



Joondalup Mens Shed Bench Press May 2024

Editor Merv Pearce



Presidents Report

What a great month....

We have a new Patron – Emily Hamilton MLA (ALP) has accepted our invitation to become our Patron. This was made official on the 17th May when she attended the Shed and graciously agreed to accept the role. She will be a great advocate for our shed and has already suggested some options that we should prepare for considering the coming elections.

We have awarded our first OUTSTANDING ACHIEVEMENT AWARD to **DENNIS THORNTON** for his ongoing work with our major income producing projects. His work has created a great deal of income for the club which helps maintain our equipment levels and overall running costs for the shed. Great job Dennis, thanks for your ongoing support and workmanship.

We had our Special General Meeting on the 21st at which all proposed amendments were passed:

Align constitution wording of Chairperson to President

Amend minimum age of members from 16 to 18

Amend membership fees to be paid within 30 days.

Extend maximum consecutive time in the major roles to 4 years.

Our planer/jointer passed away on us this month and we have been able to replace it with a new one (same model) from funds held in our account. It has been installed and is ready to be used.

We have had some conversations with the council regarding possible extensions to the building to allow us more space for workbenches and to improve the Metal Shop area. We have a sub-committee working on this project. The council are to investigate our ability to extend under our lease and once this is known we will meet with an architect for preliminary drawings.

June is upon us and is of course the last month of our financial year and all office bearer positions become vacant with an election required to fill those position for the following year. Please give consideration to how you can help the shed with one of those positions. Nominations open June 26 with the AGM on August 14.

The truck project is moving along, albeit slowly due to a lack of funds. If you are able to support this project with a donation, it would be greatly appreciated.

Winter is upon us , stay dry and safe.

Mark Smith

NOTES FROM THE MAY COMMITTEE MEETING

1. We prepared for our meeting with the new patron Emily Hamilton, MLA on May 17th. As follow-up it was a very proactive meeting with Emily very interested in helping our Men's Shed grow and obtain necessary funding grants.
2. We received a MSWA grant for \$500 for an upcoming talk by David Beard on proactive health care.
3. Following a second claim on the JMS Truck we updated our insurance policy to list more drivers and ensure that all drivers understand the claims procedure.
4. There is strong likelihood we will have to remove the front garden due to the white ant infestation.
5. Mark had a detailed discussion with Lotteries West to research funds availability for larger grants. They were extremely helpful and reminded us that for any grant that the JMS must provide at least 20% of the funding.
6. We operated at a loss for April of \$2788, largely as a result of insurance claim excess (subsequently Graham was able to get back a \$600 credit) and for unexpected replacement of the planar.
7. We will start the process of becoming non-profit GST registered for recovery of GST on purchases.
8. The Ute repair has again been delayed till June 5th through 21st.
9. We are looking at expanding Markets beyond Kingsway, Sterling, and Mossman due to increasingly sluggish attendance. This may require an admission fee. for some markets such as the North Shore Markets.
10. We are moving to develop a CFU (City document) for installation of 2 micro dust extractors.
11. We approved purchasing a new coffee/sugar dispenser.
12. We approved the membership fee for next year - unchanged from this year for both members and associates.

Rick Otero

Secretary

There are over 7,000 shedders in more than 180 sheds in WA.

The Joondalup Men's Shed (JMS) is the local representative and a registered member of the West Australian Men's Shed Association.

The JMS Patron is Emily Hamilton MLA, Member for Joondalup (ALP)

**Our motto is short way of saying what JMS is all about:
"Blokies Building Better Communities!"**

We are all about fostering better overall health and well being for all men. This has an obvious beneficial ripple effect for our members' families, the wider community and the members themselves.

FUND RAISERS

Farmers Markets



Sausage sizzles

Bunnings Joondalup Saturday 8th June

C'mon chaps, volunteers are not elbowing each other out of the way to be first in line to volunteer to help with the Bunnings sausage sizzles. This event is the best money earner for the shed, without this you would be paying more for your annual membership subscription. Helping out is a fun and enjoyable few hours. Volunteer and go along, give it a try, join in the camaradie with your shedder mates, maybe make a new mate.

Contact Gerry Clifford Mob. 0499 114 217 or speak to him at the shed.

Caring for our fellow Members

Should you hear about any of our fellow shedders being ill, experiencing the loss of a loved one or you haven't seen them at the shed for an extended period, please inform our Welfare Officer Chris Drury. He will make enquiries and visit if necessary and keep Shedders informed.

Chris Drury: chris.drury@sumphero.com

April 2024 attendance statistics compiled by Ian Mc Callum

Period	Week Start	Week End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1	1/04/24	7/04/24	10	52	39	22	27	0	0	150
Week 2	8/04/24	14/04/24	31	46	28	30	27	0	0	162
Week 3	15/04/24	21/04/24	29	43	23	23	26	0	0	144
Week 4	22/04/24	28/04/24	33	42	39	xxxx	27	0	0	141
Week 5	29/04/24	30/04/24	34	35	xxxx	xxxx	xxxx	xxxxx	xxxxx	69
Total			137	218	129	75	107	0	0	
Working Days		21 DAYS								
Weekly Average			33.25	43.60	32.25	25	26.75	0	0	666
Total for the Month		666								
Men per day		31.71								

Shed Activities and Projects

The Truck Bill Street



The motor was started this week and sounds great. The chassis and running gear is finished. A lot of work has been done by Sean, Erick and myself. In 13 months so far the cost is \$11,000 which came from generous donations .

June Birthday Celebrations



Birthday greetings to you all

Dave Ginger
James House
Frank McGrath
John Spence
Alexander Chisholm
Nic Romney
Bob Drury
Sean Croker
Big Al Parkin
Marcus Turner
Waz Mcevoy
Jack Apgar

Welcome to new members

Steve Pannell, Noel Jacobs, Dave Barnard, Phil Lane,
Garry Anglesey And Hamish Scott

Welcome to the shed gents,
we hope that you enjoy the camaraderie with the members and take part in
the activities and crafts that the Joondalup Men's Shed offers.

The total number of paid
up ordinary members
as at April 2024

153

The total number of paid up
associate members
as at April 2024

30

THE LADIES PAGE



We had a very successful night at Bunnings Mother's Day Market.

We ran three tables as well as a great raffle . Shed members were the major winners . Thank you to all who purchased tickets .

Our annual Bunnings Sausage Sizzle on May 19th was very well supported by our members . An enjoyable and profitable day .

A big thank you to Sanny for his assistance and guidance.

Janette Shean did a brilliant job as the coordinator on the day . Thank you Jan.



Our Buddy Garden reaped the rewards of our Bunnings voucher and lattice donation plus hard work by the ladies . To date this garden area has cost under \$200.... Mainly for good soil, mulch and fertiliser.



May Happy birthday wishes to

Liz , Lisa and Tina



Mel Forster

What makes a successful shed?

*Professor Kirsten Holmes,
Curtin University*

Men's Sheds of WA is collaborating with Curtin University to evaluate the impact of men's sheds on their members' health and wellbeing and to find out what makes a successful men's shed.

Our research has already shown the important role that men's sheds have within their wider community. This is especially true with men's sheds in regional and rural areas where the shed building served as a meeting place for other groups and a community hub for events.

As part of this study, we have interviewed a 14 Men's Sheds' leaders. Previous research has found that the key elements that contribute to a successful Men's Shed include:

- Funding – whether members feel under pressure to make items for sale
- Leadership – having a strong and supportive leadership team, who are able to foster good relationships among the Shed members
- The location and structure of the Shed – being in an easily accessible and safe location and having sufficient space for social and workshop activities.

As part of this study, we have interviewed 14 men's shed leaders. The sheds who participated in our interviews were varied in how long they've been operating and their size with memberships ranging from 25 to 250 members. We included metropolitan and regional sheds in our study. We learnt that a good measure of the size of the shed, and whether it met its members' needs, was how many members could use the workshop space at one time. While nearly all the sheds were accepting new members, one shed



leader commented that they did not want to accept new members while they could not accommodate all existing members.

All shed leaders we spoke to were very entrepreneurial in terms of their fundraising. While most sheds did make items for sale, these were often for commission or only at certain times of the year, such as Christmas. It was acknowledged that attending farmers' markets and other sales event was not particularly fun for members or lucrative for the sheds. The sheds we talked to all had success with grant applications, often having a member who specialised in applying for grants. They also raised funds through donations and through reuse and recycling activities – either collecting items for recycling, such as Containers for Change or receiving items that needed fixing for reuse, such as computers.

In terms of governance, the leaders we spoke to included Presidents, Secretaries and Treasurers from the shed's management committees. The challenge for these committee members is maintaining the right atmosphere in the shed, for members to feel welcome, and getting things done. All the sheds found it difficult both recruiting new committee members and getting volunteers to help with events and clean ups, noting that it was usually a small group of members that help out regularly. The committee

members were often head hunted to take on these leadership roles, especially in smaller communities.

What we have found from the research so far is that shed leaders agree on the importance of supporting their members. All but one of the sheds had a stable or increasing membership base. They expressed some concern about the age profile of their members and there is clearly a need that we must address how we can attract younger member to the men's shed movement. There is a general perception amongst shed leaders that you need to be old but not too old to be a men's shed member. The shed leaders were very also aware of their role in looking after their members and their members' welfare. Examples of this include sheds keeping a register of attendees and calls if someone misses two weeks in a row to check on them.

There is much more to come from this research, so watch this space.

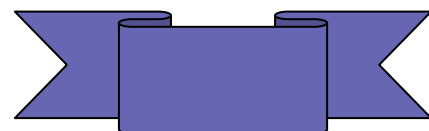
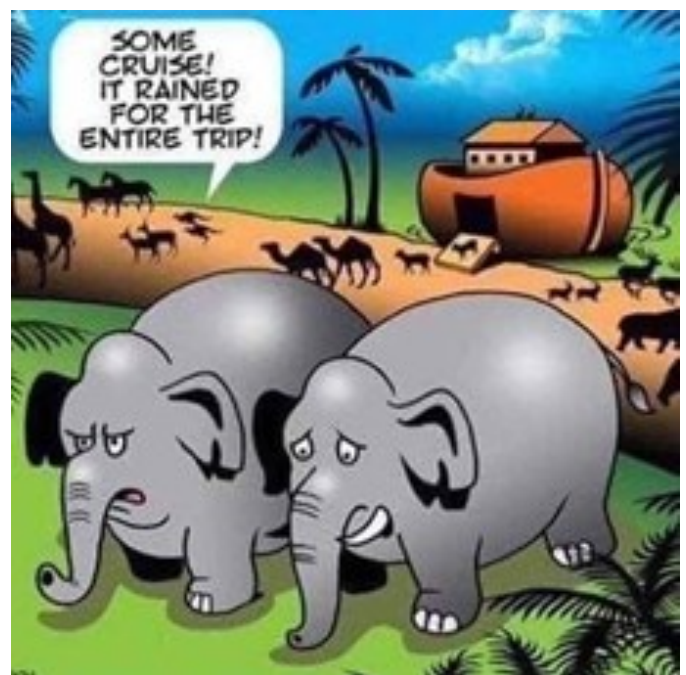
Professor Kirsten Holmes

BA (Hons), MA, PGCAP, PhD

Professor | School of Management and Marketing

Fellow and Immediate Past Chair of the Council for Australasian Tourism and Hospitality Education (CAUTHE); <https://cauthe.org/>

Curtin University



Turns out it was a marble in the ash tray.

Talk to a Mate®

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Regional Men's Health Initiative



The message we give in everything we do is ... *before it all gets too much... Talk to a Mate®!!* As human beings we are fundamentally social in nature, staying connected and feeling valued for who we are is of primary importance to us. Talking to other people about issues in our lives or telling our stories helps us to normalise our experiences and realise we are not alone in having them. As blokes we tend to retreat into ourselves when things are turning pear shaped (cave time), much to the frustration of most women. This is the normal way men tend to start processing their problems.

Metaphorically stepping into the cave can be helpful to get a handle on things but it is important that we are able to acknowledge and recognise when it is time to step back out and seek the support we need. Having a plan already in place that identifies who the mates are that we can turn to is important. Without a network of true mates, we become susceptible to feelings of isolation and loneliness.

As blokes we can recognise three main categories from where we find and establish real mateship. These exist usually in the forms of a partner (intimate relationship), a peer (someone around the same age that perhaps has a similar experience of lifestyle and activities to us) and a mentor (an older person whose lived experience we place value upon). A real mate is more than just an associate, it's someone that knowingly respects and values who we are and is willing to make the time to genuinely listen to us.

Think about who you would classify as a mate; and about the blokes you know who perhaps have few or none of these categories in their lives?

Often it is said that blokes in general don't really like to talk about stuff and if we disclose that we have a few problems someone will exploit our problem or weakness, but the reality is quite different. Given the right environment, where we feel safe most men will willingly share their story and talk about issues that matter to them and there is real value in realizing that there are other men experiencing the same things (no matter what the issue). Being a good mate is about supporting a person in that space and genuinely listening to what they have to say. We don't have to be an expert or necessarily have any of the answers to people's problems, just the ability to listen with empathy.

Being a good mate is also about actively looking out for the people we care about and acting when we recognise that something is not quite right. If we have a gut feel that someone we know is not travelling well, don't be afraid to ask them how they are going and ask more than once!

As men we need to encourage help seeking behaviour and be prepared to be the one to *Talk to a Mate®* when we know he's not travelling well and/or know that a mate is down or experiencing difficulties. It isn't rocket science and it does work.

By The Regional Men's Health Initiative

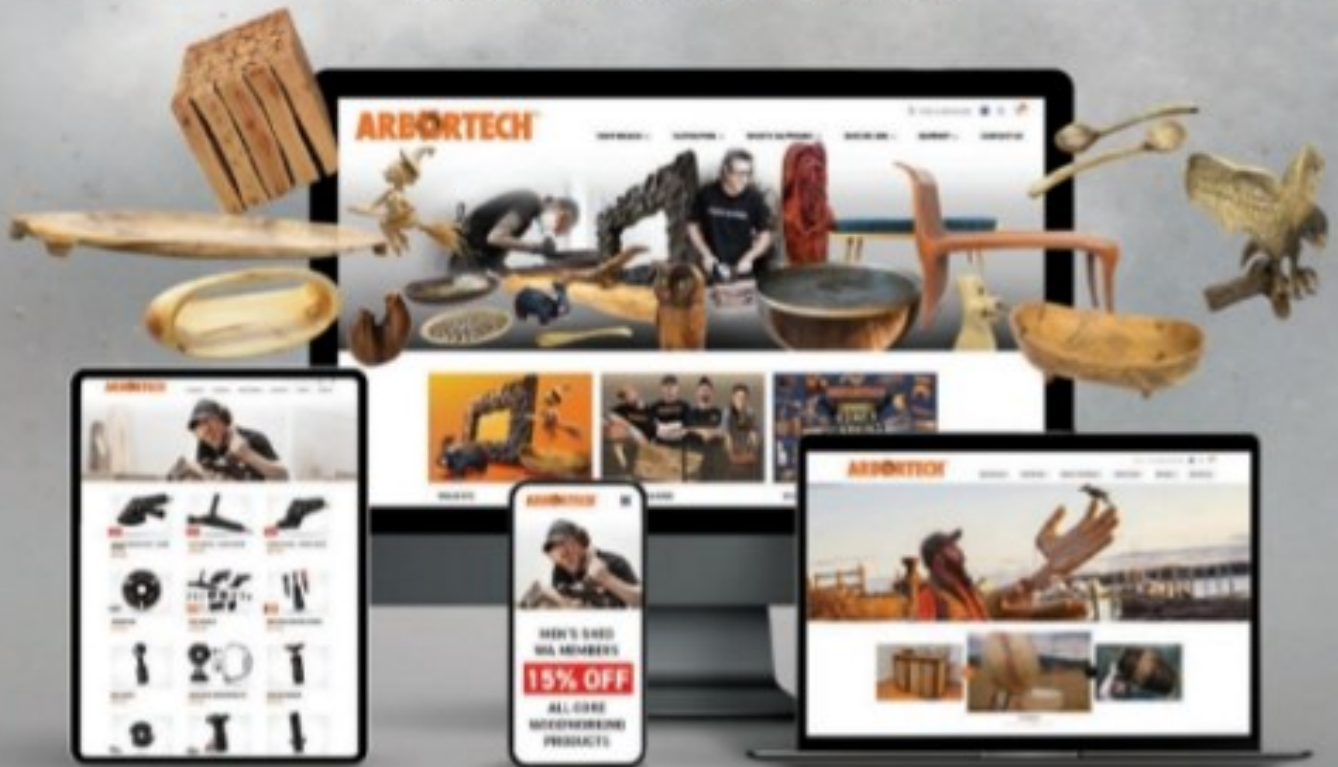


"Huh? Oh, yeah—I do."

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