



# Katoomba Men's Shed

*Building Better Blokes*

## Noise from the Shed

No 9 February 2016

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### Annual General Meeting

The Shed's AGM is coming up, and following some suggestions last year, we will be holding the AGM in the daytime.

The details are as follows:

Wednesday 9 March 2016  
2:00 pm - At the Shed

The AGM includes the election of positions on the Management Committee for 2016. The Management Committee is responsible under the Shed Rules for the 'control and management of the Shed'.

Any members interested in participating in the management of the Shed are encouraged to nominate for positions on the Management Committee, which are as follows:

- President
- Vice President
- Treasurer
- Secretary
- Ordinary Committee Members (usually four)

The number of ordinary members can vary if someone holds more than one office. The Public Officer is automatically a member of the Management Committee, but this position is

appointed, not elected, and the incumbent holds the office until a new Public Officer is appointed and registered with NSW Fair Trading.

It is important to remember that under the Shed Rules, nominations can be taken at the AGM only if insufficient *written* nominations have been received prior to the commencement of the meeting. So if you are serious about participating, you should submit a written nomination to the Secretary.

Nomination forms and proxy forms are available from the website (under the Members area) and from the noticeboard area at the Shed.

A social lunch will precede the AGM but details were not available in time for this newsletter. Assume lunch will start at 12:30, but details will be emailed to members and available on the noticeboard at the Shed.

### Member profile: Stephen Davis

Stephen grew up in the southern Sydney suburb of Penshurst, attending school at Beverly Hills and Hurstville.



**Stephen Davis at the Shed, painting the railings on the deck.**

On finishing school, Stephen undertook a metallurgy traineeship at AIS in Wollongong, including work recording defects and finishing temperatures in the mills' hot rolling of steel ingots down to slabs.

Stephen's training continued at Overall Forge in Auburn, where he was involved in quality control and mechanical testing of products manufactured by steel forging. He then moved to Enoch Taylor, a footwear manufacturer in Windsor, where he worked in quality assurance, helping the company achieve independent standards certification.

Stephen's career has been dogged by the decline of Australian manufacturing.

Stephen moved to Hazelbrook in 1989, commuting to his work in Auburn and then Windsor. Since moving to Hazelbrook, he has undertaken advanced studies in Quality System and Manufacturing Technology, Materials Science and Human Geography.

As well as his interest in the Katoomba Men's Shed, Stephen has a passion for history and is actively involved with several historical societies in the local area. He is also studying for an Advanced Diploma in Local, Family & Applied History through the University of New England.

Stephen can often be found at the Katoomba Men's Shed on Fridays, where he enjoys gardening and doing small maintenance tasks. He is also working away slowly on making a set of oversized chess pieces for use on our outdoor board.

## NBN coming soon?

### Bruce Ward

By all reports, work has started on rolling out the National Broadband Network (NBN) to the Upper Blue Mountains. The NBN website identifies four steps in the rollout, once an area has been listed. The steps are:

- planning,
- build preparation,
- build commenced and
- service available.

I did some address checks in preparation for this article – the Shed is listed as 'build preparation' and my home at Wentworth Falls shows as 'build commenced'. You can do a check for your home on the NBN website - [www.nbnco.com.au](http://www.nbnco.com.au)

The implications of the new network depend on what sort of broadband connection you have

now, and what you want to use your broadband connection for.

The broadband connection currently available at the Shed, and to many of our own homes, is 'ADSL2+'.

Broadband speeds can be hard to understand. In many ways, it is like driving times – the time it takes to make a particular trip depends on the vehicle you drive, your load, road quality, weather conditions and traffic. The speed you will get from your broadband will depend on the type of connection, your hardware and a whole range of factors, including traffic from other people in the area. How long it takes to open a web page, or download a file from the internet will also be influenced by the load on the originating server computer.

Broadband speeds are usually expressed in 'Mbps' or megabits per second (not megabytes per second, which is abbreviated to MBPS or MBps – yes very confusing!).

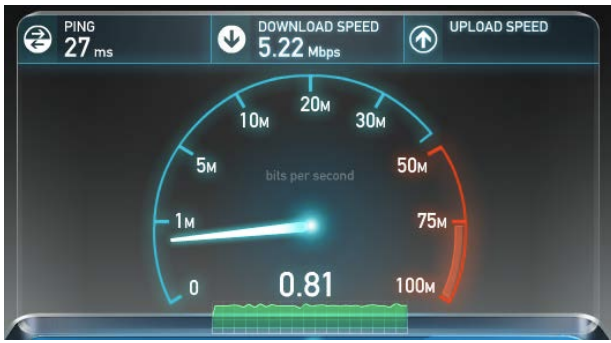
Those of us currently using ADSL2+ broadband probably get 4 to 12 Mbps, depending on how far we are from our local telephone exchange. But this speed may vary through the day. In my house, we usually get about 5 Mbps. When I ran a test at the Shed, it was at 12 Mbps!

You can check what speed you are currently getting at [www.speedtest.net](http://www.speedtest.net) - but there are also other sites that do the same thing. To do the test, go to the website and wait for the window to load fully. Click on the 'Begin test' button. (There are sometimes other buttons that say things like 'Start', but these are advertising.)



The Speedtest window when fully loaded. Click 'Begin Test' to start.

The window will change as the testing starts and a 'speedo' dial will show you how it is going.



**The Speedtest window while testing my home internet connection. In this image, the download speed had tested at 5.22 Mbps and the upload speed test was under way. It was registering 0.81 Mbps when the screen shot was taken.**

The testing will report three numbers – ‘Ping’, ‘Download Speed’, and ‘Upload speed’. Ping is a very simple response time in milliseconds. It is normal to have a much slower upload speed than download speed.

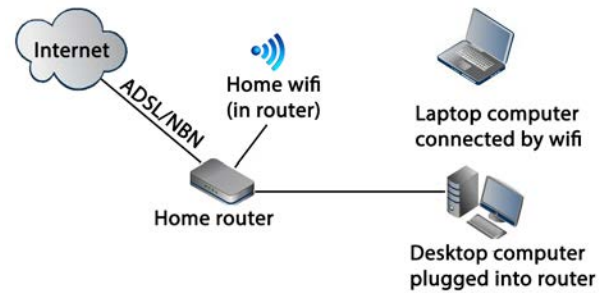
The NBN will offer four speeds, 12, 25, 50 and 100 Mbps. The higher speeds will cost a premium rate, but few of us are likely to need 50 or 100 Mbps.

To put it into perspective, the following table compares broadband speeds to other parts of your home computer network.

Technology	Speed Mbps	1 GB download
Slow ADSL	2	1.25 hour
Better ADSL	9	17 min
Low NBN	12	13 min
Better NBN	24	6 min
Home WiFi connection	54	3 min
Home wired network and highest available NBN speed.	100	1.5 min
USB connected drive	400	22 sec
High speed home network	1000	9 sec

The speed you actually get on a computer depends on the slowest point in the chain between the computer and the internet. Take the example home network shown in the diagram below. If the connection from the internet to the router was 100 Mbps (super fast NBN), the desktop computer could theoretically be able to access most of that speed, because the wired connection to the router would be at least

100 Mbps. The laptop computer would likely be limited to 54 Mbps by the Wifi connection.



**A typical home computer setup showing some of the key linkages.**

From what I have read, most service providers offer low-level NBN plans at similar prices to current ADSL plans. For most of us, this will probably deliver an increase in speed and hopefully reliability over the current ADSL technology.

What speed you are likely to need depends on what you want to do:

- Email, web browsing, some YouTube – you can probably cope with 3 Mbps, but might struggle with streaming movies sometimes.
- Regular streaming of high definition movies – you need a reliable 5 Mbps or you may get brief pauses while the download catches up.
- If you need more than that, then you probably know more about this than I do!

Of course, if you have two people streaming different movies at the same time, this increases the required speed for the household as a whole.

## Health in focus: be MedicineWise

**Adapted from an article from The Shed Online**

Did you know that 1 in 4 hospital admissions are due to mishaps with medicines? And mistakes with medicines, such as forgetting a dose, taking the wrong dose, or not following instructions correctly, are common.

Many of us take medicines, whether they are prescribed, bought over the counter in a pharmacy or supermarket, or complementary medicines such as vitamins or herbal remedies. But many of us are more interested in what’s in our breakfast cereal than what’s in our medicines!

Some important questions when taking any medicine are:

- What is the medicine for?



- What is the active ingredient?
- How do I take or use this medicine correctly?
- What are the possible side effects and what can I do about them?
- What should or shouldn't I do while taking this medicine?



**Do you have your medications under control?**  
**Image: Gerd Altmann, via Pixelbay**

Always read the label and follow the instructions. Checking the active ingredient can prevent you accidentally doubling up with another medicine that contains the same active ingredient, or taking another medicine that mixes badly (interacts) with your other medicines, including complementary medicines.

Here are some ideas for improving your medicine routine:

- Make a timetable for your medicines and when to take them.

**The external dust collectors are connected to machines through a network of PVC pipes. This is the pipework for the south side collector which collects dust from the table saw, spindle sander, mortising machine and router stand.**



- Use a chart to tick off each medicine as you take it, so you can check whether you've remembered it.
- Link medicines to daily activities, like breakfast, brushing teeth, or going to bed.
- Keep medicines where you can see them - so long as they are correctly stored and out of sight and reach of children.
- Jog your memory with notes on the bathroom mirror or fridge, or set up reminders on your computer, alarm clock or phone.
- Streamline your medicine timetable. Discuss with your doctor if you can take medicines once or twice a day rather than at lots of different times.
- If you need a lot of medicines, talk to your Pharmacists about medication organisers like Webster packs or dosette boxes.

For more information see [www.nps.org.au](http://www.nps.org.au)

## Dust extraction makeover

Dust is one of the hidden hazards in any workshop, but particularly where woodworking machinery is used. Dust has been an issue at our Shed since the workshop was first set up. Some facts about dust:

- Large chips, shavings and course sawdust are messy, but easy to deal with. They stay relatively close to the machine and are easily

collected with suction.

- Fine sawdust is more difficult to deal with. It travels much further from the machine and quickly settles on surfaces.
- The hidden problem is the very fine dust that floats in the air for 30 minutes or more. This dust is a potential health hazard.



The newly installed fine particle filter is controlled with the remote (inset) that hangs below the machine, just above head height.



The dust collectors are housed in two 'lockers' outside the Shed.

The very fine dust is usually invisible, but you can sometimes see it in a ray of sunshine through the skylights. You know it is there, because it has settled on top of everything from the roof space down.

The latest improvements of our dust control systems have been a long time in the planning. While most of our messy machines had dust collection fitted, a lot of the very fine dust either evaded the collectors, or was blown straight through the collection bags, back into the workshop. (Very fine dust passes straight through the fabric of the collection bags.)

The revamp has involved three key steps

1. Consolidating dust collection using two large units (one for each side of the workshop) and plumbing all the dusty machines into one of these units.
2. Moving the dust collector units out of the workshop airspace – this was essential to reduce the recirculation of fine dust.
3. Installing a fine particle filter to remove the fine dust from the air in the workshop. This is in the roof-space, above the rafters, in the middle of the workshop.



Inside one of the lockers showing the dust collector, with two collection bags. You need to empty the two LOWER bags).

Every member who uses the workshop needs to play their part:

- Switch on the new dust filter and leave it running all day when the workshop is operating. The remote control hangs on a cord below the unit, just above head height.
- Switch on the dust collector units connected to any machine you are using, and check that the only blast gate open is to the machine you are using. New signs have been put up showing where the dust collectors are switched on.
- Check the dust and chip bags regularly and empty as needed. In particular, if the chip bag on the thickener is more than half full when you **finish**, please empty it!



- Turn the new dust filter off at the end of workshop operations and before closing the Shed for the day.



Closed

Open

**Blast gates are fitted in the dust lines to direct the suction to machines being used. Close all gates except the one to the machine in use.**



**The chip bag on the thicknesser needs emptying most often. If it is half-full when you finish, as shown here, empty it on the heap outside.**

## What a load of rubbish!

### Bruce Ward

Our Shed building and grounds are provided by the Blue Mountains City Council. But the building is part of the overall Showground complex and does not have its own rubbish collection service. This creates a problem for the Shed, because if we wanted a rubbish collection

service, we would have to pay for a commercial service, which would be very costly.

To make matters worse, the fees for the dumping of mixed waste have increased and now stand at \$285 per tonne.

The Management Committee have discussed the waste issue for several months, and have now approved a waste strategy that tries to minimise and separate waste so that we only pay for dumping very small quantities.

Key points about the strategy are:

- Members should not expect the Shed to dispose large amounts of waste from individual or personal projects. This waste should be taken home or dealt with at the members' own expense.
- It makes sense to minimise mixed waste and make the most of the ability to dump recyclable materials for free.
- We can also reuse some waste on-site, like burning timber offcuts in the fire and spreading clean sawdust on the gardens.
- Keeping on top of the waste is also a key. The more we let it build up, the harder it becomes to deal with.
- Not taking donations of materials that we are unlikely to use, including MDF, chipboard, and treated pine.

Three rubbish bins have been set up beside the side path into the Shed. Two of these bins are for general waste and one (blue) is for recycling.



**Three rubbish bins were donated by Cleanaway.**

Most of the rubbish bins in the Shed now have signs saying what can go in them.

- The large bin inside the Shed is for kitchen waste only. It is emptied every week.

- Large pieces of metal should be placed in the 2<sup>nd</sup> corral and will be recycled at no cost to the Shed.
- Papers, plastic bottles, cardboard, small pieces of metal and other household recyclables go in the blue bin outside the Shed.
- Clean sawdust can go in the bin near the drop saw. Please remove any small lumps of wood and put them in the general waste.
- The General waste bins should be the last resort for rubbish that has to be dumped as mixed waste.

Please don't put waste in the trailer, unless you are planning on taking it to the dump yourself. Allowing waste to accumulate in the trailer is unsightly and was contributing to the deterioration of the trailer itself. It also precluded using the trailer for anything else, without the extra task of making a run to the dump.

## Market success

### David Christie

Together with Peter Greenacre, the Shed recently had a stall at Magpie Markets in Lawson.

Peter had been collecting tools for many years and realised that it was necessary to make more room.

The shed had also been donated a large lot of tools and equipment from a deceased estate and as most of this was surplus to our needs, it was decided to try and sell as much as possible at the Markets.

Once the word spread we found more equipment donated for the market and it was an opportune time to try and sell some of the dolls houses and block trolleys made by Eddie Walker and shed members.



**The Shed market stall at the Magpie Markets.**

The Shed stall was successful in selling a significant amount of the items that we took, including some camera equipment that had been

at the Shed for years and a retro 'barrel' lawn mower.



**Peter Greenacre with his own surplus tools at the markets.**

There was a lot of attention to the dolls houses and block trolleys especially when we market-tested them on some 2-3 year olds. Unfortunately they weren't successful in convincing their parents and grandparents, except on one occasion. However, a number of people took the details for later consideration.

All up, the shed collected in excess of \$465, which was considered a good day.



**Not all the dolls houses and block trolleys sold, and are some are still available for sale. Don't forget the grandkids! If you are interested, see Eddie at the Shed.**

## About Katoomba Men's Shed

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The Shed is a not-for-profit organisation that aims to advance the health and wellbeing of its members by providing a safe and happy environment where skilled and unskilled men can be in the company of other men.