



# Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward  
Number 31 March 2017

## From President Chris Young's Desk

Firstly, my sincere thanks go to Alan Ernst, who makes time from his very busy schedule to publish our *Bench Press*. A truly wonderful record of our achievements.

A lot has happened since we published *Bench Press* Number 30 early October.

Our Monster Garage Sale held 22 October netted us over \$11,000. It was an amazing team effort involving over 70 members, and raised an awareness in the Community of what our Shed is all about. Special mention and thanks go to George & Helen Rivers, Don Bray, Mark Eaton and Howard & Penny White, plus the Bellbowrie team, for their leadership and hard work to make the day a success.



Russ Hawksford, Don Atkinson, Terry Betteridge, Cr Kate Richards, Col Howard & Bill Wallace on the BBQ. Graham Barnard & Grahame Browne were presented with Community Service Awards by Jane Prentice MP, for their work in getting the Bellbowrie Campus established. Our congratulations go to them both.

Under the radar, Peter Dent has prepared a comprehensive Business Plan for the



Graham Barnard, Max Lockwood and Dr Christian Rowan MP.

Bellbowrie Campus, apart from the very valuable *Welcome To Shed West* booklet he produced for Bellbowrie. Howard White has, over time, produced comprehensive training manuals for major equipment items, available to all members who wish to undertake accreditation on this equipment. Workplace Health & Safety at Kenmore and Bellbowrie benefit from the Manual prepared by Neil McMeniman, another very comprehensive document. Pat Gilles, with the help of Warren Cameron, have really wound up activities in the Blue Shed at Kenmore and some of the Pyrography work being produced is amazing. The Bellbowrie team presented their Shed immaculately for their Open Day, and Kenmore members are encouraged to visit to see the progress they have made, and maybe play a board game or two.

To conclude, my thanks go to our Committee, and the sub-committees, who are the engine rooms of our organisation.

Enjoy this issue of *Bench Press*. Contributions welcomed.

## Update on our Bellbowrie Shed



Bellbowrie Shed.

The most significant recent development at the Bellbowrie Shed has been the construction of a much needed workshop facility. While the Cottage was most suitable for meetings and small project activities, a larger workshop was required.

Shed West was successful in obtaining a Gambling Community Benefit Fund grant of \$34,913 to cover the cost of construction of the workshop. Construction of a 6m x 12 m shed was completed in April 2016. A much appreciated further grant of \$15,000 was obtained from the Moggill/Mt Crosby Lions to cover the cost of the electricity supply installation and reticulation. Construction of a disability access pathway, necessary to gain building sign-off, has been recently completed. Kenmore Moggill RSL Sub-Branch was most supportive and provided grant funding of \$4,000 for the pathway.

The workshop is now operational with a primary focus on woodworking projects. Toy making and furniture repairs are key activities with larger projects being planned. Much of the work undertaken to date is in support of the local community. A small metal fabrication section is still under construction; this will allow members to undertake basic metal cutting, grinding and welding activities.

Leather work is proving to be very popular with members and has been the source of quite a lot of revenue for the Shed. Articles being crafted include: belts, handbags, purses, horse bridles, harnesses, whips, stubby holders, etc.



New Workshop at Bellbowrie.

Raising funds was a major activity leading up to the end of last year. The Shed had stalls selling toys, woodwork, leatherwork and raffle tickets at the fortnightly Brookfield Markets, the Mitchelton Night Market and a Handmade Goods Market at the Moggill State School. Conducting Bunnings sausage sizzles is a good source of revenue when we are fortunate enough to be offered a place.



Inside – note floors and insulation.

Our library is bursting at its seams with many quality books for members to borrow or read in the comfort of the lounge. The grounds are constantly being upgraded with pathways, trees and seating providing a quiet place for a cup of coffee and a yarn. Computing classes continue and we have had a range of most interesting guest speakers to our Wednesday afternoon meetings. Also, visits to local establishments [e.g. the Salvation Army 'Watch them Grow' Nursery and the Port of Brisbane] and a monthly lunch at a local Bellbowrie venue or a BBQ function at the Shed are included in a well-organized but busy program.

Members of the Shed assist the Kenmore – Moggill RSL Sub-Branch each year with both ANZAC Day and Remembrance Day badge selling. The shed also conducts a sausage sizzle for the community, in conjunction with the Remembrance Day service at Bellbowrie.

We have recently commenced an open activity day from 9am to 3pm one Wednesday each month whereby members can undertake skill training to be certified competent on the workshop machinery, play board games, darts, cards, bowls, etc or work on a project of their own. Lunch is provided on those days.

We have recently had a visit from the Hon Jane Prentice MP to inspect the new Workshop facility and to present a Ryan Community Service Award to Grahame Brown and Graham Barnard for their contribution in the establishment of the Bellbowrie campus of Shed West. Also, visits from Cr Kate Richards as part of her getting to know the local Community.

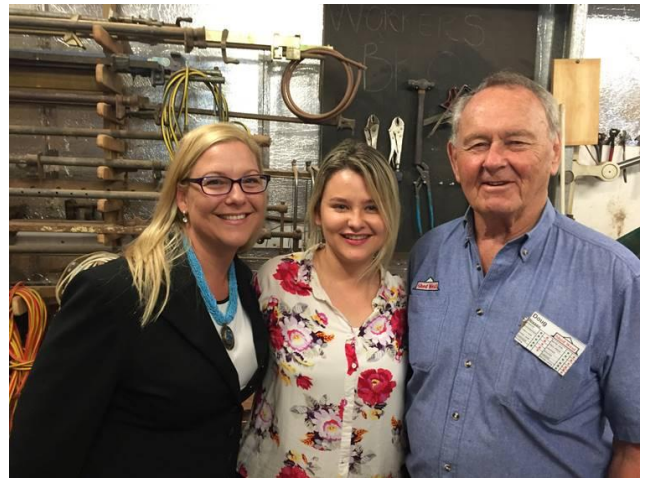
The Shed held its first Open Day in February this year. Whilst we were not swamped with visitors, there was a steady flow throughout the day and we were successful in gaining [potentially] eight new members.

### Projects

Following the Garage Sale in October, the final weeks of 2016 saw a flurry of activity to make up toy orders worth about \$1,300. Our toys are now displayed in the Pullenvale Ward office and A V Jennings Home Display in the Kenmore Village, resulting in further orders . We were given work for completion before Christmas to make up storage shelves for the Upper Brookfield School, quite a big job, and now have quite a few jobs for this year. The Project Department under co-ordinator, Doug Nissen, is a very good place to meet like-minded members, enjoy their camaraderie, produce useful goods and learn new skills. The team meets on Thursday mornings, and will make you welcome.

### Special Visit

In October last year we were visited by two representatives from A V Jennings Sales Support and Administration Dept to see what



Caroline Minton (L) and Alyssa Broughton, A V Jennings with Doug Nissen.

we did at the Men's Shed. Following a detailed tour by Doug Nissen of our facilities, they were so impressed with our range of Toys that they asked for our Excavator and Aeroplane to be displayed in their Kenmore Village sales office as they thought these toys would add a real "homey touch" to the exhibition. Doug was subsequently invited to the opening of their Sales Display where we were warmly mentioned for our skills in the opening speech by their Marketing Manageress.

Some weeks after the opening they asked for an invoice to purchase the Excavator and Aeroplane to offer as prizes in a Raffle to a lucky home buyer. This has been followed up in the new year with a further order to be painted in A V Jennings Company colours.



Doug Nissen and Frank Beattie at Garage Sale with Toys.

## The Challenge by Geoff Haigh



Geoff standing with Judy Haigh at the Kokoda Trekkers Dinner.

The Kokoda Trekkers who I walked with in 2006, challenged me to stand up and give a toast at our Tenth Anniversary Dinner. I wanted to share these images with you - especially with my wonderful Judy and standing up with her to toast. This was a special event with special people who have supported both of us.

However, none of it could have been possible without some very special Physios who have been challenging me from the beginning of our special journey.

A very sincere thanks to each one of them!

The rest of you have also been there giving both of us untiring support to keep us going forward.

A very special thanks to all of you for your support and friendship.

This journey has not finished yet but this milestone was an important one to me and Judy.

Lots of Thanks and Love, Geoff

## Precious Wings

A visitor to the Blue Shed on a Thursday morning may be surprised to see the following activities:



- Darryl Holden cutting out heart and star shaped pieces from thin, three-ply timber,
- Trevor Ward and Geoff Haigh inscribing words such as "Love" and "Memories" on these pieces with the pyrography units,
- Syd Hallas, (a.k.a. Alex Sander) either sanding their surface and edges or applying a clear undercoat or gloss finish,
- Warren Cameron and Gil Walker managing activities and applying the finishing touches by drilling a hole in each piece and tying a length a ribbon through it.

To explain all this, we have to go back a few months when we were visited by Kirstie Shaw, who, along with Kerry Gordon is a co-founder of Precious Wings. Both mothers have suffered the loss of a stillborn baby and the heartbreak of leaving the maternity ward empty handed.

Kirstie states – "When my son died, I received a beautiful memory box that I still cherish. It contained his SIDS & Kids NSW memory book, his hand and footprints, his little outfit, a teeny nappy, his hospital tags, a teddy bear and other information on infant loss and grief from the Mater Hospital."

Kerry has written – "I was given a memory box when Toby died and I consider it one of my most treasured possessions. The items inside were beautiful and the box so thoughtfully put together. At a time when I was unable to make decisions or think straight it provided us with

guidance about making as many memories as possible. I clung onto the teddy included in the box all the way to the car when leaving the hospital with empty arms.”

As the ladies state on the Precious Wings Website “We are passionate about helping other families who are faced with the devastating loss of their child and provide understanding, a feeling of not being alone and something beautiful to hold onto when leaving hospital with empty arms. We supply Memory Boxes to hospitals in Queensland for families who lose a baby of any gestation and for families who lose a child up to the age of 16 years old regardless of cause of death.”

Kirstie approached Shed West looking for more durable hearts and stars than the plaster types they were using. Starting with scraps of thin ply found in the shed, we have settled on sizes and shapes, type of undercoat and gloss finish and delivered our first batch to Kirstie on Thursday 10 November.

A pleasant sequel to our efforts occurred recently when Caroline Minton and Alyssa Broughton from A V Jennings Sales Support and Administration visited the Shed, learned of our support for Precious Wings and indicated AVJ would like to assist this wonderful cause. We were invited to apply for an annual grant of \$500 from them as part of their community support endeavours.

Earlier in the year, Jetts Kenmore held a fund raising auction for the Blue Shed which caters for our wheelchair-bound and less mobile members and their generous donation is financing all our expenses associated with our Precious Wings project. Needless to say all labour is provided free of charge.

Precious Wings services are all free and are currently available at nine hospitals in Brisbane and they have expanded to include other hospitals in Queensland. Their Website [www.preciouswings.org](http://www.preciouswings.org) is well worth a visit.

### **Who Am I?...Joe Ferri**

Joe was born on 14 April, 1933, in the Parma Province of Italy, where his parents were dairy farmers.

In 1952 he joined the immigration exodus, as a single man, to Australia, being accommodated in the Bonigilla Camp in Victoria, where he was taught to speak English.



Joe Ferri.

He got his first job at St Patricks College, Goulburn, working as a cleaner.

As with many Italian migrants at the time, Joe moved north to Ingham in 1954 to work as a cane cutter, followed by work on the Granite Belt picking apples being based in Brisbane. Joe met his wife, Eileen, whilst working in the kitchen at the Colmslie Hostel, and now has four children – 2 boys and 2 girls.

In 1974, Joe joined Whitcoull Engineering at Rocklea, working as a die setter for 25 years until his retirement.

From 2000 to 2010, Joe has been doing odd jobs around the Kenmore area, and joined our Shed in 2010.

Joe is a very active participant with our various projects, and a valuable and willing member of our organisation.

Thank you for all your help and commitment, Joe, and your friendship and humour infects us all.

(And we thought we had a tough upbringing!)

### **Wood Workers**

Brisbane Timber and Working with Wood Show  
26-28 May 2017 | Brisbane RNA Showgrounds

The show will host a live interactive Come, Try, Learn and Buy program. The program has proved to be extremely popular in all other States around the Country with visitors enjoying the fact they could Come and Try the differing tools and products. This year will be

no exception and will include new products, new programs and new presenters. The full program will be on our website early April  
More: [www.timbershows.com.au](http://www.timbershows.com.au).

### **Men's Health Shingles is recognised as a risk for those 50 years and older**

A vaccine to prevent the painful and potential deadly shingles infection will be available to 70-year-olds free of charge from November 2016.

But those in their 50s, 60s, and 80s will continue to have to fork out \$200 or more for a dose of the Zostavax vaccine if they want to be protected from the viral infection.

The Federal Government has allocated \$100 million over four years to provide the vaccine free through the National Immunisation Program (NIP), and expects around 240,000 people to be immunised each year.

It is also funding a five-year catch up program during which Australians aged between 71 and 79 years are eligible to receive Zostavax through the NIP.

But other vulnerable groups, particularly those in their 60s, will have to make their own arrangements if they want to be protected from the infection, the risk and severity of which increases markedly with age.

Shingles is caused by the reactivation of the varicella-zoster virus that causes chicken pox in children. Following initial infection, the virus lies dormant in nerve roots near the spinal cord, and can reactivate at any time.

Prevalence increases with age, from around 2 infections per 1000-person years in the under 50s to 5 per 100 person-years among those in their 50s, to 7 per 1000 among those in their 60s, and 10 per 1000 in 70-year-olds

The infection often appears as a painful rash or blisters on the skin, and the associated pain can be excruciating.

In addition to the rash, in 50 per cent of cases shingles can lead to post-herpetic neuralgia, a chronic and debilitating form of neuropathic

pain that can persist months or even years after the rash has healed.

### **Kenmore and Bellbowrie Programs**

Details of the weekly programs are emailed frequently direct to members and often promoted in the Shed West section of the free community publication *The Local Bulletin*.

### **Welfare**

Shed West has an active welfare program for members so 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 the Shed.

### **Specialist Groups**

There is a range of specialist groups who meet including; special projects, wood work, metal work, leather work, computers, pyrography, photography, cards, jam making and toy making. To find out more contact the Shed.



Geoff & Judy Haigh at the Kokoda Trekkers Dinner.

### **Christmas Party**





## More Garage Sale Action



Barry Borchart Helping Graeme Correll's Harpist.



George Rivers – the Everywhere Man

## 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.

## Interested

Visit the Sheds at either 98 Brookfield Road Kenmore Hills or at Priors Pocket Road Bellbowrie any morning Monday to Friday. Enquire about the Tuesday meetings at Kenmore or Wednesday events at Bellbowrie.

## More Information

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Ray Johnson helping out



Bellbowrie Shed Library.