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The end of the year as it at hand and the Season for celebration, of Good will and exchanging of gifts reminds us of an end and the beginning. Another year is ending and soon another will roll by.

The continuity of time is unending, only for us we count the days and the years. In the shed we take stock of what has been and what the New year will bring. Our achievements have all been sought with the solidarity of the membership. The support of each and everyone of us, who have contributed in some small way to make our space a happy and congenial one. The steady growth in our membership numbers bears witness to the success of the organization.

My apologies for a combined Newsletter of our activities in October and November. My recent travels have taken a toll on publishing the Newsletter.

Joondalup Men's Shed Inc.



Bench Press



The President's Report

Bench Press Report November December

Over the last few months, behind the scenes work has hopefully given us a distinct possibility of gaining a longer lease at our existing facility and the ability for us to work towards a purpose built structure ready for us to move into towards the end of our lease. Nothing has been

formally signed but I'm pretty sure that we will be granted an extension. Still we thought we had longer tenure when our first lease was negotiated.. We will be keeping the pressure on to get a signed lease.

Our membership is now just under 200. Each day brings in some more new members. The visit by Andrea Mitchell showed us how important Men's Sheds are seen by government. They are instrumental in helping men to have a better life. The ability for men to talk to others about their problems gives all of us a better understanding of problems others face. Any help we can give to others can be lifesaving.

We've had some good times over the last few months with a trip to Dwellingup being a highlight. We've also had some sad times. Chris Siney's passing was unexpected and a loss to our shed as a supervisor, paint shop manager and to doll's houses. We said farewell to Ron Height, Jacko and to Barry Fitzsimons's wife Patricia. Our thoughts go out to Peter Macander whose wife is not well. Odd Fraroud hopes to be home after a long spell in hospital. It's hard for any of us to lose mobility as we get older. This requires a change of lifestyle which can be very hard to take.

Once again we need to thank all those members who make things for sale. You help to contribute to our shed's financial security. Ron the draper and his team and Michael the Sausage sizzle king and his team are major income earners. If you can help with making toys etc. have a go. If you've helped in any way "Thank you".

January next year we will have been asked to host a group of young people to gain experience at some simple woodwork. We have also been approached by some experienced ladies to use the shed on a weekend.

It is very important for us to have as many groups as possible being involved in the shed to give us more lobbying power as we have to raise funds for a new shed.

Members trip to Dwellingup



This year the members and their partners/ families were treated to a bus trip Dwellingup. As usual our organizer in chief ,Ron Slavin, contracted with a bus tour company to cater for about 50 members transport and catering for the yearly trip. The arrangement was great and the trip originated from the JMS premises early in the morning. The trip included a visit to the North Dandalup Dam where the first pit stop was made and a welcome treat of Coffee, Tea, biscuits and walk around the visitors lookout area to admire the catch-

ment area. North Dandalup Dam Constructed in 1994, North Dandalup Dam is the newest dam serving the people of Perth. Situated 150 kilometres south of the city in rolling hills, the dam offers excellent recreation facilities and spectacular coastal views . North Dandalup Dam is just one of several dams in this area where the Water Corporation has provided facilities for your enjoyment. Approximately half of Perth's water supply and most of the water distributed through the Goldfields and Agricultural System now comes from catchments in the Darling Range. These supply water of very high quality at a low cost to the community.



The trip then continued to the Millhouse restaurant for a Christmas Lunch menu with all the trimmings for the Turkey and the accompaniments. As usual Ron had organized this outing to perfection.

The outing continued to Pinjarra where another stop was made to visit the local handicraft shop for the ladies to see, appreciate and purchase some of the local handicrafts; for the men folk a visit to the museum .

All in all a very entertaining and educative trip to appreciate the company of the “shedders” and make acquaintance of their partners. These trip provide a time to be out of the familiar surroundings of the shed and just get to know each other.

A big thank you to Ron and Eva for the planning and providing a fantastic outing for us all.

External Projects for the Shed



A request from the Burbridge school to manufacture and repair Multi-sensory equipment for the use of children with special needs.

Burbridge Special school, located in Koondola, provides diverse educational programs to meet the individual needs of Kindergarten to Year 12 students with special needs. The school's priorities aim to improve student communication (including augmentative and alternative communication), positive behaviour and independence. Teaching and learning in the primary years focuses on developing early learning, literacy and numeracy skills and social, communication and independent living skills

Multi-Sensory Environment:

Students are taught to use switches to operate equipment or change colours. The MSE also provides an additional environment for students to learn about colours, shapes, cause-and-effect or to have their sensory needs met. This equipment required repairs to the luminous bars that light up sequentially when activated



The second apparatus was similar in its use but had a mirror attached to the back of the casing and the vertical beads creates a reflection in the mirror when the beads strings are moved.

The project was accepted by the shed and Brian Skinner took it upon himself to repair the casing to its original condition much to the delight of the school., who would it to the intended use.

External Projects for the Shed

The president was approached by a lady to seek help in repairing a “Cat Pole” . When the call was made to the general membership, there were quite a few quizzical looks as to what conformed as a cat pole. Various suggestions were offered but none came close to the actual description of the object. The lady's desperation on the existing condition of pole and the Felis catus(yes an ordinary household cat) called for some ingenuity of our members to effect the repairs.

Yes the cat pole is actually a **scratching post** is a wooden post covered in rough material that cat owners provide so their pets have an acceptable place to scratch. Cats have a natural urge to scratch: the action helps them remove old material from their claws, and they mark territory with scent glands in their paws. Indoor cats may be prevented from exercising this urge on furniture if they are provided with an acceptable scratching post. Courtesy Wikipedia

Bernie and **Jeff** eventually volunteered to carry out the repairs to the cat pole. As the photographs prove the task of refurbishing was no easy task. First to strip the original frayed material and then to find suitable material to replace and affix to the wooden structure. The finished product was indeed a sight to behold. The owner was absolutely thrilled and adequately compensated the shed for the workmanship.



External Projects for the Shed

The Mayor of Joondalup, who also chairs a local community event called Relay for Life Joondalup Wanneroo requested the JMS for some help towards the fundraising event for the Cancer Council WA.

Relay For Life is a fun and moving overnight experience that raises vital funds for Cancer Council's research, prevention and support services. Relay for life Joondalup is in the ninth year of their fundraising event for the Cancer Council WA and have raised over \$2.5m to help the CCWA fight the scourge of cancer in our community with over 1,200 people and 90 teams participating each year.

The Organising Committee the Cancer Council WA requested to seek the support from the Joondalup Men's Shed to assist with the construction of a 3-4m high lettering for the word HOPE. A suggestion that perhaps a system be established where the word height is broken in half for storage and some sort of anchoring system so the wind does not blow it over. Their confidence in our skills and enthusiasm to make it work only gave cause to reach out to the membership and come up with manufacturing skills to create the HOPE sign for the organization. The photos below bear witness to the finished project and evidence that nothing is impossible for us at the shed. Thank you to all those involved in making the project a reality



Melbourne Cup 2016



BREAKFAST WITH THE CHAMPIONS.

The few minutes that literally stops our Nation into an excited anticipation of predicting a winner and perhaps to share in a brief moment of euphoria. The JMS members requested a Cup celebration lunch, a yearly get together, a time to enjoy each others company, have bite to eat and relieve ourselves of some loose change or perhaps make a few dollars in predicting a winner. All a part of a successful luncheon and find any excuse to enjoy ourselves.

Michael organized a wonderful spread of palatable delights and succeeded in providing the membership's desire to have a great afternoon. There were a few winners and more than a few losers; but then all that is a part and parcel of a successful event. An exciting few moments when all eyes were glued to the television to witness the progress of the race, all ears lent to the excited voice that called the race. The race over, back to the conversation, raising a glass to cheer the winners,

taking stock of the profit and loss and a promise to do it all again.





On the 15th October we were informed of the sudden sad passing of our Shed member, Chris Siney. Chris had served the Shed in various capacities as a Supervisor, heading the paint shop and being a stalwart member of the shed. He took on a lot of responsibilities to help promote the shed. A quiet member who was always there for other members and shared more than a smile and words of encouragement to others in the way he conducted himself. The shed was represented by the shedders in Blue and a poem was read out at the funeral service by Tony Brewer, to describe our valued member and his contribution to the shed. A wonderful touching Funeral service was held in Pinnaroo and the eulogies read at the service were a tribute to Chris. A JMS shirt that Chris had bought (as seen in Photo) after consistent pleas from his fellow painters to replace a worn and paint splashed shirt, adorned his Coffin.



Barry (Jacko) Jackson, a member of long standing, passed away on the 24th of October after a long bout of illness. His progression of illness resulted in being admitted in various hospitals and he finally succumbed to the various complications arising as a consequence. His funeral service was held in Pinnaroo. Funeral was attended by members from the Joondalup Men's Shed to express their condolences and to show support for Barry's family members.

Helping Hands

Our member, Barry Fitzsimmons, had entered our Joondalup Men's shed, to participate in a competition that was sponsored by P&N Bank.

"Get Involved" is a program of P&N bank who believe in the power of &. Which translates to a community based involvement that recognizes that when people work together, individuals, families, groups and our community will flourish.

Helping &ands is a program which supports those in need in our community. It enables P&N members to nominate deserving WA individuals or community groups to receive much needed financial or services support.

At the end of the competition. We were informed that, although, we had not secured enough votes to be eligible for the winners \$1000 award we were awarded \$200 for being one of the finalists in the competition. (the voting was open only to the account holders of the P&N bank)

All for the gains of our coffers.

Monthly Attendance sheet : September, October November 2016

Our thanks to Ian McCullum for his patience in trying to compile the weekly attendance recorded inspite of the ineligible entry made by some members while filling the daily register. Members are reminded, through this newsletter, the need to write their names clearly so that Ian can **decipher** the scrawl and perhaps have a more accurate number of members who attend the shed, on a daily basis.

Monthly Attendance Report									
Joonalup Men's Shed									
3, MacGregor Drive, Padbury 6025									
Month	Sep-16								
Period	Week Start	Week End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	01-09-16	04-09-16	0	0	0	30	13	0	0
Week 2	05-09-16	11-09-15	19	44	43	28	21	0	0
Week 3	12-09-16	18-09-16	22	48	41	22	15	0	0
Week 4	19-09-16	25-09-16	18	41	44	28	20	3	0
Week 5	25-07-16	30-09-16	9	43	36	23	15	0	0
Total			68	176	164	131	84	3	0
Total for the Month		626							

Joonalup Men's Shed									
3, McGregor Drive, Padbury 6025									
Month	Oct-16								
Period	Week Start	Week End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	26-09-16	02-10-16	0	0	0	0	0	0	0
Week 2	03-10-16	09-10-15	25	43	30	36	18	0	0
Week 3	10-10-16	16-10-16	19	48	33	30	18	0	0
Week 4	17-10-16	23-10-16	25	44	33	29	27	0	0
Week 5	24-10-16	31-10-16	11	43	35	27	18	0	0
Week 6	31-10-06	06-11-06	17	0	0	0	0	0	0
Total			97	178	131	122	81	0	0
Total for the Month		609							

Monthly Attendance Report									
Joonalup Men's Shed									
3, MacGregor Drive, Padbury 6025									
Month	Nov-16								
Period	Week Start	Week End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	01-11-16	06-11-16	0	37	31	29	20	0	0
Week 2	07-11-16	13-11-16	21	35	33	35	20	0	0
Week 3	14-11-16	20-11-16	19	48	31	29	20	0	0
Week 4	21-11-16	27-11-16	24	33	33	31	35	0	0
Week 5	28-11-16	30-11-16	26	49	11	0	0	0	0
Total			90	202	139	124	95	0	0
Monthly Total 650									

Introducing New Members in November & December 2016

- Noel Gilligan
- John Shattock
- Domenic Sanci
- David Morris

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. 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

Remember if you don't know some one best to introduce yourself and establish contact the members.

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.

Have a great Day

The Irish have the lowest stress rate because they do not understand the seriousness of most medical terminology.



> The chart will help us understand.....

Artery	>-	The study of paintings
Bacteria	>-	Back door to cafeteria
Barium	>-	What doctors do when patients die
Benign	>-	What you be, after you be
Caesarean Section	>-	A neighbourhood in Rome
Cat scan	>-	Searching for Kitty
Cauterize	>-	Made eye contact with her
Colic	>-	A sheep dog
Coma	>-	A punctuation mark
Dilate	>-	To live long
Enema	>-	Not a friend

Fester	>-	Quicker than someone else
Fibula	>-	A small lie
Impotent	>-	Distinguished, well known
Labour Pain	>-	Getting hurt at work
Medical Staff	>-	A Doctor's cane
Morbid	>-	A higher offer
Nitrates	>-	Rates of Pay for Working at Night, Normally more money than
Node	>-	I knew it
Outpatient	>-	A person who has fainted
Pelvis	>-	Second cousin to Elvis
Post Operative	>-	A letter carrier
Recovery Room	>-	Place to do upholstery
Rectum	>-	Nearly killed him

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

The following decisions by the Committee:

1. All consumables used by members for personal projects must be replaced or the shed compensated for the items used.
2. All repairs undertaken on computers etc. will incur a cost \$50 per hour of time spent on the projects, repairs or upgrades.
3. The sale of various hardware, wood, etc which is gifted to the JMS will be priced by the committee and not at the discretion of individual members. Most definitely, members are NOT free to help themselves to the items without approval.

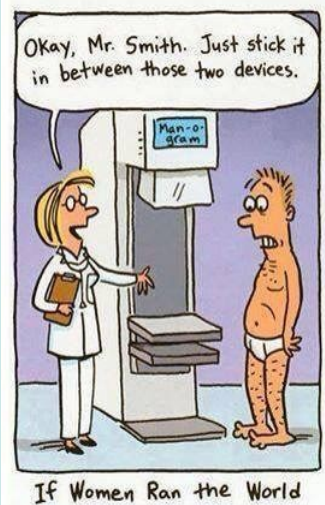
Christmas Lunch



Plans are a foot for the annual Christmas lunch to be held on the 15h Dec at the Woodvale Recreation Centre. Tickets are available for \$40 per head. Plenty of door prizes on offer for the lucky winners and needless to advertise the sumptuous menu on offer and excellent company of friends.

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 Fraud
- Hugh Kitson
- Wally Brandt

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

Gentlemen, this is your newsletter. Member's participation is essential with articles and comments for inclusion in the Bench Press. Since the distribution list is not limited to internal membership, discretion of content is "advised". Please submit by the third week of the month for publication, to Reg.. rluther48@gmail.com

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

November 2016

Selwyn Anderson

Philip Ash

Jacques Borthen

Jeff Brockley

Bruno Carvallo

David Crothers

Albert Daly

Norm Garden

Patrick Hadley

Rodney Herman

Bill Holman

Warren Howard

Barry Howell

Adam Huckle

Richard Hummel

Denzil King

Johann Koennen

Neville Long

Neil MacDonald

Kevin Maher

George Martin

David Melvin

John O'Dell

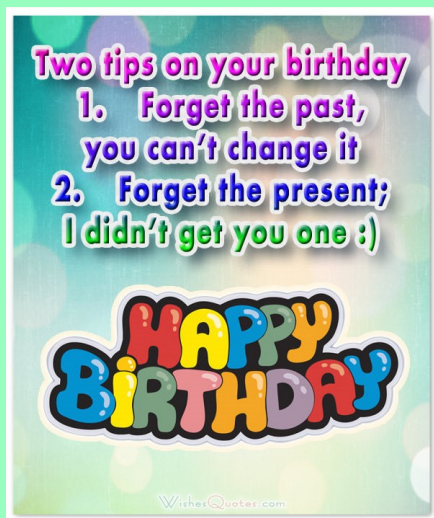
John Poustie

Stan Pridmore

Kevin Rickson

Michael Robinson

Murray Shaw



Andrew Simmons

Jeffrey Squance

Bill Taylor

Doug Williamson

December 2016 Birthdays

Many happy returns of the birthday celebrations.



- Frank Antulov
- Roger Bayzand
- Malcolm Brown
- John Carlton
- Nelson Da Rocha
- Trevor Davies
- Noel Doig
- Ian Downing
- Dave Fiorini
- Barry Fitzsimmons
- David Lockett
- David Morris
- Alistair Pirie
- Jerome Stouthamer
- Ashley Sullivan

They Walk Among Us !

Courtesy UNKNOWN

A guy bought a new fridge for his house.

To get rid of his old fridge (still working), he put it in his front yard and hung a Sign on it saying : 'Free to good home. You want it, you take it.'

For three days the fridge sat there without anyone looking twice.

He eventually decided that people were too mistrustful of this deal.

So he changed the sign to read : 'Fridge for sale \$ 50.'

The next day someone stole it !

They walk amongst us !

One day I was walking down the beach with

some friends when someone shouted,

"Look at that dead bird !"

Someone looked up at the sky and said, "Where ?"

They walk among us !

While looking at a house, my brother asked the

estate agent which direction was north because

he didn't want the sun waking him up every morning.

She asked, 'Does the sun rise in the north ?'

My brother explained that the sun rises in the east

and has for some time. She shook her head and said,

'Oh, I don't keep up with all that stuff...'

They Walk Among Us !

My colleague and I were eating our lunch in our cafeteria, When we overheard an admin girl talking about the sun-burn she got on her weekend drive to the beach.

She drove down in a convertible, but said "She didn't think she'd get sunburned because the car was moving."

They Walk Among Us !

My sister has a lifesaving tool in her car which is designed to cut through a seat belt if she gets trapped. She keeps it in the car trunk.

They Walk Among Us

I couldn't find my luggage at the airport baggage area and went to the lost luggage office and reported the loss.

The woman there smiled and told me not to worry because she was a trained professional and

said I was in good hands. 'Now,' she asked me, 'has your plane arrived yet ?'...

(I work with professionals like this.)

JMS Committee Members 2016-2017

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Free Haircuts

The members are informed of a haircut facility at the JT's Saloon, at Lakeside Joondalup. A couple of our members David Fiorini and Ron Mcmillan have informed us of this facility where **MALE** Models are required

Address: Lakeside Joondalup,

Shop T39 Lakeside Joondalup Shopping Centre,
420 Joondalup Dr, Joondalup WA 6027.

Contact : Danny Cohen Phone 93001009

Wednesday each week is the day for free haircuts at JT's Joondalup..

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