



Joondalup Mens Shed

Bench Press

April 2018

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Presidents Report



Bus trip went well – Thanks Ron

Norm flat out mending machines. Straightened up Radial Arm Saw, now much better than it has been for years. Maintaining dust extraction takes a lot of time.

A new set of cutters fitted to thickneser. At least one nail has been through it since then.

Welder – Mig – has been serviced. We were given a 15% discount.

Boxes made by Blacksmiths have been picked up and part payment of \$400 paid. Charged \$30 each for 30 boxes.

We are receiving a lot of tools from donations. We need to move these on. Important that we do make a profit from these donations.

Skinner and Jim are replacing walls on Springfield Cubby House.

The Jarrah table has been sold.

Bob Allen

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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 over-all 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 Anzac on the Wall

Written by Jim Brown

Loitering in a country town, 'cos I had some time to spare
I went into an antique shop, to see what was there.
Bikes and pumps, and kero lamps, the old shop had it all,
then I was taken prisoner, by the Anzac on the wall.

Such an honest open face, a young man in his prime,
and when I looked at the photograph, his eyes locked onto
mine.

A face so proud and confident, inside a wooden frame,
I felt myself drawn to him, in a way I can't explain.

"That Anzac have a name?" I asked, the old bloke didn't
know.

He said, "Those who could have told me passed on long
ago."

Anyway the old bloke kept on talking, and according to
his tale, the photo was unwanted junk, bought at a
clearance sale.

"I asked around" the old man said, "But no one knew his face",
he's been up on that wall for years, deserves a better place,
someone must have loved him, it seems a shame somehow."
I nodded, and said quietly, "Oh well I'll take him now."

So you come home with me mate - too long you'd be alone,
I don't even know your name mate, but you're welcome in my
home.

Did you fight at Flanders? Or perhaps Gallipoli?
I'll never know the answer, but I know you fought for me.

I wonder where they sent you mate, when you answered the call,
Were you killed in action, did you have a home at all?
You must have had a family - will you be claimed one day?
To be honest mate, I hope not, cause I'm proud to have you stay.

Sometimes visitors look at you, and then they question me,
And I tell a small white lie, and claim you're family.
They say, "You must be proud of him", I tell them one and all -
that's why you got pride of place mate - the Anzac on the wall!



Author's Note: It started when I was a TV journalist preparing to travel to Gallipoli for the 75th anniversary of the landing [1990]. I went to Canberra to gather photographic support for a TV documentary, and while in the archives of the Canberra War Memorial Museum a lovely old man put a box of letters before me. The letters were untraceable, and had no addresses. They were written to and from the war front and I was entranced by them. I was not allowed to take them away, but I made notes. This was a long time before I became a bush poet,

The final cog in the wheel was about 5 years ago when I went into an antique shop and saw a photograph of a light horseman on the wall. For some reason I still can't explain I had to have it, and started writing a poem based on the question who was he? This was the first or shorter version of the poem.

I later revisited my notes of the letters and incorporated them into the longer poem. What struck me in the letters was the untold suffering of Australians waiting at home, and how many mothers and fathers knew intuitively that they had lost a loved one on the other side of the world. Those close to the land seemed to know from signs of nature, and these are in the poem.

April Birthday wishes to the following Shedders

Philip Anderson	Ian Ottaway
Doug (Dragan) Bosnjak	George Raykos
Tony Brewer	Leonardo Roxo
Neil Chapman	Domenic Sanci
Grant Everett	Paul Szep
Anthony Jackson	Gorden Walsh
Barry Johnson	Raymond Watkins
Geoff Linton	Doug Williamson
Luke Nichol	



Many Happy Returns to you all

Welcome New Members

Jordan Lima	Ciarain Hoey
Robert Morris	David Kincaid
David Merton	Will Thompson
Vernon Jones	Nathan Evans
Keith Lorraine	

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

Wife texts her know-all husband on a cold winter morning

"HELP! WINDOWS FROZEN WON'T OPEN"

Husband texts back.....

"GENTLY POUR SOME LUKEWARM WATER OVER THE EDGES AND THEN TAP EDGES SHARPLY WITH HAMMER"

Wife texts back 5 minutes later:

"LAPTOP REALLY BUGGERED NOW"

Finally I understand why cars have these things...





I was born in 1953 and grew up in Armadale, at the age of 5 I started ballet classes which I continued until the age of 15 (I still look good in a pair of tights). My family were heavily involved in the Young Australia League where I learnt to play the E flat horn and travelled with the brass band to many towns to perform.

hardware business and became an enthusiastic member of country town community life. I enjoyed playing football, lawn bowls, golf and swimming and was also a member of each committee I was president of Rotary, a member of the children's court and became a JP in 1986. For 13 years I volunteered as an ambulance driver and saw the carnage that can happen on country roads.

After many years of feeling dizzy, suffering severe headaches and losing my balance I was finally diagnosed in 1994 as having Spiner Cerebellum Ataxia type 6 or SCA6 which is an inherited degenerative neurological condition which no one in my family knew about. At that time information about the condition was scarce and no one could tell me what to expect in the future. I had to hand in my drivers license as it was unsafe to drive, I used callipers at first then progressed to using a walking frame as my tremors and falls became more frequent and I have been using an electric wheelchair for the past 5 years. SCA6 effects my muscle control (or lack there of) which means my arms, legs and head spasm involuntarily, my ability to swallow and speak are also effected however my sense of humour , my mind and my hearing remain intact.

On the bright side 2003 is the year I met and fell in love with a lovely nurse, Jackie and I married in 2006, bought a home in Hocking and have 7 beautiful grand children who keep us very, very busy. My best mate Charlie is a black Labrador /staffy cross who we rescued from the pound 11 years ago, he is now nearly 13 and I take him for a walk every day. If any one would like to see him I will show you my tattoo .

I am also a member of U3A and was assistant secretary until 2 years ago, I attend the gym at Joondalup TAFE weekly and give the students a run for their money. Jackie had surgery on her neck in 2014 to relieve nerve pain but ended up with her left shoulder, arm and hand paralysed so she had to give up work and I had to accept more care from other people. After much physiotherapy and exercise she has approximately 75% of function back. We enjoy annual trips to Busselton, eating out, going to concerts, movies and stage shows and socialising with family and friends.

I recently acquired a communication device which helps me in my duties as assistant secretary to keep the attendance records up to date, I can access the internet, check my emails and “SPEAK” to people using the programmed sayings and words. Please be patient with me as I am still getting used to the device.

I have noticed lately I'm becoming harder for fellow shedders to understand. I now have a 'Communication Device'.

One of its functions is to operate as a Word Proseer that can also repeat what I type in a Digital voice. I also have certain phrases in it that can be used. That phrase too. I am not deaf, so don't get in my face and exaggerate lips when talking to me. If people can bear with my typing great.



Triple Valley Coach Tour

Steve Brooks

The coach trip to Toodyay on Sunday the 15th of April was a credit to all concerned. The tour began around 9 am with a scenic journey up Red Hill, through Gidgegannup to Noble falls. After morning tea provided by our host Chris Hadland of Club 55 Travel we visited Coorinja Winery to sample their wares in an interesting historical environment. We did not actually see Moondyne Joe but we heard a lot about him from Chris during the next part of the journey to Toodyay. At Toodyay we were treated to a two course meal followed by a tasty local port in the Freemasons Hotel. During the meal we were entertained by the renowned joke teller Sid Old. After the meal we had the opportunity to wander around to take in the sights of historical Toodyay. Around 2.00 pm we left Toodyay and continued through the Avon Valley and into the Chittering Valley where we had the opportunity to sample the local orange juice and other goodies at the Golden Grove orchard. We then had a leisurely drive home through BullsBrook past the Pearce Air Base. A good time was had by all thanks to the efforts of Ron Slavin and his accomplices.



Sausage Sizzles

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

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.

Tom Daly (2) has managed to get a deal with ALDI where we have a sausage sizzle out the front of their Currambine store this Saturday and if all goes well then it could be a regular occurrence.

This is an opportunity we should not pass up on as the BBQ's are our main source of income and **EVERYONE in the shed BENEFITS.**

Could anyone who has never attended a BBQ at Bunnings (and anyone who has) please consider helping with this initiative. If you can e-mail / phone / speak to Tom regarding when you would be available, it would be appreciated.

When a club has 234 members it is pretty poor that we always have to struggle to get a few people to assist, so how about helping your mates out.

Tom's contact details are as follows:

E-Mail: tommy8@westnet.com.au

Home Phone: **93044212**

Mobile: **0401- 972618**



New member David Merton Has ten years experience as a lecturer in carpentry, joinery and wood machining.

David has indicated that he would be pleased to give an induction to shedders in the use of the wood working machinery. His main aim is to keep all your fingers attached to you.

New Industrial Vacuum Cleaner

A new vacuum cleaner has been purchased for the shed. Please make use of it to clean up after you.



And while on the subject of cleaning up



These are brooms

And this is a brush and dust pan



Please feel free or should we say "obligated" to clean up your dust and shavings after using any of the machinery.



John Summerfield has resigned from the shed due to many commitments. John was one of our Welfare Officers. Many thanks to John for his achievements with the shed.

234

Is the total number of members
as at April 2018

Wouldn't it be great to see more members
volunteering to assist with sausage sizzles
and other projects etc.

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 Officer Tom Daly (2). Tom will make enquiries and visit if necessary and keep Shedders informed.

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

During my check-up I asked the Doctor,
"Do you think I'll live a long and healthy life then?"
He replied, "I doubt it somehow. Mercury is in Uranus right now."
I said, "I don't go in for any of that astrology nonsense."
He replied,
"Neither do I. My thermometer just broke."



Ponderisms

Can you cry under water?

How important does a person have to be before they are considered assassinated instead of just murdered?

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

You never appreciate what you have till it's gone.
Toilet paper is a good example.

March Attendance Statistics Compiled by Ian

Period	Week Start	Week End	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week 1	3/1/2018	3/4/2018	0	0	0	14	23	2	0	39
Week 2	3/5/2018	3/11/2018	4	50	41	26	21		2	144
Week 3	3/12/2018	3/18/2018	25	44	34	25	24	4	0	154
Week 4	3/19/2018	3/25/2018	4	60	36	27	26	1	0	154
Week 5	3/26/2018	3/31/2018	22	61	30	31	0	4	0	148
Total			39	215	131	126	94	11	2	
Weekly Average		21.17	9.75	53.75	32.75	25.2	23.5	2.75	0.5	

Total for the Month

618

Working Days

22

The Attendance Book has been a success. There is still a few problems that still happen. This could be caused by a number of reasons. If for whatever you need some help ~ see or call me and we'll work it out.

Joondalup Mens Shed



Coming Farmers Markets

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



James House with a chocolate wheel he made. The wheel was ordered by Bunnings Warehouse Joondalup.

The side door of the shed trailer has always been a problem being extremely heavy to lift and rather dangerous as it was propped up with a pole once opened.

Rob Morgan has made the door safe and easy to lift by installing gas struts.

Good work Rob.



Inaugural Sausage Sizzle at Aldi

Our chief sizzler Tom Daly (2) arranged with Aldi Currabine to operate a sausage sizzle for the shed. One day was not enough for Tom so the sizzle went for three days. All went well until Sunday when the barbecue caught fire (must have been over worked Tom) and operations had to cease. Approximately \$600 profit was made. Trade was rather slow at the beginning on Friday but increased as time went on. As people get to know about our sizzles hopefully sales should increase.



The first shift on the first day.
Volunteers Rob Morgan, Merv Pearce and Dave Fiorini. Tom Daly (2) behind camera

Merv with the very first customer enjoying the culinary delight.

