



Joondalup Mens Shed

Bench Press

May 2018

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Presidents Report



The large triangular jarrah table has been sold and delivered to one of our members. The table took up a large amount of space in the shed and a lot of labour went in to sanding and varnishing it. A lot of muscle was required to move it to its destination. Thanks to all the shedders who were involved with this project.

Tom Daly(2) has been busy organizing a schedule for the rest of the year for the Bunnings sausage sizzles, a list of dates appear in side this newsletter. Good work Tom.

Please consider offering your services for the sizzles, the shifts are approximately two hour stints so it doesn't take a lot of your time and a lot of fun is had by all who attend. Tom would be pleased to have more volunteers.

The committee is compiling an in depth study of members attendance history. There is concern that men are joining the shed and then are not attending, it would be interesting to find out why this occurs.

Also the committee will be putting in operation planning for the move to our new venue for when that eventually happens.

It has been noted that the daily attendance numbers don't match with the two dollar entry fee which indicates that some members are not



putting in their fee at the point of entry. This fee contributes to the running of the shed and tea, coffee, biscuits etc. Please have a clear conscience and pay your bit when you attend.

Next Wednesday 6th June we will be having a visit and talk by Mr. Peter Katsambanis MLA Shadow Minister for Police; Road Safety; Industrial Relations; Representative for the Shadow Attorney General and Shadow Minister for Commerce. At 10.00am.

We have been invited to visit the Wheelchairs for Kids workshop at a date to be determined. The organization is celebrating their forty thousandth wheelchair produced by them this year . A great achievement.

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The Birth of the Joondalup Mens Shed

Many members who have joined the shed in recent years would be unaware of how our shed came to existence and would be interested to know how.

Our first President Alan Greenhalgh compiled this article.

Have you ever wondered how, when and why the Joondalup Men's Shed came into being? Perhaps you're one of the original founding members and know its history or perhaps despite joining at the shed's inception you are a little hazy on its origins. Well, here is how it all came about.

As with many men when they retire Alan Greenhalgh quickly became bored with his own company. A never-increasing list of chronic health conditions and a desire to remain a useful member of society led him to think, *"There must be thousands of blokes like me at a loose end; men with under utilised skills sitting around wondering what to do with themselves. Surely, an organisation exists where these men can go, socialise and work on projects?"*

As you can see, Alan was completely oblivious to the existence of men's sheds. Googling of all things, "Blokes Shed" he quickly discovered the official Australian Men's Shed (AMSA) website. However, a further search that there were no suitable operational men's shed existing within the city's boundaries, or within reasonable travelling distance of Kinross where he lived at that time. The nearest men's shed (Kingsley Veteran's) catered exclusively for war veterans, while the Wanneroo Men's Shed's activities were restricted to refurbishing computers. The City of Stirling Men's Shed was still only a dream so Alan decided naively to set about establishing the Joondalup Men's Shed, completely oblivious to the amount of work involved or the hurdles he would have to overcome. However in the same month met with Pauline Sookloll, the City of Joondalup's community development officer and other council employees who offered to support the proposal on the basis that the shed was community driven. In other words, the City would be supportive in principle but would not contribute financially or provide actual material assistance, e.g. premises or land.

Alan and Pauline arranged considerable community consultation and discussion with various health groups and agencies over the following weeks. Surprisingly, support for the establishment of a men's shed was unanimous. In fact it was resoundingly overwhelming, particularly with agencies tasked with tackling men's health issues who admitted struggling to find relevant male-focused activities for their clients. With the assistance of and in close collaboration with COJ Community Development Officers Ms. Pauline Sookloll and Barbara Oosterhuis, Alan embarked upon considerable behind the scenes work. Ignoring Pauline and Barbara's advice to organise further community consultation Alan booked the Connolly Community Centre and audaciously invited the public to attend the launch of the Joondalup Men's Shed despite having no committee or funds. Letters were sent to the media, the then mayor Mr. Troy Pickard and Dr. Mal Washer MD (the sitting Federal Member for Moore) inviting them to the official launch.

The result was the birth of the Joondalup Men's Shed group on 26th August 2010!

Some ninety individuals representing health agencies, the business sector and local residents attended the launch. Attendees unanimously pledged their support while nearly seventy men signed up. Alan immediately seconded one initially reluctant attendee, David Ammon as Treasurer. Within a week of the launch, a number of others volunteered to form a working group (WG) whose tasks included locating suitable premises, garnering support, establishing an online presence and devising a calendar of events and activities to maintain interest and group cohesion.

INITIAL JMS STEERING COMMITTEE

Chairman: Alan Greenhalgh,
 Secretary: Ken Shukla,
 Shed Organisers: Barry Fitzsimmons and (the late) Stan Elson,
 IT Support: Jim Lyle and John Wood.

FOUNDING MEMBERS OF THE JOONDALUP MEN'S SHED INC.

In alphabetic order with surnames first:

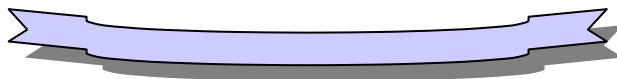
Ammon, David. Ang, Sanny. Ball Derek. Banham, Kevin. Barrington David. Baron, Dave. Blair David. Bloxhome Trevor. Bolin, George. Brooks, Ken. Brown, Bob. Burton, Malcolm (since deceased). Cook, Phil. Davies, Arthur. Doig, Noel. Downer, John. Elson, Stan (since deceased). Fitzsimmons, Barry. Gaze, Brian. Gough, Roy (since deceased). Green, Bill. Greenhalgh, Alan. Greenway, Dave. Gurrin, Phillip (since deceased). Hoath, Charlie. Heap, Colin. Heaseman, Bob. Hindley, Donald. Hockway, John. Howard, Chris. Howell, Barry JP. Jefferies, Malcolm. Johnson, Ken. Kitson, Hughie. Langton, Roger. Lyle, Jim. McGregor, Len. McIntosh, Gavin. McNeil, Neville. Miller, Cliff. Morgan, Edgar (Ed). Mullen, George. Munn, Matthew. Paust, Viv. Pickard, Alan. Pitcher, Don. Pozzi Brian. Richardson, Peter. Ring, Jim. Selby, John. Serra, Sam. Shorland, Jem. Shortman, Bill. Shukla, Ken. Slavin, Ron. Stokes, Bill. Thomas, Don. Turpin, Ken. Uskokovic, Milan. Walker, Warren. Webb, Darren. Weeks, Bob. Whitney, Les. Wood, John. Wyatt, Ken.

In the remaining months of 2010, the JMS working group tackled its duties with gusto, resulting in an ever-growing groundswell of support. The JMS WG also identified various potential sites to house the shed and after bringing these to the City's notice, the COJ adopted a proactive role, agreeing to prepare a document encapsulating various options for consideration by elected members. Needless to say, there were many obstacles along the way and a great deal of lobbying of members of parliament, (both state and federal) and COJ councillors.

Following discussion with the Principal of the soon-to-be-closed Padbury Senior High School on 14th December 2010, the JMS secured the school's unused manual arts facility for its base during 2011. Although advised it would have to vacate the premises at the end of 2011 the JMS successfully negotiated with the Education Department to remain in the facility until December 2016. As you are aware, the JMS remains at the former Padbury SHS in the interim but with assistance from the new mayor of Joondalup, Mr. Albert Jacob hopes to relocate to premises in Winton Road.

Current members should not underestimate the sheer volume of hard work put in by the steering committee and founding members to get the shed off the ground. Tribute must be paid to current president, Bob Allen for taking over in 2013 from Alan Greenhalgh thus ensuring the shed has kept running and growing for the ensuing five years.

Alan must be proud to see that the shed has grown so much with membership now at 237. It would be interesting to know if we are the biggest shed in WA or even Australia.



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

Dementia Talk



On Tuesday the 1st of May the shed was honoured with a presentation by Ms Terry Brady from Dementia Australia who spoke about dementia. Leaflets with information on how to recognize the disease and how to deal with loved ones who suffer from it and how to recognize it were available.

The presentation was very informative and was well attended as the photo shows by shedders and partners.



Don't Get Nailed



There has been occasions (far too many times) where nails have been present in old second hand timber and put through the saws, thicknesser and joiner. This carelessness damages the blades which then require replacement which is expensive.

A scanner is available to test for nails or any metal and it is ***mandatory to use before any old timber is put through any machinery.***

To operate the scanner

Turn on button (A)

Green indicator will light up (B). Make sure that it is the center one, not the right hand or left hand.

Make sure that the timber to be checked is not resting on or near any metal.

Run the scanner over the entire piece of timber. If no metal is detected the circular indicator (C) will show green. If metal is present in the timber it will show red .



The scanner lives in a pouch between the bench saw and the thicknesser.

May Birthday wishes to the following Shedders

Ian Batho

Sid Old

Doug Buchanan

John Parker

Rob (Butch) Butchart

Stephen Thatcher

Tom Daly (2)

Leo Zander

Bernie Egan



Many happy returns
to you all

Yesterday I had my annual Medicare wellness check. The nurse said that at my age I should have a bar in the shower. So I took her advice.



Welcome New Members

David Kincaid

Jack Apgar

Will Thompson

James Roberts

Nathan Evans

John Robinson

Davide Davies

Stefan Raczowski

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



An Irishman man is stumbling through the woods, totally drunk, when he comes upon a preacher baptizing people in the river.

He proceeds into the water, subsequently bumping into the preacher.

The preacher turns around and is almost overcome by the smell of alcohol, whereupon, he asks the drunk, 'Are you ready to find Jesus?' The drunk shouts, 'Yes, I am.'

So the preacher grabs him and dunks him in the water. He pulls him back and asks, 'Brother, have you found Jesus?' The drunk replies, 'No, I haven't found Jesus!'

The preacher, shocked at the answer, dunks him again but for a little longer. He again pulls him out of the water and asks, 'Have you found Jesus, brother?' The drunk answers, 'No, I haven't found Jesus!'

By this time, the preacher is at his wits end and dunks the drunk again -- but this time holds him down for about 30 seconds, and when he begins kicking his arms and legs about, he pulls him up.

The preacher again asks the drunk, 'For the love of God, have you found Jesus?'

The drunk staggers upright, wipes his eyes, coughs up a bit of water, catches his breath, and says to the preacher,

"Are you sure this is where he fell in?"



Sausage Sizzles

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

Friday 6th July Joondalup

Sunday 15th July Joondalup

Friday 10th September Joondalup

Friday 26th October Joondalup

Saturday 20th October Whitfords

Friday 7th November Joondalup

Friday 10th December Joondalup

Enter these dates in your diary
and consider volunteering
some of your time



Meet the Member

This months "Meet the Member" is our trusted secretary John Spence.

Profile - John Spence

Born: Warrnambool Victoria 9th June 1949

Moved to Bendigo Victoria in 1955

Attended Bendigo Senior Secondary College and left after Year 11

Commenced work as a clerk with Carlisle Brothers sheepskin exporters, while completing my Year 12 at night school.

Called up to the Regular Army at aged 20 and commenced basic training at Puckapunyal Army Base with a view to going to Vietnam, but was discharged medically unfit 42 days later after contracting pneumonia. I was a chronic asthmatic with many allergies but lied in order to join army but was soon found out, and subsequently chucked out.

Joined PMG (Postmaster Generals Dept.) as a **Trainee Mail Officer** but on completion was immediately chosen to become a **Postal Clerk in Training** at the Postal Training School in the Melbourne CBD.

Worked at a number of suburban post offices during training and once qualified applied for a position in a small country Post Office in Numurkah in northern Victoria where I remained for 8 years, and where I married Lorraine (a nurse) and we had 2 children: Alison & Jennifer (who both now live in Perth with their families). I was Treasurer of local APEX Club.

The PMG was at this time broken up into Australia Post and Telecom (Telstra) and we had 2 years to decide which of the new entities we wanted to be part of and I chose Telecom as the promotion prospect seemed much better.

Moved back to Bendigo to the local Telecom office, and shortly afterwards our son Christopher was born.

Worked as a clerk in the Bendigo office when Telecom began selling the new digital telephone systems (Commanders) and the first Mobile Phones. **Manager of Telecom Business Office**. I was also Treasurer of Bendigo APEX Club.

Promoted to **Business Sales Representative**, selling this new equipment. Awarded Sales Representative of the Year for exceeding my sales targets (out of 150 Sales Reps.)

Promoted to **Senior Business Sales Representative** selling higher level equipment such as PABX's Awarded Senior Sales Representative of the Year. and awarded a Trip to Fiji for sales achievement

Promoted to **Area Sales Manager** in charge of 50% of Victoria with a team of 9 reps and an annual budget

of \$20 Million which we achieved in the first 8 months.

Asked to move to Melbourne as a Sales Manager but did not want to go as the position was in Dandenong which was a bit like moving to Redfern in Sydney at that time and I didn't want my children raised in that sort of atmosphere so asked for redundancy and 6 months later it was approved

Took on a job as **National Sales Manager** with a private company called Cygnus Computers who were the only company in the world with both an Apple and an IBM Dealership. I worked there for about 2 years setting up stores in 3 states.

Accepted positions as Sales Rep firstly for **Radio Station 3BO** in Bendigo and then for **Prime Television (CH7)** selling radio and television advertising.

Received a phone call from one of my old Telstra Managers offering me a new position in Perth as **Fujitsu State Manager Telecommunications**, setting up new dealerships and also selling Fujitsu PABX's in WA. As Fujitsu is a global company and I had been selling their products while at Telstra, I could not resist the challenge, so I moved to Perth on my own for 9 months before moving my family over. My 2 girls remained in University in Bendigo but moved to WA on completion of their respective Nursing and Marketing courses.

My sales success continued and I was rewarded another 2 week holiday in Fiji with Lorraine. After 6 years at Fujitsu, the Telecommunications Division of the Australian part of the company decided they were pulling out of Australia as the market was not big enough and did not provide them with the returns they expected, so once again I was made redundant.

I started **J&L Communication Pty Ltd** selling Telephone Headsets & Handsets, and this lasted for about 6 years until I could no longer compete with companies like Cisco, NEC and other multi-nationals who would give away the products I was selling, in order to win large PABX system tenders.

Successfully applied for position of **Manager of the Gravity Discovery Centre** near Gin Gin and worked there for a further 2.5 years overseeing the building of the Leaning Tower of Gin Gin and the Cosmology Gallery.

After completing a training course I then started work as a **Security Guard** at a local hospital which I enjoyed for 12 months, but night duty was boring, so I completed further training (Certificate II & III) which enabled me to become a:

Private Investigator which I have continued to do for the past 6 years. This position requires me to have a working knowledge of the Privacy Act, Trade Practices Act and the Road Traffic Act as I am still licenced until 2020 but have now decided to only do jobs that I enjoy, such as Workers Compensation claims for asbestos related diseases which enable me to travel to places like Wittenoom and a number of mines in the outback. Currently Secretary JMS.

Ponderisms

Why do you have to 'put your two cents in' . . But it's only a 'penny for your thoughts'? Where's that extra penny going to?

YORK'S ANZACS

STORIES REMEMBERING THEM

YORK TOWN HALL

25 April - 25 July 2018

Open daily: 9.30am - 3.30pm *

ADMISSION FREE

Walk in the footsteps of York's ANZACS and their families through this major Exhibition commemorating the people of York in WW1.

Contemporary art installation, poignant WW1 memorabilia and hands-on activities for all ages.

Enquiries: 9641 1301

* Closed for lunch 12.30pm - 1.30pm



**YORK'S
ANZACS**
STORIES REMEMBERING THEM



CONTEMPORARY ART INSTALLATION ~ POIGNANT WW1 MEMORABILIA ~ HANDS-ON ACTIVITIES FOR ALL AGES

Excursion by Bus to York to experience the York's Anzacs

Michael Robinson is organizing a bus tour to York to see the above exhibition. It is intended to include a lunch (at your own cost) at a place yet to be selected. The dates in mind are Wednesday 13th June, Wednesday 27th June or Thursday 28th June. These are the only dates that a bus from the City of Joondalup is available for hire. The cost of the excursion will be \$10.00 to cover the hire of the bus. Only 31 places are available. Please let Michael know of your preferred date. The excursion can only be on one of those dates so it would be advisable to let Michael know your first, second and third preference, his mobile number is 0491 036 085.

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

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



Attendance Statistics for April Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tue.	.Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly Total
Week 1	4/1/2018	4/8/2018	6	48	34	14	21	1	0	124
Week 2	4/9/2018	4/15/2018	24	45	38	32	24	3	2	168
Week 3	4/16/2018	4/22/2018	19	44	41	37	16	1	1	159
Week 4		4/29/2018	23	44	0	30	22	2	5	126
Week 5	4/30/2018		29	0	0	0	0	0	0	29
Total			101	151	113	113	81	7	8	
Weekly Average			20.2	37.75	37.67	28.25	20.25	1.75	2.66	6066

Weekly Average

Total for the Month

606

Working Days

21

Joondalup Mens Shed



Coming Farmers Markets

Saturday 30th June Poynter Markets

Saturday 22nd September Poynter Markets

Saturday 20th October Poynter Markets

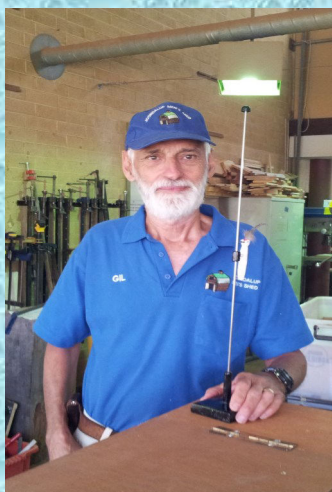
Norm Jones would like to thank Gerrick Huxtable for making another toy truck to replace the one that "disappeared" recently.

Shed Activities and Projects

A profile of some projects produced in the Shed



A number of owl nesting boxes have been constructed for the Friends of Yellagonga Regional Park which covers Lake Goollelal, Lake Joondalup and Neil Hawkins Park. The number of owls have been in decline over time in the area and it is hoped that these nesting boxes will help boost their breeding. Those shedders involved in the project were Doug Mackay (pictured), Ian Batho, Geoff Chantler and Brian Abbott who painted the boxes in camouflage colours. The picture on the right shows one of the nesting boxes in situ.



Gil Marnham has produced some woodpeckers. The woodpecker is constructed of wood and is attached to a steel rod by a spring. The bird is slid to the top of the rod then with a light tap on its tail it pecks its way to the base. The toy is a popular attraction at our market stalls and some have been sold.



From left Murray, Jim and Frank at work on one of the tables

One of the tables waiting to go into the paint shop



An order was received for four large picnic table sets so who best to be in charge of construction? Frank Antoulov the master of the childrens sets of course. The order was for the 71G Australian Air Force Cadets (AAFC) Pearce Air Base. A job well done by Frank and his team, Murray Steel, Jim Douglas and Chic Hoath.