



Measure Twice Cut Once

MARCH 2019

The builder's guide to all things timber and hardware.

The Mystery Of The Disappearing Stuart.

Over the last few months we noticed that Stuart had started disappearing. He kept getting smaller and smaller. Apparently he had that chat with the doc. You know the one – *“high blood pressure, type II diabetes and if you keep doing what you are doing you are headed to an early grave...”*

The doc was suggesting weight loss surgery which Stuart was more than a little worried about. He knew people who have had it and didn't really want to eat like a sparrow the rest of his life.

So he decided to give losing weight a *‘real go’* this time...

And When Stuart Puts His Mind To Anything He Succeeds!

First thing he did was see a dietician who told him to cut down the amount of food he was eating. He was eating the right food but

just too much of it. Basically he needed to eat a low calorie, low fat diet and cut back on some of the beers. The plan was to eat 1200-1400 calories a day – mostly lean meat and salad.

In Stuart's mind he really doesn't have to do that much. He's got the Easy Diet Diary app doing his calorie counting for him and tracking his weight loss. It's got a dieting encyclopedia in it. Beyond that it is nothing more than making smarter choices. Grabbing a sandwich for lunch rather than going to Maccas or getting a pie. He's switched to kombucha rather than those sugary drinks. It's a bit too easy to drink your calories these days.

It seems he's most proud of the fact he's not up at 5am going to the gym. All the change has been driven from diet – so it will be really easy to take

- ### In This Issue
- Stuart got focused and got results
 - The secret to building it to last
 - The little things make the difference in cladding systems
 - Dindas have just made their LVLs better

his weight loss to the next level – just exercise a little more.

We are all proud of Stuart's transformation. He's down to 97kg and has lost 38kg from when he started. He's now starting to refocus on keeping the weight off – he knows he's entering the danger zone for dieters. Six months after you start a diet is the time you are most likely to snap back to your original weight.

Keep at it mate. We're proud of you!



Seeing this photo made Stuart decide to take action



The official 'before' photo.



The official 'after' photo.

Final Call: Builders Coach Meet Up.

In January we put in a callout to ask who would be interested in doing an informal meetup for builders and tradies interested in working on their business.

On the back of our Builders's Coach day last year many of you said 'count me in' and quite a few have expressed passing interest in conversation. However only a couple of you have said "yes" when we asked last time. We need a few more people to make it viable.

If you'd like to come along can you let Erin know by emailing her at erin@wilsontimbers.com so that you can be part of setting the date.

Commercial Timber Structures That Outlasts and Outperforms!

Recently we've found ourselves on social media doing a fair few updates on our sister company-Outdoor Structures Australia (OSA). Since not everyone is on social media (I know, amazing right?!? If you are on there, be sure to follow up on Facebook and Instagram). We thought it might be time to bring everyone here up to speed as well.

OSA specialises in providing high quality timber for commercial and public building projects. When councils or builders have to build public spaces, one of their biggest concerns when using timber is that anything built lasts through the life of the space.

Compared to steel and concrete, timber structures can be one third of the price. However, unless the right specifications are made the structures won't last.

In order to get this right, OSA offers Continuing Professional Development

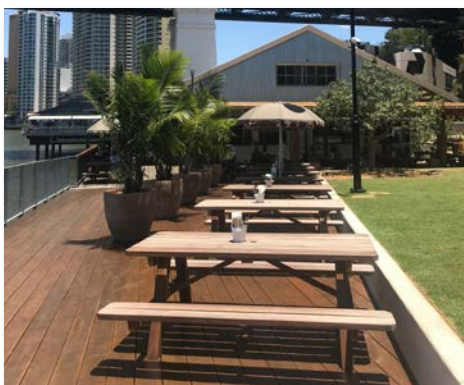
(CPD) courses for Architects, Engineers and Landscape Architects (and any builders who happen to be interested) so that they know how to specify timber so that it lasts for twice the life the designer intended. When the specification isn't clear enough, a builder will often default to the cheapest material that meets the specifications and in doing so the structure may only last half the life the designer intended.

Sadly, doing it right only costs a little bit extra in terms of materials. You just need to specify the right species, hardness, durability and shrinkage. This is what OSA's CPD courses help with.

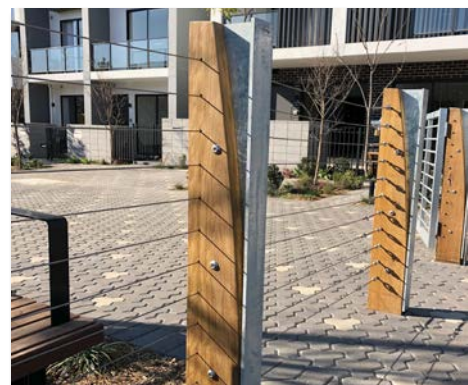
For more information on OSA go to www.outdoorstructures.com.au or call 5462 4255. If you are want to know more about our CPD courses go to <https://www.deckwood.com.au/continuing-professional-development.php>



Deckwood deck at the Brisbane City Botanical Gardens.



Felons Brewery at the Howard Smith Wharves



Eclipse bollards at Edmonson Park



Deckwood deck at the Berrinba Wetlands



Shore Bollards at Sippy Downs



Deckwood deck at the Boondall Wetlands

A Complete Cladding System From One Of Australia's Best Timber Suppliers.

The reason we love the Hurfords Wood Elements cladding systems is because of all the thought that is gone into designing it. They've really thought through how you will have to use it on site. They have done everything they can to create a complete system that looks fantastic once it is installed.

One of the common problems of other timber cladding systems is keeping moisture from sitting on the timber and help it divert away. The Wood Elements cladding profile and trim designs provide water diversions to help reduce the chances of sitting water. The system uses aluminium trims and foam gaskets to create an extra level of water proofing at corners and on the start or end of a run.

Hurfords have addressed the problem of spring and bowing of boards, using a straightening process post drying so that the boards are straight and stay straight until they are installed.

This saves you time on the job site because the boards will easily slot together – no trying to force bendy boards to lock together.

The Wood Elements range offers two internal/external profiles – Coulee and Flume along with an internal-only profile called Ravine. You and your client will be able to select a profile which gives them the look they want. Each profile is available in four different timber species – Blackbutt, Spotted Gum, Ironbark and American White Oak.

Best of all, Hurfords is an Australian company that is still family owned after three generations. They remain focused on the native hardwood timbers and sustainability.

If you have an upcoming client project that needs internal or external timber cladding we're more than happy to help you quote it up or give you any advice you need. Get in touch with your rep or call **3277 1988** and we will take care of you.

What Else Do You Need To Know About?

The whole point of this newsletter is to keep you informed and up to date about what is happening in the industry, at Wilson Timbers and what your peers are up to.

Is there anything that we are missing?

Anything that you want more of?

Anything you want less of?

We'd love to hear your feedback, good bad or even indifferent. Can you send an email to erin@wilsontimbers.com with your feedback – I promise we'll act on it.



Welcome To The Family.

We'd like to welcome:

- Kelso Constructions
- Hotondo Homes Gold Coast North
- All Building and Maintenance
- Caaise Pty Ltd
- TLC Project Management
- Roman Contractors Pty Ltd
- KDC Industries Pty Ltd
- Finch's Mitre 10 Pty Ltd
- I.C.M. Project Solutions

To the Wilson Family. All of whom made their first purchase or opened an account with us last month. Thank you to everyone who purchased from us in the last 30 days.

New Primed LVL Available Now.

We've been stocking Dindas LVLs for some time now and most of our clients are using them for all the usual applications. LVLs are strong, light and don't warp, expand or contract as much as other types of timber. Dindas has introduced the **primed** H3 LVL –PRO Green which offers some advantages over their other LVL.

Dindas specifically designed this range of LVLs for exposed external beams in places like garages, carports, verandahs, al fresco areas and decks.

The **primed** H3 LVL is treated with a Light Organic Solvent Preservative (LOSP) so that it meets Hazard Class H3, which is suitable for outside and above ground applications. H3 treatment

is the best way to ensure against decay and termites.

The LOSP treatment does not affect the high dimensional stability or the moisture content of the timber treated, making it just as durable as their untreated LVLs. Dindas treatment is non-corrosive to the fixings used – so no speciality fasteners are required when working with this product.

PRO-Green **primed** LVLs are ready to be painted if you need to paint them or can be installed as is.

Wilson Timbers has been carrying Dindas LVLs for quite some time. As our stock runs down, we'll be ordering the **primed** PRO-Green in a variety of sizes and lengths so that it is available for same day pick up and next day delivery.



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