



Joondalup Mens Shed Bench Press June 2024

Editor Merv Pearce



Vice Presidents Report

The JMShed attended one of the first WA

Community Cabinet meetings on Sunday, 16 June 2024, as a leading community group in Joondalup. We met with the WA Premier Roger Cook and the WA Cabinet to discuss issues surrounding the development of the Joondalup Mens Shed, including mental health and access to health services. The issue of a lack of bulk billing GPs was highlighted and discussed with the Health Minister, Hon. Amber Jade Sanderson, who was very sympathetic and acknowledged that the system needed to be reviewed and restructured at a Federal Level. A big shout-out was also given to Joondalup Mayor Albert Jacob and MP Emily Hamilton for their ongoing support of the Shed. Discussions with Hon Don Punch, Minister for Regional Development, Disability Services, Fisheries, Seniors and Ageing, and Volunteering were also productive. A number of associated clubs and contacts were made and invited to the shed as a courtesy to view how we run the current facility. Other community

projects discussed included the expansion of the JM Shed at Winton Road, the inclusion of the associate ladies' group together with the Dodge Community Truck restoration, and how it could be expanded to connect more with other local groups and schools in the area.

We are currently consulting with the C.O.J re extensions to the shed and building more relationships with community groups and politicians.

Chris Graeme-Drury



Chris and Premier Roger Cook

NOTES FROM THE JUNE COMMITTEE MEETING

1. Markets: In all likelihood the Market team will discontinue Kingsway and look to expand with Stirling Farmers market given lackluster attendance at Kingsway.
2. We submitted the Truck Project for a \$5000 MSWA grant.
3. A separate item is included about Chris attending the WA Community Cabinet meeting.
4. We will pursue getting GST certified (which is a condition for the larger grants).
5. Several committee members (for voting positions) will be putting forward their nominations - Mark Smith, President; Chris Graeme- Drury, Vice President, Dave Ginger, Membership, and Rick Otero, Secretary.
6. The Shire will be adding mulch to the front of the shed and adding a more accessible door to the conference room.
7. We continue to need volunteers for project and estate clean ups.
8. The committee supported that if member's ignore the advice of a supervisor that they will be asked to stop work and leave the shed and retake their induction.

Rick Otero

The Annual General Meeting

Will be held on Tuesday 13th August in the JMS social room

Nominations for committee close on Monday 22nd July

(these are revised dates)

**Annual Membership Subscriptions are to be paid by
the end of July**

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 10th August

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

May 2024 attendance statistics compiled by Ian Mc Callum

Period	Week Start	Week End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		weekly totals
Week 1	1/05/2024	5/05/2024			36	33	27	0	0	2 visitors	96
Week 2	6/05/2024	12/05/2024	29	53	13	29	19	0	0	1 visitor	133
Week 3	13/05/2024	19/05/2024	32	46	30	24	33	0	0	2 visitors	155
Week 4	20/05/2024	26/05/2024	37	51	22	25	20	0	0	3 visitor	158
Week 5	27/05/2024	31/05/2024	27	54	34	27	28	0	0		170
Total			125	204	135	138	127				557
Working days	23 days										
Weekly average			31.25	51.00	27	27.6	25.4				
Total for the Month		729									
Men per day											



WANTED OLD PRESCRIPTION GLASSES AND CASES

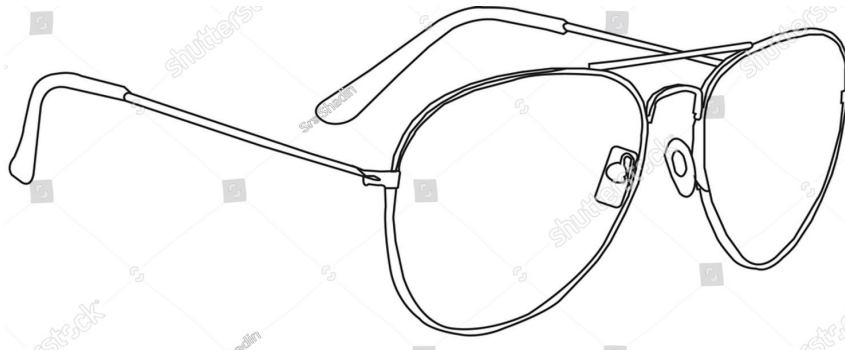
Declutter the back of the drawer

**LIONS RECYCLE FOR SIGHT
SAVE THE CHILDREN**

**Bring them in and
Drop off here at the shed to recycle**

**The box is in the social room near
the sewing machines**

Malcolm Johnson



WHAT'S THIS?

This E bike was seen parked outside the office recently and a suspect package was seen on the carrier. Was there a drug deal going on? On closer inspection the package contained powdered maize.

July Birthday Celebrations



Jack Commins
 Ken Pilkington
 Ron Slavin
 Norman Lake
 Mike Holland
 Tony Magee
 Ian Carrick
 Dennis Perry
 Geoff Burleigh
 Peter Lynch
 Phil Slattery
 Baheeg Iskander
 Brian Logan
 Greg Reinikka

Welcome to new members

David Taylor and John Luca

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 June 2024

155

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

30

Shed Activities and Projects



On exiting the shed yard look to the left and you will see two artistic additions to the garden. The blue tree symbolizing mental health done by Reg Ellery and a colourful work of art by Richard Hammer.



Moses' first and last day as a lifeguard.



Picture Tom Burnett

COMPETITION AT KINGSWAY MARKETS?

Well maybe not. This vendor was a gentleman and his wife from Geraldton. They have a laser machine and produce all these wooden toys which they sell in flat packs. Very good quality. Oh what we could make if the shed had a laser machine to produce toys for sale.



Picture Tom Burnett

OUR STALL AT KINGSWAY MARKETS THIS MONTH

Mike Feinas and Vince Bertolini at the stall. Unfortunately the sales are down on previous years, people just are not parting with their money



IF ONLY WE KNEW WE WOULD LIVE THIS LONG

Last Tuesday 25th June we had a presentation by David Beard who spoke about how to enjoy ones autumn years. David had books he had written for sale and most of them were snapped up by shedders..

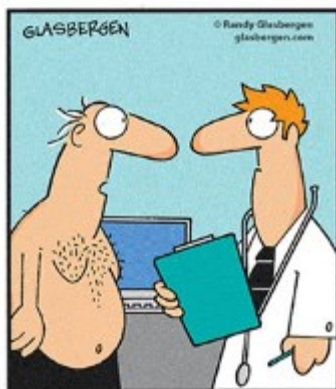
A grant from MSWA enabled us to have him attend.



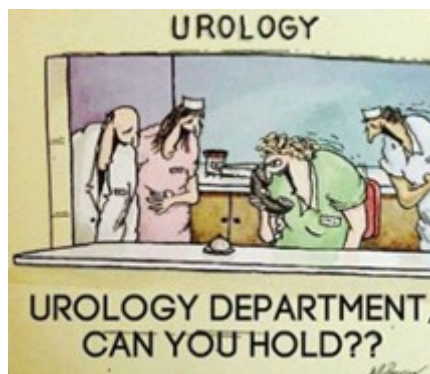
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"I must be in the autumn of my life.
I feel like a pile of wet leaves."



"Gravity has lowered my chest, my stomach
and my butt. Why hasn't it lowered
my cholesterol?!"



"You've got gall stones, kidney
stones, and bladder stones...
welcome to the Stone Age."

THE LADIES PAGE

June has been a busy and fun filled month .

We hired a community bus for a trip to Kalamunda Markets and lunch at the hotel . The highlight was a tour of the Mosaic shop where we got lots of inspiration and new ideas .

An impromptu fundraiser and afternoon tea for MND Big Freeze took place . It was a fun afternoon . Special thanks go to Coles in Joondalup, Ryan John, Runyeh, Allegría, CJ Butchers, IGA Beaumaris, Heathridge and Connolly Bottle Shops and Gateway Pharmacy and Peter (our honey man) for their support.

Special thanks were expressed to Frances Brimble for her assistance to us all in the tool shed as our supervisor . We have all learnt so much from Frances and will continue to do so .

We all wish to say a special thank you to Gayle Redding, who has been our treasurer and garden co-ordinator. Sadly she will not be rejoining us this year . Thank you Helen Debski for taking on the role as treasurer.

Cheryl Allen will join me in our garden section .

It was unanimously agreed at our meeting that we donate \$1000 towards The Dodge Project . We are very grateful to Graham, Geoff, Mel, Bill and Chris for stepping up to mentor us on a Wednesday in the tool shed . Lisa Cook is the supervisor. We look forward to other ladies becoming confident enough to liaise with her in future.

We hired Connolly Recreation Centre for a Cup Cake Icing workshop by a top cake decorator Sue Bollard. The venue is ideal for future food related events .

Happy June birthdays to Margie and Gayle .

Mel Forster



GO EASY ON THE SANDERS



Unfortunately it is a regular occurrence that the belts in the large and small drum sanders (pictured) are broken. This occurs because too much pressure is applied thus breaking the sander belt.

Before starting the machine wind the transport table right down and insert your timber. Slowly wind the table raising handle up until you can just hear the drum starting to sand. After your timber has been through once turn the handle only one quarter and re insert. This will have to be done several times until the timber is nicely finished smooth. When the job is completed clean the drum with the rubber stick, if you can't find the stick ask the supervisor. If all the above advice is adhered to the sanding papers will last a lot longer and save the shed A lot of money.

AND THE DROP SAWS

Some one damaged one of the saws. It looks like too much pressure was put on the saw and the blade grabbed the timber and flung it up and in to the dust extractor intake hood and other parts of the machine. This has put the saw out of service for at least six weeks. Should any body be un sure of how to operate any of the machinery, don't be afraid to ask a supervisor or an experienced member. If you happen to damage any of the machinery don't just walk away but let the supervisor know.

