



# Joondalup Men's Shed Inc.

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## Calendar Events July

Computer Course  
Tue 9.30 to 11 am

Lecture by Advocare  
22nd July.

28<sup>th</sup> July 2014 from 2.30  
– 4.00 pm Seaside Ex-  
ercise Physiotherapy in  
Butler

Membership Subs  
payment due

Annual General Meet-  
ing 19th August 10AM

## Bench Press

### From The President's Desk

From Bob

Heading into the coldest time of the year, many of our members are heading to warmer areas. Have a safe trip and a good break.

We continue to get new members who feel that our shed has lots to offer them. Make them welcome as I'm sure most of you do. Some are here for the chance to sit down and have a chat, others are keen to get some new skills.

We always are looking for people to volunteer to help with Sausage Sizzles, Wheel barrow assembly, picking up donations of wood and tools. Its great to see some of our newest members getting involved in these activities.

Our thoughts are with those

who are not well. Ron Slavin our "draper" had 4 stents inserted in his arteries on 2<sup>nd</sup> July. We wish him a speedy recovery and hope he can take that delayed holiday he's been looking forward to.

Special thoughts go to Sam on the sad demise of his wife, who had been battling cancer for some time.

Keep your eyes open when you are in the shed to watch the progress of Derek Ball's magnet driven motor.

Would you like to be part of the Committee? Nominations are open now for our AGM. If you think you can offer something to the running of your Men's Shed and bringing new ideas into the Shed's pro-

June 2014



gress, then please consider standing for a position. If you're not sure how you can help have a chat with me.

"Whatever you hold in your mind will tend to occur in your life. If you continue to believe as you have always believed, you will continue to act as you have always acted. If you continue to act as you have always acted, you will continue to get what you have always gotten. If you want different results in your life or your work, all you have to do is change your mind."

## Editorial comments

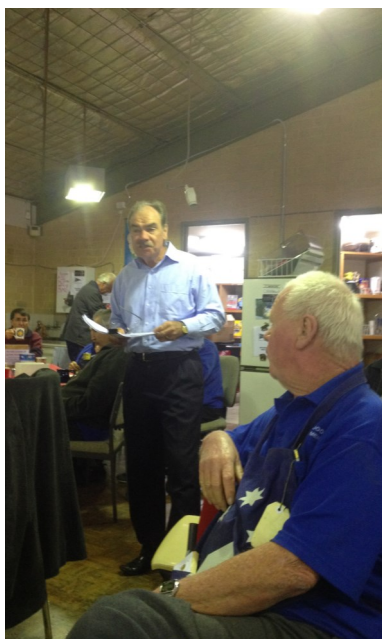
Our sincerest condolences are offered to Sam and the family members on the sad loss of Sam's Spouse, who passed away after a long bout of illness. Our thought are with the family at this difficult a sad time for all

In recent times, there is a general consensus, amongst the membership, that the shed needs to fulfill a purpose for all the membership. Some of our members have been visiting other Sheds to discover activities that might be worth looking

into to cater for various activities that might be of interest to those members who might have hobbies other than those that require use of the tools and bench presses and have a more "Social" aspect attached to them. Perhaps it would be

worth the consideration, to cater to all variant interests. In the following pages of this newsletter please find enclosed some suggestions, submitted by one of our members, for the Shed to adopt. There is ample will for a wider inclusion of the membership to suggest various activities that become part of our Shed.

## MEDICAL UPDATES BY THE STROKE FOUNDATION ON 17TH JUNE



The membership was treated to a wonderful talk given by Dennis Hartley, from the Stroke foundation, who shared with us, in detail, the complexities of recognizing the symptoms of an impending Stroke and dispelled some of the myths associated with the diagnosis of this deadly disease. His lecture included the

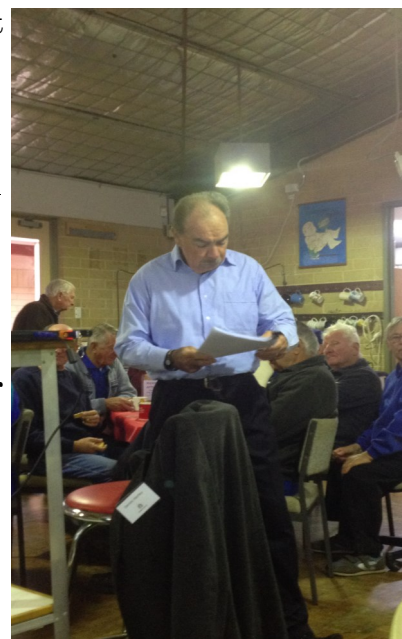
Early treatment of hyper tension, high cholesterol and the need for general well being for prevention. The brochures are left in the community room for your reading pleasure.

**F: Face**

**A: Arm**

**S: Speech**

**T: Time**



## ANOTHER MASTERPIECE CREATION

Another creation by one of ours. Kenneth Pilkington, created a beautiful butchers table for his family. Working long hours and careful planning, it took a long time to create this master piece and the recipient was his Son.

Standing tall and proud is Ken's Son putting the table to good use.

Ken's remarks "labours of love but not to be repeated"



## Master's Wheel Barrows

On a very short call, Master's requires assembly of wheel barrows. JMS requires volunteers at these times. As usual the call is answered by ever ready and happy shedder's to tackle the task at hand. But there is a need for more volunteers to help to enable more assembly units and the task being shared all around and also help in some monetary gain for the JMS.





## The Walking Machine



Our very own inventor, Derek Ball, who had spent so much time and effort to create a Walking Machine and entered Wun-

dowie Iron Beasts competition; has donated his creation to the Scitech Discovery Centre, located in West Perth. The machine is now connected to continuous power source and it can be used by the visitors to demonstrate the walking ability of the machine.

The centre has acknowledged the donation and the exhibit is labelled as a gift from the Joondalup Men's Shed. Our membership should be honoured by this gracious gesture

from Derek to have our name displayed with his creation.



## Master's & Bunnings Sausage Sizzle

The Bunning's and Master's sausage sizzle was held on the consecutive days of the weekend of the 21st and 22nd. The cold, wet wintry weather was not very conducive to long lines of eager customers. But the shop was open, the volunteers were there eager and willing and

the crowds came trickling in. Conversation centered around the weather warnings for gale force winds and showers and the occasional tally of the AFL scores. Such is the commitment of the JMS force, not to be deterred by the nuances of weather. There is a call for more volunteers, so please help out.

## Local Eiffel Tower

There are those who aspire to climb the heights of the Eiffel Tower and then there are those who aspire to build them, at least on a smaller scale. Suffice it to say that Royce had those aspirations and by the looks of it quite a "close" resemblance to the real thing. The colour was a bit "different" and was devoid of the steel mammoth that is so familiar, but the shape was almost

there.

This was a school project that was completed with the help of an artist. There is so much talent there to discover. What's next??? Watch this space for future works of artistic wonder.



## Living Longer Living Stronger Workshop

On advise from COTA, for older Australians, there will be a launch of a program of an exciting new development for seniors in the Butler area. COTA will be officially launching the Living Longer Living Stronger program on the 28<sup>th</sup> July 2014 from 2.30 – 4.00 pm at Seaside Exercise Physiotherapy in Butler; further details are on the attached flyer.

As you would be aware, the general age of the population is becoming older. Scientific studies have been undertaken to investigate health improvement strategies for older people and have highlighted the benefits associated with strength training for the older population. Some significant findings are:

- ⇒ Without strength training, muscle mass declines with age and declines at an accelerated rate after the age of 45.
- ⇒ Falls are the leading cause of hospitalization for people over the age of 65.
- ⇒ The effects of osteoporosis are reduced by a progressive strength-training program.
- ⇒ Resistance training in the older population improves strength, balance, gait, flexibility and co-ordination.

⇒ Muscle content and strength can be regained and improved no matter what the age or current condition of the person.

In recognition of these findings and the need for action, COTA WA has managed the Living Longer Living Stronger Endorsement Scheme and coordinated the rollout to Providers across Western Australia since 2004, to increase the availability of strength training programs for people aged 50 years and over.

Seaside Exercise Physiotherapy in Butler has now been accredited as a Living longer Living Stronger Provider. To qualify for this a number of criteria had to be met including specialized training in:

- ⇒ Resistance programming considerations for older participants
- ⇒ Medical considerations for over 50's

***All interested people are invited to attend the launch. Light refreshments will be provided on the day. Please RSVP to Yvonne on 0497 065 883 as soon as possible as places are limited.***

For further information or queries about the Living Longer Living Stronger program, please contact Phil Airey or Jane Newsome at:

**COTA WA on 9321 2133.**

## 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.

## 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](mailto: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

## AMSA MISSION STATEMENT AND VALUES

The Australian Men's Sheds Association recognizes a Men's Shed as any community-based, non-profit, non-commercial organization that is accessible to all men and whose primary activity is the provision of a safe, friendly and healing environment where men are able to work on meaningful projects at their own pace in their own time in the company of other men. A major objective is to advance the well-being and health of their male members and to encourage social inclusion.

The Australian Men's Shed Association prioritizes the well being of all men valuing the role that Men's Sheds play in the prevention of social isolation by providing a safe, friendly and welcoming place for men to work on meaningful projects and to contribute to the wider community. The Australian Men's Shed Association shall endeavour to always address the needs of Men's Sheds and to source further funding and resources for the direct benefit of sheds.

Men's Sheds registered with The Australian Men's Shed Association are to maintain an open door policy and conduct themselves in a Non discriminating manner, have a minimal membership or joining fee, ensure and observe safe work practices, aim at improving the wellbeing of all men and support their community.

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

Courtesy AMSA Charter Statement



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**

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## **Our Committee Members 2013-2014**

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