



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
Number 11 April 2010

Shed West Open for Business

Saturday 20 February saw a large crowd gather for the opening of Shed West by the Lord Mayor Campbell Newman, as part of the Brisbane City Council sponsored Kenmore Community Centre. This was a pinnacle of achievement for Shed West after almost three years of planning and support by local organisations and Shed members.



The Lord Mayor cuts the ribbon and officially opens Shed West with Graeme Curnow looking on.



Chairman Graeme Curnow thanks the Lord Mayor and Councillor Margaret de Wit, who has been a driving force behind the development of the Shed.



The opening attracted all age groups and Isaac Lock gets a lesson in woodworking from Barry Borchart while father Geoff lends a hand.



Federal Member Michael Johnson discusses the finer points of model railway carriages with their builder Merv Smolenski and Richard Francis.



State Member Bruce Flegg with Committee members Graham Barnard, Graeme Curnow and Ken Martin.

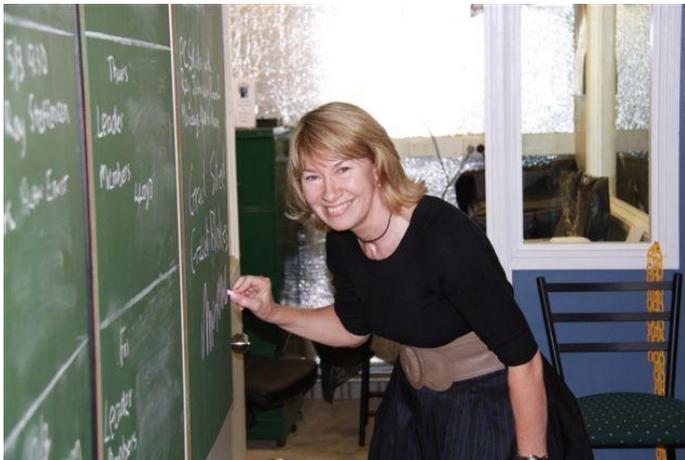
Shed West Development

Just four days before the opening, torrential rain caused flooding problems. With the drains unable to cope, the few members present battled and beat the water.



Malcolm Johnson shows how deep the water was at one of the spots. The 'high tide' mark is clearly visible.

In May, Maxine McKew the Federal Parliamentary Secretary for Infrastructure, Transport, Regional Development and Local Government visited the shed. Her Department was responsible a grant of \$250,000 to BCC for the Kenmore Community Centre.



Maxine leaves the members a message on the program board, 'Great Shed Great Blokes'.

Workplace Health and Safety

Safety is important in the Shed and members are required to wear eye protection and covered footwear when near or operating machinery. A supply of eye, hearing and dust protection has been bought for use by members, or you may prefer to supply your own. A comprehensive set of safety instructions is being developed and all members are being given a safety briefing.



John Gradwell works on drill sharpening. Note the use of eye and hearing protection.

Program

The Shed West program has changed and now revolves around training sessions in the Shed as well as the weekly Tuesday meetings from 2 pm to 4 pm for the cost of a gold coin.

The Shed is open on Monday, Tuesday, Thursday and Friday mornings, except on Public Holidays, from 9.30 am to 12.30 pm for activities for financial members.

Members must book into the training activities on the program boards in the Shed as places are limited. There is a \$3 fee for training sessions, machinery use and materials.

Activities are:

Monday	Computing
Tuesday	Woodworking and metalworking
Thursday	Woodworking and metalworking
Friday	Woodworking, woodturning and metalworking



Crime Stoppers was the subject of a very interesting Tuesday presentation by Detective Inspector Hytch seen here with Richard Francis.

The Tuesday afternoon meeting program is a mix of presentations by members, guest speakers, skill demonstrations and excursions.

Metalworking



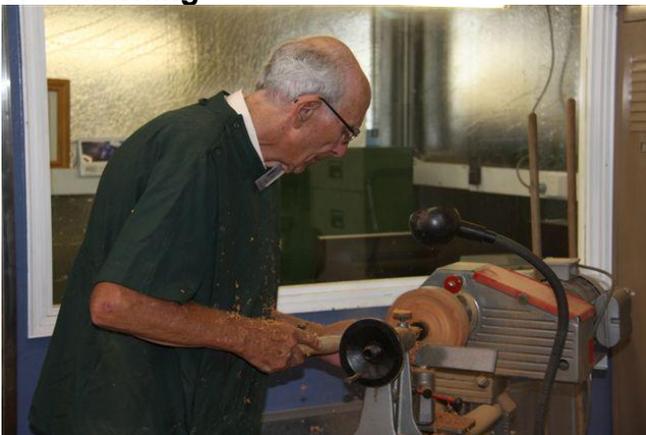
Mack Dowling shows John Wellsmore and a visitor how to set up and use the metal lathe.

Woodworking



A large crowd of members attended the wooden toy making session by Phillip Faram. For more information see www.enjoymakingwoodentoys.com.au.

Woodturning



Ray Steffensen demonstrates how to turn a bowl. Ray runs the woodturning lessons on Friday mornings.

Men's Health

What are the biggest threats to Australian men's lives and how can you avoid them? The table below shows the 10 leading causes of death in Australian men in 2005. These 10 causes made up 57% of all male deaths.

Cause of Death	Number of deaths	Per cent of all male deaths
Heart attack and related disorders (coronary heart disease)	12433	18.5
Lung cancer	4694	7.0
Stroke (cerebrovascular disease)	4668	6.9
Other heart diseases	3249	4.8
Prostate cancer	2946	4.4
Chronic obstructive pulmonary disease	2832	4.2
Bowel Cancer (Colorectal Cancer)	2330	3.5
Unknown primary site cancers	1785	2.7
Diabetes	1775	2.6
Suicide (Depression)	1657	2.5

Source: Australian Institute of Health and Welfare 2008.

The leading cause of death was coronary heart disease (heart attack and related disorders) and accounted for almost 1 in 5 male deaths. Lung cancer and cerebrovascular disease (stroke) were the two next most common causes.

When deaths are broken into age groups you can see how risk factors change over the course of men's lives. Among the group 15-24 years of age, 75% of male deaths result from injury and poisoning. In the group 25-44 years of age, injury and poisoning are also the leading cause of death (52%). By the time men get to 45-64 years of age, cancer becomes the leading cause, resulting in 43% of deaths. The good news for you is that many of these diseases and accidental causes of death are preventable. It is possible to reduce your risk of dying or living with illness by taking some simple steps. Visit www.m5project.com.au.

Researching a medical topic then try
www.virtualmedicalcentre.com

A new prostate cancer publication titled,
*Advanced prostate cancer -a guide for men
and their families* is now available at:
www.prostatehealth.org.au

For organ donation information visit
<http://www.donatelife.gov.au/>

Queensland now has a statewide palliative
care service. The palliative care information
Service is available to assist patients and
families and can be reached during business
hours on 1800 772 273 or visit
www.pcis.org.au.

Community Projects

Community projects are an important part of
the Shed West activities.



Above member Jim Lawson inspects the box made by
Keith Foy for the Brookfield Show Society while following
are the cupboards Shed members made for the
Kenmore Anglican Church.



Web Wanderings

Keep an eye on our great website developed
by Ray Johnson at: www.shedwest.com.au.

In February the Federal Government launched
the Productive Ageing Report aimed at keeping
older Australians in the workforce. More:
http://www.deewr.gov.au/Ministers/Arbib/Media/Releases/Pages/Article_100201_124031.aspx
or <http://www.keepaustraliaworking.gov.au>.

Following on from our guest speaker on climate
change the Federal Government position paper
can be found at: www.climatechange.gov.au.

Centrelink provides free financial information
seminars. For information, phone 13 6357 or
http://www.centrelink.gov.au/internet/internet.nsf/services/fis_seminars.htm.

Wooden toys and plans were the subject of
another recent meeting. More details:
www.enjoymakingwoodentoys.com.au

Visit the Australian Men's Shed Association,
our national body at: www.mensshed.org

Show and Tell

Please bring along your projects to show
others and share your experiences.

Interested

Come along on Tuesday afternoons to the
former Kenmore South Scout Den in Branton
Street Kenmore Hills at 2 pm or visit the Shed
any time it is open.

Membership Fees Due

The membership fee is \$50 a financial year.
Pro rata fees apply from January to 30 June
2010

More Information

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