



# Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward  
Number 20 September 2012

## President's Report

Graham Barnard

It is most pleasing to report that our Shed is thriving and membership continues to grow. Unfortunately, we recently lost one of our popular members, Merv Smolenski, through illness. Merv will be remembered for his quiet mannerism but valuable contribution to the Shed. We also have a large number of our members recovering from illness or operations; we wish them well and a speedy recovery. Ken Irwin in particular is encouraged to speed up his rehabilitation as Don has a growing list of metal fabrication jobs waiting for him.

Concept planning for the establishment of a Shed facility at Brookfield has been finalised and the recommendation, subsequently endorsed by membership, was that we would not proceed with the facility at this time. The proposal has not been terminated but put on hold pending future changes in the economic and infrastructure environment which might allow us to proceed. The Bellbowrie proposal continues to be developed with support from the local Bellbowrie/Moggill community.



The late Merv Smolenski with his model rail carriages built to scale from original plans.

The project is nearing finalisation for subsequent presentation to the Committee and general membership. The project will have a separate funding model developed to support that business case.

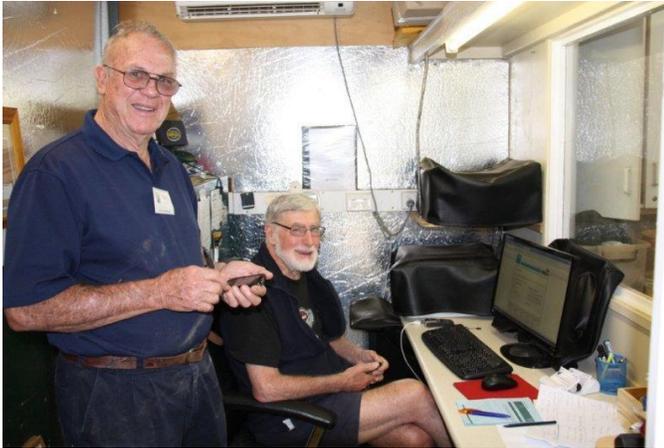


Vice President Graeme Curnow, Irish Shed visitor Tom Kerr and President Graham Barnard. (Photo Ken Martin)

Our thanks to the members of the various workshop project teams for their efforts in toy making and renovating furniture and the like. Their efforts under Doug Nissen, have been outstanding and raised considerable funds to support our many ventures. Many thanks also to Richard Francis for getting our membership database up to date and maintaining it to high level of completeness and correctness. Unfortunately, Richard is standing down from that role and we are seeking a competent member to take over the task. Malcolm Douglas has taken over a new role; that of Workshop Administrator. Malcolm will be responsible for the day to day operation of the office functions for which we are very pleased.

We continue to be entertained and educated through the varied and interesting presentations that are held at the Kenmore Library. The Library facility has proven to be a great place to hold our presentations in a comfortable environment. Bellbowrie meetings on Wednesday afternoon are also very popular

and it is encouraging to see some Kenmore members attend the interesting presentations held there. Upcoming social events include a Melbourne Cup function for all members at the Brookfield Centre for Christian Spirituality on Tuesday 6 November and our Christmas Function to be held at the Brookfield Hall on Wednesday 12 December. Our AGM is to be held on Tuesday 13 November at the Kenmore Library. All Committee positions are open for nominations. See Roger Harding for further information re the AGM.



Workshop Administrator Malcolm Douglas (seated) with Shed Manager Don Bray in the office.

### **Bellbowrie Campus News**

It is very pleasing to have maintained our membership numbers at thirty. We have had only one formal resignation, two unlikely to renew, two yet to renew and two whose subscriptions have not been paid.

Our weekly meetings are well attended, attracting more than 20 members and visitors most weeks, including visiting Kenmore members whose support we greatly appreciate.

The displays at the Bellbowrie Community Day and Picnic in the Paddock have attracted new members plus visitors to our meetings and Doug Nissen reported whilst we didn't make any toy sales on these days the publicity has led to good sales at the Shed. Recent articles in the *Local Bulletin* and *Community Chronicle* have also produced a number of calls from potential members.

For added fun, David James' weekly quiz sessions, plus the occasional Sergeant at Arms segment, have added some additional "Buzz",

fun and entertainment to our meetings and make a small contribution to fund raising.

The proposal to develop a Shed in Bellbowrie is progressing. As we get closer to having a business case, including a fund raising plan to take before the Shed West committee, to relocate the Moggill Country Club building to the Anglican Church site in Bellbowrie there is renewed enthusiasm within the Bellbowrie group. The majority of members are volunteering to help with our toy building effort to raise some funds and more Bellbowrie members are now visiting the Kenmore Shed.

The work put in by John Edwards in building the business model should be acknowledged. John, with some assistance from steering committee members has managed to pull together a group of people including a town planning consultant, removalist, structural



Above, the Bellbowrie working bee team assembles while below the grass is cut and the edges trimmed.(Photos Terry Anderson)



engineer, plumbing contractor and arborist to provide pro bono advice to us, up to this point.



Finally, the working bee team gets to relax and enjoy the results of their labours and celebrate their achievements.

We have also had excellent support in our endeavours from many members from the Kenmore Shed.

There is however still much work to be done in getting the project accepted. Agreements and approvals are not yet in place and they may take up to six months from lodgment to be approved and the all important funding is still to be obtained.

The weekly email communiqué has received much favourable comment regarding the way it is presented. Terry Anderson with his considerable computer skills takes the credit for putting the news together from the information other members provide. To receive a copy email Terry at [tez.at.shed.west@gmail.com](mailto:tez.at.shed.west@gmail.com)

### Member News

*Gary Cummings* is in Tasmania. About seven years ago Gary and wife Pam bought an old school house and have been doing it up for habitation on their periodic visits. They sold their Kenmore house a little while ago and Gary has been in Tassie for the past couple of months. He plans to retain his membership of the Shed as he enjoys the atmosphere and camaraderie that is present. In fact he spoke very highly of the Shed and the members – on a recent visit he left feeling rather nostalgic and says he will miss us. He and Pam said they are likely to be back up here reasonably frequently.

*Lloyd Brown* is keen on horse racing and is planning to race another thoroughbred two year old filly this season. The filly has been broken-in and has already spent time in the stables of his Gold Coast trainer who is so impressed that he provided the feed supplements for her time at Lloyd's place. All indications are that she will be ready for her first start in February or March, and after a short let-up, be ready for a tilt at the riches of Brisbane's Winter Carnival. She has qualified for the Magic Millions race series and will race in Lloyd's colours (red, white and blue – what other combination would a former RAAF Officer have?) If you would like to know more talk with Lloyd.

### Irish Visitor

The Shed movement continues to expand both here and overseas and Shed West has welcomed the visit of Tom Kerr from Ireland. Tom is a member of Dundlk Shed in County Louth. While visiting relatives locally Tom, with his broad Irish accent, has addressed members at the Shed and been a regular visitor to meetings entertaining those present with stories of Ireland and his local Shed.



Tom Kerr, second from left, with, from left, Tom Usher, Malcolm Johnson and Don Bray in the Shed. (Photo Ken Martin)

### Kenmore and Bellbowrie Programs

Both campuses run regular meetings with a guest speaker. Kenmore meets at 2 pm on Tuesday afternoon at the Brisbane City Council Library Meeting Room on the first, second and third Tuesdays of the month. The Bellbowrie members meet at the Anglican Church Hall in Bellbowrie on Wednesdays at 1 pm.

Additionally, there is the Drop in Centre, Computer Club, Photography Group, the 500 card players and the ever popular workshop sessions in woodworking, woodturning and metal work.

### Photography Group

Recent months has seen the formation of a Shed photography group. Initial sessions have focused on what the group might do. Among the various topics is the idea of purchasing a scanner with transparency and negative capabilities. This would allow members to convert many of their older format images to digital files. It is planned to offer to train other Shed members in its use so all can benefit from the technology. The group plans to meet on the third Friday afternoon of each month in the Drop In Centre. The next meeting is planned for Friday 16 November.



Metal fabrication and welding are now popular.



There is expanding interest in woodturning.



Members of the photography group spent an afternoon discussing a selection of each other's work.

### Other activities



A recent meeting was about Tai Chi, with particular emphasis on maintaining and improving balance.



A recent presentation was on providing lamb direct to consumers using The South African Dorper breed of sheep by Adrian Tiller from Siwa Fresh based in south west Queensland. More: [www.siwafresh.com.au](http://www.siwafresh.com.au)

## Men's Health

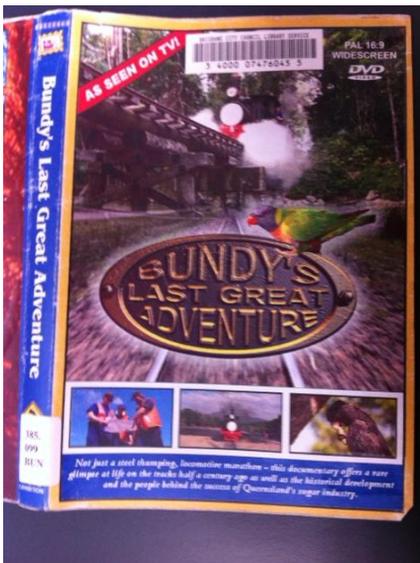
**Fewer prescriptions** would save money and maybe improve quality of life. A University of Western Australia study is looking at the effects of reducing or withdrawing unnecessary drugs given to older people. More: [www.wacha.org.au](http://www.wacha.org.au)

**Are you OK?** Ask your family and friends. Try to get them to open up and tell you if they are not coping and if you are concerned about yourself or others, visit your doctor or phone Lifeline on 13 11 14. More: [www.ruokday.com.au](http://www.ruokday.com.au).

**Stroke** Know your risk as 1 in 6 people will suffer a stroke in their lifetime. There are six steps people can take to reduce the risk and the danger of stroke:

1. Know your personal risk factors: high blood pressure, diabetes and high blood cholesterol.
2. Be physically active and exercise regularly.
3. Avoid obesity by keeping to a healthy diet.
4. Limit alcohol consumption.
5. Avoid cigarette smoke. If you smoke, seek help to stop now.
6. Learn to recognise the warning signs of stroke and act FAST. (Face, Arms, Speech, Time)

More: <http://strokefoundation.com.au>



A DVD presentation can form part of some meetings. This one was on Bundy the sugar train. The DVD is available from the Kenmore Brisbane City Council Library.

## Web wanderings

There is a wide range of topics covered in the ABS (Australian Bureau of Statistics)

publications. Recent articles focus on a number of different adult health risk factors [www.abs.gov.au/ausstats/abs@.nsf/mf/4102.0](http://www.abs.gov.au/ausstats/abs@.nsf/mf/4102.0)

Interested in volunteering. The 2011 annual National Survey of Volunteering Issues, has reaffirmed volunteers contributions to society. The survey found that more volunteers are getting involved, but more are needed. More: [www.volunteeringaustralia.org](http://www.volunteeringaustralia.org).

The Australian Law Reform Commission (ALRC) is reviewing age barriers to work and volunteering in Commonwealth Laws. More: <http://www.alrc.gov.au/inquiries/age-barriers-work>.

There is lots of interesting information on the Sensis website. This includes data showing a huge jump in older Aussies going online and information on the format of future phone books after feedback on the current editions. More: [www.sensis.com.au](http://www.sensis.com.au)

Outstanding craftsmanship even if you are not into tools. You'll find this tool chest amazing. See: [www.wimp.com/toolchest](http://www.wimp.com/toolchest)

According to the ABS Australians loose \$1.4 billion a year to fraud. The latest figure at [www.abs.gov.au](http://www.abs.gov.au) show a slight fall in identity theft but a rise in credit card fraud and scams. To guard against scammers we have the 'Do not call register' and now there is a suggestion for 'Do not knock register'. However, many scammers are now targeting our computers and mobile phones. See: SCAMwatch. [www.scamwatch.gov.au](http://www.scamwatch.gov.au)

SMS scams. The Australian Communications and Media Authority (ACMA) have introduced a service where you simply forward the message to 0429 999 888. You should NOT change the subject line of the message or add any additional text. Send exactly what you received.

The next article on 'How to clean your computer' was identified by Malcolm Douglas at the **YOURLifeChoices** website, [www.yourlifechoices.com.au](http://www.yourlifechoices.com.au) This is well worth a look for a wealth of information on health, wealth, travel, work for fun in your fifties, sixties and beyond.

## How to clean your computer

By Drew Patchell, webmaster of **YOURLifeChoices** website, read more of Drew's articles here [www.yourlifechoices.com.au](http://www.yourlifechoices.com.au)

Are dust and grime slowing your computer? Gunk in the air-vents and crumbs in the keyboard could be doing damage. Learn how to clean your computer safely in 5 easy steps.

### Tools

- A screwdriver
- A can of pressurised air (available at Officeworks for under \$5)
- Cotton buds (do not use a cotton ball)
- Isopropyl alcohol, also known as rubbing alcohol
- Soft, lint-free cloth and water
- Safety glasses (optional)

### Step 1: Turn off the power

Turn off the power to your computer, remove any plugs or remove the battery if you are using a laptop. Ensure that all power sources are removed 30 minutes before you start to clean. All components should be removed from the computer and any external power sources before cleaning.

### Step 2: Inside the computer

Before opening your computer **check your warranty**. Some computers, especially Macs, state that opening the case will void your warranty. If this is the case and you feel your computer needs cleaning then you can take it into the store to have it done professionally. If there is nothing in your warranty about opening the case then read on.

To open a desktop: opening the tower on a computer depends on the age of your machine. Older computers will have four screws holding the side of the case on. Newer models may have a push button on the back of the machine. Read your user manual to find out how to open it up.

To open a laptop: turn the laptop upside down on a towel. On most laptops the vents on the underside will be grouped together on a removable panel. Undo the screws, taking note of what goes where, and remove the panel. Once you have your computer open remember

to touch as little as possible, particularly with your hands. Pick bits of fluff out with tweezers or a cotton swab, and then use compressed air around all of the components and the bottom of the case. Try to angle the air so that any dust is blown back out of an opening, rather than further into the crevices. Never get the air nozzle closer than 5cm to the machine. Remember that you are not trying to blast, but rather encourage, the dust out of your machine. Take extra care around the delicate fans, as these can break if spun too fast.

### Step 3: The computer case

Use a cotton swab dipped in isopropyl alcohol to get into the openings and crevices on the outside of your computer. You can also wipe the whole case over with a soft, lint-free cloth dipped in isopropyl alcohol.

### Step 4: The mouse and keyboard

Turn your keyboard upside down (do not look up at it while doing so) and gently shake it to remove dirt and crumbs. Then use your compressed air to blow in and around the keys to clear out the rest of the dust. The keys can be cleaned with a cotton swab or lint-free cloth dipped in isopropyl alcohol.

To clean your mouse rub the top and bottom over with a soft, lint-free cloth dipped in isopropyl alcohol. You may need to scrape at the bottom to remove excess gunk. If you have an optical mouse ensure that no dust is obscuring the little red light on the bottom. If you have a mouse with a ball in the bottom turn the mouse upside down, rotate the circle around the ball and open the ball case. The mouse ball should be washed with water and left to dry completely, and the interior can be swabbed over with a cotton bud dipped in isopropyl alcohol. Ensure everything is dry before reconstructing your mouse.

### Step 5: The screen

Moisten a soft, lint-free cloth with plain water and wipe it over your screen to clean. Do not press hard, as this may leave permanent marks. You can also purchase specific monitor-cleaning liquids from computer shops. These should never be sprayed directly onto the screen. Instead spray the cloth and then wipe the screen.

## Pictorial report of a BIG job

Hans Binnekamp

On 5 July 2012 a group of three people arrived at the Shed with three old doors and a number of old wooden posts. They wanted to find out whether shed members could construct a table 4.2metres long x 0.9metres wide to seat up to 16 people with the legs cut from the posts and seven carefully selected sections of the doors as the table top.



Experts gathered to assess the project.



They decided to take on the work and commenced by constructing a solid frame.



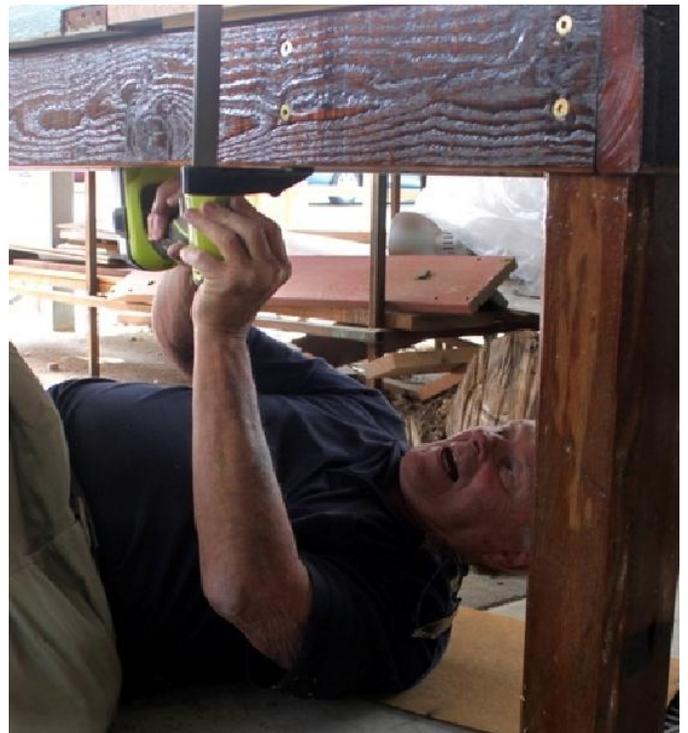
After careful measuring and making sure the plans were followed the doors were cut.



The hollow doors had to be reinforced to create a solid surface.



The door segments were then attached to the frame.



This necessitated some rather "tortuous" exercises.



The job progressed well. In all it took 50 man hours.



It took 4 people to lift the table once completed

This was one of our more challenging jobs to date and certainly the most satisfying when completed.



Shed West members, from left, Doug Nissen and Dan Elborn undertook most of the construction.

Doug Nissen says, 'The *big table job* was requested by a member from Spring Hill Shed where they did not have the machinery or facilities to make the table. The table now has pride of place in a city restaurant opened by

the Spring Hill shed member in Turbot Street in the city.

'It was pleasing to note how much interest was shown by various Shed members during the construction of this project. Photographer Hans Binnekamp took many photos of the work under way.

'We have also enjoyed a surge in toy orders for Christmas selling three excavators in ten minutes plus a variety of toy orders including 3 aeroplanes, in all totalling about \$1000 in value since 1 September. We are becoming well known for our toys and numerous callers to the shed say they will be back soon to place orders.

'Yes, there is a lot of fun to be had at the Shed.



The table finally, finished in place and in use.

### Interested

Visit the Shed at 98 Brookfield Road Kenmore Hills any morning Monday to Friday or enquire about the Tuesday afternoon meetings at Kenmore or Wednesday afternoon events at Bellbowrie.

### More Information

[www.shedwest.com.au](http://www.shedwest.com.au)

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