



Joondalup Men's Shed Inc.

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(Former Padbury SHS)
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Calendar August 2014

Annual General Meeting 21st August

Bus trip to Dowerin 28th August Book your place.

Shed Talk 23rd Sept

Membership Subscriptions due

Great News

The JMS webpage is back on line. Due to various error, ongoing for a few months, that were caused by software upgrades, the web page was taken down. JMS has a brand new designed page, with a lot more features and interactive for users. Please visit : <http://www.jms.org.au>
Comments welcome

Bench Press

From The President's Desk

How can we stop the days disappearing before our eyes? Our AGM is only 2 weeks away. We should have some new faces getting involved with the running of the shed. It's important for new faces on our committee. Thanks to those committee members standing down. We hope as many as possible will attend. We're going to use the Education Departments meeting room for the first time. Will be interesting to see if this works. Does mean a bit of a walk but will give us more room. Thanks to Arthur for organising this.

Great to celebrate in a small way, Odd's 80th Birthday. Odd has been part of the shed for the last 3 years and

its good to see him here working on his projects and helping others. Congratulations Odd and we hope you have a great time in Queensland.

Good to see members dropping in after trips away. Some people we don't see all that often but it is great to catch up.

We always have lots to do in the shed and in the next few weeks we'll be asking for help to get some of these jobs done. We need to get rid of things we can't use and can't store, any ideas. We have firewood to saw up and get rid of, Shelves to put up in our sheds to allow us to have more storage space.

Saturday 10th will see another Women's Shed us-

July 2014



ing our facilities. Thanks Rob for looking after this initiative.

We have a new Web page now. There are still a few bugs which we will sort out over the next week or so. Any comments get in contact with Reg. Thanks Steve Doig and Reg for getting the Web page underway. This is our face to the world, its amazing how many people get in touch with us through the Internet.

Regards Bob

Editorial comments

The Committee has called for the Annual General Meeting, on the 21st August, to elect the Committee members for the 2014-2015 period. It is in the interest of the successful management of our Shed that all members take this time to con-

template and participate in the election of our office bearers and bring into office those members who would best serve the interest of our Shed.

Last month's Bench Press contained a proposal by Bill Roberts, enclosed again, for suggestions by

the general membership to consider various activities, other than those that are presently on offer in the shed. For an immediate consideration there is a possibility of starting a Photography course which would discuss selection of camera equipment, taking Photos, transferring them to computers and printing.

CHRISTMAS IN JULY GET TOGETHER



The Celebrations for the Christmas in July was a huge success. Ron and Eva Slavin out did themselves in the organization, selection of venue and selection of menu. The occasion was well attended and the venue was full to capacity which just goes to prove that the members deserve to hang their work tools and take time to celebrate with their partners and friends. A chance to get to know their friends in different surroundings and share a beer or two in a friendly environment. Most definitely cause for more celebrations



Joondalup Men's Shed Welcomes Advocare

22nd July, Joondalup Men's Shed members were provided with an abundance of information from Advocare.

Sharon Richards attended the shed and provided an interactive session on:

- Accessing Aged Care Services
- Managing Aged Care Services
- Looking out for friends who may be experiencing elder abuse

Advocare is a Western Australian not-for-profit organisation tirelessly fighting

for the rights of older people offering free and professional information and support to help with aged care issues and older people experiencing abuse. Their staff will inform you of your rights, listen to your concerns and give you options to help you achieve your preferred outcome

Advice, If you know of a friend who you think Advocare can assist, please encourage them to call 9479 7566 or 1800 655 566 (country call).



On going Projects for Master's Wheel Barrows

Masters hardware store calls, on short notice, requiring assembly of wheel barrows. JMS always requires volunteers at these times. These calls are answered by ever ready shedder's to tackle these tasks at hand. There is always a need for more volunteers to help to enable these units to be assembled. The task being



shared all around would help both in some monetary gain for the Shed and also expedite the assembly on hand.

The Greenhouse

In the past request has been made, on behalf of James, for spare flower pots and punnets that are lying in your homes. Suffice it to say that James puts it to good use in propagating new plants.

Shedders would observe an elevated plant box at the entrance of the main shed. The seedlings have been planted and the plants have taken root. Over a couple of weekends, James also cleared the adjoining flower bed and the proposal to create a community veggie patch is in the offing. The

soil is prepared, the manure is spread, now we wait for the planting season to get fruitful results of his labour.

Well done James!!!!



The Castle Project Completed



A group of very dedicated Shedders have put their talents and energy in recreating a project worthy of the raffle that is going to be held, similar to the one that involved the Doll's house. The before and after pictures will leave you to judge the merits of the decision.



JMS Apprentice Program

As you are well aware of a program run by the shed for various apprentices joining the shed, to enhance their experience in various trades of their choices. The unfortunate part is in securing a placement with active tradespersons for their experience in the work force.

We presently have a plumbing apprentice, Ms. Dani Kassab,

who is looking for placement with a plumber.

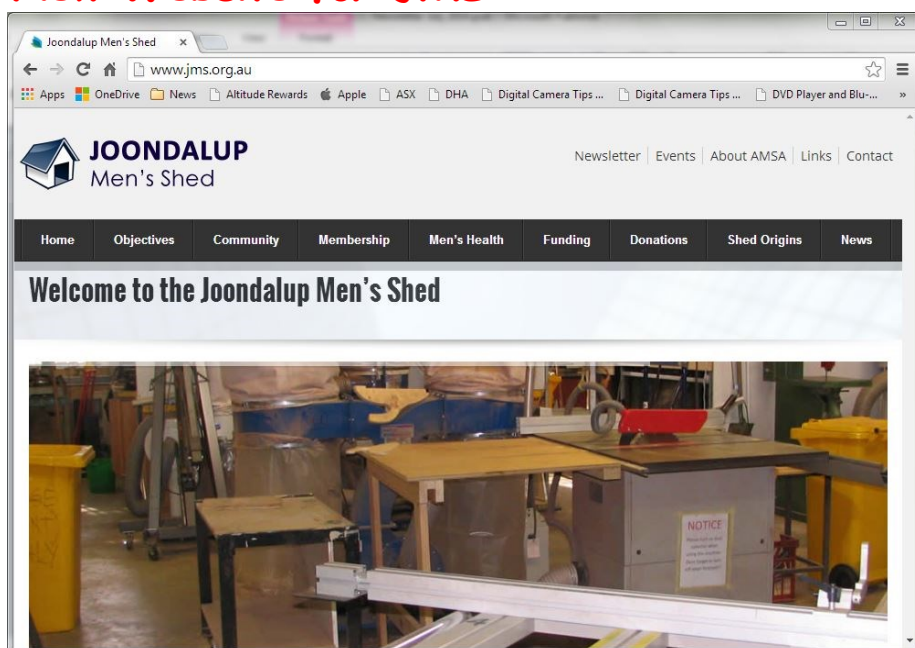
Perhaps, our well connected members could look around within their social contacts, who would volunteer to train Dani in her profession as a plumber. This is being forwarded not as an advertisement for job placements but the furthering of our program that is well

within the scope of this organization.

The recommendation comes from Rob Hansen, who is presently mentoring Dani. According to the mentor, Dani comes with a high qualification of hard work and dedicated commitment to further her professional capabilities.

Please contact Rob for further details.

New Website for JMS



The JMS website was subject to various errors that were caused by issues relating to the inability of upgrading the language that was used to compile the webpage. Various attempts were made to either upgrade or source webpage developers to create a new page.

The delay in bringing changes were caused due to various reasons, the prime one being the expense involved. Needless to say that the depicted errors on our website were very unsightly and rendered the website unusable and inefficient for the purpose of projecting our organization to the general public.

WAMSA came to our rescue and through their mediation and recommendation we were put in touch with Mr. Steven Doig, who on short notice resurrected our website and assigned a brand new flavour. Unfortunately, the webpage was temporarily taken

down to effect the changes in the background and on various recommendations and consultations from the Committee we now have a very effective website.

All members are requested to go <http://www.org.au> and pass their comments or suggestions for any improvement to the contents of the website.

Our sincere gratitude to Steven for his hard work and for his forbearance in dealing with all our requests and comments.

GRATITUDE:

In recognition of the donations that JMS receives from various organization, we would like to offer our gratitude to



For their generous donations to our organisation. Their continued support, both in funds and recognition of our contributions to the society, is a token of our standing in the general community as a whole. We do hope that we can continue to project our aspirations and inspire other organizations and garner support from them. Ours is a good cause and their support all but makes our efforts that much more meaningful and better for the community at large.

Conrad Francis from Inspired Money receiving a certificate



Joondalup Men's Shed Activities Looking for new activities at JMS : Bill Roberts

JMS has achieved good programs activities for members in the woodworking ,metalworking and associated activities such as painting and decorating of projects.

I recently had occasion to visit the Gosnell Men's Shed. Currently GMS does not have workshop facilities and presents a wide variety of activities. These activities include:

Art: Acrylic, oil and watercolor painting.

Games.Board games and Cards (monopoly, chess, Euchar) * **No Gambling**

Gardening.

Model making.

Music.

Cycling.

Genealogy.

Photography.

Computers.

Cooking.

Caravan Club

Additional activities suggested by other JMS members

Walking Club.

Barber Shop Quartet

Blacksmithing ornamental/ wrought iron

These activities could be presented on a variable frequency

These style activities will complement the current offerings and provide a new range for those with interests.

It is expected that some activities would require the members to bring their own equipment. Art easels could be made by JMS and retained in-house.

These activities can be presented along the same format as the current computer course.

Les Hendon and Vince Bertoloini and myself visited the WA Blacksmith Association to collect information to establish ornamental blacksmithing as an activity. We are continuing to investigate how to introduce this activity in JMS

These type of activities are well recognized and identified by professionals as providing stimulus and relief for people with anxiety and depression. They provide sound learning activities and exercise for individuals.

These programs would fit with the objectives of the JMS. How best to present these ideas will depend on what members would expect to get out of them.

If you have other ideas or are interested in participating in these suggestions contact me via email

wk.roberts@bigpond.com or 9401 6338.

Bob Allen, our President, is supportive and appreciates the interest in further developing what JMS can offer members.

Bill Roberts

JMS Member

MEN SHEDS HISTORY

In Australia, in the 1990s, a number of issues were raised about Men's health. In Australian culture there was little encouragement for men of all ages to socialize and discuss their feelings and wellbeing. This problem was identified at a Men's Health Conference in the mid-90s and plans were put in place to improve a number of aspects relating to Men's health.

The conference in question took place in 1995, and was the first National Health Conference dedicated

to men in Australia. It was suggested that Men's Sheds could help promote social interaction and reduce depression related illness in elderly men. After the conference, a number of Men's Sheds began to form across Australia.

Men's Sheds originated from the shed in a backyard scenario, where a man would go and carry out tasks, such as restoring furniture or fixing lawn mowers. The first Men's shed was Lane Cove Community Shed, which was founded for

"Shedless" men. The Shed also encouraged social activities and friendships, while providing vital health information to its members. Since then a number of articles supporting Men's Sheds have been published, stating they help increase the length and quality of life of elderly males .

Courtesy Wikipedia

"Men's Sheds are not just fixing furniture and building toys, they are fixing men and building communities"

Courtesy AMSA Charter Statement

ON A LIGHTER NOTE

HAVE YOU EVER BEEN GUILTY
OF LOOKING AT OTHERS
YOUR OWN AGE AND THINKING,
SURELY I CAN'T LOOK THAT
OLD?
WELL.....YOU'LL LOVE THIS ONE!

MY NAME IS ALICE SMITH AND I
WAS SITTING IN THE WAITING
ROOM FOR MY FIRST APPOINT-
MENT WITH A NEW DENTIST.
I NOTICED HIS DENTAL DIPLO-
MA, WHICH BORE HIS FULL
NAME.

SUDDENLY, I REMEMBERED A
TALL, HANDSOME, DARK HAIRE
BOY WITH THE SAME NAME HAD
BEEN IN MY SECONDARY
SCHOOL CLASS SOME 40-ODD
YEARS AGO.

COULD HE BE THE SAME GUY
THAT I HAD A SECRET CRUSH
ON, WAY BACK THEN?

UPON SEEING HIM, HOWEVER, I
QUICKLY DISCARDED ANY SUCH
THOUGHT.

THIS BALDING, GREY HAIRE
MAN WITH THE DEEPLY LINED
FACE WAS FAR TOO OLD TO
HAVE BEEN MY CLASSMATE.
AFTER HE EXAMINED MY
TEETH, I ASKED HIM IF HE
HAD ATTENDED MORGAN
PARK SECONDARY SCHOOL .

'YES, YES I DID. I'M A MOR-
GANNER! 'HE BEAMED WITH
PRIDE.

'WHEN DID YOU LEAVE TO GO
TO COLLEGE?' I ASKED

HE ANSWERED, IN 1965. WHY
DO YOU ASK?

'YOU WERE IN MY CLASS!' I
EXCLAIMED.

HE LOOKED AT ME CLOSELY.

THEN THE UGLY,

OLD,

BALD,

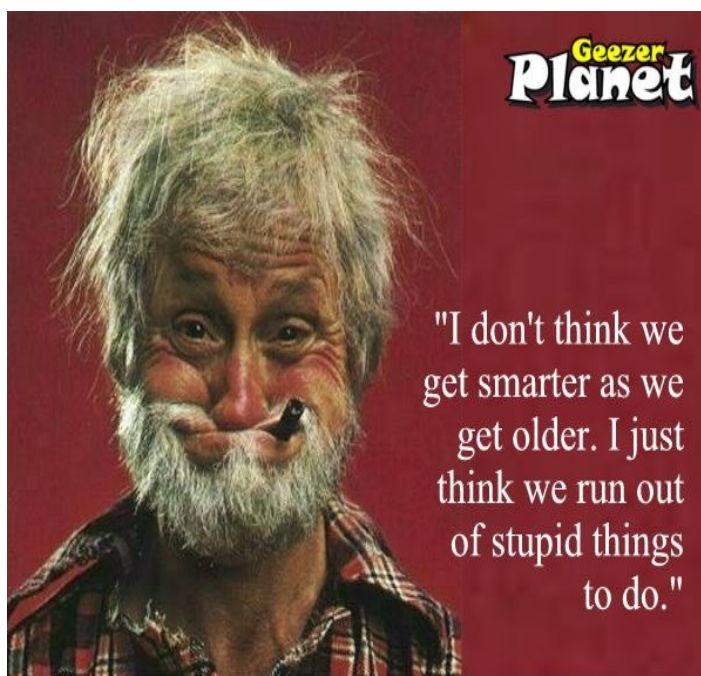
FAT BELLIED,

GREY HAIRE,

DECREPIT,

B***** ASKED

'WHAT SUBJECT DID YOU
TEACH'



James has requested for members contribution of all their old plant pots including discarded punnets, for a project that he is currently involved in.

Please place them in the corner next to the sign in desk, near the main entrance.

All articles and comments for inclusion in the Bench Press are welcome. Please submit by the third week of the month for publication, to Reg.. Email address submitted below.

Senior discounts on broadband plans: go to the following:

<http://www.yourlifechoices.com.au/news/senior-discounts-on-broadband-plans>

The Joondalup Men's Shed (JMS) is the local representative and a registered member of the Australian Men's Shed Association. The JMS Patron is Mr Ian Goodenough, MBA, BComm and Federal Member for Moore.

Our motto is short way of saying what JMS is all about:

"Blokes 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

Our Committee Members 2013-2014

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