



The Shed Newsletter

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

11 June 2026, issue 3

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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.

Greetings shedders.

June brings us to almost half the calendar year consumed. It has been a positive time for Shed West. Membership has increased, currently at 130. Shed opening on Saturday morning is being trialled. Ollie's restoration is continuing at a pace. A successful wine, beer and cheese tasting was held a few weeks ago. The Blue Shed is busy with manufacture and assembly of Precious Wings Foundation boxes, drink coasters, aeroplane kits, 3D printer tuition, leather work, plus a new Clock Interest Group making timber clocks. The Green Shed is running training sessions for members to learn or review how to safely use various wood-working machines. Fine timber box making is advancing for those who have taken on the challenge. Planning and purchasing is underway for a new community project at Upper Brookfield State School. It really is a great time to be a member of Shed West men's shed. [Editor]

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Shed West Sponsors

Shed West is indebted to local politicians and businesses that support our 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.



Bunnings Warehouse donates materials to Shed West.

Member's annual subscription due from 1 July -- Take Note!

Your annual subscription for the Shed for the 2026-2027 period is due from 1 July 2026. The subscription will remain at \$80.00, which is unchanged from this current year.

Your subscription goes part way towards covering the operating costs of the Shed. Our current operating costs are in the region of \$17,500 per annum, which includes office costs, public liability and equipment insurance, rates, WHS and site repairs and maintenance. Based on our current membership of 130, this equates to about \$135/member.

These operating costs do not include repairs, maintenance and licencing costs for our plant and equipment. They and other costs are funded out of revenue earned from project work, external events such as the Bunnings BBQ's, the biannual Kenmore Christmas 'toy' sale, part of your \$4.00 daily attendance fee and donations. We separately seek grants to cover the cost of new items of plant and equipment as the need arises.

To help manage our costs, it is important that as many members as possible contribute some of their time to our community project work that raises revenue for the Shed.

Along with the general increase in costs that the Shed, like everyone else will experience over the next 12 months, our negotiations with BCC over the renewed Shed lease will also involve an increase in our costs. We will need to pay a nominal amount for the renewed lease, building insurance and a share of site costs with other tenants.

Please pay your annual subscription by direct deposit to the Shed's bank account. Your payment transaction should include your surname and reference to the purpose of payment – e.g. membership.

Banking details at BOQ Kenmore are:

Shed West Community Men's Shed Inc

BSB: 124 029

Account: 23330018

PRESIDENT'S REPORT FOR THE MANAGEMENT COMMITTEE

SHED WEST - JUNE 2026

Thank you for the opportunity to present this report to the Management Committee meeting for June 2026.

1. **Follow-up from QMSA workshop** - Management Committee Training session with CPR Group: Phil Batten and I attended this workshop and I presented this in last month's president's Report. We are still waiting on notification from QMSA when this workshop, which was videoed, will be available for viewing. Both Phil and I strongly suggest that members of the Management Committee watch it when it's available.

As a follow-up from this workshop I have been reviewing a podcast that CPR Group provide, particularly pods concentrating on the 'handover of key positions within a club'; 'roles of the President and Vice President', and 'why members drift away'. I intend to provide a precis of these topics in the near future as they have great relevance for Shed West.

2. **Visits:** On 21st May we had a visit from several important people from the Brisbane City Council. Attending from the BBC were two Councillors (Cr Vicki Howard and Cr Greg Aderman) and two BCC officials that have a major role in the production of our upcoming lease arrangements. The meeting was quite positive and all BCC representatives were speaking reassuringly and seemed keen to assist Shed West where possible.

As a follow-up to this meeting, a group from the management committee met with Cr Adermann and are feeling confident that he will assist Shed West with some improvements in the near future.

3. **Beer, Sparkles and Cheese afternoon:** The final wash-up from this event is very encouraging. The event was attended by 36 members and their friends and family with 1 who had to pull out due to illness and one couple who forgot!! Apart from a great night for the participants, a clear profit of over \$600 was an added bonus. We have thanked Shed West member Peter Gross and Andrew Sydes from the Straddie Brewing Co for the informative and fun presentations.
4. **Website update:** Matt Ruthof from One Fish Technologies is putting together our new website and has started with the home page, events calendar etc. He needs a fair bit from us such as photos of members "doing their thing". I have asked the photography group to help with this. To provide the new email addresses, he needs access to the back-end of our current website (shedwest.com). He will follow-up with Ray Johnson to gain this access, and he already has Ray's email details for this.

In short, Matt still has some great headway but needs me (us) to provide some more information and feedback on what he has already done. It's an ongoing process!!

5. **Resignation:** For personal reasons, and with immediate effect, Mike Symes has resigned from his positions on the Management Committee and as the Membership Coordinator. I have spoken with Mike and emailed him thanking him personally, and on behalf of the MC for the many hours work he has done for Shed West over many years. We will still see Mike around the Shed, I'm sure.

The good news is that Valther Hansmar has volunteered to take over the Membership Coordinator role from Mike. I will be working with Valther over the next little while to help him with this transition.

6. **Social Coordinator:** We are still looking for someone to take over the Social Coordinator role that I left when accepting the President's role last year. Anyone thinking they might want to take on this important job, please get in contact with one of the Management Committee or call me directly to discuss it.
7. **Magical Mystery Tour:** I am working on a tour of some rural Men's Sheds around the Darling Downs and South East Queensland. The plan is it have a pre-arranged visit of

about 5 or 6 Sheds over a 5 day period. The tour will be towards the end of the year, so keep an eye out for more information. There will be a call for expressions of interest soon.

Stay safe, stay happy.

Dave King

Brisbane City Council representatives meet with Shed West management



Shed West representatives met with Brisbane City Council Representatives Cr Vicki Howard (Chair Community and the Arts Committee, Cr. Greg Adermann (Councillor for Brookfield), Matt Wardlaw and Athena Hayes to seek further feedback on progress of Shed West's lease arrangements and requests for extension submitted in November 2025. The group inspected each of the three sites occupied by Shed West – White Shed, Blue Shed and Green Shed. Discussion was beneficial for Shed West WRT Applications for Work, progress of lease, utility and insurance negotiations.

Member Interview

It has been a while since an opportunity presented to write an article about a member of the shed. This time Carlos Borges is under the spotlight, so to speak. People's lives are fascinating and reading an overview of someone's life story helps us know that person better, understand the complexities that underpinned their life and admire and respect what they have accomplished in their family, work and community. [Editor]

“Life has been good; No complaints.” A short history of Carlos Borges.

Carlos has been a member of Shed West for about six years. He is a green shed supervisor.

Carlos with his wife, Susie and their teenage son and daughter emigrated to Australia from Johannesburg in 2002. During a “look and see” trip with friends from Adelaide to Melbourne and on to Sydney to visit family, and while not visiting Brisbane, they later decided Brisbane would be a better fit for them and family – comfortable climate, manageable size, ease of getting around and pretty. What good fortune for Shed West that Carlos chose to live nearby.

Carlos's background was in Human Resources and business and with an MBA, his first foray into working in Brisbane was to join two similarly qualified local entrepreneurs in setting up a consultancy to assist temporary migrants to become permanent residents, by assisting them to acquire their own business in Australia. This isn't where Carlos stayed. With newly acquired and valuable local knowledge gained in completing due diligence on a multitude of different companies, Carlos began to explore his own business opportunities looking for an activity that would interest and enthuse him. A Baskin Robbins ice cream outlet at Stones Corner ticked boxes in Carlos's list of requirements and the deal was done. Carlos developed a very successful ice creamery employing many teenagers including his own. Recognising the opportunity of giving young people their first job Carlos encouraged them to value the importance of building strong customer relations, a conscientious work ethic, while working as a team. Carlos was happy to sell the shop after 13 years in the ice cream business.

To better understand Carlos, we need to go back to his earlier life. He was born in Lubango, in the south of Angola, into a farming family. With an Angolan father and South African mother he grew up speaking Portuguese, living between their dairy and beef farms and ultimately attending boarding school in central Angola. With the aspiration of getting a university qualification in animal husbandry, Carlos left Angola to complete his matriculation at Marist Brothers in South Africa before going on to enrol in university there. This was interrupted after Angola achieved independence from Portugal in 1975, and the ensuing civil war, a difficult and dangerous time, necessitated that he return home to assist with managing one of the family farms.

In 1976 he was able to return to university, changing direction, and studying a Bachelor of Arts in Psychology in Pietermaritzburg, South Africa. There he met Susie who he would later marry. After graduating they travelled for a couple of years, visiting Portugal, Israel, Morocco, UK, Cyprus, Egypt... before settling in Johannesburg in the early '80s.

Carlos' first job was with Olivetti Africa as a trainee Human Resources officer. He accelerated through the ranks to become the Director of Human Resources, a role that had him negotiating with Unions, managing a payroll for a workforce of hundreds, as well as being a member of Olivetti's First Line Management and Strategic Planning team. Following the regime change after free and fair elections in South Africa with policies of affirmative action emerging, Carlos consciously pivoted into a business role, prompting him to study an MBA. Over a period of fifteen years at Olivetti, the business model itself was changing, the parent company in Italy was changing, the world was changing through rapidly evolving technologies, and Carlos found himself involved in assisting strategic navigation of many of these changes within the day to day workings of the company. From typewriters to computers, to the early days of the internet, these were dynamically evolving times. [For those readers who remember back to 1982 the Commodore 64 computer was released and ethernet and token ring connections between computers was possible. The internet was barely known and didn't really kick off until 1983.] Head hunted, Carlos moved through several computer companies, where his business and people skills were recognised, ultimately seeing him working as Compaq's Intra-African Warranty Manager.

Carlos and Susie had built their family home on their ten acre property outside Johannesburg. The lifestyle was remarkable and suited them well though safety and security became a concern, particularly as Carlos was often away from home. The decision was made to seek a safer place for the family and with Permanent Residency visas they made their move to Australia.

Susie studied a Bachelor of Arts in Psychology and Geography and her lifelong interests in wildlife and ecology led her to working as a game reserve tour guide at one point, later an educator, before full-time motherhood occupied her time. Once in Brisbane she studied a Master of Counselling at QUT and worked for Kids Helpline, Relationships Australia, and QUT as a family therapist, tutor and supervisor. She is a keen yoga practitioner and teacher and enjoys visiting India.

Carlos has a full life with many interests. He likes people, is interested in them and their stories. He likes gardening, keeping fit, and spending time with family including their three young grandchildren. Carlos likes to tinker, to fix things, to repurpose things, perhaps harking back to life as a farm lad where repairs were often in-house and the motto was to make-do.

In the Men's Shed Carlos enjoys the camaraderie. Of life, Carlos says: "Life has been good; life is good".

[This article is a joint effort of the Editor, Carlos and Susie.]



Carlos on the Table Saw

Summary of the 2 June talk by Prof Stephen Barker on the Eastern Paralysis Tick (*Ixodes Holocyclus*)

Prof Barker's presentation was packed with information and anecdotes from his long-term research into the lifecycle, characteristics and habitat of the Eastern Paralysis Tick; with a connection to Shed West. As editor I took some notes to provide you the basics about this species of tick. This is the tick that can kill your pet dog or cat.



Female *Ixodes holocyclus* before and after feeding. The male does not increase in size like the female. The male often feeds on engorged females.

Where is it found: The Eastern Paralysis Tick is unique to Australia. It is common along the Eastern seaboard of Australia from Lakes Entrance (VIC) to north of Cairns. It prefers wet country, particularly the coolness surrounding creeks and waterways.

Identification: The Eastern paralysis tick can be recognised from other tick species because its front and hind pairs of legs are darker than the other 2 pairs of legs.

Tick season: In SE QLD tick season runs 4th week in AUG till 3rd week in NOV. The life cycle of the tick is about 9 months. During this time the tick undergoes three changes from egg to larvae to nymph to tick. At each stage of development, the tick-to-be is susceptible to dryness and heat. Temperature > 40 deg C will kill tick eggs, larvae, nymphs and ticks. Each stage of development needs a host on which the larva or nymph will feed. Nymphs will become male or female ticks. Females attach to a host to engorge with blood. Males search the host seeking a female tick that they can mate with. That is the end of their life unless they can parasitise the female to collect a feed of the blood she has collected from the host, that will extend their life a short time.

A fertilised female tick will produce thousands of eggs at the rate up to 200 eggs per day for 30 days. A few days after egg laying is accomplished the female dies. The clumps of eggs are laid in moist leaf litter or new growing tips of plants or in bark.

Hosts: Eastern paralysis ticks seek out wallabies, bandicoots, possums as hosts. Most native Australian animals have developed immunity to the tick toxin that the female tick injects into the host as she feeds and are not affected even when hosting dozens of female ticks. Dogs, cats, sheep, cattle, horses, pigs, humans are all potential tick hosts and have no immunity to the tick toxin. The toxin causes paralysis and death of these hosts if not treated. Removal of the tick to stop the flow of toxin and application of anti-venom is essential for animal survival. Freezing the tick to kill it and remove its head from the skin is advised as it prevents more toxin being injected as the tick body is squeezed, e.g. using tweezers. Pharmacists sell applicators to apply a freezing compound to a tick attached to a human. Applicator can also be used on animals.

Anti-venom: Tick anti-venom (Tick antiserum) is made from the blood of large dogs that have been envenomated by Eastern paralysis ticks in a controlled way, over a period of time. The dogs' immune systems produce high levels of antibodies. Blood collected from the dogs is processed to create the antiserum. The process requires a constant supply of thousands of ticks and many dogs. (The dogs are not harmed by the process.) Prof. Barker has been researching ticks for many decades and developing techniques to collect nymphs for research and for anti-venom production. Possums and bandicoots are reliable sources of nymphs. Prof Barker has called on Shed West to make possum boxes for the University of Queensland. He replaces the solid base with wire mesh that allows engorged nymphs that detach from the host to fall through and collect in a calico bag placed below the mesh. Tick toxin antivenom production will eventually be accomplished by molecular biology techniques without the use of collected female ticks once the molecular structure of the toxin and anti-venom is understood.



Group of 20+ attendees at Prof Stephen Barker’s presentation in the Kenmore library

Ollie around 8 DEC 2025 – an old photo that missed earlier Newsletters.



Champagne taste on a Land Rover budget.

Flutes raised to toast the celebration of a new life for Ollie; Vehicle safety inspection passed and registration achieved.

5 May talk by QLD Dept of Transport & Main Roads road safety expert Christos Mourtzakis

The editor was unable to attend this talk and Ron Williams kindly photographed numerous PowerPoint screens and collected some brochures for me to construct this brief summary.

Christos's presentation covered the topics relevant to many Shed West members:

- A Queensland road rules refresher
 - How age can affect your ability to drive
 - Medical requirements for drivers 75 years and over,
- all with the aim of addressing common concerns for senior drivers.

Christos displayed many slides of driving situations concerning:

- 1 merging of lanes to illustrate which vehicle is required to give way;
- 2 clearance of vehicles passing bicyclists on the road;
- 3 signalling intentions at a roundabout
- 4 who gives way at intersections
- 5 use of mobile phones by a driver
- 6 lane filtering by motorbike riders.

QLD Dept of Transport and Main Roads provides driver education resources on its website.

Web address <https://www.qld.gov.au/transport/safety/rules/road> has Road rules for everyday driving.

There is also a guide for anyone wanting to learn or refresh their knowledge about Queensland's current driver licensing requirements and road rules at URL:

<https://www.publications.qld.gov.au/dataset/b7212180-9469-4092-88e1-0d33c6973df3/resource/0d49af4d-86a5-4ee6-9407-9931aadd8530/download/your-keys-to-driving-in-queensland-complete.pdf>

A brochure "Medical fitness to drive" was available at the presentation. It is sobering reading, considering medical fitness to drive was enacted after a driver with epilepsy suffered a seizure and crashed into a car carrying 22 months old boy, Jet Rowlands. Jet was killed by the impact of the crash and medical condition reporting laws are named Jet's Law. The basic requirements of Jet's Law are:

1. It is your legal responsibility to notify the Dept of Transport and Main Roads (TMR) about a permanent or long-term medical condition that is likely to affect your ability to drive safely.
2. A permanent or long-term medical condition requires reporting on a Medical Certificate for Motor Vehicle Driving form (F3712) completed by a medical practitioner who will provide recommendation regarding your medical fitness to drive and any conditions that are to apply. TMR makes the final decision about whether you are medically fit to hold a driver licence.
3. An "M" condition on your driver licence requires you to carry your medical certificate (F3712) whenever you drive and comply with any conditions on the medical certificate.
4. At 75 years of age and ongoing annually, you will require a medical fitness to drive assessment performed by your GP to ensure your vision, reactions and ability to move, and processing of information are adequate to drive safely. The GP will

provide a medical certificate that must be carried with you when driving. Stated conditions must be complied with.

Green Workshop Training Schedule for June 2026

The following training schedule is open for all members.

If you are new to the shed with little experience or have been a long attending member in need of upgrading your expertise, then this is the training you need. Training will be from 1.00pm to 3.00pm on the given dates.

To express your interest to attend you need to submit your request to attend by texting or phoning the trainer on the number provided.

Please note: if no requests are received then the training will not proceed.

DATE	10/06/2026	17/06/2026	24/06/2026
TRAINING	Compound Mitre Saw	Bandsaws	Tablesaw
TRAINER	Bill Cristaldi	Neil Rogers	Doug Wait
CONTACT #	0460 931 625	0439 444 018	0418 721 472
Call to confirm attendance			

There will be further training sessions upcoming, and should you wish to attend these sessions but cannot make the dates, then you need to keep abreast of further notices and apply when necessary.

Regards
Neil Rogers

Further Training Opportunities with Howard White

I am happy to share with Shed members some of the tips and tricks I have learned from my exposure to fine woodworking over the past few decades, if there is interest.

*I am proposing to hold sessions each Friday morning at the Shed starting at 9.00am and lasting about 1 hr. **Sessions will commence on 22 MAY.***

Discussions would include matters such as grain direction and furniture design; measuring and marking out; joints used in woodworking (what, when, and why) and how to construct them; gluing and clamping; various finishes available to woodworkers, and any other subject that members might wish to explore/discuss.

The talks will, from time to time, have some leaning towards handtools and their use.

*Please contact Howard if you require more information on 0404 936 462
or howpen@tpg.com.au*

3D Printing Training Agenda

Bill Cristaldi has advised that 3D printer introductory classes will next be available in August.

- During June/July 2026 - Members interested in **introductory** training classes to use the 3D printer need to email an expression of interest to Bill Cristaldi at address billcristaldi@gmail.com . Bill is targeting August 2026 for delivery of classes.
- During November/December 2026 - Advanced 3D printer training (**Design**) classes will be available. We will standardise on utilising free use 'Tinkercad' design software only.

A reminder to everyone that the 2026-27 Shed West name tags include 3D printer operation as a skill that is formally recognised on satisfactory completion of the 3D printer course and assessment. So, if you want to complete your name badges give 3D printing a go.

A Message from Valther Hansmar Chair of the Tech sub-committee regarding preparing for 3D printer design training:

TinkerCAD has been selected as the CAD design application for our 3D printer. This application is free and online only. It is lightweight and easy to learn and master. In-house training using either internal or external tutors is envisaged to be organised towards the end of the year. In the interim, it is suggested that interested members download the application at web address <https://www.tinkercad.com/> and use the site's excellent 'getting started' videos to familiarise with the application workflow. This jump start will enable members to partially climb the learning curve prior to advanced training later in the year. It will also open the door to start printing now if you have completed the 3D printer introductory training and assessment.

Jim Watters photograph attracts attention at the QLD Men's Shed Association (QMSA)

During April Secretary Jim Watters took a series of photographs of life and activities at our men's shed. Jim entered some in a competition conducted by the QMSA for photographs that demonstrated typical QLD shed life. Two photographs were selected for a prize. The photo below featuring Doug Wait and Andy Unantenne was highly regarded by the judges and will appear on the front cover of the winter 2026 edition of "Chatter", the QMSA magazine. A second photograph of Ralph and Warren will appear in a subsequent edition of "Chatter".

From: **Project admin** <projectadmin@qmsa.org.au>

Date: Wed, 20 May 2026 at 10:22

Subject: Men's Shed Photography: \$50 Bunnings Voucher in Recognition of Shed Life photograph

To: <ShedWest.sec@gmail.com>

Cc: Regional Coordinator <ceo@qmsa.org.au>

Dear Jim,

Thank you so much for taking part in our call-out for photos of Sheds and Shedders to help promote the Men's Shed movement in Queensland.

I'm really grateful for all the wonderful images you shared. I'm pleased to let you know that the photo below will be featured on the front page of the Shed Chatter Winter edition—it's a fantastic reflection of the teamwork we see in Sheds. I've also included a draft photo credit below for the inside front cover. Please let me know if you'd like to include the photographer's name, and whether the Shedders in the photo would also like to be credited.

Your image "Sharpening" has also been selected as the one that best represents Shed life, and I'm pleased to award you a **\$50 Bunnings voucher in recognition**. I will arrange to send you a digital Bunnings Voucher.

Thanks again—I really appreciate having such a great collection of photos to use in Shed Chatter and other Men's Shed promotions.



Feature Photo Shed Chatter Cover:
Photography by Shedder Jim Watters
at Shed West Community Men's
Shed.

Michele Graham
Project Administrator
Queensland Men's Shed Association
www.gmsa.org.au

Land Rover Restoration Project

Progress

The Shed's Land Rover restoration project is nearing completion. Our vehicle, affectionately known as 'Ollie', received its safety certificate in November 2025 and is now road registered. It is registered by TMR as a 1963 Land Rover Series 2A 7-seat wagon.

Various Land Rover publications state that between 1961 and 1971, approximately 640,000 Series 2A Land Rovers were built around the world. Although there are no definitive records of how many of these were assembled by PMC in Sydney, the Australian Defence Force bought some 6,600 Series 2 and 2A Land Rovers during that period.

Each Series 2A Land Rover has between 8,000 and 10,000 parts. As the only components we did not rebuild or replace on Ollie were the gearbox and the front differential, our restoration likely involved handling some 7,000+ individual Land Rover parts. Fortunately, we don't have too many parts left over that don't have a place to go.

As the photos show, Ollie has changed colour. In 1963, the Series 2A was available in white, two shades of green, grey and marine blue. The wheel rims were limestone. We have stayed with limestone for the wheel rims but changed the body colour to marine blue.



Ollie in Laidley, 2022



Ollie at the Shed, 2026



Our three Land Rovers – Agnes, Mabel and Ollie

The Shed's Land Rover project ultimately involved securing three 1960s Series 2A long wheel-base vehicles. They were nicknamed Agnes, Mabel and Ollie. Agnes and Mabel became our parts vehicles.

Agnes

Agnes was our first Land Rover and was donated to the Shed. It was a 1967 Series 2A LWB tray back with an original Rover 6-cylinder engine. It came from a farm in Peak Crossing and arrived at the Shed on a trailer in October 2021.

Following a partial strip down, the condition of the chassis rendered it unsuitable for restoring, so it became a parts vehicle. Agnes was stripped of the rest of its useful parts for storage or sale, and the remains of the vehicle was used in a partial swap for Ollie.



Agnes at Peak Crossing, 2021



Agnes at the Shed, 2022

Mabel

After we had secured Ollie, we needed to find several more body panels for the rebuild. We had another source of old Land Rovers on a farm in Northern NSW. VRG members made several trips to the farm to secure donated Land Rover parts, and eventually bought back Mabel, a donated 1968 Series 2A LWB wagon.

Mabel arrived at the Shed on a trailer in January 2023. It was stripped of the parts we needed and the rest was sold.



Mabel on the farm in Nimbin, 2022



Mabel in Kenmore, 2023

Ollie

Ollie was purchased In September 2022 through contacts in the local Land Rover community. It was an ex-farm vehicle that had spent most of its life in the Longreach area before we purchased it from a Land Rover enthusiast in Laidley.

Being in the comparative dry of Western Queensland, Ollie had a rust-free chassis and bulkhead – unusual for a 60-year-old Land Rover. It became our project vehicle and after four years of work on it, became the road registered vehicle we now have.



Ollie with a temporary roof fit up, May 2026

The last major item for restoration on Ollie is the roof. It requires stripping and repainting. That will be done over the next few months as we finalise putting on door rubbers, window glass and undertake minor mechanical adjustments and servicing.

Once completed, Ollie will be put up for sale. There has already been some interest expressed from within the Shed and from the local community in purchasing it.

Bruce Woodhouse

Tuesday morning walking group

Should you wake up early on a Tuesday morning and find you have nothing to do, come down to the shed by 7:00 am for an invigorating walk. The cooler mornings of winter offer great weather for walking. 3, 4, or 5 walkers participate. There is a range of walking abilities, and we walk to cater for slower walkers. There is a bit of talking goes on. Many world problems have been solved already, well, in theory; Practicalities yet to be determined! The plan is to walk for about an hour. We usually cover 3.5 km to 5 km, depending on group enthusiasm and steepness of hills. The walking opportunities from the shed are in Chapel Hill, Kenmore and Brookfield so hill work is a given, though we can temper the steepness depending on the route chosen. Usually, we drop in to One Table for caffeine refreshment before ending the walk back at Shed West. Walk enquiries, please email the Newsletter editor at shedwest.editor@gmail.com .Note Gilbert Logan will be away 15 June to 16 July so someone else will lead the walks till I return.

A “Bandsaw” Box - No mitres or rabbets *by Doug Wait*



Below are the construction details of my “bandsaw”^{*} box, which I made a few years ago. One piece of timber, 4 cuts, 2 glue joints (well, technically, 4), 2 small hinges. The timber is highly figured Qld Maple (QM), with a zone of colour difference. Once again, a simple design places the accent on the timber itself.

(*Bandsaw box is a generic term for a class of boxes, generally small, made with a minimum of cuts. The cuts are best done with a small kerf, so the continuity of the grain is preserved.)

Keen observers will note two thin strips of lighter timber. Aside from decoration, these pieces lift the height of the box lid, to correctly align with the grain of the side pieces. (Using strips of QM would have looked clunky, IMHO.) The front edge of the box has been sanded to shape a wide notch, enabling the lid to be lifted



with a thumb.

Equipment used:

Jointer, thicknesser, drum sander, table saw, band saw, router table, cordless hand sander, cordless drill.

The construction steps were:

1. Joint, face and thickness the piece so all faces were parallel/square. Sand as necessary.
2. Dock/rip the piece of timber to the overall L, W and D.

3. Decide which is to be the top face of the box. Make a template of the desire profile curve. Scribe the profile on both ends and mark the front and rear to designate the limits of timber removal.
4. Make a symmetrical template so that the curved end profiles can be shaped identically.
5. Using a pattern-follower bit in a table router, cut the box ends. Also cut (what will be) the lid rear edge. The remaining edges are hand sanded. (*ARC is very soft, so take care when sanding.)
6. Using a bandsaw set with a high fence, slice the ends from the box. (Mark a reference edge, so the pieces can be kept in correct grain register.)
7. Again with the bandsaw, cut away the box lid.
8. Create another profile template, symmetrical, to permit marking either end of the box body to define limits of timber removal.
9. Using a band saw, or other means (eg a rotary burr tool, or a router table), remove the timber necessary to create the box cavity. Finish sand the inner surface thus created.
10. Fit the hinges, by hand-rebating the upper and lower rear edge. Here's your opportunity to shine with a sharp chisel!
11. Using rasp, file and sand-paper, cut away a length of the box front upper edge, creating a simple place to use a thumb to lift the lid. (*As the box is intended to rest horizontally, no catch is necessary. The self-weight of the lid keeps it closed.)
12. Finish sand the box and lid outsides.
13. Apply timber finish: Osmo Polyx Satin (natural); and finally ...
14. Bask in the compliments of admirers.

Doug Wait

PS More box commentaries in future newsletters. Stay tuned.

My Health for Life – Coming to Shed West

Shed West has negotiated with *My Health for Life* initiative to implement a Health and Wellbeing program for Shed West Members.

My Health for Life is a free, healthy lifestyle initiative proudly funded by the Queensland Government through Health and Wellbeing Queensland. The initiative is led by Diabetes Australia in collaboration with Key Partners – Ethnic Communities Council of Queensland (ECCQ), The Stroke Foundation and Queensland Aboriginal and Islander Health Council (QAIHC). A key stakeholder in implementing the initiative has been the Qld Men's Shed Assn.

Save the Date

Free Health Check Presentation

Tuesday 23rd June | 1:30 PM | Kenmore Library Room 3

What is My Health for Life?

My health for life helps **Shedders understand** their **health** and **protect** against **chronic conditions** such as **type 2 diabetes, heart disease, and stroke** with

- ✔ Free, confidential health checks
- ✔ Free onsite health coaching with Men's Sheds

Working Together with the Queensland Men's Shed Association

Since partnering with **QMSA in 2022**, the program has:

- Been shaped by Shedders through focus groups and a pilot program
- Reached Men's Sheds in metro, regional and rural areas
- Delivered positive results and strong feedback

What's Happening on the Day?

Health Check Presentation

- ✔ Free blood pressure and health checks
- ✔ Learn how the program works
- ✔ Meet your Health Coach (qualified professional)
- ✔ Opportunity to sign up to the health coaching group if interested

Free Health Coaching Series on offer to Shed West at Kenmore Library

6 sessions over 16 weeks

Tailored to what matters most to you:

- Better sleep
- Healthy eating
- Staying active
- More energy
- Stress reduction
- Mental wellbeing

You'll work towards a **personalised health goal** with a practical, **step-by-step plan** to support you to turn healthier choices into lasting habits.

Health Coaching Schedule

Running Tuesday and Thursdays | 1:00 PM – 2:30 PM | Kenmore Library, Room 3

Small groups (6–15 participants)

Session 1: individual phone call with health professional

Session 2: Thursday 9th July

Session 3: Thursday 23rd July

Session 4: Thursday 30th July

Session 5: Tuesday 18th August

Session 6: Tuesday 15th September

We'll See You There! Tuesday 23 June | 1:30 PM

Come along to the Health Check presentation to:

- ✓ Get your free health check
- ✓ Learn more about My health for life
- ✓ Sign up to the health coaching group if interested

Eye Glasses Recycling



The Brisbane Camp Hill Carindale Lions club collects used eyeglasses (spectacles) so that they can be recycled and provided to someone in need, both locally and abroad.

What happens with recycled glasses?

The charity currently collects close to 600,000 pair a year of used spectacles, sunglasses, new frames, used lens, (used) contact lens and a variety of medical support equipment. The program cleans, grades and labels 450,000 pair annually of used spectacles and sunglasses at our three centres in Queensland. The labelled end product is packed in boxes of 200 pair, half of one prescription and 100 of the next higher prescription, under quality control rules.

Over the 26 years that the Australian program has operated, the programme, has delivered over 7 million pair of refurbished quality spectacles to men, women and children in need and without the financial capacity to purchase even the cheapest pair, to countries all around the world.

This is an initiative that Shed West can contribute to, according to Doug Wait who requested this be notified to the membership. Doug is organising a box for collection of your discarded spectacles. When 100 pairs have been collected, they will be passed on to the Lions Club project. I found four old pairs of glasses lying around the house and most people who require glasses probably have obsolete spectacles in a drawer. Let's collect those old glasses and give them to someone else to gain the benefit of improved vision.

Humour break

The oldest computer was owned by Adam and Eve. It was an Apple with very limited memory. Just 1 byte and everything crashed! (courtesy of Mt Gravatt men's shed "Shed Talk", Feb 25)

Q. Why did the duck fall on the footpath? A. He tripped on a quack!



Shed West's new PPE being trialled by the dashing David Brown and Neil Rogers.

Speaker Program - 1st Tuesday of Each Month in the Kenmore Library at 2pm

23 June SPECIAL EVENT – Health for Life

Queensland Health revealed that over half of Queenslanders (51.7%) were living with a chronic condition in 2022. My health for life is a free, healthy lifestyle initiative proudly funded by the Queensland Government through Health and Wellbeing Queensland. The initiative offers free Health Checks, health coaching, online support, and more to help staff make healthier lifestyle choices to reduce their risk of developing chronic conditions such as type 2 diabetes, heart disease and stroke. In this session you will have the opportunity to be assessed by a team of health professionals and to find out more about how to maintain healthy living.

7 July Geoff Moran

A RHSQ guide from the Commissariat Store Museum will present about the building and its history. The Commissariat Store is a heritage-listed storehouse in William Street. The Commissariat's primary role was to procure, store and distribute provisions to the military, convicts and colonists. The Commissariat also controlled the supply of hospital requisites and equipment, customs and banking. This stone building, commissioned by Commandant Patrick Logan, was completed in 1829. It is the second oldest surviving building in Brisbane.

4 August Tim Kempton

Tim Kempton having recently travelled to Antarctica will tell the story of the Shackleton Expedition. The Imperial Trans-Antarctic Expedition of 1914–1917 is considered to be the last major expedition of the Heroic Age of Antarctic Exploration. Conceived by Sir Ernest Shackleton, the expedition was an attempt to make the first land crossing of the Antarctic continent from Weddell Bay to Ross Sea via the South Pole.

1 September Tony de Kort

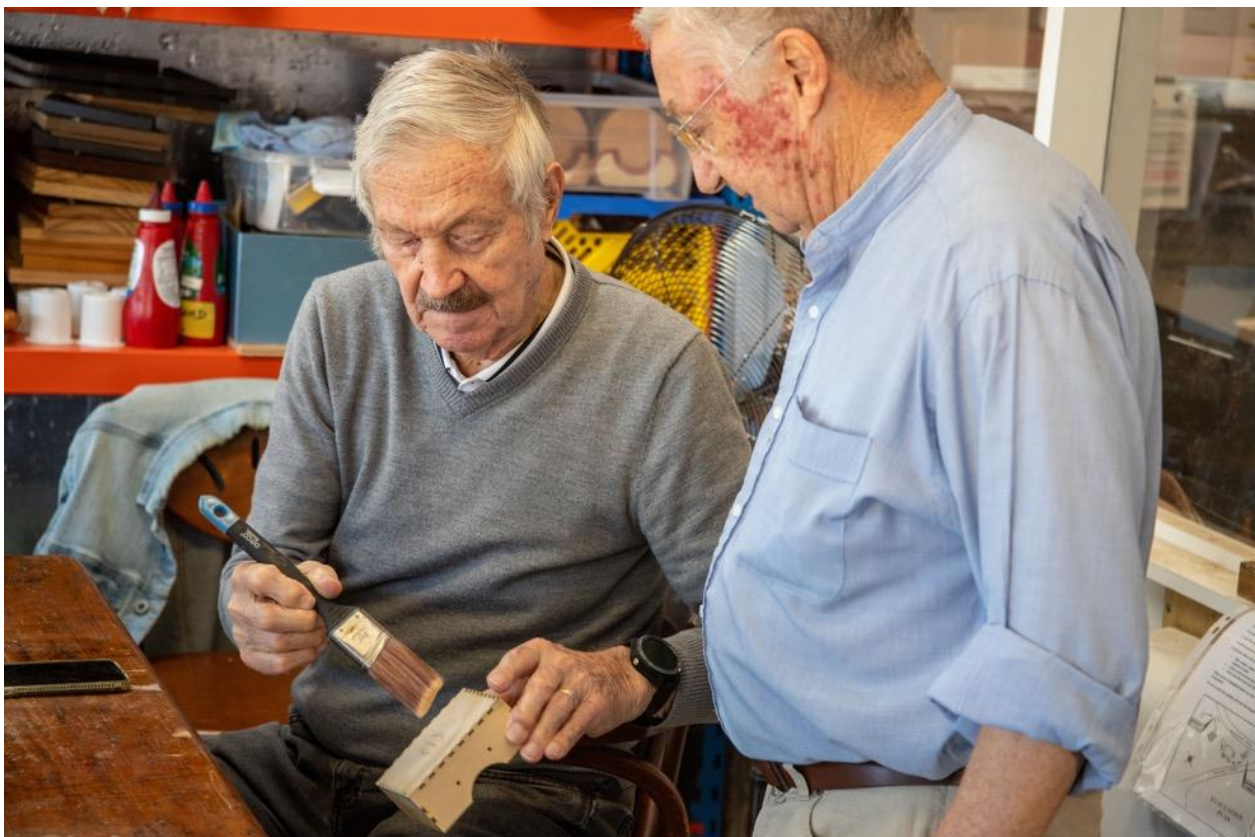
Tony is from Financial Aged Care Services. FACES provides structured financial modelling to help families understand the financial consequences of aged care and pension decisions before those decisions are made. He will provide an update on recent changes to legislation.

6 October Clem Dunkley

The Enneagram is widely used in counselling, professional development, and personal growth contexts. As a personality typology it has roots in the work of *Evagrius Ponticus*, a Christian mystic who lived in 4th-century Alexandria in Egypt. In essence, it is a personality typing system describing nine distinct, interconnected personality types.



Lunch Time



Painting Boxes

Safety Message



Emergency Machinery Shutdown Procedure

The Green Shed contains a number of machines, that because their primary purpose is to cut things (usually at high speeds), they have the potential to cause serious personal injury if not used correctly or if an accident were to occur.

The power to these machines, and indeed all electrically powered machinery in the Blue Shed, can be switched off instantly if there is an accident.

This is achieved by pushing the emergency stop buttons that are located around the shed. There are three of these buttons, one each on the Eastern, Western and Southern walls of the shed. The photos below show the buttons and their locations.

If **ANY** of the buttons are pushed it will result in **all** power to the shed being cut off. If it is necessary to use these emergency switches, to return power to the shed you will need to turn the button that was pushed clockwise and power will again be restored.

It is also possible to switch off the power at the switch to the left of the main switch board, which is located to the left of the sink/kitchen area inside the green shed. For technical reasons the switchboard should only be used as a last resort or if the other locations are inaccessible.

Eastern Wall



Western Wall



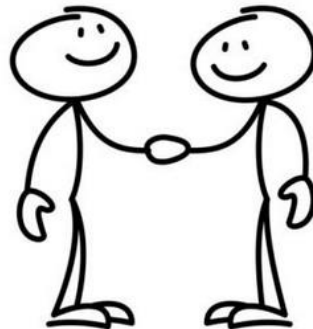
Southern Wall



Switchboard



Remember our Health and Safety slogan to **Be Courageous** together.



Be Courageous:

- If you see a safety issue in the shed don't be afraid to take the initiative, fix it if you can (check with Supervisor as required).
- If you are not confident to fix or deal with a safety issue, then bring it to your Supervisor's attention.
- If you see a systemic issue, note it and firstly bring it to your Supervisor's attention for follow up and further action, as and if required.
- Have the courage to graciously accept the advice that you are being given by a fellow shedder when they tap you on the shoulder, if there is a safety concern.
- We support one another. If you see a fellow Shedder who is not their normal self, then have the courage to ask them how they are feeling and to discuss their feelings with them.

Ralph Dowling

Shed West Health and Safety Officer.

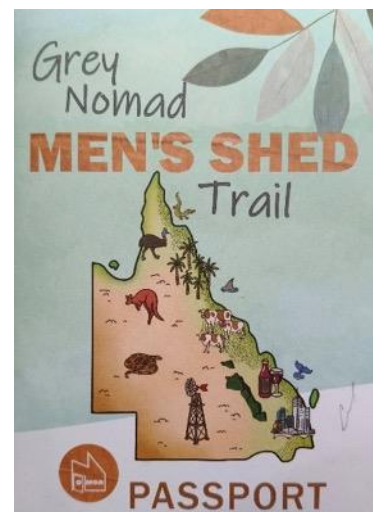
Grey Nomad Men's Shed Trail – a beginning reflection

The Queensland Men's Shed Association (QMSA) has initiated the **Grey Nomad Men's Shed Trail**. This initiative is designed to encourage Shedders to visit and learn from other sheds across Queensland and Australia.

QMSA provides a passport in which you can collect stamps, signatures or other evidence of visiting a shed.

In a recent trip to Geelong, I thought I would give it a go and see what reaction I would get. Unfortunately, I was time limited and although I passed many sheds in places like Moree, Echuca-Moama, and Gundagai, I did not have the time to stop. In the end, I took time to visit a shed in Ocean Grove in Victoria and Karuah in NSW.

Founded in 2009, the Ocean Grove & District Men's Shed about the same age as Shed West. It is a community of over 75 members from Ocean Grove, Barwon Heads, Point Lonsdale and the greater Bellarine Peninsula. They operate five days a week from 9am to 3pm except Wednesday which is the social day when the Shed shuts at noon for a common lunch. The Shed is in an industrial complex and is well equipped with woodworking and machinery working resources. Their major endeavour is the repair of bicycles. They showed me a stock of at least fifty ready for sale. Their extensive garden provides fresh seedlings and fundraising through market days and bike refurbishment help us remain proudly self-funded.



Ocean Grove Men's Shed Lunch Room



Ocean Grove Paint Room

Their tea room and kitchen used for preparing the communal lunch was a highlight. Also of interest was the dedicated ducted painting room. I spent well over an hour at the shed talking and sharing details with the gang there.

The Karuah River Men's Shed is located off the Pacific Highway near Raymond Terrace in the Hunter region of NSW. The Shed is very small but the welcome I received was large. The shed has one primary activity for its dozen or so members, namely fishing. The members can

fish from within the Shed with bream and flathead at their doorstep.



Karuah River Men's Shed

View from side door of Karuah River Men's Shed

The shed is supported by the local council but much of the maintenance of the building with is quite old falls on the shoulders and skills of the members. It was a nice detour stopping here for an hour and a half on my long trip back to Brisbane from Sydney.

The opportunity to present a passport, have it signed opened friendly conversations as we shared our experiences of membership of our respective sheds. Perhaps, Shed West or its members might capitalise on the QMSA passport and visit Sheds around Queensland.

Jim Watters – a Shed Nomad

Editor's note

Thank you to the people who have contributed to this "The Shed Newsletter". Newsletter Serial 4 will be published at the end of July. All contributions are welcome. Please email to shedwest.editor@gmail.com

Notice the Newsletters now carry a serial number because The Shed Newsletter is registered by the State Library of Queensland in the National edeposit. The Shed Newsletter will be available on the National Library of Australia Trove website. (trove.nla.gov.au)