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## STOP PRESS

**The membership was informed recently of the extension of the tenancy lease of the JMS, to stay at the present location. The lease has been extended till December 2017. This good news comes after months of negotiation and representation to various quarters, which eventually bore fruit and gives the committee some breathing space and time to secure a permanent home for the Joondalup Men's Shed.**

There was a delay in the Publication of the March newsletter, therefore this copy of the Bench press is inclusive of March and April. Two months in one go. The editor had taken leave of absence, an yearly "sabbatical" and was therefore unable to compile and gather sufficient contents to justify any written submission for the month.

There are some inclusions of the various submissions made to parties regarding the extensions to our lease. Hope you find it an interesting read.

# Joondalup Men's Shed Inc.

## Bench Press

### The Predicament of our home

From the President, Bob.



As you are aware the Joondalup Men's Shed has had a 5 year lease of the Manual Arts Centre at the Padbury Senior High school. This lease will now terminate on the 31<sup>st</sup> December 2017. Originally in a meeting with the Education Department we were verbally given an understanding that we would be able to lease the Manual Arts Rooms at the old Padbury High School until 2023. When a lease was signed this was shortened to the end of December 2016.

We have had ongoing discussions with the City of Joondalup as to a possible site for us to build our own shed. We are meeting the Mayor on 5<sup>th</sup> April to further push our

claims. We have also looked for other possible sites, approaching W.A.Institute, ECU and the Heritage Commission. We have also had feelers out to the Scouts who have an agreement with WAMSA to work together in getting accommodation.

At a Community Reception hosted by Premier and Cabinet the President talked to them about our position. It was suggested that they would never see us out in the street with nowhere to live. Unfortunately, unless we can get this lease extended for another 3 years this could be the case. We believe that given another 3 years together we should be able to get a suitable home for the Men's Shed. The City of Joondalup have also given us the same assurance.

So far we have been unsuccessful in getting any offers of land or a suitable building to move to.

Our Men's Shed now has over 200 members. We are open 5 days a week. The Shed fills a vital part in our community by providing an important place for men to meet and socialize. Doctors and counsellors encourage men to join the Men's Shed. We accept men with carers, wheelchair bound men, sight impaired men, older men who just want to have a chance to sit down with other men. Not everyone wants to do woodwork or metal work but they all enjoy morning tea together. We were virtually unknown 3 years ago. We now have over \$80 000 saved towards our future which has all been raised by our members.

The JMS provides a safe, friendly and supportive environment for all men over the age of 18 years, regardless of education, background, race, religion or colour. We run computer classes, workshops in various tools used in the shed, Health seminars, and trips to interesting venues.

To augment our funding we make toys, repair furniture, supply special needs for the State-wide Services of the Education Department. We have been involved in sausage sizzles at Bunnings and Masters. We've assembled barbecues, wheel barrows and outdoor furniture for these stores as well.

Different groups of men enjoy the chance to get involved in these activities. Once a month we provide a sausage sizzle at the shed for our members. These are very popular. Most morning teas are well attended with 40 or so members having a great time and providing an opportunity to make members aware of all the prevailing issues.

The Men's Shed has been invaluable to the State-wide Services Directorate carrying out more than 20 jobs from toys for disabled children, Eye gaze boards, Auslan Sight Boards, Thermometer holders, Microscope trolleys, Sample holders and Refurbishment of desks for the disabled section to name a few. The position of the Men's Shed with the State-wide Services has been valuable to us both. We greatly value the lease and the many benefits of being involved with the Education Department.

## *General Meeting*

A general meeting was called by the President, to appraise the members on the progress of the ongoing negotiation for the various proposals being considered for finding suitable accommodation for the Joondalup Men's shed.

At this particular time, all the proceedings from the meetings with our Patron, Mr Ian Goodenough, the Councillors of the Joondalup Shire, and various Political functionaries from both sides of the political divide, were presented to the general body of the membership.

There was a general consensus from the floor that the committee members involved in these critical negotiations were doing their level best, with the limited resources that were available at their disposal, and that there was sufficient optimism that the final result would be favourable.

The members endorsed the efforts of the President, the Vice President of future Direction and the Secretary and some individual members, with the approval from the committee, for their personal influence within their own social and professional circle for interceding on behalf of the Shed. However, there was also some advice for the general membership to channel any individual negotiations with their social contacts, who had any authority to influence the finalization of this matter; through the committee members so as to prevent any miscommunication or misunderstanding.

The membership was offered the floor to discuss any or all matters, that in their opinion, were in conflict with the administration and operations of the shed. Certain issues were brought up that dealt with these opinions and the democratic process of debate was allowed to run its course. Perhaps not to the satisfaction of all parties concerned, but the debate did allow for the frank and open discussion.

The members were in a general agreement that personalities issues would be subservient to the general good and collective gain of the community.

## Glossary of Shed Tools: Warren Howard

1. **DRILL PRESS**: A tall upright machine useful for suddenly snatching flat metal bar stock out of your hands so that it smacks you in the chest and flings your beer across the room, denting the freshly-painted project which you had carefully set in the corner where nothing could get to it.
2. **WIRE WHEEL**: Cleans paint off bolts and then throws them somewhere under the workbench with the speed of light . Also removes fingerprints and hard-earned calluses from fingers in about the time it takes you to say, 'Oh shit!'
3. **SKILL SAW**: A portable cutting tool used to make studs too short.
4. **PLIERS**: Used to round off bolt heads. Sometimes used in the creation of blood-blisters.
5. **BELT SANDER**: An electric sanding tool commonly used to convert minor touch-up jobs into major refinishing jobs.
6. **HACKSAW**: One of a family of cutting tools built on the Ouija board principle... It transforms human energy into a crooked, unpredictable motion, and the more you attempt to influence its course, the more dismal your future becomes.
7. **WISE-GRIPS**: Generally used after pliers to completely round off bolt heads. If nothing else is available, they can also be used to transfer intense welding heat to the palm of your hand.
8. **OXYACETYLENE TORCH**: Used almost entirely for lighting various flammable objects in your shop on fire. Also handy for igniting the grease inside the wheel hub out of which you want to remove a bearing race.
9. **TABLE SAW**: A large stationary power tool commonly used to launch wood projectiles for testing wall integrity.
10. **HYDRAULIC FLOOR JACK**: Used for lowering an automobile to the ground after you have installed your new brake shoes , trapping the jack handle firmly under the bumper.
11. **BAND SAW**: A large stationary power saw primarily used by most shops to cut good aluminium sheet into smaller pieces that more easily fit into the trash can after you cut on the inside of the line instead of the outside edge.
12. **TWO-TON ENGINE HOIST**: A tool for testing the maximum tensile strength of everything you forgot to disconnect.
13. **PHILLIPS SCREWDRIVER**: Normally used to stab the vacuum seals under lids or for opening old-style paper-and-tin oil cans and splashing oil on your shirt; but can also be used, as the name implies, to strip out Phillips screw heads.
14. **STRAIGHT SCREWDRIVER** : A tool for opening paint cans. Sometimes used to convert common slotted screws into non-removable screws and butchering your palms.
15. **PRY BAR**: A tool used to crumple the metal surrounding that clip or bracket you needed to remove in order to replace a 50 cent part.
16. **HOSE CUTTER**: A tool used to make hoses too short.
17. **HAMMER** : Originally employed as a weapon of war, the hammer nowadays is used as a kind of divining rod to locate the most expensive parts adjacent the object we are trying to hit.
18. **UTILITY KNIFE**: Used to open and slice through the contents of cardboard cartons delivered to your front door; works particularly well on contents such as seats, vinyl records, liquids in plastic bottles, collector magazines, refund checks, and rubber or plastic parts. Especially useful for slicing work clothes, but only while in use.
19. **SON-OF-A-BITCH TOOL**: (A personal favourite!) Any handy tool that you grab and throw across the garage while yelling 'Son of a BITCH!' at the top of your lungs. It is also, most often, the next tool that you will need.



DIFFICULTY RATING: ★★☆☆☆

# Clean out the dust and save money

## Simple fridge maintenance



Is your fridge running all the time? It may not be worn out, just dirty. Charlie Woolstencroft explains how easy it is to fix.

THE sound of my fridge seeming to run all night prompted me to find out why. Dust on the air intake and cooling fins was the problem, so I set about cleaning them. It was a simple one-hour job, which will hopefully save me both electricity and wear on my fridge, at zero cost. Here's how to go about it.

### What to clean, and how

First, and most important, unplug the fridge from the power point before beginning.

Next, slide the fridge out until the rear is completely accessible. Now, be appalled at the cobwebs, dust and fluff clinging to the air intake grill/cover, usually located at the bottom rear of the fridge.

It's now time to undo the screws holding the grill on. In my fridge's case, there are six screws around the grill. You'll then be able to see why the fridge is having trouble. All that fluff and dust is blocking the airflow through the condenser coils and cooling fins.

To reach the fluff on the cooling fins, I undid the two screws securing the plastic white control box (on the right-hand side). I gently slid this out; the wires are secured inside this box so no disconnection of wiring is required. You may or may not need to do this, depending on your fridge's design.

With the control box out of the way, you will see the full extent of dust on the cooling fins. In my case (see photo), it makes me feel ashamed that it got to this stage. Use a soft plastic brush to clean the cooling fins and suck the dust away with a vacuum cleaner. Be gentle: the fins and pipes can easily be damaged.

There is a little cooling fan on the left-hand side which sucks the air through the cooling fins. Again, in my case, there was fluff stuck to



↑ After removing the grill/cover you will see the compressor (here mounted on the left), the cooling coils (middle) and possibly a controller box (right).

→ The cooling coils will probably be full of dust, which needs to be carefully removed with a soft brush and vacuum cleaner.



the blades which was slowing them down and making the cooling less efficient. I used my fingers to remove this fluff.

After cleaning, it's time to reassemble. Slide the plastic control box back in, making sure the wires slide in easily, without forcing. You may need to relocate the wires if they are getting caught against the back of the control box.

Replace the rear grill, making sure the power lead sits in the slot so it is not crushed by the cover when the screws are done up.

Slide the fridge back, plug in the power and if your fridge is like mine, you will notice it runs about 50% less. Success!

When you slide your fridge out, you may find that it has old-style cooling coils on the rear of the fridge or that it doesn't have an air intake grill. In the latter case, your fridge radiates its heat via the side walls of the cabinet, and it's important that there's a clear air space on all sides to allow the heat to escape. You haven't wasted your time pulling the fridge out though: look at all the treasures you've found hiding under the fridge! ★

Charlie is a semi-retired electrician in Canberra helping low-income households to reduce their energy consumption.

## Cooking Classes.

John Summerfield has presented a proposal to the committee, for circulation to the membership, for organizing cooking classes being conducted by a mutual friend. The cooking classes will be held at his friends premises and is a great opportunity for members to hone their culinary skills and perhaps represent the Shed at the Master Chef.

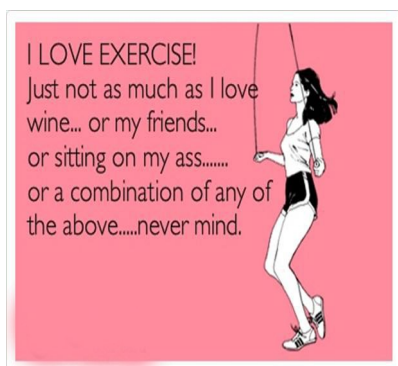
For those members interested in joining these cooking classes, please contact John Summerfield on 0432 032 461 or [sumtrade@iprimus.com.au](mailto:sumtrade@iprimus.com.au) for full details and course fee, if applicable.



## Wheel barrows assembly Masters 18th & 21st March

Masters Home improvements required wheel barrows to be assembled at the premises. Secretary Michael put out an email for the purpose of drawing on the volunteers to help in the assembly. The usual cohorts of “specialist” volunteers answered the call for the task at hand. A big thank you to the volunteers for the help in the assembly.

## Health and Fitness



Each Wednesday, there is an opportunity to participate in “soft” low impact exercise class., in the gymnasium. The class is conducted by a qualified instructor who takes the participants through a 30 minutes routine of stretches and low impact exercise routine . The schedule start time of the class is 9am. Please join us and continue your New Year resolution, with a promotion of health and vigour. This is a non competitive event and provides a motivation for others to join and participate.

## Tri Events Triathlons

A series of these triathlons events, are being held at the Hillarys beach, calls for volunteers to marshal the sporting event, with some monetary remuneration for the Shed, paid per member. The latest one of these meets was held on the 13th March at 6am and our members turned out for the call put out by the Secretary.

The last of the series will be held on the 10th April at the same venue



# Workshop on tool sharpening



On the 25th of February, a workshop was held in the JMS premises, in the art of sharpening of woodcarving chisels, between 10 Am and 2pm.

Members were instructed in rejuvenating chisels tips that had become blunt with constant use.

The members were seen practising their theoretical knowledge on the grinding wheel also known as grind



stone. The sharpening wheel is located in the main social area. This expertise is available to all members who choose to learn the art. The material was provided by the shed However, members were encouraged to bring their own chisels to be sharpened. This new clinic in the workshop is a step forwards to ensuring the shed has suitable tools as the ones on the premises see constant use for all the projects that the JMS undertakes.



JMS was commissioned to make these Red Cross boxes, by the Wanneroo Regional Museum, so as to commemorate the original collection boxes that were used by the "Diggers" in the first world war. Samples designs were presented and the team of carpenters and painters were deputed to complete the project. The finished project, pictured above, were handed over to very satisfied customers. Bandage winders used on the battle field were reproduced, by the JMS, for the Museum. Various items collected by the museum were circulated amongst education institutions, as props for teaching purpose and awareness by our Children of the historical importance of the battlefield essentials.

## Household Item for Free

Geoff Chandler would like to place an advertisement for immediate collection of Household Items at no cost to any member except their own personal transportation.

32' Coloured TV

Free 3 length of lattice work 2040 x 520

Please contact Geoff on **9402 9315** for details

## Register Sign in Procedure

The Assistant Secretary, Ian McCallum, has put another request for the members to sign in the register with some clarity. He has expressed concern at the illegible scrawl of the names of members at the time of sign in the register, placed at the entrance. Gentlemen, you are requested once again to please sign in with your names that are easy to read and transpose into the data base.

*Introducing New Members in February**& March 2016*

- ♦ Frank McGrath
- ♦ Shaun Cole
- ♦ Evan Floyd
- ♦ Richard Hummel
- ♦ Mark Gerovich
- ♦ James Jamieson
- ♦ Mark Hurst
- ♦ Ian Delgado

In a recent membership query, a question was asked, "What can I do for the Shed?" As an organization it is the cumulative contributions of each member that ensures the success of the shed and the membership as a whole. Our motto "Blokes building better communities" is the building block of our Shed and the community.

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 Notice***In Memoriam*

Our dear Member, James (Jim) Pember, passed away on Sunday 21st February 2016 after along battle with cancer. Jim's Funeral was conducted on the 4th March. Members attended wearing our JMS shirts. Our condolences to Patricia and the family was expressed by the committee.

**Welcome Wednesday**

The last Wednesday of the each month is reserved for a social get together for all members. The shed had a welcome Lunch for all members on the 30th March, organized by our Secretary, Michael Robinson. The menu consisted of Hot beef rolls served with mustard and Gravy.

These impromptu social get togethers are a good way for the membership to participate in an informal atmosphere and are an icebreaker in relationships by allowing the new and "old" members to get to know each other.



Also a means of passing judgement on the culinary skills of our chef-in-chief, Members are requested to keep the Good comments coming and reserve the other comments for private consumption.

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: "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

There seems to be an increase in the loss of equipment and material from the Shed premises, especially the store room next to the carpentry workshop. Perhaps it has been misplaced or borrowed for personal use. To curtail the loss, the committee has proposed to install CCTV monitors at vantage points to enable a video record.

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. [rlu@jms.org.au](mailto:rlu@jms.org.au)

## Birthday Wishes April

## Birthday Wishes March



David Lampard

A.W. Langford

Mathew Lathwell

Geoff Linton

Bill Maley

Philip Anderson

Ian Ottaway

Sanny Ang

Tyron Paul

Ralph Anthony

George Raykos

Kevin Blanch

Chris Siney

Tony Brewer

Robert Snape

Alan Greenhalgh

Paul Szep

Andrew Hollis

Ron Vander Wal

Stan James

Anthony Jackson

Pieter Arends

Paddy Small

James Arnett

Robert Uitdenbugerd

Ray Cutbill

Bruce Wansborough

Bob Davis

Brian Williamson

Michael Dove

Bill Wisdom

Gary Downsborough Ian Bruce

Dick Duggan

Denzil D'Vauz

Mark Gerovich

Colin Gilmore

Bill Green

Les Hendon

Ronald McMillan

Dennis O'Brien

Jem Shorland



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**Shed Supervisors**

Each month, the shed has situations where there are not sufficient supervisors.

Members who have volunteered as of the 1st December and the day of each week are as follows:

**Shed Supervisors**

<b>Monday:</b>	<b>Brian Skinner</b>
<b>Tuesday:</b>	<b>Kerry Sinclair</b>
<b>Wednesday:</b>	<b>Bob Heasman</b>
<b>Thursday:</b>	<b>Brian Abbott</b>
<b>Friday:</b>	<b>Rob Hansen</b>