



Katoomba Men's Shed

Building Better Blokes

Noise from the Shed

No. 23 November 2019

A visit from Scotland

Katoomba Men's Shed had a surprise visit from Derek and Marilyn Keiller all the way from Scotland. The Men's Shed movement is thriving in Scotland with 176 Sheds in operation. Derek has been an active member since the very early days - his Shed in Dundee was the second to be established (Carse of Gowrie Men's Shed at Invergowrie).

Derek is the current chairman of the Scottish Men's Shed Association. He and Marilyn have a son living in Springwood so they visit Australia regularly. They try to drop in on two or three Men's Sheds during each trip - Marilyn is very patient!

We enjoyed a good yarn over a cup of tea before a tour of the Shed facilities.



KMS Day Coordinator Kevin with Derek and Marilyn Keiller from Dundee in Scotland.

For more information, see:

- www.scotishmsa.org.uk
- carseofgowriemensshed.webs.com

President's message

Peter Kinkead, President

As summer is almost upon us there are headlines about members of our wider community doing it tough, trying to survive the impact of drought and bushfires. The effect this can have on their family and personal life can be quite devastating and we need to be aware that any number of external influences can have an impact on our own membership without us being aware that that is happening.

Michael Dale's recent talk on Mental Health First Aid encourages us to be "aware" of the people we have contact with and to be supportive and helpful without being intrusive and over the top. There is a fine line between the two and I guess it is a judgement call by yourself as to whether there is a need for getting involved or not. This involvement may be something as simple as having a cuppa and a chat.

On the lighter side there has been good progress at the Shed on a number of fronts and this can be seen from an increase in membership numbers, an increase in the daily attendance figures, the number of in-house projects being undertaken and the continued success of our program with Katoomba North Public School. As a Shed we are progressing well with our attention to members' health issues as well as reaching out to selected areas of our community and providing them with targeted support and assistance.

It is interesting to step back and look at the Katoomba North Public School program and see that we are not only helping them, but our involvement also helps our members by their being involved, contributing, seeing the results, receiving unsolicited compliments from both the school and other members of the Shed, and being proud of their achievements. It all goes to our philosophy of "building better blokes".

As in previous years, the Shed will remain in operation through most of the holiday period, with the exception of Christmas Day, Boxing Day and New Year's Day. This is in recognition that there are members for whom the festive season is a quiet and possibly lonely time. The normality of going to the Shed can be a big help.

With the year drawing to a close, I would like to wish all readers the compliments of the season and hope that next year is a good one for you.

Shed highlights

- The workshop has been getting some long needed updates to equipment. The mitre saw was replaced with a newer model. Our bandsaw was fitted with a shop-built fence and mitre slot. A smaller bandsaw was dragged out from under a bench and made available for use for smaller projects. We are lucky to have some skilled tradesmen who can do this sort of work.
- The program at the Katoomba North Public School continues to grow. The men completed another term of woodworking activities with the children.

Clockwise from top left - new hobby bandsaw, new mitre saw, working on the electronics of the CNC router and David using the bandsaw mitre fence.



- More KMS men participated in the Blue Mountains Food Services Men's Cooking Group at Lawson. This program has been very well received by all who are involved.
- KMS has had a strategic look at what developments might be needed to meet members' needs into the future. We will be undertaking some modest improvements to what we have, rather than making expansive extensions.
- Members have done a number of fundraising activities to offset costs of running and improving the KMS facilities. These have included assembling bicycles for Big W, running a BBQ at Katoomba Bunnings and assembling some flatpacks for Bunnings and Officeworks. KMS is proudly self-funded for all operational costs and only seeks outside assistance for the more expensive development projects.
- The CNC router project is progressing towards completion. This has been a very complex project and is more about the challenge involved and less about a burning need for the machine. The electronics have been completed and the machine has been successfully tested. Safety guards, dust collection and final adjustments remain to be completed before the machine is commissioned.

Facing a major health event

David White

The first of the five Buddhist daily recollections is:

We are all of the nature to become ill or injured

The older we get, the higher the chance of one of those things happening – the more likely it is that we are going to face a major health event.

There are a number of ways that a big health issue can hit. It can be bang! – a heart attack, a stroke or an accident can hit you out of the blue with no prior warning. It can happen the way Michael Dale recounted in a recent issue of this newsletter – you have some symptoms, you go to have them checked out, and within days you are into hospital, operated on and out the other side, hopefully to get on with your life.

Then there's how it happened to me – the long slow burn, the ten to twelve-month journey from first inkling to final resolution.

From the initial high reading from a regular PSA test, there were repeat tests, scans, referral to a

urologist, waiting for appointments, having more scans and biopsies, and finally getting the confirmation that, yes, it was prostate cancer, and eventually being booked in for surgery.

That period, from July to May, was 10 months of wandering the corridors of uncertainty, worrying about: whether I've got it; how bad is it; has it spread elsewhere; can it be fixed? For me, that was a long time with the sword of Damocles hanging over my head.

I learnt a lot in those 10 months, about coping with uncertainty. There were some low points, and some hard lessons, like these:

- It really does help to talk about it. I'm a bloke, I didn't generally do sharing deep and meaningful stuff. But, pushed by my wife, I talked firstly to one mate who had just gone through the same journey. Then, when that didn't turn out to be the most embarrassing thing ever, I broached it with other men. I even found three blokes at the Shed who were more than willing to share their own prostate experiences. Those conversations gave me inside information and released some of the internal pressure.
- I had the chance, with all the delays, to get myself as fit as possible for whatever treatment I was going to need. Some of it hurt, some of it was fun, but I'm sure it set me up for a decent physical recovery.
- I had time to get my head together. Meditation helped. Thinking through what I believed in, what coping mechanisms I could use, and what my last resort might be, helped me to deal with the uncertainty (and yes, the fear) of my daily experience during that time.

For me now, it's so far, so good. I've been lucky, I've had the best of treatment and I've had great support from family and friends. I might even say (with hindsight) that my major health event, even though it was at times annoying, painful, even sometimes terrifying, was overall a positive and life affirming experience.

What's on

Wed 18 December 2019, 12.00 pm

KMS end-of-year and Christmas BBQ.

Friends and supporters welcome.

Wed 25 December 2019, Christmas Day

Shed closed.

Thur 26 December 2019

Shed closed.

Wed 1 January 2020, New Years Day
Shed closed.

11 March 2020, 1.00 pm
KMS Annual General Meeting
Join is 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.

Mental Health First Aid

Michael Dale

Each year 1 in 5 Australians will experience a mental illness. Yet few of us are able to offer assistance. Even those with first aid training are not trained to deal with mental health problems.

Earlier this year, I was able to attend a training course in Mental Health First Aid put on by the Australian Men's Shed Association.

We all probably know people who ignore issues concerning their mental health. People developing mental health problems often keep delaying seeking help or do not access professional help at all.

In such circumstances, a family member, friend or acquaintance can sometimes help a person to get professional help. The aim is to recognise the symptoms and offer help to prevent further harm.

- The first thing is to assess for risk of suicide or harm.
- Listen to the problems faced by the person non-judgementally. This will require both skill and patience. It is important that the individual feels comfortable, respected and understood.
- Give reassurance and provide information and support about professional help. It is important to reinforce that the mental illness is treatable.
- While professional help is required by most people with a mental illness, self help can also play a big role in recovery. It may help to encourage strategies like exercise, relaxation, meditation, peer support groups, self-help books and engaging with family, friends and other social networks.

It is important to remember that most of us are not health professionals and should not try to diagnose or treat mental illness ourselves. The

best thing that we can do is to encourage a troubled person to get professional help and if necessary support them in doing that. A GP would be a good starting point.

I would highly recommend mental health first aid training to anyone interested.

See mhfa.com.au for information.

New Mt Riverview facility

We were pleased to see the Lower Mountains Men's Shed open their brand new facility at Mt Riverview in October. The new building is the culmination of 4 years of hard work to establish a Men's Shed in the Lower Blue Mountains.

The new building was officially opened by Professor John Macdonald, Patron of the Australian Men's Shed Association. Prof. McDonald highlighted the importance of Sheds in Men's Health. He said that soon-to-be published research by one of his PhD students suggests that men can improve their life expectancy by as much as 8 years just by belonging to an organisation like a Men's Shed. But the key is 'belonging' – not just being a member.



Prof. John McDonald cuts the ribbon to officially open the new Lower Mountains Men's Shed building at Mt Riverview.

There are now four Men's Sheds operating in the Blue Mountains so there are plenty of opportunities for men to join in and get that sense of 'belonging'.

Safety snippet: Pay attention

Kevin Wallace

It is very easy to get distracted with everyday life. But you can't afford to become distracted when using power tools and machinery. Not only could you cause a serious injury to yourself or another person, but you could also do serious and costly damage to the equipment you are using.

Two common distractions that I have seen happen in our workshop are people talking while a machine is in operation and people leaving a machine running when they are not paying attention.

When somebody is concentrating on using a tool or machine, you should not interrupt or distract them until you are sure that it is safe to do so. Don't butt in with suggestions or irrelevant questions. The only exception is where you see something very unsafe happening, and then you need to intervene in a safe manner.

Don't leave a machine running while you are not paying attention. It would be particularly unsafe to leave a machine running while you left the room, or even worse, left the building. What would happen if the machine malfunctioned while you were not there? Other people might not be aware that the machine is running either. What would happen if your attention got diverted while you were away? How many kettles burn dry for exactly that reason?

Even turning your back on a working machine is not a good idea if you are not paying attention.

There may be circumstances where a machine will take a long time to complete a particular task and you can safely do another task nearby, but even then you need to be close enough to monitor what is going on and be able to intervene quickly if something goes wrong.

But if you need something from the tool room, or need to go to the toilet, turn the machine off first.

Tool tips: Adhesives

Bruce Ward

In this article I attempt to simplify the very complex glue aisle at the hardware store. But first, a few basic things that vary with different adhesives:

- *Open time* – the amount of time parts can be left open to the air after the adhesive is applied.
- *Clamp time* – the amount of time pieces need to be clamped (Note: if a joint is under stress, clamping pressure may need to be maintained for the full cure time).
- *Cure time* – the time it takes to achieve full bonding strength.

These are very general notes, so read the label.

Simple PVA adhesives such as Aquadhere. Open time 10 minutes. Clamping time 60 minutes. Curing time 24 hours. Dries clear. Low water resistance. Poor gap-filling ability. Clean up with water. Can be reversed with water and/or heat. Good bond strength on suitable materials. Best for basic woodwork and craft jobs

Compound PVAs such as Aquadhere Exterior and Titebond II. (If the label says it is water resistant or waterproof, then it is a compound PVA). Open time 5–10 minutes. Clamping time 30 minutes. Curing time 24 hours. Often do not dry perfectly clear. Poor gap filling ability. More water resistant and have a higher bond strength than simple PVA. Not reversible. Clean up with water. Good choice for woodworking where joint strength is important.

Hide glue is the traditional animal-based adhesive. Applied hot. Open time 1 minute or less. Clamping time 1–2 minutes. Cure time is 24 hours. Clean up with water. Does not dry clear. Reversed with heat. Low resistance. Better gap-filling ability than PVA but not as good as epoxy. Bond strength is good. Best choice for antique furniture restoration.

Polyurethane adhesives such as Gorilla glue are a more recent innovation. Open time 15–30 minutes. Clamp time 60 minutes. Cure time 4 hours. Often used with a mist of water to set the adhesive off. Foams as it cures. Does not dry clear. Very high bond strength in a close-fitting joint. Poor gap-filling ability (foam which fills gaps has no strength). Waterproof. Clean up with methylated spirits. Good choice for wet wood or bonding wood to other materials.

Epoxy adhesives such as Araldite have many variants. They require mixing of two components to form the adhesive that you use. Open time from a few minutes to an hour or more. In general, the longer the setting time, the stronger the bond. Clamping and curing times also vary greatly. Clear and coloured formulations are available. Generally waterproof. Not reversible. Clean up with

acetone. Best gap-filling and strength ability of any adhesive but can be difficult to use.

Cyanoacrylate (CA) adhesives (superglues) come in a variety of formulations. Very short open time. Clamping often not required. Cure to full strength in a very short time. With the addition of accelerators, bonding can be almost instant. Clear and coloured formulations available. Waterproof. Clean up with acetone. Bond strength varies, not as strong as some other options. Thin and thick formulations have different gap-filling ability and uses. Good choice for quick repairs or where a quick fix is required. Can be difficult to use. Easy to bond yourself to the project.

Styrene-acrylate adhesives such as Prep Multihesive are marketed as a replacement for PVA. Open time 10 minutes. Clamp time 30 minutes. Cure time 24-48 hours. Dries clear. Clean up with water. Good water resistance. Bonds a wider variety of materials than PVA.

Contact adhesives are applied to both surfaces and then left until touch dry, at which time the two surfaces are bonded with some pressure. They are difficult to use because bonding is instantaneous and there is no time to adjust the fit. Accurate placement is vital. Open time quite long. Clamping generally not needed. Cure time may vary. Clean up varies with the specific formulation. Good choice for bonding flexible materials such as veneer, laminate, fabric or leather to a solid substrate.

You get all sorts at the Shed!

We often say that the Men's Shed is an open and inclusive organisation. But how far do you go?



A friendly magpie comes right into the Shed's lunchroom and looks expectantly at the blokes hoping for a free feed. If ignored he will just forage for a few crumbs on the floor, then depart in a huff.

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](https://www.facebook.com/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.

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