



Joondalup Mens Shed

Bench Press

March 2018

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Presidents Report



Fourteen Men's Shed members were represented at the Zone council a week or so ago. It was

very interesting to hear from the individual sheds. Some are new and making do with very small sheds. Some sheds get good support from their local council others not so good. Safety for members was a priority. It is very difficult to get members to use eye protection and hearing protection. Without these aids your insurance is null and void. All sheds have stopped using AMSA for insurance due to the standoff between AMSA and the States that are currently not members. Hopefully this will get sorted and we can support one national group representing all sheds. We have now taken up Insurance with Gallagher's Insurance through the MSWA and it has taken effect as of 1-3-18. This means that we now have a Compliance Certificate available if required.

Our membership continues to grow. Tuesday is our busiest day. The \$5 lunches are very popular. We had a good rollup last Wednesday for our Social Wednesday. Thanks to Michael for organizing all the ingredients.

We also provide lunch at a price for Education Staff who Really enjoy the hamburgers.

Thanks to everyone who has helped in any way to support the shed. I know we sometimes have trouble getting enough members to get involved so please give a hand where you can.

Wishing you all a safe and enjoyable Easter.

Bob Allen
President



March Birthday wishes to the following Shedders

James Arnett	Ron McMillan
Philip Bellingan	Dennis O'Brien
Ian Bruce	Ross O'Donoghue
Chris Ciraque-Drury	Luke O'Mara
Mark Gerovich	Jem Shorland
Colin Gilmore	Paddy Small
Tony Grant	Geoffrey Waters
Nathan Hoar	John Wood
David Kincaid	Royce Woodhouse



Many Happy Returns to you all

Welcome New Members

Domenic Sanci	Anthony Robson
Barry Johnson	Bob Harrap
Chris Boncini	Roberto Loaiza
Todd Daley	Andrew Banks
Ross O'Donoghue	Norman Lake
Ian Henshaw	Colin Clarke
Derek Henriques	Marcelo Araya

Welcome to the shed gentlemen we hope that you join in, participate and enjoy the many activities that are on offer.





**Triple Valley
Luxury Coach Tour
Sunday 15th April**

Gents and Partners

If you want to cover some of the state's most impressive countryside then this tour is for you.

Enjoy morning tea at Noble Falls. We will stop for wine tasting at the Coorinja Winery.

After you will be provided with an in-depth commentary on the History of Toodyay with a lovely lunch at The Freemasons Hotel.

Enjoy a magnificent drive through the Chittering Valley with a stop for fresh fruit and a complimentary glass of freshly squeezed orange juice from the Golden Grove Orchard.

A Great day out!

Bus Caters for 46 persons

Leaves JMS MacGregor Drive Padbury 8.45am

Returns approx 4.00pm

Subsidised **Cost \$ 60.00 pp** (Contact: Ron Slavin 93056273)
or put your name in the book situated on the Treasurers desk.

Bookings and payment must be paid by Monday 9th April.

February Attendance Statistics Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon	Tues	Wed	Thurs	Friday	Sat	Sun	Weekly Total
Week 1	2/1/2018	2/4/2018	0	0	0	26	25	6	0	9 Ladies nic 57
Week 2	2/5/2018	2/11/2018	19	50	40	21	24	0	0	154
Week 3	2/12/2018	2/18/2018	22	52	38	27	15	2	0	7 Ladies nic 156
Week 4	2/19/2018	2/25/2018	28	46	33	26	21	2	0	156
Week 5	2/26/2018	2/28/2018	20	46	42	0	0	0	0	108
Total			89	194	155	100	85	10	0	
Weekly Average			22.25	48.50	38.8	25	21.25	3.3	0	631
Total for the Month			16 NOT IN 631 Ladies COUNT							
Working Days			20							



Sausage Sizzles

Volunteers will be required for the coming sausage sizzles. at Bunnings stores

March 31st Whitfords

August 11th Joondalup.

Please consider offering your services, the shifts are approximately two hour stints so it doesn't take a lot of your time. Tom Daly (2) would be pleased to have more volunteers.



Sausage sizzles at Bunnings warehouses are a good earner for the shed. Tom Daly (2) is the organizer of these events, a big commitment involving many hours of hard work. At a recent sizzle at Bunnings Joondalup, bread rolls were donated free from Neil Loveland of Bakers Delight Beaumaris. We are most grateful to Neil for his kind donation.

Tom is always on the lookout for volunteers to help with cutting onions and manning the stall on sizzle days.

Tom in the black hat and helpers cutting onions in preparation for a sizzle.

Meet the Member



Barry Fitzsimmons – a short history.

Barry is a foundation member and is a valued member always willing to assist members with any computer problems.

I left high school at the relatively young age of 14 with a Junior Certificate – I was a terrible student so it seemed the best thing to do for all concerned. This was in November 1964 but by February 1965 I had sat and passed an exam to become a PMG Technician-In-Training. It took 5 years of study and on the job training to become a Technician but it suited me *and I was paid*. I stayed with the PMG/ ATC/ AOTC/

Telecom/Telstra as it changed for 36 years until retiring in 2001 at the ripe old age of 51 (start early and you can finish early?). Despite an initial lack of interest in academic study I completed a Diploma of Electronic Engineering and a Graduate Certificate in Management during my years with the business. I even became a course writer and instructor during overseas stints with the Papua New Guinea Government and the UNDP (ITU).

For 14 years or so after we had both retired, my wife and I enjoyed travelling to many places in the world and watched as our 2 children became parents themselves and produce 4 beautiful grandchildren. I had a health scare in 2011 but it was my wife Pat who died of cancer in 2016 - but not before leaving strict instructions to the people around her about getting on with life.

I seem to have an inclination towards volunteer work. Apart from being a proud founding member of the Joondalup Men's Shed I am coordinator of the Friends Of Periwinkle Bush land, on the Community Advisory Committee for the Yellagonga Regional Park and a team member of the Aussie Invader World Land Speed Record Challenge. This is led by Mullaloo local Rosco McGlashan and I initially supported him through donations but realized there was a once in a lifetime opportunity to get more involved in an amazing project. The aim is to build a rocket powered car that will average 1000MPH (1600Kph) for one mile over two runs. My years of training in things mechanical, electrical, electronic and computer have been extremely helpful, however two of my best advisers these days are Internet and Google. Even my management and business studies have been revised as Rosco had to start a rocket company (Apogee Rocket Motor Systems) to be able to work with others in the business and to deal in rocket parts, fuel and oxidisers.

My interest in cars and speed started with racing stock cars at Wattle Grove Speedway as a lad. My mate and I managed to destroy about six FJ Holdens in our short careers. In the 70s I had a go at rally driving and navigating with my father-in-law who was an amazing mechanic & fearless driver. These days I have a Mitsubishi Triton dual cab ute as an everyday vehicle and to tow my caravan, but to keep the blood pumping I also have a Mazda MX5.

Along with many others I want to see JMS settled in new premises with long term security and will do what I can to help our hard working committee make this happen.

Assets Register

Steve Brooks , Neil Mac Donald and Bill Roberts spent three months compiling an assets Register for Joondalup Mens Shed.

All machines and tools will be fitted with an Asset Number sticker. This will provide a cost benefit when applying for grant money. This demonstrates how many dollars are allocated to machines , tools and some furniture.

It also shows the investment Joondalup Mens' Shed is making to provide community facilities where men can spend up to five days a week towards improving their mental health. These facilities provide the opportunity to overcome being on there own, living with depression or anxiety.

The total is over \$100,000. This is based on replacement cost . This is normal industry practice.

It will also help J M S to identify equipment that is lost, stolen or misplaced.

231

Is the total number of members
as at March 2018



Caring for our fellow Members

Should you hear about any of our fellow shedders being ill, experiencing the loss of a loved one or you haven't seen them at the shed for an extended period, please inform our Welfare Officers John Summerfield or Tom Daly (2). John or Tom will make enquiries and visit if necessary and keep Shedders informed.

John Summerfield can be contacted on 0432 032 461 or email sumtrader1@primus.com.au

Tom Daly (2) can be contacted on 0401 972 618 or email tommy8@westnet.com.au

The Joondalup Men's Shed (JMS) is the local representative and a registered member of the West 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

Tuesday Lunches



Delicious lunches are now available at the Shed on Tuesdays

Come along and enjoy a

Hot and tasty meal cooked by chefs at the Kingsley Tavern

Only \$5.00 per serve



Markets are on the go again. Ron and his team have been busy selling our wares. So far this year we have attended the Poynter markets and Stirling markets.



Joondalup Mens Shed



Coming Farmers Markets

Sunday 8th April Lions Fair

Saturday 19th May Poynter Markets

Saturday 30th June Poynter Markets

Saturday 22nd September Poynter Markets

Saturday 20th October Poynter Markets

Shed Activities and Projects

A profile of some projects produced in the Shed



An order was taken to make up 30 fruit and vegetable display crates for a Wanneroo Markets vendor. Denzil King, Tyron Paul, Bill Roberts and Vince Bertolini took on the task. Photos show the men at work and one of the crates.



Brian Skinner took on the task of making six leaf litter gauges for the City of Joondalup.



A close up shot of one of the leaf litter gauges, top quality work by Brian.



A set of six hand tougheners were produced by Albert Daly and Merv Pearce for a martial arts instructor.



Chris Drury working on his model ship the Victory. Chris must have a lot of patience as he estimates that it will take him two years to complete.

What is your Status?

Our community seems to be we are made up of "Selfies" or "Teamies". These terms may strike a note with you, but it's true we are divided in our actions.

To loosely define a "selfie" is one whose "ego" dictates their movements and the word "Self" obviously means to look after "ones" self at the cost to others.

In a club atmosphere like our "Men's Shed" it is a place for men to meet and socialise and make things for ourselves and our community charities.

This is okay but let's think of the "Big Picture", our purpose is "Blokes Building Better Communities" which translates to helping one another.

This is where the term of a "Teamie" comes into our vocabulary, guys helping one another and to operate our shed we need no "Selfies" but "Teamies".

Under our constitution we are to have a Supervisor on each day we are open to monitor the users safety procedures with our machinery and in the event of a health incident.

At the moment we only have effectively enough supervisors to open for a week and this is at the expense of their own time, meaning to do the job effectively they cannot do anything for themselves.

So you "Selfies" think about being a working part of your shed if you think you haven't the capability to do a supervisors job then you maybe shouldn't be using the equipment. While we have to do an accreditation test to use the Shed's Machinery it doesn't stop there.

It's embarrassing when a person uses a machine and leaves it in an unsafe condition, resetting the machine to a safe operational position and cleaning up your mess instead of some other person having to tidy up after you is a requirement.

If we have enough Supervisors listed the shift can be shared, like one person does the morning shift and another the afternoon. The duties you need to know will be outlined and explained on the correct procedures to operating the machinery.

Consideration can be arranged if you can only give three or six month term, this would be a small but appreciated contribution, you may never know until you give it a go.

You will of course have to make at least an hour and half to attend a "Supers" meeting each month to discuss any problems encountered during your shift and contribute your ideas to a better "Shed".

Rob Hansen your **Shed Operations Manager** will welcome your enquiry, so talk to him and arrange a day and a shift and accreditation.

Joondalup Art Gallery is pleased to present

"SAY IT WITH PAINT"

A selection of Artworks by Mignon Smith, Carl Altmann and Clare Yates showing a variety of approaches and subject matter with an emphasis on colour. The exhibition will be open to the public from 17th April until 28th April.

Opening times...Tuesday to Friday 10.30 to 5.00 and Saturday and Sunday 1.00 to 5.00

The exhibition closes on Saturday, 28th April.

SMITH **ALTMANN** and **YATES** have been friends for thirty years and frequently worked together before Mignon went to Queensland to live.

The exhibition is to be opened by **Ward Councillor Sophie Dwyer** at the **Joondalup Art Gallery 4/48 Central Walk, Joondalup.**