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### October Activities :

10th Oct Poynter Market. 9.30am to 12 Noon

Beginner's Computer course to commence soon. Please indicate your interest

3rd. November Melbourne Cup at the Shed. Lunch being served. Please book your place for catering numbers.

September saw a month full of activities both on our premises and external visits. The highlight was the hobby day that exhibited the varied creative interests of our members. The displays included some antique cars, which were immaculate in their preservation, to woodcraft, art and craft, fully functional helicopter, boats, steam engines, and interesting collectibles.

Perhaps, there is opportunity to explore and organize such events in the future and open it to the public for appreciating the diversified talents of our members. Congratulations to all.

## Joondalup Men's Shed Inc.

# Bench Press

### President's Report

The weather is warming. I guess people will be returning from their trips to warmer climates. Shed numbers have been down a bit lately. If you haven't been to the shed in a while call in and say hello.

Michael Robinson and I attended the W.A. Men's shed Annual Conference a couple of weeks ago. It was a good opportunity to see how other sheds operate. Keynote speaker was Michael Chaney soon to be Chairman of Wesfarmers having previously been CEO of Wesfarmers. He talked about his passion for building fine furniture. His workshops would have suited us. They seemed to be very spacious. His Margaret River workshop was 220square meters with 100 square meters storage. He enjoyed the time he spent in his shed relaxing away from his busy corporate life. He was very grateful for the help he received from a master craftsman.

Our Men's Shed is a place to relax, to learn from some master craftsmen, discover the life others have led. There are some great stories that can be told by our members.

Part of the day at the Conference was given to sheds telling us what worked for them. Here are some of their ideas:

Bull session. Talk about anything, no names passed on.

Nungarin. Friday evening, coffee and meal.

Mundaring. Sing song once a month.

Monthly breakfast cooked by members.

Mateship, very important.

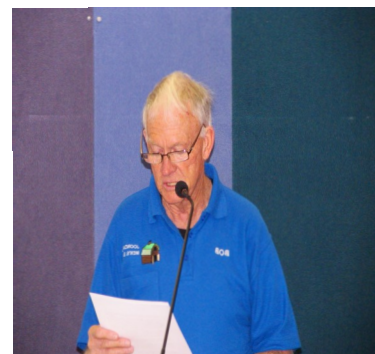
Morning tea means everyone stops and sits down together.

Dr Wright talked to us about men's health. Again, we are encouraged to check our risk status. Do something to lessen the risks. STOP Smoking, Nutrition, Alcohol, Physical.

Remember 30 minutes a day of exercise is a great help to lessen your risks. Doesn't need to be all done at the same time.

Our workshop should be a lot cleaner in future with better filters fitted to our dust extraction system. Still important for everyone to keep an eye on the yellow bins that collect the sawdust. They do need emptying frequently.

Thanks again to those members who do extra jobs in the shed. Great to see your help and support for the shed.



## Letter of Appreciation

Graeme Burgess – Accountant  
PO Box 4184  
Balgowlah Heights NSW 2093

26 September 2015

The Secretary  
Joondalup Mens Shed  
c/o Mr Don Atkinson  
6 Dania Close  
Craigie WA 6025

Dear Sir,

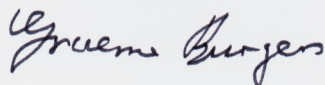
I write to thank you most sincerely for the very generous gift sent to me by Joondalup Mens Shed – a most pleasing choice of a shiraz wine from South Australia and classic white wine from Western Australia.

In late July this year, I had the pleasure of being introduced to the activities of Joondalup Mens Shed while I was auditing its books of account. I was very favourably impressed with the scope of the activities and with the significant contribution that those activities provide to the welfare of the community.

At the same time, I saw the care and diligence with which Joondalup Mens Shed took care of the facilities that the members use and the premises in which they use them – a fine example of good management.

I wish you and all members of Joondalup Mens Shed continuing success.

Yours sincerely.



Graeme Burgess





## Birds Of Australia

Clive Napier, of the Birdlife of Australia, was the speaker presenting an educative and entertaining talk on the Birds of Australia. He shared his life experiences as a volunteer of long standing and experience as a Bird Watcher. To hear him talk on the subject, was to get an insight into his passion for the cause and his experience in the field, over the vast expanse of the West Australian territory, was impressive.

Bird Life Australia is the nation's largest bird conservation organisation. As an independent, not-for-profit organisation, their aim is to preserve a future for the Australian Bird life. They have been at the forefront for protecting birds, their habitats and a scientific study in preservation of the species. The society encourages the expansion of their goals by encouraging volunteer members to contribute their field experiences and ambitions towards a combined conservation of the community of our BIRDS.



<http://birdlife.org.au/>











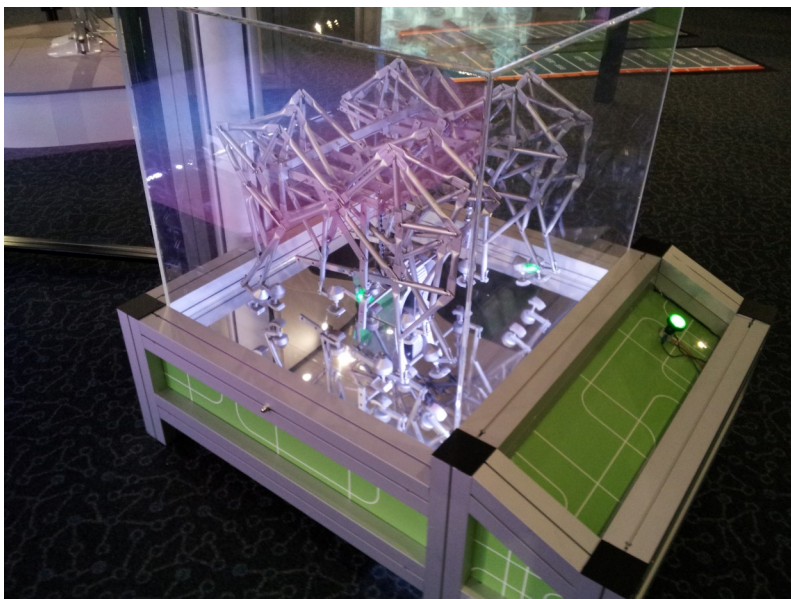


# The Walking Machine

## Derek Ball

Derek made a steel walking machine that was in the iron beast competition in Wandowie just over a year ago which ended up on display at Scitech, all the kids seem to like it. It runs for hours every week at the hands of the visiting children, who experiment with the machine.

As a volunteer in the work shop, Derek was asked if he would make an acrylic walking machine with bearings with 8 legs instead of 6. To start with He made an MDF mockup with spacers as the acrylic legs must be straight to accommodate the bearings. Once all the part measurements were finalized, Derek drew all the parts on Vcarve ( software) on the computer with all the commands to cut the parts on a CNC router.



After all the parts were cut out the edges were scratch- polished to remove the machine marks and the bearings glued-in (all 228). Dowel pins made and the walking machine assembled.

The walking machine was transported to Scitech at the end of August, where either laser or LED lights will shine on it. The members were privileged and impressed to see a demonstration at the shed in August, before it left for its final destination.



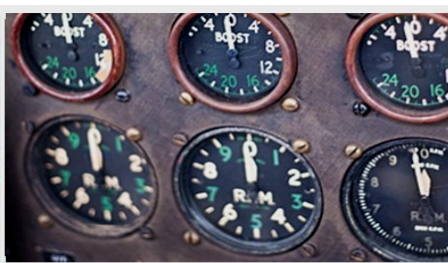




33 JMS members were treated to an excursion to the RAAF Aviation Heritage Museum on 21st of September. It was an opportunity to experience a collection of civilian and military aviation through its collection of aviation displays. The Museum's volunteers have designed, donated and built an array of aviation displays that include 30 aircraft and thousands of artefacts, belonging to real aviators.

It is incredible to experience the dedication of those who have contributed their valuable time to take the visitors down memory lane and revel in the progress of aviation from the rudimentary instruments and cable operated fiber skinned aircraft to the newer generation airplanes of electronic fly by wire, Glass cockpit instrumentation, and composite fuselage, composite wings, and use of composites in

most other airframe components. From Morse code communication to digital communication. What a generational divide of what was and what it is today. What was consistent was the quality of lunch that was served in the Dining room. Plenty to choose from A La carte menu to the specialty of the day. What a pity no beds for a siesta after a sumptuous lunch.









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 Goode-nough, MBA, B.Comm and Federal Member for Moore.

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

- Doug Williamson
- Odd Fraurud
- Harry Chase

Harry Chase relinquished his membership of JMS due to his on going health problems

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



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

Roy Arrowsmith

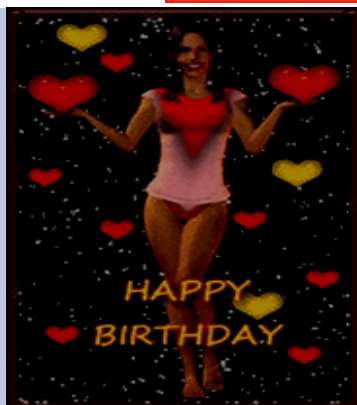
Wally Brandt

Stephen Brooks

Jeff Gantzer

Charles Law

Gill Marnham



Roger McWilliams

Merve Pearce

Lyndsay Pond

Tim Stannard

Max Walker

Ross Yeats



**A 70 yr old man asks his wife "Do you feel sad when you see me running after young girls?" Wife replied, "No not at all. Even dogs chase cars they can't drive!"**



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)



**JMS Committee Members 2015-2016**

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