



The Shed Newsletter

The Newsletter of the Shed West Community Men's Shed Inc.

June edition, 7 June 2025

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Shed West Community Men's Shed (Inc.) is a registered charity and member of the Australian Men's Shed Association and the Queensland Men's Shed Association.

Men's Health Week 2025

International Men's Health Week is held globally each year, this year 9-15-June. It serves as a vital reminder of the importance of men's health and encourages communities to support the wellbeing of men and boys.

This week goes beyond just physical health—it also shines a light on mental health and emotional wellbeing. It's a time to address the unique health challenges men face in Australia and around the world, and to promote activities and habits that can benefit their health all year long.

With nationwide events, campaigns, and discussions, Men's Health Week sparks awareness and encourages action to improve health outcomes for men and boys.

This year's theme is *See Your GP*

This year's theme — See Your GP— is designed to encourage timely check-ups and preventative care, with a focus on reducing avoidable illness through early intervention.

The Challenge

Two-thirds of Australian men put off seeing a doctor when they notice a health issue, often trying to manage it themselves or waiting until it worsens. This hesitation means missed chances for early intervention — turning small concerns into bigger, harder-to-treat problems.

The Opportunity

We have a chance to shift the conversation and change behaviours. By empowering men to take action sooner, we can help prevent serious health issues before they escalate. Check out this website for advice and practical tools to help men get the most out of their doctor's visit. healthymale.org.au/see-your-gp

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Shed West Sponsors

Shed West is indebted to local politicians and businesses that support the shed's activities.



Greg Adermann
Councillor for Pullenvale Ward

Dr Christian ROWAN MP
State Member for **Moggill**

ELIZABETH WATSON-BROWN
MEMBER FOR RYAN

LEWIS BROS. MITRE 10

Mighty Helpful independent hardware store in KENMORE

Lewis Bros Mitre 10 provides discounts on Shed West purchases.

Management Committee Deliberations



The Management Committee held its regular monthly meeting on the 14th May.

Over the last couple of months, the main focus of the Shed Management Committee has been on monitoring refurbishments. These have come to a peak during May. During this time other activities have taken a bit of a back seat. The major projects including the restoration of the Ollie, the Land Rover, and supply of possum boxes to UQ have motored on. The various interest groups – wood turning, leather work, and photography have reported active engagement. The Social excursion program is attracting good participation with the last trip to the Motor-museum well supported. The speaker program has had good attendance.

The Management Committee has been working towards gaining Deductible gift recipients (DGR) status. To achieve DGR status the Shed needed to bring its constitution in line with current Queensland Incorporated Associations legislation. The revised constitution was approved at the Special General Meeting in April. Application to the Australian Tax Office was successful and the Shed now has DGR status.

The Management Committee has also established a Technology Subcommittee which will report to the MC on a regular basis. The brief of the subcommittee is to undertake an analysis of our current technology situation and advise on future needs. The chair will be Doug Waite. The focus is on the operation of computer, networking and software. Related to technology use, the Committee acknowledged the importance of accurately recording accounts raised in the name of Shed West. Only the Shed Secretary can approve the establishment of email accounts and similar using Shed West in its name.

First aid and CPR training has been approved for Shed Supervisors and a selected group of members to be identified by the Safety Officer as a supplement to the supervisors.

Shed redevelopment update, 26 May 2025 - Neil Rogers

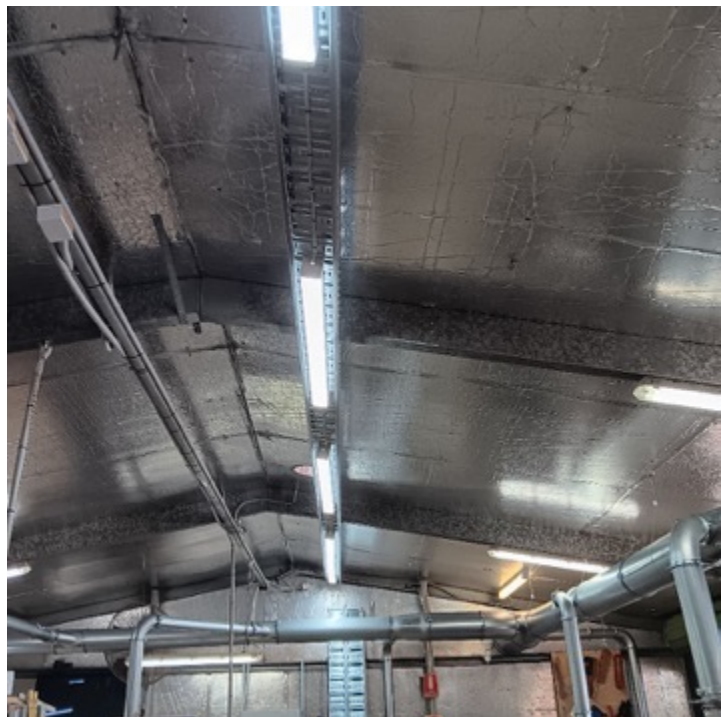
Progress at the shed has really kicked up a notch in the last 2 weeks.

The supports for the Blue Shed awning are in place and judging by the size of the steel used you would be forgiven for thinking there will be a house placed on top. Later today, Friday 30th, the insulated roof was fixed in place with some minor flashings to be finished off on Monday.



The Donga, fully airconditioned, is well underway to completion with just the electrical and plumbing services to be installed. The computer room cabinet and benchtops are in and the kitchen has been roughed in ready to be finished. Then following will be the concrete pathways and the landscaping/earthworks which will also include our preparations for the proposed new electric BBQ.

The main shed will never look the same. The Micronaire dust extraction system is fully installed with all machines connected. The system will have been connected to the power by the time you read this. Then Micronaire engineers will commission the system before handover. Our old, much-loved kitchen will be replaced with our Gordon Ramsay designed kitchen. It will be installed by the middle of the first week of June, however it may not be operational for some time as the wrong sink was supplied, thus the plumbing connections cannot be completed. Work on the new lighting system commenced during the



shutdown and should be finished by the end of the first week of re-opening, with assistance from helpers. Some temporary power will be supplied to the necessary machinery and will then, in turn, be connected permanently.

We will re-open on Tuesday the 3rd June 'should' the bulk of the contractor's work be completed. But we will not function as per normal until all of the shadowboards are up, tools have been allocated resting homes, the clamp frame at the end of the plywood rack is to be finished, and finally all of the "stuff" that we pulled out of cupboards and under benches needs to be sorted for worth of keeping or disposing of. So, as you can see, there will be plenty of work to be done.

A big Thank You

To all who showed up at the shed to begin the transformation from the old workshop to the new. The work was dusty and heavy but with the numbers who attended it did not take as long as expected. And now, when you make your return, you will be able to appreciate what you have worked so hard for to achieve is now a reality.

Well done all.

Thank you.

Neil

Recent (4 June) aerial photos from Shed West's drone pilot Stu Reed:



Blue shed awning installation



Dust collector



Progress on the donga replacement building

Leatherwork Group Report

convenor: Alan Ernst

We regularly get 3 to 5 members meeting in the Blue shed on Monday afternoons for a couple of hours project work and convivial discussion.

Current projects for the regulars are quite varied. Also, we get visitors who are interested in a specific project or with requests for information or support. Recent work has included tool covers, belts and notebook covers.

Greg is working on a briefcase for a family member. Brief cases have been a popular project over many years in a variety of sizes and designs. John is working on a cover for a notebook and in the past members have made similar covers for books in a range of sizes including covers for the now extinct telephone books. Alan is working on a mobile phone case using a wet moulding technique and a range of clamps and wooden mould.



Greg working on a handbag



John's cover for a notebook



Alan's mobile phone case underway

Photography Interest Group

Shed West Photographic Interest group is having a field trip in mid-June to Mt Glorious to find and photograph fungi. Below are two examples of fungi. The photo on the left is a bracket fungus the editor saw on the cycle path at the southern end of the Centenary bridge. On the right is the fungus featuring in a murder trial in Morwell VIC. Fortunately, this variety of mushroom does not grow in QLD so you will be pretty safe if you venture into the woods of Mount Glorious searching the forest floor for fungi. Contact Jim Watters if you're itching to snap some unusual and interesting fungi.



Shed West Speaker Programme 2025

Just a reminder that a team led by Catherine Keating from the Brisbane City Council will present the talk in the Kenmore library at 2pm next Tuesday on Disaster management: Preparing for severe weather in Brisbane. **That's Tuesday 10th June.**

Room 3 at the Kenmore Library is the venue and members and guests can arrive from 1:30 pm for a 2 pm start in. The speaker program is a work in progress. Confirmed Speakers and Topics till 2 Sept are: (Pencil these talks into your diary.)

10 June	Catherine Keating, Kylie Daniel & Miranda Daniel	<i>Disaster management: Preparing for severe weather in Brisbane</i>
1 July	Gilbert Logan	<i>Australia's Million Year Ice Core Project - Science, engineering and logistics</i>
8 July	Bil Cristaldi	<i>Ingham Floods (2025) - Living through a disaster</i>
5 Aug	Sam Yilmaz	<i>Home care package programs</i>

12 Aug	Colin Newton	<i>Dying to Know – Funeral Planning</i>
2 Sept	Mark Hadfield from QFS	<i>Fire Safety and Li-ion batteries</i>

Light refreshments are served after the presentation.

Other dates will be filled as speakers' commitments are confirmed.

If any member can recommend a speaker who is willing to share experiences on a non-political, non-religious, non-commercial topic, the secretary would be keen to hear from you. Contact Jim Watters at email address Shedwest.sec@gmail.com

Visit to Samford Area Men's Shed

A small group from Shed West visited cousins at The Samford Area Men's Shed on 28 May. Bill Cristaldi took photos to show the rest of us who could not join in on the day. The Samford area shed does look impressive. Metalwork, woodwork and woodturning are available for members to pursue. The metalwork for "The Steelies" area looks impressive with a very nice milling machine, floor standing drill press, small bead or sand blasting machine, guillotine, welding equipment, engine lathe and lots more. "The Woodies" are also well set up. A display of shed products included wood turned items children's toys and art works. Members enjoyed a tour of the shed and a chat over smoko sitting in what look to be comfortable chairs. Unfortunately, photos of the facilities at Samford sizes were too large to include in this Newsletter. Ask Bill if you want to see more.



Dave's Days Out

We had a good turnout for the trip out to Banyo to look at the many different beautifully kept motor vehicles on show. Interestingly, the [Brisbane Motor Museum](#) doesn't own any of the cars on show. They are all owned by individual car lovers. The focus at the time of our visit was on Sports Cars, but this changes every three months – as of 6th June the display changes focus to 'Muscle Cars'. The participating members then travelled to Gallopers Sports Club for a splendid lunch.

Dave King took some photos and you can see them on this link.

<https://photos.app.goo.gl/3gyZR4VjDvBKPDYy6>



Dave's Upcoming Events (at time of writing)

June 14th: Wine and Cheese Spectacular!!

There have been quite a few murmurings about having a mid-year get-together to rival our usual Christmas Lunch. Luck would have it that we have our own wine & cheese expert who is willing to host this special event. Peter Gross has hosted similar events professionally for some time, usually on behalf of Wine Selectors, who were very helpful to Shed West by producing some printing and helping with a selection of wines for our event.

During the event we will be tasting 12 different cheeses, matched to 5 different wines and 1 sparkling wine. All expertly directed Peter Gross, who has arranged for us to compare some Australian cheeses with their counterparts from Europe.

July 30th: Samford Museum

Come out to Samford and enjoy a guided tour of the Museum, which lies in the centre for the Samford Village.

August 26th: Ferny Grove Men's Shed & Tramways Museum

Ferny Grove Men's Shed is part of the Tramways Museum at Ferny Grove. They will host us for morning tea and a BBQ lunch. More detail will be available soon.

Member Feature - Albert Takken

Albert is one of the shed's older members. He has had an interesting life. Born in Holland in 1940 Albert's family of parents and three sons emigrated to Australia in 1948. After spending some time in Sydney the family moved to Kandos near Bathurst where the father bought and operated a café business. Kandos was the location of a Portland cement works that made cement used in construction of the Sydney Harbour Bridge and the Sydney Opera House.

Albert was sent off to boarding school in Sydney in 1953 and remained in Sydney to study and complete a veterinary science degree at Sydney University. On graduating Albert moved to Brisbane because the family had purchased a business at Noosa. Albert worked at the Univ of Qld vet school for a year before commencing a job with the CSIRO laboratory at St Lucia in bovine physiology. After four years Albert moved to Noosa to manage the motel business because his father was ill. The motel was sold and Albert took the opportunity to return to Europe for a 4 month holiday with his wife and two children aged 4 and 1. A brave venture as fathers of young children can attest but as Albert said his father had eight brothers in Holland so there were lots of family to help look after the young children.

Albert returned to Brisbane and took up a position at the DPI in the field of pig nutrition. Albert's research aimed to improve pig meat production by determining which male pigs acquired the highest weight and muscle gain and selecting their semen for breeding the next generation of pigs. Albert worked in this field till early retirement in 1997 at the age of 57.

In 1993 Albert joined the Queensland Wood Turning Society at Greenslopes and has pursued a very active interest in wood turning and the society since. Albert says his interest in woodwork started at age 11 when he had a hobby of collecting chisels. Woodworking became Albert's primary hobby taking 2nd place to gardening. He has enjoyed turning items in hairy oak and red cedar timbers.

Way back when the Noosa motel was sold Albert and his family were living in Indooroopilly and moved to Brookfield in 1996 to live in two caravans on land he had purchased in Kintyre Street. Two of Albert's brothers lived there for a while too and during 1997 the trio built Albert's house completing all tasks themselves except for the brickwork and the roof.

Albert has had an enjoyable retirement career in woodwork and wood turning with his wood turning lathe and accumulation of wood working tools and timber. Some of Albert's wood turnings are illustrated below. After converting his daughter's horse shed into a woodworking shed space was available to increase the array of machine tools. Albert says he picked up wood working skills by himself supported by two brothers who were cabinet makers. He has made some interesting pieces including a coffin that he made for himself and ended up providing for the funeral of a good friend. Albert says he is now a casual attendee at Shed west and enjoys the social connection with like-minded men.

Some of Albert's favourite wood turning pieces:



Wellbeing Work Book

A Maleny Shedder who embarked on his retirement journey a few years ago, after a rewarding career in academia and health, has published a workbook to help others forge a good retirement. Dr John Barletta, a Clinical Psychologist, had worked professionally with individuals who struggled crafting a quality life after work. His “Wellbeing Workbook: A Comprehensive Guide to Creating a Healthy, Happy, Productive, Long Retirement” helps people plan a flourishing retirement that makes sense to them. As the Health and Wellbeing Officer at the Maleny Men’s Shed, John stays closely in touch with the various needs of retirees.

Practical, no-nonsense, and inspiring, John bases his work and life on specialised training, scientific research, clinical expertise, and lived experience, not crazy pop psychology. With a similar mindset, the workbook explores a range and variety of topics Sheddors will find interesting and helpful, with experiential activities included.

John states: “Retirement is a challenge and a joy, but history, research, and experience shows us that when people make time to reflect, increase self-awareness, and consider certain information, life-changing things are accomplished. With the planning process in this evidence-based self-improvement workbook, ordinary people achieve extraordinary results. I hope every Shedder’s retirement will be good, however hope is not a strategy.”

A free electronic (PDF) copy of the “Wellbeing Workbook” is available to Sheddors everywhere. Download by copying this into your browser:

<https://www.qmsa.org.au/s/2025-Maleny-Mens-Shed-Wellbeing-Workbook-Dr-John-Barletta-1-prwh.pdf>

Shed West Member Creation

Miniature Table Top Grandfather Clock

By Bill Cristaldi

I’ve had an interest in horology (all things clocks) since I was very young. Since coming on board with Shed West some 8 months ago, I’ve met great people willing to pass on their knowledge freely and provide guidance, encouragement and support (as well as great and interesting conversations).

I’ve been inspired to revitalise my engineering abilities and learn new design software and then take advantage of this to pursue my clock making passion.

The miniature grandfather clock is a complex design. It will only be just under 450mm tall. It uses a high-quality battery-operated time mechanism with pendulum movement and a built-in chime mechanism with custom speaker. Great attention to detail is required to achieve a good build. I’ve used the Shed’s “Trotec” laser cutter/engraver to achieve significant accuracy in cutting all parts required in both plywood and acrylic plastic which makes for ease of assembly.

Due to the complexity of this particular design, I’ve taken advantage of and actually used artificial intelligence (AI) to quickly visualise what my clock would look like and

then tweak my design to get it right. This has helped enormously and I am making fine adjustments as you read this.

As with all the clocks I design and build, detailed assembly instructions are included as well (so they are repeatable for those who are interested in the future).

Both fellow shed member Ralph Dowling and I are conjointly working on making my clock visions come to life (for both electrical and mechanical type movements) and we look forward to providing regular updates as we progress.

Special thanks go to the Shed West executive, supervisors and trainers for their ongoing guidance, support and advice. Lastly, I would like to humbly acknowledge “the great” Graham Correll who patiently spent an afternoon with me showing and discussing his grandfather clock builds and listening to my early endeavours into clock making.



Shed West toy production

Last of the line of wood blocks and trolley that Phil Batten has made at the shed.



Shed West Classifieds

Got something to sell, need some tool or equipment? Shed West Classifieds is the place to look. Shed gear that is to be sold will appear in the classifieds for members to have first option to buy.



Air compressor for sale. No electrical test and tag. Pressure vessel test date not known. Offers to Neil Rogers.

Editor's Note

The deadline for articles to be provided to the editor for inclusion in the Shed West Newsletter are:

23 July for 30 July publishing

22 September for 29 September publishing

28 November for 5 December publishing

If you are sending photos for inclusion in the Newsletter please email either as small size PDF format (under 150kB) or in jpeg or tiff format so the file size can be reduced if required.

Shed West's Newsletter is of greater benefit to its readers if it contains stories about Shed West members. If you are working on a personal project at the shed, engage in a hobby at home, have an artistic flair, play a musical instrument, have returned from a travel adventure, we would all like to hear about it. If you don't want to write your own story, contact me and I'll write it with you.

Gilbert Logan (Shed West Newsletter, editor)

email gilogan51@gmail.com

Mobile phone 0409792396

Secretary Jim Watters issues a warning to timber hunters and gatherers;



Shed West timber is protected by Smiley!

Committee Membership & Responsibilities

President	Phil Batten	shedwest.president@gmail.com
Vice President	Gerald Barber	
Secretary	Jim Watters	shedwest.sec@gmail.com
Treasurer	Shyam Verma	shedwest.treas@gmail.com
Committee Member	Ian Boudry	
Committee Member	Gavan Clarke	
Committee Member	David King	shedwest.social@gmail.com
Committee Member	Stuart Reed	
Committee Member	Neil Rogers	
Committee Member	Doug Wait	
Committee Member	Bruce Woodhouse	
Committee Member	Gilbert Logan	

Operations Sub-Committee

The operations sub-committee is responsible for the management of the Shed. This includes, maintenance and health and safety aspects.

Neil Rogers (Chair)	neiltrogers@optusnet.com.au
David Arnold	arnoldda@optusnet.com.au
Warren Cameron	wm.cameron@bigpond.com
Gavan Clarke	gavan@seehills.net
John Lippiatt	jelippiatt@gmail.com
Peter Merrell	petermerrell@aapt.net.au
Doug Nissen	dougniss@tpg.com.au
Ron Williams	willronchris@bigpond.com
Doug Wait	dwait@bigpond.net.au

Other Responsibilities

The following members are point of contact of a range of special tools and functions.

Social Events Coordinator	David King	dave@thekings.id.au
Trotec Laser Coordinator	Ross Monks	ross@rossmonks.com
3D Printer Coordinator	Jim Watters	jjwatters@gmail.com
CNC Router Coordinator	Neil Rogers	neiltrogers@optusnet.com.au
Auditor	Tom Usher	tomusher197@gmail.com
IT Consultant / Web Site	Ray Johnson	pamray19@tpg.com.au
Shed Trailer Coordinator	Phil Batten	phil.liz.batten@bigpond.com
Newsletter Editor	Gilbert Logan	gilogan51@gmail.com
Community Liaison Officer	Jim Watters	Shedwest.Sec@gmail.com
Leatherwork	Alan Ernst	ernsts@bigpond.net.au
Wood Turning	Gavan Clarke	gavan@seehills.net
Vehicle Restoration Group	Bruce Woodhouse	bmwood@bigpond.net.au
500 Cards	Ross Monks	ross@rossmonks.com
Workplace Health & Safety	Ralph Dowling	ralphmdowling@gmail.com



Shed West Community Men's Shed (Inc) Supervisors

Day	Supervisor	Assistant Supervisors	Supervisor
Green Shed 8.00 – 12.00 AM			Green Shed 1.00 – 5.00 PM
Monday	Gavan Clark	Carlos Borges	
Tuesday	Ron Williams	Gerald Barber, Phil Batten	
Wednesday	Doug Wait	Neil Rogers	David Brown training where needed
Thursday	Ron Williams	Gavan Clarke	
Friday	Neil Rogers	Peter Merrell	Gavan Clarke (woodturning)
Blue Shed 8.00 – 12.00 AM			Blue Shed 1.00 – 5.00 PM
Monday	(Leatherwork)		Alan Ernst
Thursday	Warren Cameron	Geoff Haig, Trevor Ward	
White Shed 8.00 – 12.00			
Monday	Russ Hawksford	Bruce Woodhouse	
Tuesday		Russ Hawksford	
Wednesday			
Thursday	Russ Hawksford	Bruce Woodhouse	
Friday	Bruce Woodhouse	Russ Hawksford	

A Shed Supervisor, through negotiation, is assigned to a designated day to oversee all operations conducted within and enforce all duties listed below. An Assistant Supervisor is also designated on each day. **Either** of these two must be in attendance on their designated day.

- In the event that the designated supervisor is unable to attend, it falls on him to request that the Assistant Supervisor cover his duties,
- Should the Assistant be unavailable then other Supervisors may be approached to cover his duties,
- If the designated supervisor needs to depart mid-session and the Assistant Supervisor is not in attendance, then a senior experienced and qualified member may be asked to assume the responsibilities of the Supervisor,
- In the event there are no designated, nor ordained Supervisors in attendance then the Shed must cease operations and close.

The responsibilities of the Supervisor include;

- Ensuring members entering the Shed are wearing sturdy enclosed shoes.
- Prompting members to wear their name tag, sign in to the Shed and pay the attendance fee. Members must also remember to sign out so as to validate insurance cover.
- Making sure members using machinery have access to the required personal protection equipment (safety glasses, ear muffs, dust masks, etc).
- Ensuring members using machinery have been cleared to use the machinery by a mentor, are wearing a name tag that indicates that they can use the machine (i.e., have appropriate green dots on their name tags) and are using machinery in a safe manner.
- Ensuring members clean the workbenches or equipment they have been using as soon as they have finished their task.
- Ensuring members return tools and/or equipment they have used to their appropriate storage place.
- Checking vacuum cleaners, dust extractors and filters are emptied and cleaned.
- Making sure the Shed is left in a clean and tidy condition at the end of the work session and ensuring the Shed and all other buildings are securely locked. All work should cease by 11.30 allowing time for cleaning up and sterilising all items used. Where possible the supervisor is to blow out the shed.
- All new members will receive a welcome pack detailing the operations of the Shed as well as the QMSA and the AMSA. It also outlines that all members will undertake the Safety Induction program despite not wishing to attend workshop activities.
- The Shed Safety Officer or his delegate will require that a member acting dangerously immediately begin observing safe practices. If the Safety Officer's (or delegate's) instructions are disobeyed, then he may ask the offending member to cease his activity and leave the premises forthwith. This person's right to work in the Shed workshop will be suspended until it is reviewed by the Management Committee.

NB. All items donated to the Shed will be scrutinized by the duty supervisor to determine what remains as Shed property and what may be allocated to wanting members.

November 2024