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### November Activities :

Beginner's Computer course  
commenced on the 20th Oct.

3rd. November Melbourne  
Cup at the Shed. Lunch being  
served.

28th Nov St. Stephens Market  
8am - 12 Noon

Christmas Lunch 10th Dec.  
Bookings latest 3rd Dec

Please check the website for  
the latest activities.

October was a slow month compared to the previous ones. A breather in our activities to consolidate and plan our for the busy months of November leading towards the Christmas season in December. As per the President's report for the month, a few projects in the pipeline added on to the various toy manufacturing projects at hand, for the various Markets being held across the Northern suburbs. Our social activities member, Ron the draper, is continuously on the lookout for more participation in these weekend markets with the sale of toys and various products manufactured in the shed. Fortunately, there continues to be a demand for our products.

## Joondalup Men's Shed Inc.

# Bench Press

### President's Report November 2015

Report writing has never been one of my favourite things to do. What will members want to know about?

I guess one of the important areas of shed activity occurs in the workshop. Over the last couple of weeks we've had no end of trouble with our dust extraction system. The thickener and the jointer have been blocking up and not carrying away the shavings and saw dust. They have been doing half a job. The other problem occurs when the bins fill up with shavings.

This part is easily fixed just needs the users to be aware of the need to monitor the bins and empty them every couple of days. The blocking problem was a bit more difficult. We didn't seem to be getting a good suction at the machines. This was meant to be an easy fix with our new paper cartridge filters with rotating flaps meant to keep the filters from blocking up. After pulling the filters off we found they were completely blocked. We then discovered that one of these flapper handles was not turning therefore not dislodging a build up of fine dust. George and Paul sorted this problem out. **It is important to turn these flapper handles before turning the dust extraction system on as the dust needs to fall into the bin without the suction working.**

Members using any of the machines need to monitor what is happening. If shavings are coming out of the machine there is a problem. Make sure it is fixed before continuing. Make sure the shut offs for the machine you are using is open.

The next problem we had in the last week was the panel saw refusing to turn. Problem was with the hopper under the saw blade. It was clogged with small slivers of wood. This also happens with the bench saw. If you are cutting off thin slivers of wood you need to check that the hoppers are free of material that could cause a problem.

Next problem was the Radial arm saw. Users need to be very careful when using this saw. The blade can easily grab the timber you are using and stall the saw. This can cause the saw to get out of line. **Hold the wood firmly with your left hand and pull the saw slowly. Pulling it too hard will cause it to grab. Hardwood is more of a problem but it can also happen with pine.**

**Safety in the workshop is very important. Make sure the machine you are using is turned off when you are finished.**

Some of the projects being undertaken in the shed currently are:

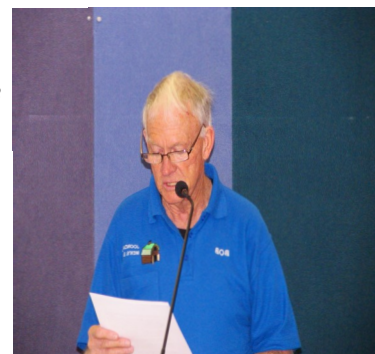
Red Cross Collection boxes and Bandage winders for the Wanneroo Museum.

Cubby house for a grandson.

Toys for sale at various markets leading up to Christmas. Reindeers, Cars, trucks, cots, trains.

Picnic tables for kids.

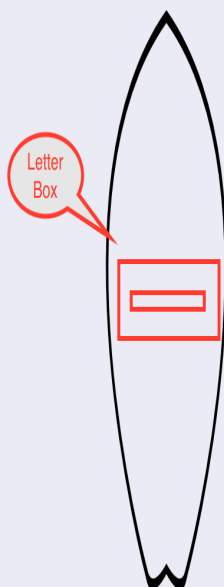
Doll's house Now on number 5 or 6.



We've had an excellent donation of very good wood for our projects. Thanks to those members helping to collect these donations.

You will see some new faces as Supervisors. Thanks to these members. Remember we are all volunteers. We aren't experts at everything that happens in the shed. We all need to show patience with our fellow shedders.

### Appreciation Card from Kinross Care Centre



The shed was requested by the Kinross Care Centre to undertake a project to design a letterbox in a shape of a surf board. The design (on the left) was selected and designed by Sid Old and Chris from the paint shop.

The residents, of the Care Centre, undertook to paint the surf board as an activity for themselves. The result of the finished project was a mix of various colours, if not for a "coat of many Colours" then a surf board that stands out and is an artistic expression of the individuals. Pleasing to their eyes and serving the needs of the occupants of the care centre.



*To Sid and the Men's Shed,  
Thankyou so much for the  
Surfboard Letterbox you made for us.  
It is much appreciated by the residents  
and Activity Staff of Kinross Care Centre.*

## Weekend Markets

The JMS was well represented at the markets held over two weekends :

The Poynter's weekend market, 10th Oct, once again saw a good crowd and the toy sales was as popular with the onset of Christmas around the corner. Great gift ideas, for the parents, to satisfy the needs of the children with toys made from the heart and without the commercial aspect of mass production.

Ron Slavin is on a continuous lookout for exposing our products of the Joondalup Men's shed to the public. He sourced another venue, St. Stephen's Community Farmer's market in Tapping, for setting up a stall for sale of our Toys and other products made in the shed. The market is held on the school grounds

Other markets are being sourced, for our representation, which will hold the meets in November and December.

### *New Members*

Colin Walker

Edward Mackey

Kevin Brown

Jim Douglas

Paddy Small

Alastair Swanson

Ian Ottaway

Laurence Macbeth

Frank Buzz

Stephen McLenahan

Darren Jones

Brian Dale

Anthony Jackson

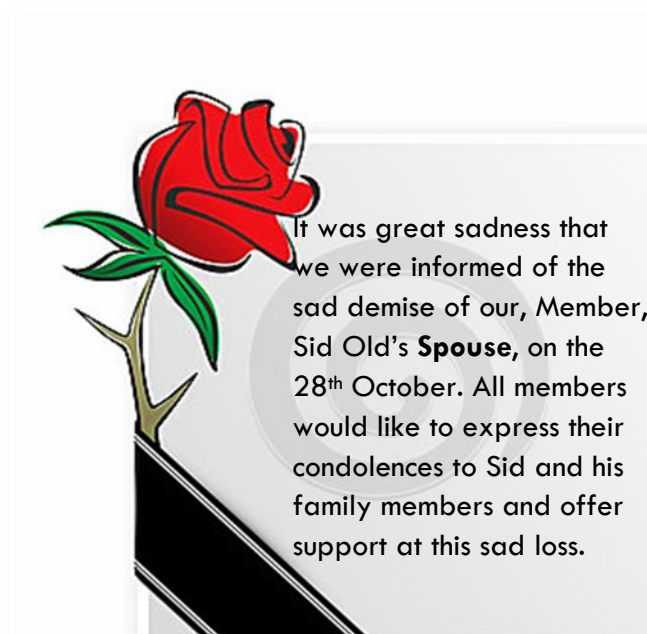
Peter Spencer Franks

Please accord a very warm welcome to the new members of our Shed. It is indeed a pleasure to share their company and we hope that they will be made welcome by all the members.

With the new additions comes the opportunity to inject new ideas and for us to avail of the plethora of experience that they bring with them. Regardless of their individual expertise the collective gain is of the Sheds. It is up to us to tap into this available experience and enrich ourselves.

Perhaps a shared cuppa and an odd gossip to acquaint the new members and the welcome can go a long way to make them comfortable with the existing informal atmosphere of our Shed.

### Obituary



### *Christmas Lunch*



## *On a lighter side*

**Hello, You have reached the 'Men's Help Line.' My name is Bob. How can I help you?"**

"Hi Bob, I really need your advice on a serious problem. I have suspected for some time

now that my wife has been cheating on me. You know, just the usual signs; The phone rings

and when I answer, the caller hangs up. Plus, she goes out with 'the girls' a lot. I usually try

to stay awake to look out for her when she comes home, but I always fall asleep. Anyway, last night about midnight, I woke up and she was not home. So I hid in the garage behind my boat

and waited for her. When she came home, she got out of someone's car, buttoning her blouse,

then she took her panties out of her purse and slipped them on. It was at that moment, while

crouched behind the boat, that I noticed a hairline crack in the outboard motor mounting bracket.

Is that something I can weld, or do I need to replace the whole bracket?"

**Sign over a Gynaecologist's Office:**

"Dr. Jones, at your cervix."

**In a Podiatrist's office:**

"Time wounds all heels."

**On a Septic Tank Truck:**

Yesterday's Meals on Wheels

**At an Optometrist's Office:**

"If you don't see what you're looking for, You've come to the right place."

**On a Plumber's truck:**

"We repair what your husband fixed."

**On another Plumber's truck:**

"Don't sleep with a drip. Call your plumber."

**At a Tire Shop**

"Invite us to your next blowout."

**On an Electrician's truck:**

"Let us remove your shorts."

**In a Non-smoking Area:**

"If we see smoke, we will assume you are on fire and take appropriate action."

**On a Maternity Room door:**

"Push. Push. Push."

**At a Car Dealership:**

"The best way to get back on your feet -miss a car payment."

**Outside a Muffler Shop:**

"No appointment necessary. We hear you coming."

**In a Veterinarian's waiting room:**

"Be back in 5 minutes. Sit! Stay!"

**At the Electric Company**

"We would be delighted if you send in your payment. However, if you don't, you will be delighted."

**In a Restaurant window:**

"Don't stand there and be hungry; come on in and get fed up."

**In the front yard of a Funeral Home:**

"Drive carefully. We'll wait."

**At a Propane Filling Station:**

"Thank heaven for little grills."

**RADIATOR SHOP:**

"Best place in town to take a leak."

**And the best one for last...**

**Sign on the back of another Septic Tank Truck:**

"Caution - This Truck is full of Political Promises"

### *Words Of Wisdom*

philosopher Bahman . . .

**"If you want to change the world, do it when you are a bachelor. After marriage, you can't even change a TV channel..."**

*Listening to wife is like reading the terms & conditions of a website. You don't understand it but you still accept it.*

**Chess is the only game in the world, which reflects the status of the husband; the poor king can take only one step at a time ....While the mighty queen can do whatever she likes.**

*All Men are Brave, Horror Movies don't scare them.... But 5 Missed Calls from Wife ...surely does*

**What's Checkmate?**

**You tell your wife "I saw a lady, looked exactly like you" & wife asks "WAS SHE GORGEOUS..??" You can't say 'No' and you can't say 'Yes' – now that's Checkmate**



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!"

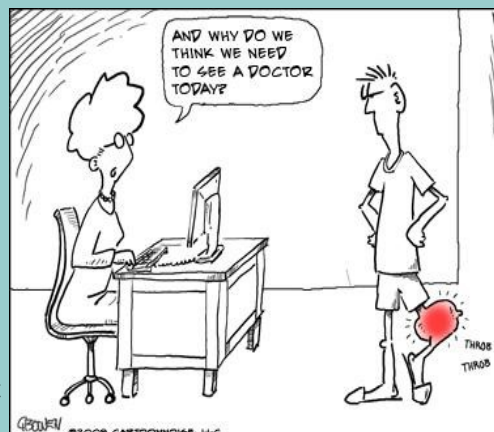
We are all about fostering better overall health and well being for all men. This has an obvious beneficial ripple effect for our members' families, the wider community and the members themselves

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.

- Odd Fraurud
- Harry Chase
- Ozzie Baizer

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 November :

Selwyn Anderson

Philip Ash

Jacques Borthen

David Crothers

Albert Daly

Patrick Hadley

Rodney Herman

Bill Holman

Warren Howard

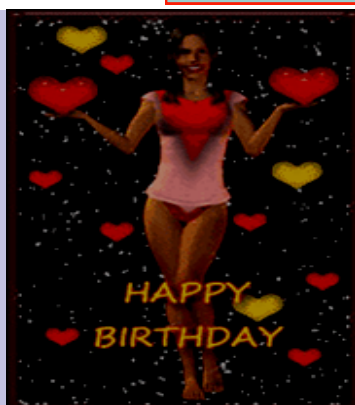
Adam Huckle

Denzil King

Johann Koennen

Neil MacDonald

Kevin Maher



George Martin

David Melvin

John Poustie

Stan Pridmore

Kevin Rickson

Michael Robinson

Murray Shaw

Andrew Simmons

Jeffrey Squance

Bill Taylor

Doug Williamson



FOR SALE

1. Shoprider 4 wheel Scooter/Gopher . Front 2 wheels foam filled Batteries near new. Body good condition just serviced

Colour – Red Charger included

Ring – 0400935730 Ian McCallum

\$1000.00 negotiable

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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