



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
Number 12 August 2010

Shed West Development

Planning and discussions with Brisbane City Council are progressing for the building of an awning along the front of the Shed. This will be the length of the Shed and extend out four to five meters. This will provide a covered area where other activities and group meetings can be held.

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 has been developed and all members are being given a safety briefing. First aid training is being planned.

Mt Gravatt Shed Visit

It was a pleasure to host such a successful morning which went way beyond expectations when a bus of 50 plus Mt Gravatt Shed members visited. Our members enjoyed themselves meeting the group and showing off our Shed to like minded men.



Visitors and Shed West members gathered to record the occasion outside the Shed.



A sausage sizzle was organized for the day and enjoyed by all. There was even a practice run the week before.

AMSA News

As part of the National Male Health Policy, the Australian Government announced \$3 million over four years to support the Australian Men's Shed Association (AMSA), and to provide direct assistance to all men's sheds.

AMSA funding available directly to men's sheds includes provisions for men's sheds to apply to AMSA for items such as; tools, equipment, purpose built workspaces, improvements to sheds and the engagement of a shed coordinator. Applications open in August. For further details on the program go to:

<http://www.mensshed.org/page14837/Start-a-Shed---Shed-Development-Plan.aspx>

You can find the ASMA newsletters online at www.mensshed.org

Program

The Shed West program 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, Wednesday, Thursday and Friday mornings,

except on Public Holidays, from 9.00 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.

Current activities include:

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

The Thursday woodworking session is making wooden toys as a way of developing skills and making something useful. It is planned to use the toys as Christmas gifts for a charity.

The Tuesday program for the coming weeks is:

Date	Activity	Presenter
17 Aug	National Seniors	John Kahlert
24 Aug	Shipping	Malcolm Johnson
31 Aug	Kenmore SHS	Wade Haynes
7 Sep	Turtle Monitoring on Fraser Island	Ian Muirhead
14 Sep	Hunting – Dogs and Guns	Don Nicol
21 Sep	Home Brewing	Tony Jacobs – Brewers Choice
28 Sep	Annual General Meeting	
5 Oct	PNG – As I saw it	Ray Steffersen
12 Oc	Visit to DVR Metals	Bob Viner
19 Oct	To be advised	
26 Oct	To be advised	
2 Nov	Melbourne Cup Function	

Please remember that the program is subject to change depending on the availability of speakers and trainers. Members are welcome to suggest future topics.

Woodworking



The toy project leader Barry Borchart and Jeff Geard look on while wood turning trainer Ray Steffensen explains how to turn wooden toy wheels.

Woodturning



Woodturning trainer Ray Steffensen shows Jeff Geard how to make pens. The group is now making pens to be used as gifts for guest speakers.

Men's Health

Beyond Blue provides support and assistance with depression and was the subject of a Shed presentation supported by a video presentation.

A wide range of handouts was provided. If you missed this presentation there is still a lot of material available at the Shed. The information comes in a range of forms from simple fact sheets to a comprehensive 326 page book, *Taking Care of Yourself and Your Family*.

Alternatively, you may wish to try their website at: www.beyondblue.org.au or 1300 22 4636.



Richard Francis and Malcolm Douglas examine the range of materials provided by Beyond Blue.

Community Projects

A key aim of Shed West is to be involved in community projects. The Kenmore Anglican Church, under the leadership of the Reverend Bev Bell, has been a long term and generous supporter of the development of the Shed. Members have completed several projects for the church. These have included restoring two old church pews, the building of cupboards and a pew style storage.



Above Shed members with the Rev Bev Bell celebrate the completion of the projects. The cupboards are at far right, while below is the storage pew.



Web Wanderings

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

All woodworkers should try this link to an experimental safety device. http://www.youtube.com/watch_popup?v=E3mzhvMgrLE&NR=1
He's a lot gamer than most.

Is arthritis causing you a problem? Then the following information may be of interest: www.arthritisaustralia.com.au or the bone and joint decay site at www.bjd.org.au

Are you having telecommunications problems?

The Telecommunications Ombudsman can assist in resolving disputes. Their website is at www.tio.com.au

In earlier Shed days, there was some interest in Tai Chi. For those still interested try www.taoist.org

Transition Town

This was the topic of a recent talk by member Chris Wright and Carol Shantal from the local western suburbs group. Members showed great interest. Chris has offered to show anyone interested the Yoorala Street Community Garden at The Gap. Maybe there is some interest in forming a Shed West technology interest group.



Above Carol and Chris chat with Richard Francis after the meeting.

Following are the links to various websites which may be of interest in further exploring the Transition Town initiative.

<http://www.transitionbrisbane.org> (Brisbane Hub)
<http://brisbanetransitionhub.ning.com> (please join us)
<http://www.transitionthegrove.org.au> (Ferny Grove)
<http://www.seac.net.au> (Sunshine Coast)
<http://www.transitiontowns.org> (Totnes UK main site)

Queensland Rail

Queensland railways are in their blood. Recently Michael Smolenski, son of member Merv Smolenski, addressed the group on his career with Queensland Rail (QR).



Above are Michael and Merv with Merv's father's QR Lamp, beautifully restored and in working condition.

This was so successful that Michael has been invited back to continue the story. Previously, the group has heard about Merv's career with QR and his hobby of building scale models of old QR carriages. Michael is the third generation of Smolenski's to work with QR.

Membership Fees Due

If you have not paid your fees for this year could you do so immediately. If you are unfinancial, you will not be able to work in the Shed. We now have 89 financial members. The membership fee is \$50 a financial year.

On the lighter side

A little known fact....The first testicular guard was used in cricket in 1874 and the first helmet was used in 1974. It took 100 years for men to realise that their brains could also be important.

There are many uses for WD40, but first, do you know, what is the main ingredient of WD-40?

WD-40 was created in 1953 by three technicians at the San Diego Rocket Chemical Company. Its name comes from the project that was to find a 'water displacement' compound. They were successful with the fortieth formulation, thus WD-40. The Convair Company bought it in bulk to protect their atlas missile parts. Ken East (one of the original founders) says there is nothing in WD-40 that would hurt you. The basic ingredient is fish oil.

This is part of a much longer email from member Jeff Geard on the 43 uses of WD40. More information visit: www.WD40.com

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 at 98 Brookfield Road Kenmore Hills.

Show and Tell

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



Following on from the successful session on toy making Don Bray displays his latest toy project.

More Information

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