



3 MacGregor Drive  
Padbury  
(Former Padbury SHS)  
Phone 94026161  
www.jms.org.au  
joondalupmensshed@gmail.com

### September Activities :

1st Sept: Busy Bee: with  
Frank Antulov.

8th Sept Guest Speaker:  
Birds of Australia

16th Sept: Hobby Day

21st Sept: Field excursion to RAAF Museum.  
( Book early for the trip)

30th Sept: Welfare  
Wednesday. Sausage  
sizzle on the menu.

This is a combined Newsletter for the month of August and September as the editor had been away, creating a few "splashes" of my own on my recent trips to Canada and Singapore.

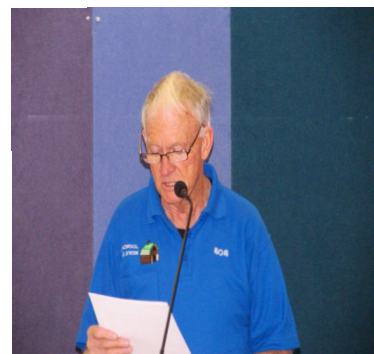
The holiday break was a wonderful experience to "conquer" new lands and add to my travel experiences in a beautiful part of the world; in the Northern Rockies and sample the wonders of nature.

## Joondalup Men's Shed Inc.

# BENCH PRESS

### President's Report AGM 2015

Welcome to our Fourth Annual General Meeting. We thank the Special Services Branch of the Education Department for being able to use this venue and for allowing us to have the use of the rooms we occupy for our Men's Shed. We enjoy our relationship with the State-wide Services groups. Our members have, in many ways helped the various groups with a variety of projects. We look forward to many more years of helping each other.



Thank you to those members who worked so hard to get the Men's Shed up and running. This required a huge effort by our founding members. Being able to utilize the manual arts rooms at Padbury High School helped enormously. We do not have guaranteed tenure here but are working to be able to stay here for another year at least.

Our Men's Shed has proven to be a valuable venue for our members to meet, to chat, to work together, to have guest speakers and to have trips to other sheds and interesting places. Our annual dinners have been well attended. I'm sure that our members have had a much more enjoyable life through their contact with the Shed and other men.

Our 4<sup>th</sup> Anniversary dinner held last week was well attended. Thanks to Ron and Eva Slavin for organizing the day. A brief history of the club was presented to those attending.

I'm thankful for those members who help in so many ways. Many times what you do is unnoticed by others. Your help is appreciated to make the shed a happier place.

We have members with a wealth of experience. If you need some advice or help just ask and I'm sure someone will step up to help.

Thank you to those members who have helped assemble wheelbarrows and outdoor furniture, helped with the sausage sizzles or helped our "Ron the draper" selling our wares at different market opportunities.

Special thanks to those members who have served on the committee over the last year. The "purple circle" as one wag likes to call the committee are an important part of the shed. Decisions have to be made for the smooth running of the shed. We might not please everyone but without the work of your committee our shed might become a shambles.

I would like to especially thank Jem Shorland for his long term input to the Shed. Jem was one of the founding members and has served on the committee since its inception. He has ably carried out the job of Treasurer. .

I would also like to thank Bob Davis who was also one of the founding members and has also served on the committee since its inception.

We have had to say farewell to quite a few of our members this last year. It's sad to see them go but at the same time we can be happy that we have helped them to have memorable times over the last period of their life. We will remember them.

## President's Speech:

### Anniversary Celebrations:

Four and a half years ago a group of interested men met to look at setting up a Men's Shed. Alan Greenhalgh was the catalyst who believed so much in the value of such an organization that he didn't let up. The group involved in starting a Men's Shed included Barry Fitzsimons, Stan Elson, David Ammon, Ken Shukla, Sammy Ang, George Mullen, Bill Shortman, Barry Howell, Jim Lyle and Malcolm Burton. Over the next 6 months Arthur Yates, Bob Davis, Jem Shorland, Kevin Rickson, Tony Brewer and Rob Hansen joined the group.

In the beginning without any venue to call home social events were organized as a way of building interest. Finding a home and setting up the structure of a Men's Shed was of paramount importance. This involved a huge amount of work. We must thank Alan Greenhalgh and his working group for setting us up so well. Pauline Sookloll from City Of Joondalup was a great help in this process. Pauline is still helping us wherever she can.

Many options were looked at as a potential site for a Men's Shed. None were possible without us proving ourselves as a viable organization. (Long term the City of Joondalup say they will include us in the redevelopment of the Heathridge site which was one of our early options.)

In December 2010 we were extremely fortunate to be able to move into the Padbury High School Manual Arts area. This was eventually leased to

the Shed. This gave us a home and also a lot of equipment. We hope to be able to stay here. We have another year to run on our lease. Our involvement with the Special Services Group of the Education Department has proven to be very valuable for us both.

The Men's Shed was incorporated in January 2011. Our first Annual General Meeting was held in 2011. Many of the working group were elected to positions on the Committee. Some are still there today.

Our Shed has grown to where we have 228 members on our data base, 125 are currently financial.

We have turned out an amazing range of products, learnt many new skills, run computer classes, been involved in Sausage Sizzles, assembly of wheel barrows, barbecues and outdoor furniture and with the proceeds banked a large sum of money for our future development. Our Bench Press is keenly read.

Because of our age bracket we have had to sadly farewell some of our members. I know that they were happy to be involved with the shed and such a group of caring members. We are here to provide that friendship to all our members. Just ask Ralph how he feels about the Shed.

Thank you to all those members who have gone the extra mile to be involved in the running of the shed. It is not always the easiest job but has to be done to keep our shed operating.

We are all volunteers, we do the best we can to be involved. Thank you to all our members for being part of our Joondalup Men's Shed.

## *Eulogy for Sam Alford: Tony Brewer*

*On behalf of Joondalup Men's Shed*

Today I have been given the opportunity, on behalf of the members, to describe to you Sam Alford, a much appreciated and admired member of the Joondalup Men's Shed. We were privileged to have him as a member and friend during his time on this earth.

There maybe a few members who had not met Sam, because he may not have been present on the same day as them at the shed, but that is their misfortune as there wasn't a time that we could recall that he would have said a bad word about anyone.

I'm sure that Sam enjoyed every moment he spent in the Shed, as this was reflected in his consoling attitude to others around him who enlightened their personal problems on him and listened but never complained about his own personal situation.

When we all gathered at morning tea break, Sam was keen debater joining into a variety of topics of discussion, offering his valued opinion to the subject and question. We now miss his comments and attendance at the table.

Sam spend almost all this time in the paint shop where he would have painted hundreds of wooden toys, which were given to charities for small unfortunate children and he give each toy a personal touch with that magic brush and a pot of paint that was special to him. The standard he set has been maintained but it was His eye that would scour each toy to meet that required standard.

Sam on those odd occasion talked about his family and judging by his comments he was a true family man and a dedicated husband.

Sam's name sounds like this

- S** Steady, Secure and always smiling
- A** Available to assist any time
- M** Man of his Word
  
- A** Always there to guide and give praise
- L** Likeable and loving to those close to Him
- F** Friendship was key to his living
- O** Others were foremost in His thoughts
- R** Ready and reliable to help and help those less fortunate
- D** Dedicated the cause he believed in.

Many of you here today are to pay your respects to a person we all held in high esteem and like the members in the Men's Shed, we remember him as long as we all live

Rest in Peace Sam Alford





## Our Sam

It would be truly difficult to describe our man SAM  
As you may try to do this the best way you can.  
To meet SAM, he was a person of sheer delight  
With a welcoming smile, which lit up like a light.

His jovial attitude was made for a happy workplace  
He could change the glum look on anyone's face  
Detail to what he was doing was his main aim  
Showing us the correct way, putting some of us to shame.

Sam spent what time he could at his favourite shed  
He will be remembered for those many funny things he said.  
During the morning break he would indulge in toasted bun  
Then get caught up in conversation and be part of the fun.

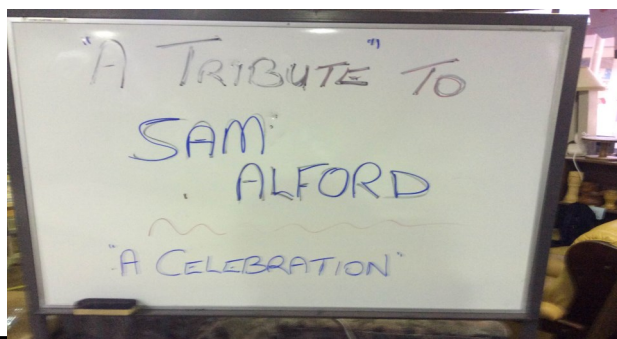
Painting toys and other things was his great joy  
And when praised about his work he went all coy.  
Many of us will have memories of Sam that will surely last  
But all we can do now is to remember and live in the past.  
We hopefully have learned something from this fine Man  
And if we have, we offer our sincere thanks to Sam.

Rest In Peace Sam Alford

From the Joondalup Men's Shed

29<sup>th</sup> July 2015

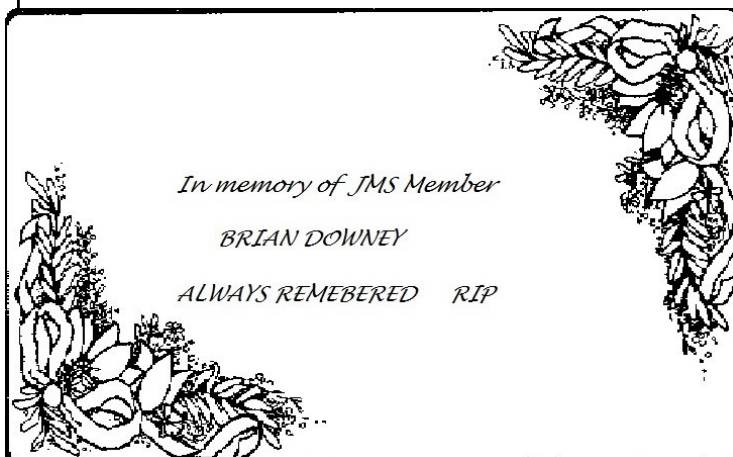
**Eulogy by Tony Brewer**



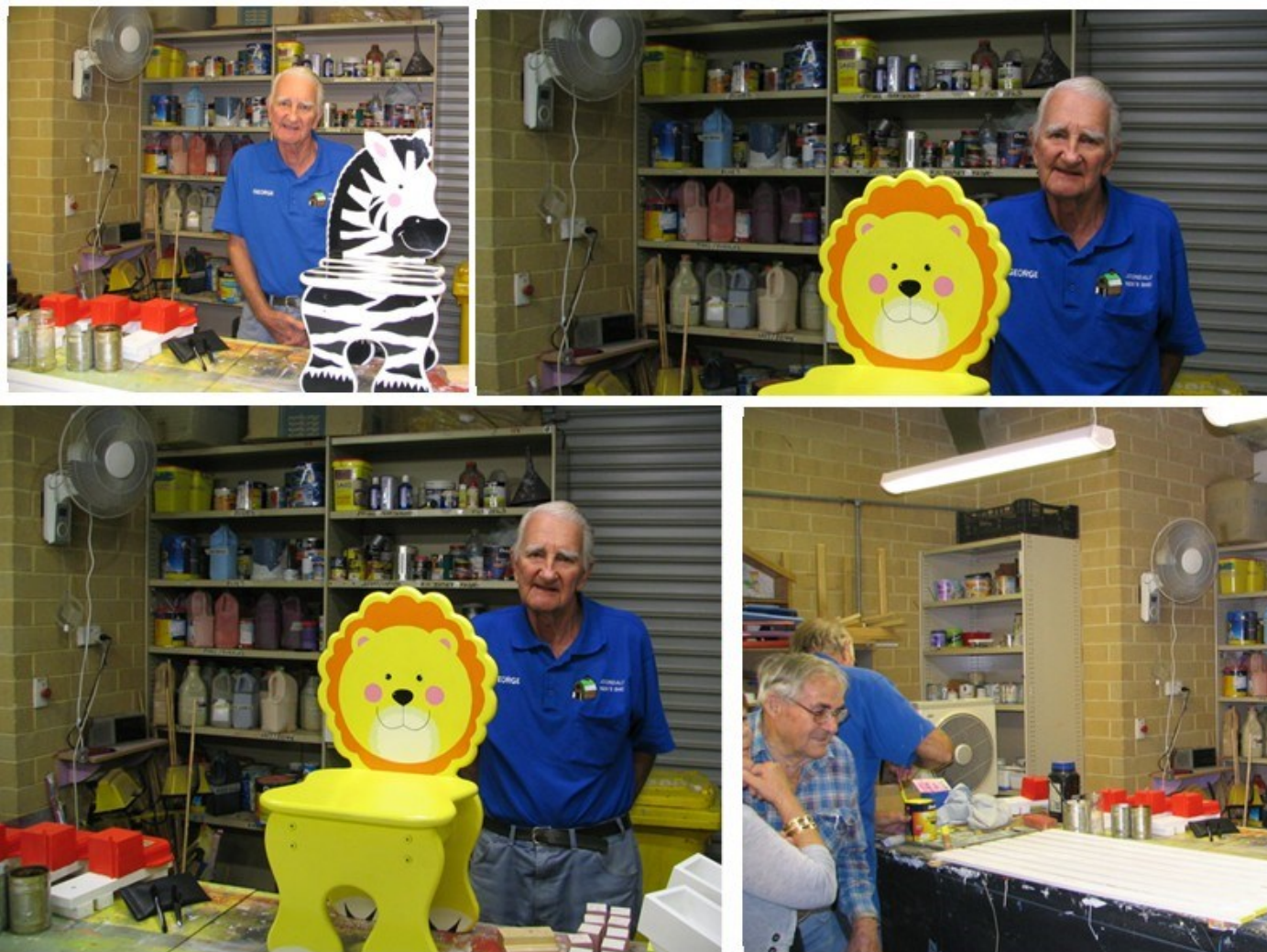
Sam used to bring cakes to the shed every Tuesday so in his honour, the JMS held a celebration of Sam's Life and his contribution to us by having a cake day on Tuesday, 21st July, which his Son Steven attended.

Cake organized by Royce Woodhouse.

## In memory of Brian Downey



Our gratitude is extended to Brian's family for donating Brian's electric tools to the Shed for sale to members of JMS.



The paint shop put out another masterpiece, a collection of animal figurines used for children's chairs.

The cutouts were designed for the project, by George, from a template and then coloured for a fantastic eye catching display. The recipients must have been thrilled to receive such a wonderful project.

3rd August was another day of calling for the assembly of Wheel barrows at the Masters store in Joondalup. Our thanks to the volunteers who turned up for the exercise, answering the call made by the store on the 1st Aug. These exercises provide a good venue for bonding and also helping the coffers of the Shed. Thank you



There was a raffle of Bunnings gift card that was held in Shed, in July.

The proud winners were Neil McDonald and Chick Hoath.

### Annual General Meeting

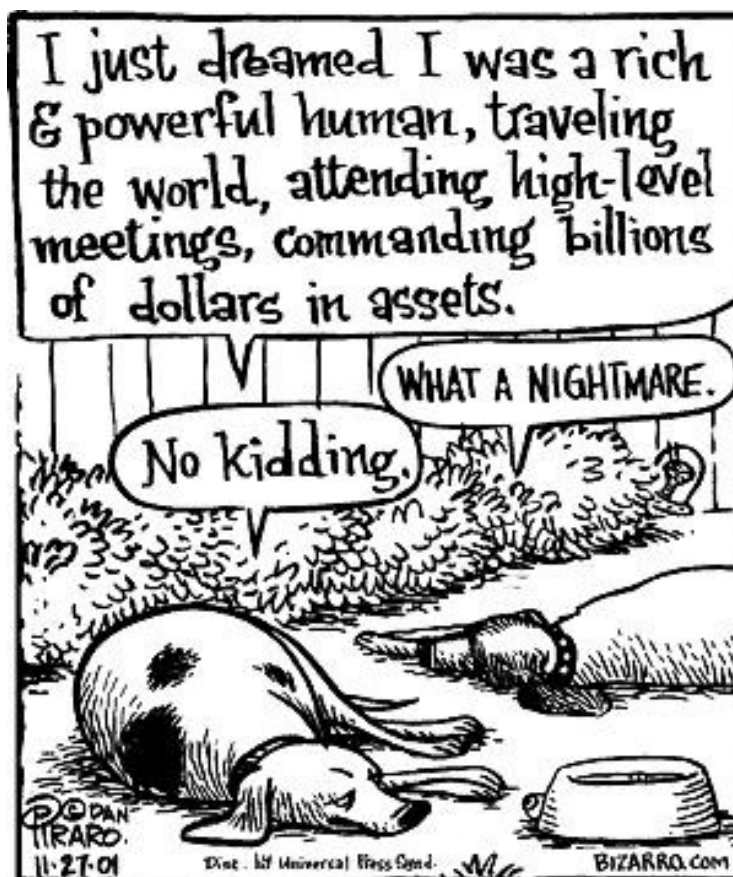
The Fourth Annual General Meeting of the Shed was held on the 20th of August. The meeting was attended by a large number of members at the conference room of the Education Department. All committee post were declared open for election. Several members were re-elected to their post and a few new faces were added to the Committee to give a wider representation to our growing numbers in the membership. A few new positions were created to enable this process.

The list of the elected members are included on the last page of this newsletter with inclusions of the Primary Office holders on the JMS web page.





Our congratulations to all who designed, constructed and painted the Doll's house. A lot of effort went into this project. The pictures may not do justice to the final product, but you can be assured that it was well worth to look at the finished house.







Carer's WA representative, Punya Robinson, was in attendance at the JMS on the 11th August, for a talk on the organization that provides support for those individuals who provide care and support.

Punya explained the role of the carer, who is someone who provides unpaid care and support to family members and friends who have disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue, or who are frail aged.

Historically Over 2.9 million Australians provide help and support to a family member or friend, saving the Australian community more than \$40 billion per year. An estimated 310,000 Western Australians provide unpaid care and support to a family member or friend who requires help due to illness, disability or frail age.

Carers WA is a non-profit, community based organisation and registered charity dedicated to improving the lives of the estimated 310,000 family carers living in Western Australia.

Punya explained as to:

1. Who can be a Carer?
2. How do people become Carers?
3. What do the Carers do?
4. The support from Carers WA for the Carers.

<http://www.carerswa.asn.au/about-carers-wa/who-are-carers-wa/>

Our own member, Sidney Old, also shared his experience as a Carer of his spouse and the path that is fraught with emotional and financial hurdles. He explained the various financial difficulties that are faced by those who are contemplating the task and the pitfalls that need to be surmounted. Punya also substantiated Sidney's experience in stories of others who had faced the same predicament..

It was indeed an eye opener for those not in the know of the difficulties one faces in these dire situations.

# Anniversary Celebrations



The Anniversary celebration lunch was held on the 13th August at the Grapevine Restaurant, Heathridge. There was a good turn out of members and their partners, who enjoyed both the cuisine and the entertainment by Peter Williams. The cost for the occasion was subsidized by the Shed and the members contributed a nominal sum towards their choice of menu items.. Looking at the menu, there was a choice of Entrees, Mains and Desert that was included in the cost. By all reports the venue, food and entertainment were well received. Our gratitude to Ron and Eva Slavin ( our Social member) who continue to excel in their choice of venue selection and providing a means for a wonderful social get together for the membership.



## Photographic Memories of the 4th Anniversary Celebration Lunch



Photos courtesy Eva Slavin

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, B.Comm 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

All our external 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

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.

- Les Hendon
- Harry Chase



Our members would enjoy a visit from our more healthy members. Contact Peter Macander our Welfare Officer for details.

Members are requested to send in articles and comments for inclusion in the Bench Press. Since the distribution list is not limited to internal membership, discretion is "advised". Please submit by the third week of the month for publication, to Reg.. [rluther48@gmail.com](mailto:rluther48@gmail.com)

The Committee and Members would like to extend their Birthday wishes to the following members, whose Birthday falls in the month



- |                    |                   |
|--------------------|-------------------|
| ♦ Andrew Blackmore | ♦ David Hutton    |
| ♦ Harry Bouckley   | ♦ Henry Jess      |
| ♦ Kevin Brown      | ♦ David Manning   |
| ♦ Ron Cordell      | ♦ John Martin     |
| ♦ Tony Easterby    | ♦ Andrew Murray   |
| ♦ Arthur Eder      | ♦ Bill Roberts    |
| ♦ Odd Fraurud      | ♦ Ron Shaw        |
| ♦ Link Hellwig     | ♦ Trevor Thackray |
|                    | ♦ Peter Wood      |
|                    | ♦ Royce Woodhouse |



### September Birthday Celebrations

Happy Birthday from the Committee and Members

- |                 |           |
|-----------------|-----------|
| ♦ Barry (jacko) | Jackson   |
| ♦ Chick         | Hoath     |
| ♦ David         | Urquhart  |
| ♦ Geoff         | Chantler  |
| ♦ Gordon        | Taylor    |
| ♦ Harry         | Chase     |
| ♦ John          | Tostevin  |
| ♦ Ken           | Wood      |
| ♦ Kevin         | Banham    |
| ♦ O'Connor      | Robert    |
| ♦ Schneider     | Hans      |
| ♦ Vern          | Fonceca   |
| ♦ Vince         | Bertolini |



**JMS Committee Members 2015-2016**

<b>Allen, Alexander Robert (Bob)</b> President	<a href="mailto:bjallen@wn.com.au">bjallen@wn.com.au</a>	0439 859 319
<b>Davis, Robert (Bob)</b> Vice President Future directions	<a href="mailto:bobfdavis@westnet.com.au">bobfdavis@westnet.com.au</a>	0427 082 088
<b>Atkinson Don</b> Vice President Operations, Safety and Quality Control	<a href="mailto:donrakkers@hotmail.com">donrakkers@hotmail.com</a>	94022996
<b>Robinson Michael</b> JMS Secretary	<a href="mailto:robinsonmj1950@gmail.com">robinsonmj1950@gmail.com</a>	94098484
<b>McCallum Ian</b> Asst. Secretary	<a href="mailto:ianmc@westnet.com.au">ianmc@westnet.com.au</a>	94047935
<b>Yates Arthur</b> Treasurer	<a href="mailto:ac.yates1@bigpond.com">ac.yates1@bigpond.com</a>	0408905731
<b>Atkinson Don</b> Asst Treasurer	<a href="mailto:donrakkers@hotmail.com">donrakkers@hotmail.com</a>	94022996
<b>Macander, Peter</b> Welfare Officer	<a href="mailto:macander@bigpond.net.au">macander@bigpond.net.au</a>	0403 287 442
<b>Cutbill Ray</b> Committee Member	<a href="mailto:cutbills1@gmail.com">cutbills1@gmail.com</a>	94487185
<b>Abbott Brian</b> Committee Member	<a href="mailto:budbrian@iinet.net.au">budbrian@iinet.net.au</a>	92038081
<b>Sinclair Kerry</b> Committee Member	<a href="mailto:sinclair05@bigpond.com">sinclair05@bigpond.com</a>	92437967
<b>Slavin Ron</b> Social Member	<a href="mailto:evaron@westnet.com.au">evaron@westnet.com.au</a>	93056273
<b>Luther, Reg</b> Editor Bench Press	<a href="mailto:rluther48@gmail.com">rluther48@gmail.com</a>	0414 998 717