



JOONDALUP MEN'S SHED

Bench Press

keeping us informed

MERRY CHRISTMAS

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Editorial

Months of the year have flown by and here we are already in the midst of December. Time to gather my thoughts to pen them in this last edition of the bench press for this year, 2014

Having edited the Bench Press for almost 15 months it has been a motivating task, pleasurable at best and an opportunity to be amongst the activities of the members, to witness at first hand accounts of all the achievements of the collective group and to share in all the aspirations of the Shed as whole and the individuals who contribute to its success and longevity.

The process has been very educative for myself and I have been humbled by the encouraging and appreciative comments from the membership at large. The Bench Press is our paper and the need for people to contribute to it is as important as working on the wooden toys. Sharing of one's thoughts is equally important.

President's message

Another year has slipped by just when we would like things to slow down. We've had a full year in the shed. More sausage sizzles, sales opportunities, volunteering, wheel barrow assembly, repair jobs for education department and others, making toys and many other activities.

It's great to see how being in the shed is so helpful to lots of people. Did you see the TV segment on the ABC with a member of the Toolum Men's Shed? He was moping around the house and after much nagging by his wife to join the Men's Shed it wasn't until she said she would come with him that he decided he would go by himself as he wouldn't feel very good being dragged along by his wife. He enjoyed his first day so much he continued coming to the shed wishing he could attend 5 days a week. He's now involved with the committee and enjoying his involvement. I'm sure we have members who feel the same.



Our lease on the facilities we utilize at Padbury High School has been extended till the end of 2015. We can apply again in September 2015 for an extension for another year. This is not very helpful for our long term planning. We are continuing to look at all possibilities; Bob Davis is looking at plans for a future shed should a site become available. We need to have some idea of the size and layout we would require. This could be as far away as 5 years or longer. We will continue to talk to the City of Joondalup about a future development.

November saw the start up of a blacksmithing group. They are keen to get a group together to do small jobs. If you are interested, talk to Bill Roberts.

Thanks to all the members who have helped in any way over the year with our activities. We are looking at having one day per week dedicated to all members working on shed projects. We encourage more of our members to get involved. This provides toys for worthy causes as well as helping to boost our funds.

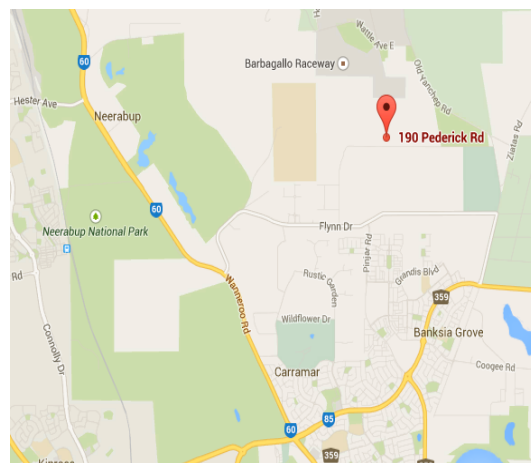
On behalf of the Committee I would like to wish you all a Happy and Safe Christmas and a Happy New Year.

Safety in our Workspace.

There is a continued concern for the health and safety of our members within the environment of the workplace, especially with the ever increasing membership and shortage of floor and bench space per member who occupy it.

The evolving technicalities of the newer machines that are incorporated in the shed, for the use by members, necessitates the upgrading of operating techniques and learning skills.

Training improves attitudes toward team building, communication, recognizing adverse events, decision-making, and performance feedback. Participants training will reduce errors and improve safety. There is no room for complacency in our operating techniques or reluctance in acquiring newer skill sets for a safety of all who use the facilities in the shed.



ROAD TRIP TO WESBEAM

End of October saw a busload of our members visit the facilities of Wesbeam. The tour started with a welcome refreshments break and then a chance to take in the expanse of the factory and the workings of the factory.

Wesbeam is a Western Australian owned company, operating from a purpose-built manufacturing plant in Neerabup, north of Perth. Using state of the art equipment, Wesbeam manufactures high quality Laminated Veneer Lumber (LVL).

Wesbeam LVL is a high-value engineered wood product made from plantation pine timber, much of which is sourced from the Gnangara and Yanchep pinus pinaster plantations.

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Melbourne Cup Lunch at the Shed:

The Celebrations of the one occasion when "the race that stops a nation", was not to be without the inclusion of the Shedder's and their partners wagering a small amount on the winner of the race. Melbourne cup is a 3,200 metre race for three-year-olds and over. It is the richest "two-mile" handicap in the world, and one of the richest turf races. From the wagering and participation the icing on the occasion was the buffet lunch organized by none other than the resident Chef, Royce



Woodhouse, with "some" external catering help. All in all an afternoon well spent and the losses of the wagers was small in comparison to the company and atmosphere of so many shedders

The photographs and a video of the occasion are available on www.jms.org.au



Health Talk: Australian Hearing

Amanda Vittiglia, from Australian hearing. Gave an educative talk on the hearing.



Australian Hearing is a leading hearing service provider with a reputation for innovation and high quality hearing care. Australian Hearing provides hearing services to clients eligible under the Australian Government Hearing Services Program.

Their services include assessing hearing, fitting hearing devices and providing counseling and rehabilitative programs to help eligible clients manage their hearing impairment.

Their clients are at both ends of the age spectrum—from children and young adults under 26 to aged pensioners and veterans. To find out more about the services they offer each of their client groups and if you are eligible, please visit www.hearing.com.au.

Their qualified audiology specialists and hearing centre staff are dedicated to helping people manage their hearing impairment so they have a better quality of life. Australian Hearing provides a full range of hearing services to eligible clients.

With over 130 permanent sites and 330 visiting locations, there is sure to be a hearing centre near you. If you would like more information on hearing health or would like to book a free hearing check, please call 131 797.



Wheel Barrows:

There is always a demand for Wheelbarrows at Masters, home improvement store in Joondalup. With the increase in demand there is also a requirement for the assembly of the wheelbarrows. The JMS has volunteered to assemble them, more often at short notice. The Shed Secretary, Michael, sends out regular emails to request for member's participation in this exercise. The burden falls on a few regular volunteers but there is always room for more members answering this call to help in the increase in our coffers. Nov 11th saw a few pallets of wheelbarrows assembled.

Sausage Sizzle:

Two sausage sizzles were held at Masters, Joondalup and Bunnings, Whitfords on the 15th and 16th November respectively. Both venues saw hectic activities in the sale of the sausages. All thanks to the team of onion slicers, setting up of the stores, cooking and serving. Once again there are a dedicated number of volunteers who spare their time and effort to enable a successful outcome to the events. There is always room for more members to help out, sometimes at a very short notice. Emails and the website always have an updated event listings and members are encouraged to visit www.jms.org.au to catch up on the forthcoming events.

Social Wednesday:

The last Wednesday in the month is fast becoming a very popular affair, evidenced by the attendance of our members and the community of the education department, co-sharing the premises. At lunchtime the wafting of the wonderful aroma from the BBQ, drew the multitude of ravenous people to sample the cause of such welcome aromas.



Of course, we were graced by a member of the education Department staff sporting the 'MO', for the annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer and other male cancers, and associated charities.

Thank You. LOOKS GOOD eh!!!



Christmas Lunch Celebrations.

JMS held their Christmas celebration on the 28th November, at the Hillarys yacht club. What a wonderful occasion for the members and their partners. The selection of the venue was excellent and the menu was a gastronomic delight.



The overwhelming view of those who attended the function was that Ron and the Committee had done a wonderful job in their selection of the venue, food and entertainment. It was indeed a wonderful afternoon spent with friends and the atmosphere couldn't have been more harmonious, lifted by the spirit of the occasion and a few drops of fine ale and wine. Well done



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All the picture of the event are uploaded on the website. Please visit www.jms.org.au

Calendar Events

Poynter Farmers Market 6th Dec

Rotary Club Market Karrinyup Shopping Centre
7th dec

Sausage Sizzle Bunnings, Whitford. 13th Dec

JMS has been approached by the TRIALATHON
CLUB OF WA looking for personnel to support
a Triathlon on 14 December 2014

Sausage Sizzle Masters Joondalup 27th Dec

Shed premises closed for Christmas & New Year

Events listed on www.jms.org.au

All the above activities require volunteers, sometimes at short notice. Please come forward and give a helping hand to make the event a successful one for the JMS. The proceeds from these activities helps the Shed. Thank You

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.. rluther48@gmail.com

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

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.

Our best to all the members who have had various operations and ailments in the last month and recuperating through their illnesses. We wish you all a speedy recovery and good health.

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