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There was a delay in the Publication of the February and March newsletter, therefore this copy of the Bench press is inclusive of the 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 these months.

A lot has happened in these ensuing months. The Shed has accomplished its objective in securing a period of tenancy at its present location and credit goes to the President, General Secretary and previous Vice President, Bob Davis, for their unrelenting efforts in advocating our cause to anyone who would listen to our predicament and have the means to resolve the issue.

Our member's effort and contribution in attending various markets, making of toys, attending sausage sizzles; has also to be applauded. All this as an effort to belong to the Shed and oversee the success of our organization.

Joondalup Men's Shed Inc.

Bench Press

The future of our shed



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.

We have had ongoing discussions with the City of Joondalup as to a possible site for us to build our own shed. The City of Joondalup has same assurance on prospective sites and plans and facilitate a suitable home

for the shed.

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, Wives, Partners and Counsellors encourage men to join the Men's Shed. We accept men with carers, wheelchair bound, sight impaired, 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 a few years ago but our exposure in the community both in our social outings and word of mouth recommendation has seen a gradual growth in our membership..

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, Social talks and outings to interesting venues.

THE ANVIL GROUP of "6"

A dedicated group of Blacksmiths, christened as the "Anvils" have been busy working behind the scenes and being very creative in their spare time. Our store room needed some really serious organization with all the spare pieces of wood that had been collected overtime and placed in the store shed, haphazardly. The group took upon themselves to make

shelves to store the wood so as to have it readily available for use. The order in which the wood was eventually stored made it easily to stock and readily accessible to those who had need of the wood.

Our gratitude for the job well done!!!! To the original 5 and consequentially to one adopted member

| Monthly Attendance Report | | | | | | | | | |
|----------------------------------|------------|----------|--------|---------|-----------|----------|--------|----------|--------|
| Joondalup Men's Shed | | | | | | | | | |
| 3, MacGregor Drive, Padbury 6025 | | | | | | | | | |
| Month | Feb-17 | | | | | | | | |
| Period | Week Start | Week End | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 | 01-02-17 | 05-02-17 | | | 34 | 31 | 26 | 2 | 0 |
| Week 2 | 06-02-17 | 12-02-17 | 22 | 44 | 30 | 30 | 21 | 0 | 0 |
| Week 3 | 13-02-17 | 19-02-17 | 23 | 41 | 39 | 32 | 29 | 2 | 0 |
| Week 4 | 20-02-17 | 26-02-17 | 17 | 44 | 33 | 32 | 25 | 0 | 0 |
| Week 5 | 27-02-17 | 28-02-17 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Total | | | 62 | 129 | 136 | 125 | 101 | 4 | 0 |
| Total for the Month | | 557 | | | | | | | |

| Monthly Attendance Report | | | | | | | |
|----------------------------------|------------|----------|--------|---------|-----------|----------|--------|
| Joondalup Men's Shed | | | | | | | |
| 3, MacGregor Drive, Padbury 6025 | | | | | | | |
| Month | Mar-17 | | | | | | |
| Period | Week Start | Week End | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week 1 | 01-03-17 | 05-03-17 | | 0 | 35 | 25 | 16 |
| Week 2 | 06-03-17 | 12-03-17 | 2 | 39 | 30 | 32 | 29 |
| Week 3 | 13-03-17 | 19-03-17 | 28 | 44 | 36 | 32 | 20 |
| Week 4 | 20-03-17 | 26-03-17 | 18 | 46 | 47 | 33 | 19 |
| Week 5 | 27-03-17 | 31-03-17 | 22 | 51 | 36 | 29 | 15 |
| Total | | | 70 | 180 | 184 | 151 | 99 |
| Total for the Month | | 686 | | | | | |

Thank you Ian McCallum for all the work in compiling the figures from the daily register

Bunnings Sausage Sizzles:

The JMS shed was offered to hold a sausage sizzle at Bunnings Whitfords on the 18th Feb. and 24th March. As usual, Michael had organized the purchase of the sausages, organized the onions being sliced,



by members, and collection of the bread rolls. The setup of the stand on the day of the sausage sizzle was organized by Michael and Rob Hansen and then the usual cohorts of "workers" turned up and did the cooking, cutting rolls, serving and of course collecting the proceeds. Sounds like a well organized setup? You'd better believe it is and if there's any doubt perhaps come over and participate. The experience is awesome. There is a satisfaction of belonging and helping the shed achieve its monetary goal. Thank you all for the effort to make this a successful outing.

We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me. That's my story and I'm sticking to it.



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. This is a non competitive event and provides a motivation for others to join and participate.

Members Hearing Test

On the 22nd March, Hearing test provider conducted a free hearing assessment for the members and their partners. The testing was conducted at our premises and was done on pre arranged appointments, as in previous years there was an overwhelming demand for the tests. The shed would like to extend its gratitude to the organization who provided the facility and the consultants who carried out the test.

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.

Poynter Markets



On March 11th the Poynter Primary Schools grounds were used for the markets. JMS participated for the fare and set up there stalls for the sale of toys made in the shed. Ron Slavin does a remarkable job in sourcing the markets and enabling the sake of our products. The labour of making the toys from the inception of design, manufacturing and painting is an ongoing project at the shed. The credit goes to all those involved in this project. The day before the markets the sees a hive of activity in collection, loading the trailer and finding volunteers to attend the market. The day of the

market the stall has to be set up, the wares unloaded and displayed for the sale. Once again the volunteers devote a lot of time and energy in attending to these duties at the markets. Our thanks to all the volunteers from the ground up of manufacturing to the eventual sale.

Stay on your Feet

The inevitability of sustaining an injury from falls increases with the progression of age. The talk conducted, on 11th March, was on the causes of falls and their prevention. Various scenarios were presented to the members and their spouses / partners and each participant had some anecdotal incidents experienced by them and the injuries that were sustained as a consequence.

The talk was sponsored by the Injury Control Council of Western Australia and the educative talk held the audience spell bound with the clarity of information and the participation of the audience's experiences lent a surreal reality to the content of the lecture..

We all left better educated with he content of the talk and perhaps better prepared for the identification of the causes and the prevention of incidents.

<https://www.stayonyourfeet.com.au/>

1300 30 35 40

Nature of falls

A fall is defined as "inadvertently coming to rest on the ground, floor or other lower level". This means as long as a person falls unintentionally onto a lower level, whether or not it is on the ground, it is considered a fall.. Falls can occur at any age, but the frequency of both falls and fall related injuries increases significantly with:

Consequences of falls

Physical injuries can include:

- pain
- bruising
- Scratches and other superficial wounds
- haematomas
- lacerations
- Fractures
- Intracranial Bleeding

*Introducing New Members in February**& March 2017*

- ♦ Tom Daley
- ♦ Chris Drury
- ♦ Bobby Manier
- ♦ Victor Kaiser
- ♦ Norm Jones
- ♦ Peter Wass
- ♦ Troy Griffiths
- ♦ Philip Blelingham
- ♦ Glyn Ashley
- ♦ Mike Holland
- ♦ Francisco Rodriguez
- ♦ Corey Pilkington

"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.

Each member comes with a collection of talents and each will help in the betterment of the shed both socially and with the inspiration of their life time achievements.

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, Trevor Davies, passed away on Tuesday 28th March 2017 after bout of illness and hospitalization. Trevor's

Funeral will be held sometime in April. Members will be advised of the date Our condolences to the family and friends on his sad demise.

Welcome Wednesday

The last Wednesday of the each month is reserved for a social get together for all mem-



bers. The shed had a welcome Lunch for all members on the 22nd Feb, organized by our Secretary, Michael Robinson.

This impromptu social get together is a good way for the membership to participate in an informal atmosphere and gives a chance for members to converse and exchange a few yarns.

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, 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

Birthday Wishes February

Brian Abbot

Shane Almond

Don Atkinson

Derek Ball

Tom Daley

Bruce Elliot

Kenneth Gardner

Geoff Guard

Brian Gutteridge

Barry Harding

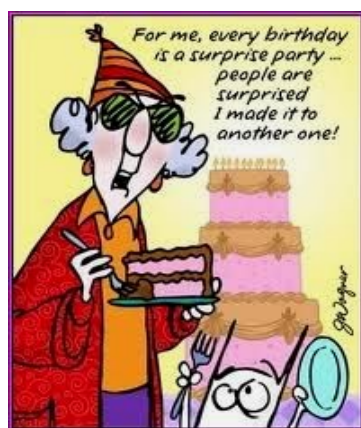
Ian McCullum

Duc Nguyen

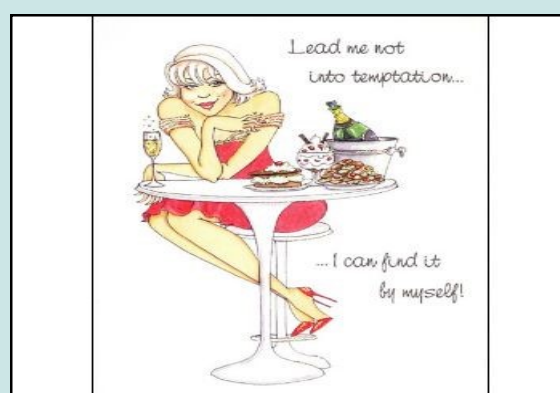
Kerry Sinclair

Brian Willis

Arthur Yates



Birthday Wishes March



Pieter Arends

Bruce Wansborough

James Arnett

Philip Bellingan

Ian Bruce

Bob Davis

Ian Delgado

Michael Dove

Mark Gerovich

Les Henden

Ronald McMillan

Dennis O'Brien

Francisco Rodriguez

Jem Shorland

Ian Sidebottom

Paddy Small

Congratulations for achieving a milestone

Charles and Patricia Hoath



*It started with a simple ring,
All those years ago,
And now you have a 'jewellery store'
That continues to grow.*

*25 years of bliss had proved,
You'd made a good selection
Reaching silver, you went on to 40th
When a ruby joined your collection*

*Another decade flew by
In matrimonial happiness
You attained gold...the pinnacle
Of blissful weddedness*

*And now you're at a stage,
Reached by very few
60 years brings diamond
Congratulations to both of you.*

*But the "jewel" to be proudest of
More than gold, or any other
Is undoubtedly the enduring love
You have for one another*

Jon Bratton

60 years of wedded bliss, a life time.

