



Bench Press

Shed West — the community men's shed for Pullenvale Ward
Number 6 May 2009

Shed Developments

The big news is that Shed West was successful in obtaining a Brisbane City Council grant of \$20,000 towards establishment of Shed West workshop project. There is a list of terms and conditions to be met which your committee is working on meeting.

AMSA Conference 27 & 28 August

Our national body, the Australian Men's Shed Association's 3rd National Men's Shed Conference has been brought forward a few days to the beginning of the week commencing 24 August. This is to take advantage of a greater subsidy from the Tasmanian Government Tourism Department.

The venue has also changed, Wrest Point Casino. Final costs are yet to be established but an indication is around \$190 for the Conference.

Accommodation arrangements and air travel are up to delegates to make their own bookings. However there is a chance that there will be some cheap accommodation rates from the Wrest Point Hotel and air fares may be as low as \$80 one way, Brisbane /Hobart.

Please give thought to attending the Conference. For more information www.mensshed.org

Program

We would like to hear from any members who have a special interest that they would be prepared to present to the group.

The Shed West program revolves around the weekly Tuesday meetings with a mix of presentations by members, guest speakers, skill demonstrations and excursions.

The program runs from 2 pm to 4 pm and the agenda for the coming weeks is:

- 5 May: Introduction to metal working
- 12 May: Wood turning
- 19 May: Hand and measuring tools
- 26 May: Antarctica by Ice Breaker

Please note the program is subject to changes.

Specialist groups

Shed members have a wide range of interests. The Committee is interested in hearing from any one interested in convening special interest groups.

Restore a Ute

One of our members has a 1997 Toyota Hilux Ute that is available for restoration. Anyone interested?

Woodworking

Woodworking is a core activity under the guidance of Charles Smith and Keith Foy. Below they show Shed members the wide range of wood workers measuring instruments.



It is also good to report that the Shed has purchased a good quality secondhand table saw.

Charles recently ran a session on planning your wood working project Here we saw that:

The first decision is deciding what to make and establishing a plan. The key piece of advice for beginners was Keep It Simple.

The next decision was what timber to use. The discussion revealed that of all the pines available locally Australian Hoop Pine had the lowest resin content and this reduces clogging and it is soft and easy to work.

Next was a discussion on standard timber sizes and the different joints that can be used together with the advantages and disadvantages and more about glues, sanding and finishes.

Spitfire visit



Recently about twenty members visited the Supermarine Aircraft factory at Moggill. Here we saw the legend of the Spitfire living on with two seater ninety percent scale aluminium Spitfire kits being manufactured and sold around the world. For more information try www.supermarineaircraft.com. There are a lot more photos and in formation on the web site

Laser Metal Cutting

Laser metal cutting was the subject of a visit to the Wacol industrial area.



Shed members watch the laser cutting demonstration.
Photo Ken Martin.

Metalworking

Recently Shed members had their first opportunity at metal working conducted in Ken Martin's Shed. While space was limited to six participants, it did signal the beginning of the Shed's metal working activities.



Show and tell

Show and tell is now a part of the basic woodworking meetings. Please bring along any projects you are working on to show others.

Workshop tip

When planing timber always plane with the grain for the best finish. If you plane against the grain you will get hips and valleys in your work. To find the direction of the grain apply the hair pull test. There are often small hair-like pieces on the timber. Pull one of these hairs and then plane in the direction that the hair pulls.

Technical Aid for the Disabled

After the technical aid to the disabled meeting, the Shed was treated to a visit from Brett Paulsen, an engineer who suffered a football injury many years ago and has developed a motorbike and sidecar which accommodates his wheel chair. This provides him with much improved options for getting about. You may well have seen Brett riding around the district.



Workplace Health and Safety

Workplace Health and Safety is a very important commitment for Shed West. We will need a group of qualified first aid officers. If you already have current first aid qualifications and are prepared to be a first aid officer please contact the Bench Press editor.

Men's Health

There is a range of information on the www.healthinaging.org website including a new exercise screening tool which helps you figure out the best physical activity for you.

Recommendations for physical exercise in aging can be found at: www.health.gov.au

While on the exercise theme, the National Heart foundation has a walking group program. If you are tired of walking alone or just want to start walking, you can join a local group or form your own group. www.heartfoundation.org.au There is lots of other information on having a healthy heart, including recipes.

Web wanderings

Aged care is an issue facing us all one day and the website www.agedcareaustralia.gov.au/ has a range of information including sections on services to help you stay at home, finding an aged care home, costs and problems, and caring for someone else.

For the wood workers try www.finewoodworking.com here there are short videos, as well as sections on techniques, tools, projects and much more.

Membership

Membership is open to all interested men. Please feel free to pass this newsletter on to interested friends, colleagues and organisations.

Alternatively, bring a friend along to a meeting to experience what goes on. All it costs is some time and a gold coin.

If you are not a member but are interested, come along on Tuesday afternoons to the former Kenmore South Scout Den in Branton Street Kenmore Hills.

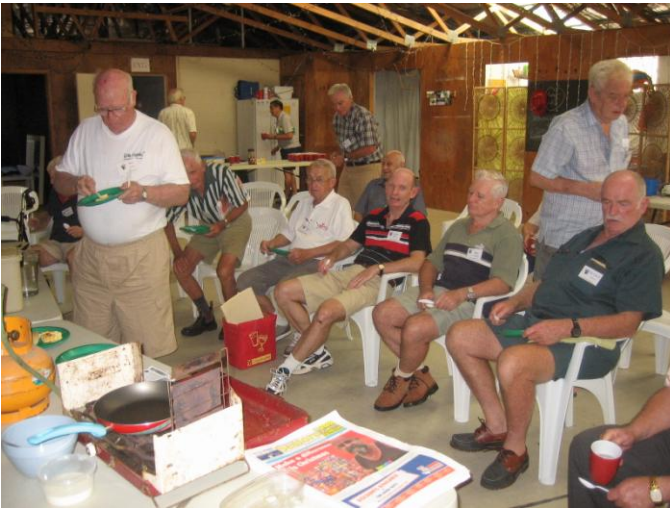
More information

Graeme Curnow 3720 9789 or gjismcurnow@bigpond.com

Alan Ernst 0408769576 or ernsts@bigpond.net.au



The Shed in pictures



© Shed West (2009). Contact: Shed West, PO Box 391
Kenmore Q 4069, or the editor on 0408 769576