



Bench Press

Shed West — the community men's shed for Pullenvale Ward
Number 7 July 2009

General Meeting

The general meeting of Shed West members on 23 June saw members vote overwhelming in favour of incorporation. This has many advantages for the future operation of Shed West. Of considerable importance is the many other avenues that are available for obtaining funding grants as well as the general operation of Shed West by the committee.

The meeting heard that it is estimated that the shed will require four to five thousand dollars a year for continuing operation. There will be a need for an annual membership fee and attendance fees. Current fees under discussion are an annual fee of fifty dollars, based on one hundred members, and attendance fees of two dollars for meetings and presentations and five dollars for equipment use.

There are still significant costs in setting up the Shed. By far the biggest single cost remaining is a good dust extraction system.

The current plan is for work sessions of half a day with a maximum of twenty-five people working at any one time.

Shed Developments

There has been huge progress with the Shed. The Brisbane City Council has approved the development plan and the set-up committee has been busy tidying up and positioning the machinery. There is still a lot to do before we can meet and work in the Shed but that is expected to be completed in September.

The Council is progressing with development of the site and expects to have completed significant work by late September with Shed West the first community group to occupy the site.



The Shed has been transformed from a collection of donated and purchased equipment in the photo above to the professional layout below.



AMSA Conference 24 & 25 August

The Australian Men's Shed Association is our national body. The 3rd National Men's Shed Conference is being held at the Wrest Point Hotel, Hobart on 24 and 25 August. The very detailed and interesting program is outlined on the conference website together with accommodation options. Early bird registration of \$250 closes on 23 July and the cheaper accommodation is filling fast.

The conference program includes themes on setting-up, running and development of sheds, sheds and men's health, special purpose sheds, sheds in aged care units and ASMA experiences.

Please give thought to attending the Conference. For more information www.mensshedconference.com.au

Record Broken

Dan Winkle's talk on his trip to Antarctica and a chance to see how the Shed layout was developing broke all records for attendance with thirty-five people attending.



The record crowd at the meeting on 26 May.

Program

The Committee 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. Up Coming meetings are:

- 30 June; House painting
- 7 July; Harley Davidson presentation
- 14 July; Visit to Aveo at Durack Campus to inspect their woodworking and lapidary workshops
- 21 July; Woodworking making drawers
- 28 July; Hobby mechanics

The program runs from 2 pm to 4 pm.
The meeting fee is a gold coin.
Please note the program is subject to changes.

Specialist groups

The Committee is interested in hearing from any one interested in convening special interest groups.

Lapidary

The Shed has been donated some lapidary equipment and this new group will be led by member Don Atkinson. Space is being allocated in the shed for the storage and use of this equipment.

Old Tools

Among the equipment denoted to the Shed is a collection of old tools. Richard Francis, who himself has a large collection of old tools, has agreed to coordinate the restoration and display of these tools in the Shed.



Members inspect some of the old tools from Richard's collection.

Woodworking

Wood turning is another area of woodworking of interest to many Shed members. The lathe which has been donated to the Shed by Ray Steffensen has been magnificently restored by Malcolm Johnson after many, many hours of work.

A demonstration and informative talk on woodturning was provided at a Shed meeting by Ray. The various tools and a range of beautifully crafted samples were on display. This session also allowed for extensive discussions on the workplace health and safety issues associated with woodturning.



A collection of wood turned pieces by Ray.

Metalworking

Accurate measurements are a very important part of metalworking. Accuracies to thousandths of a millimeter are involved. So Ray Hislop has run both demonstrations and exercises in measurement.



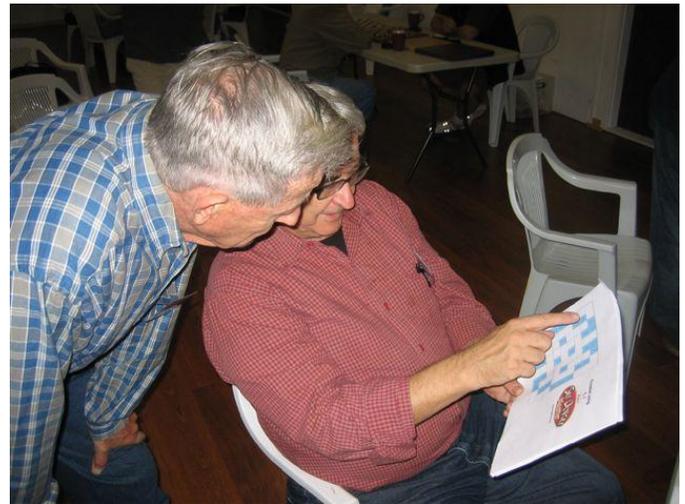
Ray Hislop (far right) shows Shed members how to use a micrometer.

Mental Exercise

Fit minds are a part of continuing health as we age.

An afternoon was devoted to mind games and a presentation by Graeme Curnow on mental health. This was based on a paper from the My Doctor website.

The link www.mydr.com.au/seniors-health/brain-health-in-old-age provides more information.



Above participants Merv Smolenski and Graeme Curnow with paper and computer based Sudoku puzzles.



Charles Smith and Mack play Go a strategic game also known as igo (Japanese), weiqi (Chinese).

Model Railways and Railway Models

Railway models and model railways were a recent the subject of discussion.



Peter Sercombe's model railway complete with computerized sound effects.

Merv Smolenski showed the group his collection of model railway carriages. They are scale models of actual Queensland Rail

carriages from the past. Merv builds one a year and each carriage model can take up to one thousand hours to build.



Merv and his model Queensland railway carriages.

Workshop tip

Charles' tip at the basic woodworking meeting on measurement was; Measure twice, cut once.

Show and tell

Please bring along any projects you are working on to show others.

Workplace Health and Safety

Workplace Health and Safety is a very important commitment for Shed West. The Shed 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

As we age our health becomes an important topic of conversation. The importance of health is reinforced by the time devoted at the coming national conference. Some interesting websites are:

Beyondblue on depression – you're not alone. See www.beyondblue.org.au

Australian Institute of Health and Ageing www.aihw.gov.au and www.activelyageing.com

The Australian Cancer Council www.cancercouncil.com.au

Support for warfarin users is at www.anticoagulation.com.au

The issue of relationships is dealt with by Relationships Australia at

www.relationships.com.au and www.familyrelationships.gov.au or you can

enhance your mood with the happiness institute at www.thehappinessinstitute.com

Web wanderings

Tools and tool shops are a common topic of discussion so try:

Hare and Forbes

www.machineryhouse.com.au

Trade Tools Direct

www.tradetoolsdirect.com

Glenfords

www.glenfords.com.au/

Carba-tec

www.carbatec.com.au

Jet Tools and Machinery

www.jet-tools.com.au

Timbercon

www.timbercon.com.au

Gregory Machinery

www.gregorymachinery.com.au

Membership

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

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 at 2 pm.

More information

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