broadcasts covering the G20.

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