



Katoomba Men's Shed

Building Better Blokes

Noise from the Shed

No. 17 May 2018

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Strategic planning

Peter Kinkead, President

Over the last 6 months, a small group has been working on a strategic plan for the Katoomba Men's Shed.

It is important to recognise the wonderful work that has been done in the past. The new strategic plan is built on the foundation of a well established and resourced Men's Shed that has been operating successfully for more than 12 years.

The core of the strategic plan has been approved by the Management Committee and we are now starting to work on implementing the plan, which is outlined below.

Destination 2020

By 2020 the Katoomba Men's Shed will be a vibrant men's organisation:

- Providing relevant programs and activities responding to our members' needs.
- Recognised as an asset to the community

- Working in partnership with other key community organisations.

Strategic goals for 2020

1. Develop a stable and growing membership base:
 - Establish effective recruitment, induction and retention programs.
 - Develop a promotion plan to raise our community profile.
 - Continue to develop and promote the Shed's values and code of conduct.
2. Build and maintain the Shed as a financially sound organisation with appropriate reserves:
 - Introduce an effective budgeting process.
 - Determine the appropriate level of reserves required to maintain financial prudence.
3. Encourage good daily attendance and active involvement in our programs and activities:
 - Continue to identify activities which respond to our members' interests.

- Identify appropriate activities for members to work on together which can deliver community benefits.
4. Develop and deliver a sound men's health program:
 - Identify key areas of men's health affecting our members.
 - Develop partnerships with organisations that can deliver information and advice on those key areas.
 5. Build the committee's effectiveness in managing the Shed:
 - Encourage more members to participate in Shed management.
 - Develop a succession plan for senior Shed Committee positions.

In the next stage, the Shed will instigate specific activities to achieve the goals identified in our plan.

Shed highlights

- Our Annual General Meeting was held in March and a new Management Committee was elected as follows:
 - Peter Kinkead – President
 - Bruce Ward – Vice President
 - David Christie – Secretary
 - Don McKinnon – Treasurer
 - Jon Stanley, Robbert van Leeuwen and Michael Dale – Committee members
 - David White – Public Officer (an ex-officio member of the Committee)
- Special thanks to David Bowskill and Kevin Wallace who stood aside from positions on the committee after many years of service. Both men are remaining actively involved in managing the operations of the Shed as Day Coordinators.
- During the meeting it was confirmed that the membership fees will remain the same for 2018 and we will put aside an amount for a development budget for maintenance or new equipment.
- Members also enjoyed the barbeque that has become a feature of the AGM in recent years.
- The locker policy has been altered and it will be possible to reserve a locker for longer periods. The intention is to allow a member to safely store a small project or tools between visits. Half of the lockers will be reserved for day use only. To reserve a locker for longer-term use, see the Day Coordinator and pay a key deposit.



Shed member Graham tries out the new chess pieces on the board in the rock garden at the Shed.

What's on

June 11-17: Men's Health Week.

June 13, 11.30 am: Men's Health Barbeque at the Shed. See invitation later in this newsletter.

June 8-11: Sydney National Men's Gathering, Katoomba. See information poster below or go to nswmen.org.au

July 5, 1.00 pm: Health talks program – Male Carers.

July 21: Visit to the Timber & Working with Wood Show at Rosehill. If interested, put your name on the list at the Shed.

August 2, 1.00 pm: Health talks program – Sexual Health.

September 6, 1.00 pm: Health talks program – Men & Muscles.

October 4, 1.00 pm: Health talks program – Prostate Health.

November 1, 1.00 pm: Health talks program – Advanced Care Directives-Palliative Care and End of Life conversations.

December 6, 1.00 pm: Health talks program – Mental Health and Men and Depression.

Men's Health Barbeque

In recognition of the 2018 Men's Health Week, the Katoomba Men's Shed invites you to a members open day at the Shed, starting at 11:30 am on Wednesday 13 June. This invitation is particularly directed at members who are not regular attendees at the Shed. Treat this as an opportunity to find out more about how the Shed can help you. As it is an 'open day', please feel free to bring along a non member friend if you know someone that is curious about the Shed.

The program for the day is still being developed, but will include:

- A members forum to help the Management Committee prioritise a list of proposed development projects (see below)
- A barbeque lunch

We are also working on having a guest speaker on the general area of mental health and well-being.

Development projects

The Management Committee will be looking for member input on what the priorities are for development projects. The following projects and hopefully we will have costings in time for the meeting:

- Fixing damp problems on the southern wall of the Shed and completing a paved path along that side. This includes the relocation of the tanks away from the Shed wall.
- Improving the trailer parking area and renovating or replacing the trailer.
- Adding a toilet facility within the immediate Shed surrounds.
- Purchasing a milling machine for the workshop (a metalworking machine).
- Renovating the kitchen area.

There is still time to identify new projects for adding to the list for funding from this year's development budget. Projects should be aimed at fixing major problems or improving facilities and should generally cost more than \$1000 (smaller projects can be suggested at any time).

Project details must be in writing and given to the President before the forum starts, with a clear explanation of what is proposed, the benefit it will bring to our members and a projected cost. You can email the details to the President at president@kms.aug.au.

It would be helpful if a member was prepared to manage the project, but this is not essential if the project is well justified.

Anzac Memorial Garden restoration

David White

The Blue Mountains District Anzac Memorial Hospital, just across the oval from the Shed, is the only hospital in Australia with 'Anzac' in its name. Tucked behind the Hospital is the Anzac Memorial Garden, where there are at least 121 plaques commemorating Australian men and women who have served their country in the Armed Forces. I say 'at least' because that's how many we have found so far – the Garden is suffering from a bit of neglect and is overgrown in places. There may be more plaques under the mess. The posts on which the memorial plaques are mounted have rotted over the years, the reflective pool is choked with weeds and the benches have collapsed. It doesn't seem like a respectful way to honour the service of those Australians.



The Shed will be building new mounts for the memorial plaques. This photo shows one of the rotted posts currently holding the plaques.

With the Centenary of the signing of the Armistice that ended World War I coming up in November 2018, the Katoomba RSL Sub-Branch is leading a project to restore the Memorial Garden. The project is being undertaken as a joint venture between the Sub-Branch, the Hospital and a number of community organisations including, I am pleased to say, the Katoomba Men's Shed.

The Shed's contribution will be to construct new mounts for the memorial plaques. The new mounts will be made from H4 treated pine posts

and H3 treated dressed pine planks, and stainless steel screws, which should together give many years of rot-free service.

The cost of the timber and hardware is being donated by the Leura Gardens Festival Committee. The Festival has donated over \$2 million to the Hospital in its 50 plus year history, made possible by a few good citizens of Leura opening their gardens to the public for a week in spring each year.

There will be plenty of cutting, screwing and painting to be done at the Shed over the next few months to build the new mounts and affix the plaques, so if you would like to be part of the Shed's involvement in celebrating the spirit of Anzac, please feel free to email me at zentricity@optusnet.com.au or talk to Kevin at the Shed (Kevin is the Day Coordinator on Wednesdays and Thursdays). There will also be some working bees at the Garden to restore the rest of the site, so maybe you would like to come and join us in that as well.



Safety tip

The most common insurance claims from Men's Sheds in Australia are for serious finger injuries. This was reported at a recent meeting of the Sheds in our 'zone'. There have been as many as 38 claims on the Australian Mens Sheds Association insurance for finger injuries in a

single year and this outnumbers claims for burglaries and other accidents at Sheds.

Sliding compound mitre saws were the most common source of injuries, followed by bandsaws. While table saws are potentially more dangerous, it is thought that people are more wary and cautious when using a table saw. In contrast, mitre saws are quick to set up and use, so people can easily forget how dangerous they can be. A couple of tips:

- Mitre saws are designed for cutting long pieces of wood across the grain. Sawing with the grain or with very small pieces of timber can be very dangerous.
- Pause before every cut and double-check your safety.
- If someone tells you that what you are doing is possibly dangerous – thank them, they might just save you a serious injury.
- If you see someone doing something that you know is dangerous – say something. If they persist, report it to the Day Coordinator.



The safety sign above was spotted at the Dural Men's Shed.

Tool Tip

Kevin Wallace and Bruce Ward

Accuracy is important in most workshop projects. If your measuring and layout tools are not accurate, then you won't be able to do accurate work.

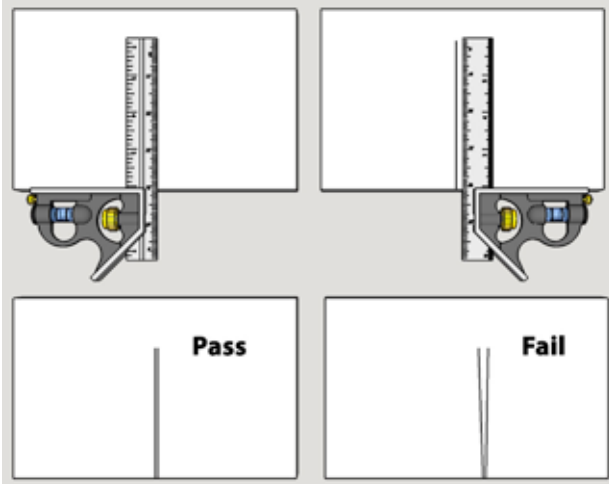
A few months ago, we checked the squares in the woodwork area of the Shed and only 1 in 3 was accurate to 90 degrees.

Squares are easy to check. Just follow these simple steps:

1. Choose a test surface that you can draw on and that has a perfectly flat 'reference' edge. A piece of ply or MDF with a perfectly flat edge would be ideal.
2. Hold the stock of the square firmly against the reference edge and draw a line the full length of the blade, using a fine pen or pencil.

3. Flip the square over, so the stock faces the other way and draw another line right beside the first line.
4. If the two lines are perfectly parallel, the tool is square. If the two lines deviate from each other, the tool is not square.

This test magnifies the error by a factor of 2. So a small deviation, such as one line thickness, may be OK.



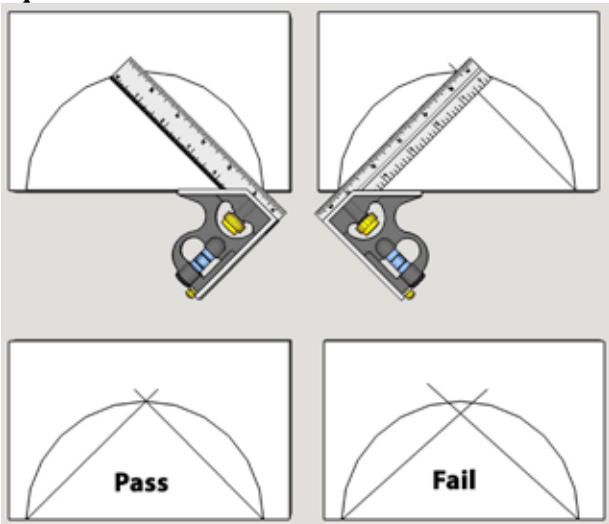
Testing the 90 degree accuracy of a square.

If an otherwise good square fails the test it is worth checking very carefully for anything that might be interfering with the accuracy. A common problem is a blob of glue or paint on the stock of the square, and this can easily be fixed. If there are other identifiable problems, such as a bend in the blade, throw the square away.

There is a similar test for the 45 degree angle on a combination square.

1. Use the same test board.
2. Draw a semi-circle on the board with the centre right on the reference edge.
3. Draw the test lines as shown in the diagram below.
4. If the angle is exactly 45 degrees, the two test lines will cross exactly on the circle. If the lines

Testing the 45 degree angle of a combination square.



cross above or below the circle, the tool fails the test.

Puzzle corner

David Bowskill

At the pumps

Charlie was checking, 'I see that you sold seventy-four spark plugs today' 'he said. 'That's great, but how come so many?'

'Just regular service - eight-cylinder, six-cylinder and four-cylinder cars,' replied Ben. 'A full set for every car, and there were twice as many fours as sixes.'

How many-eight cylinder cars were there?

Solution to Old lady puzzle from last edition

Express Aunt Liz's age as:

$$10A + B \text{ where } A \text{ and } B \text{ are whole numbers from } 0 \text{ through } 9$$

Therefore we have:

$$[(10A + B) - 10] / 2 = 10B + A$$

$$10A + B - 10 = 20B + 2A$$

$$B = (8A - 10) / 19$$

Simple trial reveals only if $A = 2$ and $B = 6$ can they both be whole numbers

Answer is 62 years.

Health talks well received

Peter Kinhead, President

In conjunction with the Lawson Community Health Centre, the Katoomba Men's Shed has introduced a series of men's health talks.

The talks are mainly held on the first Thursday in the month at 1.00pm.

As I write this, we have had talks on heart health, continence, stroke, bowel cancer and mental illness.

Still to come are the following talks:

- Male carers
- Sexual health
- Men & muscles
- Prostate health
- Advanced care directives, palliative care and end of life conversations
- Mental health, men and depression



Ross Waldron, a 'stroke ambassador' from the Australian Stroke Foundation, making a presentation at the Shed.



Michael Whitehead from the Lawson Community Health Centre with Peter Kinkead.

See the 'What's on' column in this newsletter for the dates.

About Katoomba Men's Shed

This newsletter is produced by:

Katoomba Men's Shed Inc.
6 Orient Street, Katoomba

Ph: (02) 4782 7433

Email: secretary@kms.org.au

Website: www.kms.org.au

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, in the company of other men:

- Pursue hobbies, pastimes and interests
- Learn new skills, practise, and pass on old skills
- Learn about their own and other men's health and wellbeing
- By their efforts, contribute to their families, their friends, the Shed and their community
- Mentor younger men.

Disclaimer

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Thanking our supporters

The Katoomba Men's Shed thanks the following organisations who provide ongoing in-kind support to the Shed and its operations.

- Blue Mountains City Council
- Digital Mountain
- Blue Mountains Burglar Alarms
- Cleanaway Katoomba