



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

December, The Advent season, was a good excuse for a social get together, to celebrate Christmas with a lunch for the membership and their partners. The companionship of members was a good way to demonstrate the close circle that the Shedders have formed. The luncheon meet was organized by Ron & Eva Slav-in. At the Woodvale Tavern. The vent was graced by our Patron, Mr Ian Goode-nough, Federal Member for Moore, who was kind to spare a few hours to enjoy our company and get to know those who were present at the meet. For those members who could not attend the occasion, there will be plenty of opportunities to attend future events that will be planned during the New Year.

The New Year will, undoubtedly, bring new challenges, new opportunities, new ideas, new goals and of course new members for the Shed. The challenge will be to harness our potential and membership to achieve higher goals and direct our resolve towards a more cohesive, better and safer place for those who enter the shed. To respect the individuality of each and to extend hospitality to the newer members.

Joondalup Men's Shed Inc.

Bench Press



New Year's eve is like every other night; there is no pause in the march of the universe, no breathless moment of silence among created things that the passage of another twelve months may be noted; and yet no man has quite the same thoughts this evening that come with the coming of darkness on other nights. -Hamilton Wright

Another fresh new year is here . . .
Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!

This bright new year is given me
To live each day with zest . . .
To daily grow and try to be
My highest and my best!

I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!"

Ella Wheeler Cox

The President's Corner

Another year gone and a new one has begun. Our membership is now 190 and being added to each day. The shed is starting to get busy with more members making their way to meet up or make things or both.

This month we need to tidy up our outside sheds so we can store more timber. We need to sort out our tools and machines. Some of our machines have not been used for a couple of years and we need to find a good home for the things we don't need.

Inside the shed the same clean-up needs to take place. Our updated dust extraction system is starting to take effect, we are waiting for parts to arrive so we can get the automatic turning on of the extractor and opening the individual gates. Alistair is to be congratulated on his effort with this system.



We will miss Odd Fraurud who passed away just before Christmas. He was eagerly looking forward to getting back to the shed. It didn't happen.

Hopefully by the issue of our next Bench press, we'll have definite news of the extension of our lease.

Thanks again to Ron Slavin and his team. We've had a very good finish to the year at the various markets.

Monday 9th saw a group of young people attend the shed with a volunteer helper for each person. They had a successful day making a tool box. This day was to give them a chance to do something they hadn't tried before. They enjoyed their day here.

We look forward to seeing more members in the shed over the next month. We have been asked to organize some visits to interesting places. Have you any good ideas? Please let us know. Our Christmas lunch was very successful with a good roll up. Good to have Ian Goodenough, our Patron, and Mike Norman, our local councillor, in attendance. They have both been very helpful in pushing our case for an extension to our lease.

Thank you to all the members who have helped the shed in any way over the last year. It is great to see the

Thanks to our Assistant Secretary, Ian McCullum, for tabulating the weekly attendance. His dedication to providing us with the numbers is labourious at best; trying to make sense of the various wriggles that comprises an attendance signature of the members, on a daily basis.

Monthly Attendance Report

Joondalup Men's Shed

3, McGregor Drive, Padbury 6025

Month Dec-16

Period	Week Start	Week End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	01-12-16	04-12-16	0	0	0	33	22	0	0
Week 2	05-12-16	11-12-15	19	42	17	44	21	0	0
Week 3	12-12-16	18-12-16	24	40	39	14	30	0	0
Week 4	19-12-16	25-12-16	19	39	33	19	17	8	0
Week 5	26-10-16	31-12-16	0	0	21	0	0	0	0
Total			62	121	110	110	90	8	0

Total for the Month 501

Mental Health Forum

An invitation from Hon Peter Katsambanis MLC, Member for North Metropolitan Region. Was extended to all members of the JMS, to attend a talk, by Hon. Andrea Mitchell MLA Minister for Mental Health and Child protection, on mental health issues and her portfolio responsibilities in our community and the strong action that the Liberal Government is undertaking to address them, on Tuesday, 29th November 2016.

The general public were invited to attend the address which was held in the gymnasium and was well attended by members and their partners. There were many questions asked and lots of discussion. The numerous issues that the community is confronted with on the mental health front are only dwarfed by the realization that many people, within our own circle, are involved with family members and friends who suffer from addiction to drugs and alcohol and the consequences on family and the community.

Due to the overwhelming interest in the mental health issues



the meeting overran the allocated time and could have proceeded for much longer, but due to other commitments Andrea had to, generously, accommodate a few points of discussion. There was some time devoted to some social get together, with Peter Katsambanis catering for the morning tea and exceptional "goodies" as accompaniments. The chief guest and her entourage were treated to a conducted tour of our shed and a look at some of our products that were on display. Andrea was very impressed with the shed and its activities. She purchased a cutting board before being called by her aid to move on to the next commitment.



External Visits.



On 20th Dec, Some Candidates for the 2017 State Election for the Northern corridor (Joondalup and Hillarys) of the W A Labor party very invited to the shed to introduce them to the working environment of our organization and to meet the members. Ms Emily Hamilton and Teresa Ritchie were present to see the work on various projects currently in progress in the shed and were appraised of our present lease predicament. Getting all parties involved, to secure our lease renewal, can only be a plus for our success. The bi-partisan approach to get as many people aboard on our issues and to educate them on the various aspects of our "Motto" is to get them involved on issues that are a bigger part of our community requirement. The Ladies were impressed with the working

of our group and perhaps an extension of their future portfolios to become aware of the silent minority of the community who are in need and support of organization like ours; The ladies were kind to provide a sumptuous spread for the morning tea and spend sufficient time talking to the members and becoming conversant with the groups needs.

Christmas Celebration Lunch



The annual Christmas Lunch was held on the 15th of December at the Woodvale Reception Centre, Woodvale. The lunch was attended by Mr. Ian Goodenough, Federal Member for Moore and JMS Patron. Once again Ron and Eva Slavin, our social organizers in Chief, put their organizational skills to select the venue and the excellent menu for the occasion. A three course menu was on offer and both the quality and service at the event was really good. The ladies were presented with a special gift on arrival. There were also several door prizes on offer and it was good to see the winners were satisfied by their gifts, that they had won. Santa Claus, as usual,

was generous in his equitable distribution of the prizes. Our gratitude to our Patron, Ian Goodenough, for taking time out from his federal commitments to grace the occasion and a special thanks to Ron and Eva for doing such a remarkable job. Well done!!!! Another successful event to their credit.



Bunnings Sausage Sizzle

The Bunnings Store, Joondalup, had asked the shed to organize a sausage sizzle at the store grounds on the 16th December. The event started at 8am and went on till 4:30 in the afternoon. The Secretary, Michael Robinson, organized the rosters for the helpers both on the day of the sausage sizzle and preparations prior to the event. The dedication of those who shed their tears on the onion cutting shift, to those who help in cooking the sausages, the servers and of course the guardians of the money box, a big thank you for making this exercise a success.

Cooking Classes



Hungarian dishes were the speciality of the day at Magda and Jane's cooking lessons, on the 5th December 2016

Magda's "takes no prisoners attitude" in her generosity and devotion to serving our Shedder's interested in improving their cooking skills. Apart from the wonderful social pleasure of each class, Magda earnestly wishes that our members genuinely benefit in taking home simple & healthy abilities to exploit their culinary potential. Bon petite and a huge thank you to both Magda and Jane. The experience of learning from the two ladies is a lesson that goes beyond the "cooking"; it's an experience in the art of sociable sharing and caring. A lesson at the core of our Shed's Motto "Of building a better community" Thank You Ladies.



Odd Fraurud: A Tribute

Odd joined the Joondalup Men's Shed in the second half of 2011; a couple of months after it was formed.

'The Shed' was a great place for Odd as he really enjoyed the company of men and an environment where he could use his many skills. It also provided him the opportunity to help other people, something he loved to do.

In his early days at 'The Shed' he worked on a number of individual projects, things he could have done at home as he had a great workshop, but it was much more enjoyable working in the company of others.

The late Chris Siney referred to Odd as 'Oddy' and it became quite common to hear around the shed 'Oddy is doing this' or 'Oddy is doing that. Odd was more than pleased with his nickname.

Odd was a man who knew his machines and had excellent construction skills. This was evidenced in the many artefacts he built or constructed or helped others with.

A few years ago Odd (the master) and Graeme (the apprentice) built a great Rocking Horse for the Smith Grandchildren. It turned out to be a first class product and has survived 3 years of riding by 6 of the Grandkids. Odd also helped Graeme to construct a wooden back gate, the best one in the street. He was always going to build one for himself.

Adrian and Odd became a team. It was great to see them working together making cheese boards, cutting boards for family members and for the shed to sell. The finished product were 'top class'.

Odd introduced the Reindeer to the shed. The original concept came from his daughter Else-Marie. In the months before Christmas many reindeers were produced and sold to lots of people. They will continue to be made by shed members each year as they are very popular.

There were many times when Odd and technology didn't get on. It was never Odd's fault, always the dam machine (phone /tablet etc.) which was not working properly. He always threatened to join the Computer Classes but was too busy doing other things. Anyway why would he need to when Reg was available to sort out his problems and get things up and running again?

Odd loved to work at the shed, he loved to be with the many good friends he made and he loved to sit down and have a good yarn with his mates.

He did not like the ways tools were left around and that some people didn't clean up after them.

He enjoyed doing maintenance at the shed. He liked everything to be working correctly.

Odd had great determination to get things done. He had so many things he planned to do when he got back to the shed. He just had to get over this or that medical problem. Odd was always interested to hear how the shed was going. He took great interest in our moves to get our own shed.

Thanks to Graeme Smith, Odd's neighbour who put these thoughts together. He certainly was highly valued by Odd lending a helping hand whenever it was needed.

Odd was a good man who will be missed at The Joondalup Men's Shed.

Courtesy Graeme Smith

R. J. P

The Shed From Beyond

Huddersfield's new Men's Shed project teaches men new skills and encourages them to open up

The humble shed has long been a place of refuge for men sneaking off from everyday life. It is a place for contemplation, failed DIY experiments and, of course, escaping nagging relatives.

But in Huddersfield, men are flocking to a homely shed not for solitary escape but to meet new friends, learn new skills and open up to each other. The free to attend Men's Shed is the latest project of Yorkshire Children's Centre, an all-ages support charity based in Brian Jackson House in Huddersfield.

It is the only such project in Kirklees that is signed up to the national Men's Shed project, which aims to bring men together. Anyone over the age of 21 is welcome at the surprisingly spacious site, which is hidden away between the front-facing Huddersfield Railway Station wall and platform two.

It has, in fact, not one but several 'sheds', including one made from an old train carriage that is wheelchair accessible. Around 15 men have been meeting there every Friday since summer, where they learn skills including bike repairs, growing vegetables and woodwork.

They can also enjoy a game of snooker, watch the TV or simply enjoy a cup of tea with each other.

One regular is Terry Barnes, 58, who said the Men's Shed has helped with his mental and physical wellbeing. "I've got long term health problems and have struggled with loneliness and a lack of confidence for around 20 years," he said. "It makes me feel happy and gives me a sense of achievement and belonging. But it's also given me the chance to learn new skills, make new friends and meet people with similar problems to me. I like helping in the garden, where I've been making raised beds for the vegetables we are growing."

Through going to the Men's Shed, Terry has been able to share his problems with others. "People have said I look well even when I don't feel it. But it's hard to open up. There's a stigma around mental health and men can think that it's not manly to do so".

"It can be really hard to go out and meet others but by coming here I feel comfortable to talk to the friends I've made. It's helped me realise that other people have the same problems as you. Sharing your problems doesn't make you any less of a man".

"We try really hard to be inclusive here. Even if someone comes who isn't into gardening, woodwork or bikes, we will try find something for everyone to do. It's because there aren't other groups like this for men nearby, so if they leave feeling unwelcome, where else can they go?"

Courtesy By Chloe Glover, West Yorkshire News

Introducing New Members

- Tom Daley
- Christopher Drury

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.

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 start 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.

I LOVE EXERCISE!
Just not as much as I love
wine... or my friends...
or sitting on my ass.....
or a combination of any of
the above.....never mind.



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: "Blokos 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.

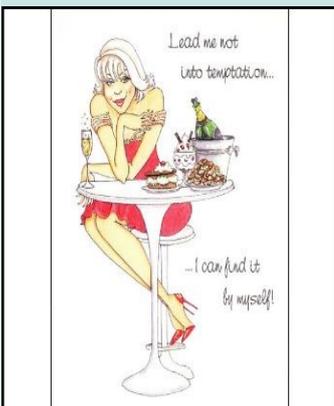
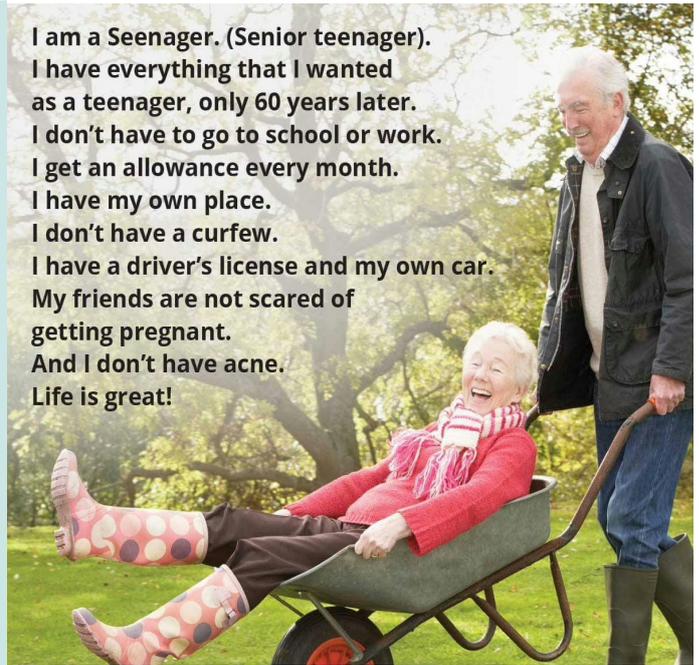
Members are requested to send in articles and comments for inclusion in the Bench Press. Since the distribution list is not limited to internal

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

- | | | | |
|---------------------|----------|--------|----------|
| Anthony | Robson | | |
| Hedley | Bond | | |
| Mark | Brayshaw | Reg | Luther |
| Kevin | Burrows | Peter | Macander |
| Rick | Hardie | Donald | McNichol |
| Robert (Bob) Harrap | | Colin | Mellows |
| Bob | Heasman | Robert | Morgan |
| Ed | Jolly | John | Rourke |
| | | John | Rowsell |
| | | Gordon | Walsh |



I am a Seenager. (Senior teenager).
 I have everything that I wanted as a teenager, only 60 years later.
 I don't have to go to school or work.
 I get an allowance every month.
 I have my own place.
 I don't have a curfew.
 I have a driver's license and my own car.
 My friends are not scared of getting pregnant.
 And I don't have acne.
 Life is great!



JMS Committee Members 2016-2017

Allen, Alexander Robert (Bob) President	bjallen@wn.com.au	0439 859 319
Peter Macander Vice President	macander@bigpond.net.au	0403 287 442
Robinson Michael JMS Secretary	robinsonmj1950@gmail.com	94098484
McCallum Ian Asst. Secretary	ianmc@westnet.com.au	94047935
Thatcher Stephen Treasurer	steve2425@hotmail.com	93054190
Abbot Brian Welfare Officer	budbrian@iinet.net.au	92038081
Davis Bob Committee Member	bobfdavis@westnet.com.au	0427 082 088
Egan Bernie Committee Member	bdegan@iinet.net.au	0409243338
Slavin Ron Social Member	evaron@westnet.com.au	93056273
Luther, Reg	rluther48@gmail.com	0414 998 717

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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..