



Katoomba Men's Shed

Building Better Blokes

Noise from the Shed

No. 24 February 2020

Bendigo Bank contributes funds for new planer

Bruce Ward

Blue Mountains Community Bank (Bendigo Bank) has once again supported the Katoomba Men's Shed (KMS) by providing a sponsorship grant to help buy a new planing machine for the Shed. The planer is part of an ongoing upgrade of the workshop equipment and the

new machine replaces the noisiest machine in the workshop – the green thickness planer.

The new planer is the most expensive new purchase to date. Bendigo bank contributed 50% of the cost, with the remainder coming from the Shed's own development budget.

Peter Carroll, Chair of the Bendigo Bank Sponsorship Committee, dropped into the Shed to present the sponsorship cheque. He was treated to a demonstration of the new machine and a tour of the KMS facilities. Bendigo Bank

Peter Carroll, Chair of the Bendigo Bank Sponsorship Committee, (centre) presents the sponsorship cheque to Katoomba Men's Shed President, Peter Kinkead (left) and Treasurer Bruce Ward (right). The new planer is in the foreground.



have supported the Katoomba Shed since it was established in 2005 and Mr Carroll was impressed by how much the Shed facilities had developed since his last visit.

In thanking Bendigo Bank for their support, Shed Vice President David White commented on how many good things happen when community organisations work together.

Men's Sheds primarily exist to provide a place for men to be with other men, addressing issues of social isolation, loneliness and a lack of purpose. While the Katoomba Men's Shed is far more than just a shared workshop, the workshop and its equipment are the star attraction for many members.

The workshop was initially set up with loaned and donated tools and machinery and has been developed over time with many generous donations. The workshop upgrade program is replacing worn-out equipment and where possible improving the quality and functionality of the tools and machines available to members.

The new planer is a case in point. It adds new functionality not available on the old thickness planer. It is also substantially quieter, which is a welcome change.

President's report

Peter Kinhead

Elsewhere in this Newsletter is an article on 'Watering stations for wildlife' and I would like to give you the back story. It's a story about people from all walks of life coming together with little or no notice to help out our wildlife.

On a Thursday in mid-January I had a call from Ron, a member of the Lower Mountains Men's Shed. They were overwhelmed by a project they had undertaken and were asking if we could help. Because it was another Men's Shed asking for assistance, I said yes before asking for any detail. This was a risky thing to do, but this time it all worked out in the end.

The project was constructing watering stations for wildlife as a consequence of the fire and drought effects on our bushland over recent months. Materials would be supplied and all we needed to do was cut and glue PVC piping to certain specifications.

Knowing we had a couple of retired plumbers who regularly attend the Shed, I thought 'this sounds simple'. I asked when they wanted it done. 'This weekend' was the answer (me thinking that might be a bit of a stretch). I then asked how many watering stations and was told the whole job was for about 1,000 and our part would be for about 200.

My next thought was to stall for time so I could think this over. I got back to Ron that afternoon and said we would give it a go. This is still Thursday. My next move was to send an email to all KMS members asking for any assistance for Sunday.

Tradelink Plumbing Supplies of Penrith donated all the material (pvc, glue, tape etc) for all 1000 watering stations. They delivered our portion on Saturday morning. If you thought the workshop was full of "stuff" beforehand, you should have seen it with all that pvc piping.

- 48 x 6m lengths of 100mm pvc pipe,
- 48 end caps,
- 96 x 50mm pvc elbows,
- 48 x 100mm to 50mm pvc smartraps,
- etc, etc.

I started getting phone calls as a result of the email to members and was overwhelmed with the response, particularly given the short notice.

On Sunday we had 12 members from 9.00 am through to 1.00 pm when the job was completed. From a safety point of view, we could not have had any more members in the workshop given the movement of pvc from the cutting station to the gluing station to the stacking station.

The production line got underway about 9.30 once a couple of trials were done. Our retired plumbers, Kevin and Don, took charge of the critical steps - cutting the pipe and gluing. As members arrived and asked what to do, I just pointed them in the direction of the bloke in the blue hat, Don, who became the chief allocator of tasks. At one stage the gluing station was so busy that the rest of us were subject to involuntary glue sniffing until someone got the big pedestal fan going.

During the production run we actually had time for a couple of smoko breaks and we all enjoyed some "war" stories from some of our

more animated members, in the best traditions of a Men's Shed.



Shed member Bill (foreground) took on the role of runner, keeping supplies up to the various stages of the process. In the background, Kevin and myself bundle completed stations.

From the first phone call from Ron to completing the last item was just over 72 hours!

From Tradelink to our members to other neighbouring Men's Sheds and the community organisations mentioned in the other article, this is a very powerful example of how our community can work together for something worthwhile. This reinforces David White's words in relation to the Bendigo Bank donation of how many good things happen when community organisations work together.

I am very proud of this response and you should also be very proud of what our members can do when the pressure is on.

Annual General Meeting

The Annual General Meeting of the Shed will be held on Wednesday 11 March 2020 at 1.00 pm. All the documents relevant to the AGM, including the meeting notice, proxy form and nomination form are available for viewing on the Shed website at kms.org.au.

Members who are interested in serving on the Management Committee are encouraged to formally nominate for Committee positions before the AGM.

Members and guests are also invited to an informal sausage BBQ before the AGM. The first sausage will be served at 12.00 pm.

Shed highlights

- The CNC project was successfully completed. A group of members conceived and carried out this project as a challenge and it met up to that! It required precision metalwork, woodworking, electronics and computing skills. The result is a computer-controlled woodworking machine that can carve out complex projects designed in 3D computer modelling software.
- KMS celebrated the end of the year with a Christmas BBQ. We were joined by Councillors Kerry Brown and Kevin Schreiber from Blue Mountains City Council.



Councillors Kevin Schreiber with Shed member Athol at the Christmas BBQ.

- We were pleased to have a surprise visit from Allan Bottomly on New Year's Day. Allan was visiting Sydney from his home in Tasmania and wanted to have a look at the 'Magna-bend' machine that the workshop team built in 2018. Allan is the designer and inventor of the machine and he was very impressed with the job done by the KMS team. He said he gets a lot of requests from people building his design, but few ever complete the project, let alone to the quality of the KMS machine.

The KMS men tried their best to interest Allan in their latest project (the CNC router), but he only had eyes for the Magna-bender!



Magna-bender designer Allam Bottomly trying out the version of his machine built at KMS. Workshop supervisor Kevin watches on.

What's on

11 March 2020, 1.00 pm

KMS Annual General Meeting

Join us for a BBQ from 12.00

Regular event recommended by KMS:

Repair Cafe, Junction 142 Op Shop Building,
142 Katoomba Street, Katoomba - third
Saturday of each month, 1-4pm.

Vale Poul Erik Hvidkjaer

We regret to report that Shed member Poul Erik Hvidkjaer passed away in November. He was a retired woodwork teacher who worked in the TAFE system and he lived in Mt Victoria.

Poul Eric was not a regular visitor to the Shed, but his family have told us that being a member was very important to him. He even left specific instructions that his treasured hoard of woodworking timber was to be donated to the Shed on his death.

Health in focus: Prostate cancer

Prostate cancer occurs when abnormal cells develop within the prostate gland. The abnormal cells may grow a tumour. It can sometimes spread to other parts of the body.

Prostate cancer is the most common type of cancer in Australian men after skin cancer.

The signs can include:

- frequent urination, particularly at night
- pain on urination
- blood in the urine or semen
- a weak stream
- pain in the back or pelvis.

Often, prostate cancer cells grow very slowly and do not represent a life-threatening risk.

Most men with this low-grade form of prostate cancer live for many years without it becoming serious.

Less commonly, the cancer grows quickly and can spread to other parts of the body. This type of high-grade prostate cancer can be fatal.

We don't know why cancers grow at different rates, or why some tumours spread and others don't.

The causes of prostate cancer are not fully understood. Risk factors that have been linked with prostate cancer include:

- family history
- older age
- a history of low fertility levels
- being overweight.

Maintaining a 'healthy lifestyle' with a balanced diet can help to avoid some of the risks.

If you're concerned you should talk to your doctor. In fact, a regular check-up is a very good idea. Your doctor can conduct or order several tests to see if prostate cancer is likely, including a PSA test, a digital rectal examination, and an MRI scan. If these tests show worrying signs, your doctor might want to do a prostate biopsy (a small surgery that takes some body tissue samples for further examination) to confirm the diagnosis.

If a diagnosis of prostate cancer has been made, there are different types of treatments you can have, depending on a number of factors, including the type of cancer, the rate of change over time, your age and general health and your personal preferences. They may include surgery, radiation therapy, chemotherapy and hormone therapy.

Being diagnosed and going through treatment for prostate cancer can be a confronting and

upsetting experience. It's important to reach out to family, friends and health professionals for support.

More information: Cancer Council
cancer.org.au

Watering stations for wildlife

In response to calls for help from a local man, Four local Men's Sheds combined to assemble a huge stockpile of wildlife watering stations to be used in bushfire affected habitats around the Blue Mountains.



In a simultaneous working bee one Sunday, the Nepean Men's Shed (Orchard Hills), Lower Mountains Men's Shed (Mt Riverview), Central Mountains Men's Shed (Lawson) and the Katoomba Men's Shed assembled 1000 water stations for the Water for Wildlife program.

The activity was coordinated in conjunction with the 'Do Something' campaign and Animals Australia. (See the President's report for more details on how the day unfolded at KMS.)

Safety snippets – Push blocks

In an earlier newsletter (No 18, August 2018) we talked about push sticks.

Push blocks are a variation on the same idea for use on machines where the workpiece is passed over rotating cutters, such as routers and planers.

The Shed's new planing machine is equipped with several push blocks suited to different types of jobs and these should be used when the machine is in 'jointer' mode. Push blocks are not needed when the machine is in 'thickness planer' mode.



Two push blocks being used on a router table. Using two blocks like this maintains good workpiece control while keeping hands well clear of the dangerous parts of the machine.

What do you do at the Shed?

In my time at KMS I have seen blokes build guitars, repair guitars, make guitar stands, make amplifiers for guitars and even strum a note or two on a guitar. But when the stars aligned at the Shed in November, I saw something new!

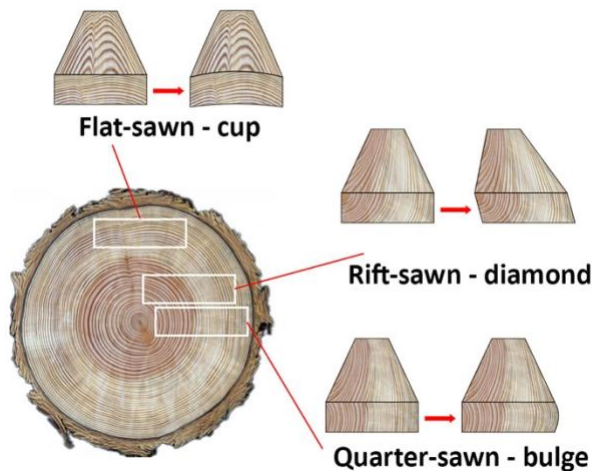
Long-time member John has just been given an old guitar (by another member). New member Shane is a guitar teacher. So within minutes, Shane fetched his guitar from the car and John was having his first guitar lesson.



Tool tip: Warping in wood

Bruce Ward

Have you ever tried to find a piece of perfectly straight and flat piece of wood from a hardware store? You often find that the boards are variously warped or twisted. This wood movement depends a lot on how the original tree was milled into boards and where in the tree a particular board comes from.



Source of boards from a tree.

Most of this movement happens as the wood dries, but even changes in humidity can trigger warping in seasoned wood. Of the common distortions, bulging is the easiest to deal with in woodworking, so quarter-sawn boards are particularly selected for quality woodworking projects. Quarter-sawn wood is also the most stable and least likely to warp further.



Flat-sawn or slabbed tree on left and two ways of quarter-sawing. The log is first quartered.

Most timber is milled to yield the maximum amount of wood from the tree and is a mixture of flat-sawn, rift-sawn and quarter-sawn, but there will be few truly quarter-sawn boards.

Some specialty timber suppliers have timber that has been purposely quarter-sawn, but it is more expensive because quarter-sawn milling is more wasteful and time consuming.

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

Facebook: @katoombamensshed

The Katoomba Men's Shed is a not for profit community organisation that promotes the health and wellbeing of men by providing opportunities for men to share time together, swap yarns and work together on community or personal projects.

Disclaimer

The information contained in this newsletter is provided by Katoomba Men's Shed (KMS) in good faith. The information is derived from sources believed to be accurate and current as at the date of publication. The views expressed by individual authors may not represent the views of KMS or its members. Members and other users should seek their own independent advice before basing important decisions on the information.

Thanking our supporters

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

- Bendigo Bank
- Blue Mountains City Council
- Blue Mountains Burglar Alarms
- Bunnings Katoomba
- Cleanaway Katoomba
- Digital Mountain
- Mitre 10 Katoomba