



Joondalup Mens Shed

Bench Press

June 2018

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Presidents Report



I remember a couple of years ago remarking that the time flies past so quickly. That was nothing to how time disappears these days. We had more than two

Over the last month we've seen four bench seats finally get to their new home at Madeley with the Air Force Cadets. Thanks to Frank and his helpers for getting these built. Thanks also to the paint shop for their efforts. Thanks to Brian Skinner who has been involved in getting jobs done that help our fundraising. Thanks to all those members who have done jobs for the shed. Remember we are not only a place where you make things for yourself but need you to make something for us to sell. Thanks to the marketeers .

years before we had to relocate. Now it is less than eighteen months away. We were meant to have our funding set up by February but until we get a site we're stuck. All the little bits of information we glean says that we will eventually get a site, maybe Winton Road or something better. We'll wait and see.

The visit by Peter Katsambanis was well received and his letter to the Mayor and mention in Parliament was welcomed. (See pages 4 & 5.)

Over the next couple of weeks we have Tjorn Sibma, Shadow Members for Government Accountability and Community Services and Anne Aly Member for Cowan visiting us. If you can, come and meet these politicians. We need to show how strong we are and how important the shed is for us.

Karrinyup has started up a new shed. They have more than 40 members. Leo Zander one of our long time members is leaving us to join Karrinyup as it is much closer for him to access. Thanks Leo for your time at our shed. You have been a great help to many of our members passing on your large store of knowledge to them.

It seems as though Wanneroo Men's shed are looking at buying land with a shed on it in Wangara. They were unable to get a suitable arrangement with the local council.

Northern Men's Shed is still in temporary accommodation at Bill's in Gnangara Road. We have been very fortunate to have been at Padbury for the last six years.

Saturday sees us at Office Works with a Sausage Sizzle. Thanks Rob and those helping.

On Friday we said farewell to Bill Enright one of natures gentlemen. Bill enjoyed being part of our shed and made his last visit just a few weeks ago.

If you have any comments or questions about the shed please talk to me.

Bob Allen

Coming Events

Tuesday 3rd July

A visit by Tjorn Sibma

North Metropolitan Region

Shadow Minister Community Services

12.00 noon

Tuesday 10th July

A visit by Anne Aly Member for Cowan

10 - 11am

Bus Excursion to York

Steve Brooks

The coach trip to York on Wednesday 13/06/2018 gave 28 JMS members the opportunity to take in the sights of the Avon Valley in and around the first inland settlement in Western Australia. The first part of a journey took us through the awesome road works associated with the new Northlink WA project around the Beechboro Road area, then up through Sawyers Valley and the picturesque Wandoo National Park to York. Our first place of interest was the York Men's Shed where we were greeted by the president and several members and invited to morning tea. The president informed us that the men's shed occupied an area of about eight acres on the northern outskirts of York in the shadow of Mt Bakewell. The land had been donated by the Shire of York and their shed paid for with grants had been in operation since 2010. The facilities in the shed were similar to ours but on a somewhat smaller scale, and their activities were more inclined to metalwork rather than woodwork. Repair and restoration of farm equipment and metal recycling was a significant activity, and they were equipped with a full size car hoist for automotive repairs. They also maintained a series of small raised garden beds where they grew parsley and strawberries. The next part of the trip was a light lunch at Grannies Home Kitchen in York where the entertainment was Sanny Ang and his boomerang origami aeroplanes, assisted by several local female customers and staff. The climax of the trip was a visit to an impressive local Anzac exhibition in the town hall. The exhibition consisted of a series of life-size cut-out photographs of local uniformed soldier heroes from 1914-18, and relevant local memorabilia including lifelike statues of horses with associated equipment. The trip home was a rather quiet affair and ended about 4:30 pm with a rousing cheer for coach captain Skinner and organiser Michael.



Driver Brian (Skin) Skinner who drove the bus to transport us safely to York and back.



An emergency (P) stop on the way was required for those with not so strong bladders. Hope the trees survive the watering.



The happy wanderers on the way to York



The York shed.

More on the next page.



Bus Excursion to York continued



Enjoying a welcome morning tea in the meeting area



Farewell to the group from the Yorkers on the left before departing for lunch in the town.



Lunch at the café in York



Sanny Ang entertaining customers in the café with his origami aeroplanes



The Anzac exhibition in the historic York Town Hall



Heading to the bus for the trip home.

Ponderisms

Why is it that people say they 'slept like a baby, when babies wake up like every two hours?



Peter KATSAMBANIS MLA



Member for Hillarys

Shadow Minister for Police; Road Safety; Corrective Services; Industrial Relations

The electorate of Hillarys includes the suburbs of Craigie, Hillarys, Kallaroo and Padbury, and parts of Sorrento, Marmion and Beldon

6 June 2018

Hon Albert Jacob JP
Mayor
City of Joondalup
PO Box 21
JOONDALUP WA 6919

Dear Mayor,

JOONDALUP MEN'S SHED

This morning I had the pleasure of visiting the Joondalup Men's Shed (JMS) at the site of the old Padbury Senior High School. During a Q & A forum a number of members spoke of their anxiety regarding the long term housing for their organisation. As you are aware the previous tenancy on the existing location was due to expire in 2017. However, the Department of Education granted an extension until 2019.

I understand the Council is broadly supportive of moving JMS to a location at Winton Road. However no firm decision or timetable relating to the relocation of JMS has been resolved. As you can appreciate this uncertainty for the 240 members of JMS is a cause for concern. In addition, it is hampering the organisation's ability to apply for potential funding streams like Lotterywest.

JMS is a great asset to the Joondalup community. It focus on men's health and creating an environment for its members to connect with the broader community is to be applauded and one I whole heartily support. JMS would be appreciative of clearer engagement from the City on this matter, and on their behalf I invite you or a City representative to visit JMS and speak with its members on this issue.

Kind regards,

Peter Katsambanis MLA
Member for Hillarys



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Unit 2, 45 Northside Drive, Hillarys WA 6025



PO Box 163 Hillarys WA 6923

Extract from *Hansard*
[ASSEMBLY — Thursday, 21 June 2018]
p3691b-3691b
Mr Peter Katsambanis

JOONDALUP MEN'S SHED

Statement by Member for Hillarys

MR P.A. KATSAMBANIS (Hillarys) [12.51 pm]: A few weeks ago, I was very pleased to again visit the Joondalup Men's Shed, which is located in my electorate at the site of the old Padbury Senior High School. The concept of the men's shed was developed in 2007, and since then it has become recognised as one of Australia's largest male-based community development organisations. Its focus is on men's health and creating an environment for its members to connect with the broader community. I am sure that all members of this house would agree that this is to be applauded and it is a cause that I wholeheartedly support.

The Joondalup Men's Shed is one of the largest sheds in Perth, with 240 members. Ably led by its president, Mr Bob Allen, it provides a number of services to the community, including building children's toys. Sadly, the current location of the shed is completely inappropriate. It is the only shed located on Department of Education land. It is the only shed in Western Australia that is not located on local council land. Last year, the Department of Education generously granted an extension until 2019, enabling Bob and his team to continue their great work. The men's shed has been working collaboratively with the City of Joondalup to identify a new building. I strongly encourage the city to resolve the matter sooner rather than later, because the uncertainty around its future location is hampering the shed's ability to apply for potential funding streams, such as Lotterywest grants. I congratulate Bob Allen and his team. I look forward to many future visits, especially at their new facility eventually.

243

Is the total number of members
as at June 2018

Please note that your membership subs are now due.

You can pay by cash, credit card (Michael Robinson has an eftpos machine) or direct debit in to the JMS bank account.

The banking details are.

Bendigo Bank

BSB 633 000

Account number 141336743

Please ensure that you enter your name in the details section.

Annual membership is now \$70.00

Ponderisms

If a deaf person has to go to court, is it still called a hearing?

Joondalup Mens Shed



Coming Farmers Markets

Saturday 30th June Poynter Markets
 Saturday 14th July Joondalup Markets
 Saturday 18th August Joondalup Markets
 Saturday 22nd September Poynter Markets
 Sunday 23rd September Stirling Markets
 Saturday 20th October Poynter Markets

A NEW VENUE FOR OUR MARKET STALL

On Saturday 16th June the JMS was offered a site at the Joondalup Farmers Market for a stall to sell our products.. People traffic was rather slow but it was worth the effort. The markets are held weekly in Central Park, a beautiful location with a running creek and natural bush land. Ron has organized for two more days to see if it will be viable to continue there on a regular basis.



Our stall on the right at the Joondalup Markets located in the scenic Central Park.



A young girl spent quite some time admiring and trying out a woodpecker. Her mother said she would come back later to purchase it but unfortunately she never returned.



Ponderisms

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

June Birthday wishes to the following Shedders

(Bob)	Allen	Gerrick	Huxtable
Jack	Apgar	Colin	Knight
Charles	Ashby	Frank	McGrath
Frank	Buzz	Barry	Neumann
Tony	Cottle	Cory	Pilkington
Terry	Cross	John	Spence
Dave	Ginger	Josh	Stephen
Rob	Hansen	Chris	Bonciani
James	House		

Many happy returns
to you all



Me: During an overnight at a hotel away from home, I took my computer down to the bar to do some data entries. Sitting down at the bar I asked the bartender: 'What's the *wifi* password?'

Bartender: You need to buy a drink first

Me: Okay, I'll have a beer

Bartender: We have Molson's Canadian on tap.

Me: Sure. How much is that?

Bartender: \$8.00.

Me: Ok. Here you are. Now, what's the *wifi* password?

Bartender: youneedtobuyadrinkfirst
No spaces and all lowercase.

Welcome New Members

Stefan Rackowski	David Frankland
Neville Baily	Luke O'Malley
Shannon Ronan	Dennis Monahan
Ryan Burr	Mikie Holland

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

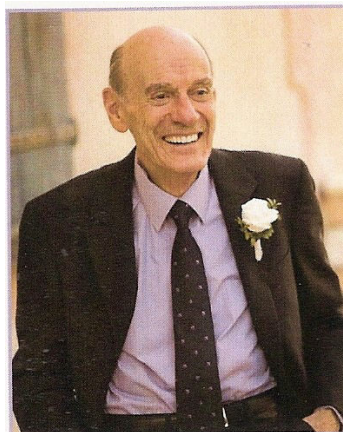
FOR SALE

2011 Jayco Sterling 21 foot full height caravan. used only three times, immaculate condition. Has club lounge, East West bed, full ensuite. URGENT SALE.

Call Jeff 0418913366 for more information.

Ponderisms

What disease did cured ham actually have?



Vale Bill Enright

Members of the shed bid farewell to Bill Enright at his funeral last Friday. It is estimated that over two hundred people attended which indicated what a popular gentleman he was. Bill's celebration of his life was held at Pinnaroo Memorial Park followed by a wake at the Greenwood Hotel. Bill loved his music among many other things including the Men's Shed and was involved in a band called "The Prankstars" some of us may remember the popular band playing at hotels and other venues in the seventies and eighties. Bill's wife Donna said that Bill loved the shed and he was wearing his badge in the casket.

The shed extends its condolences to Bill's family and friends.

**Joondalup Mens shed
Annual General Meeting
Thursday 16th August 2018
Mark the date on your calendar**



Sausage Sizzles

Volunteers will be required for the coming sausage sizzles.

Bunnings Joondalup

Sunday 15 th July
Friday 24th August
Friday 21st September
Friday 26th October
Friday 23rd November
Friday 14th December

Office Works Joondalup

Saturday 30th June
Saturday 7th July
Saturday 14th July
Saturday 21st July
Saturday 28th July

Bunnings Whitfords

Saturday 20th October



Meet the Member

This months "Meet the Member" is our trusty treasurer Michael Robinson. This is his story.

Michael John Robinson

I was born in a private hospital located in Staton Road East Fremantle on 23 November 1950.

My parents met in Brisbane in the late 1940's; my mum was from Queensland and after they married returned to Western Australia prior to my birth. I have 2 sisters and 1 brother.

My immediate family are my wife Gaye, daughter Kirby and son Glenn plus son in law Brett and 3 grandsons, Jack age 7, Tate age 4 and Cade

age 13 months. The two older grandsons keep me fairly occupied.

For the first eleven years of my life we lived on Hampton Road Fremantle between Steven Street and Wray Avenue. About 750 metres from Fremantle Prison. I attended Beaconsfield State School from year 1 in 1956 until 1961 when my parents built our family home in Myaree about ten kilometres from Fremantle.

I left school in June 1966 without completing my Junior Certificate and started as a telegram boy at Applecross Post Office. After a week of rain and sleet I decided that leaving school was not such a great idea. delivering telegrams for 18 months was promoted to a postal officer, serving customers and preparing outwards mail for despatch to then GPO mailroom.

In the next couple of years I did night school and gained both my Junior Certificate and Commonwealth Public Service Third Division Examinations this gave me the ability to transfer to other Public Service Departments.

I remained in the PMG until 1975 when the PMG was changed to two separate Commissions, namely Australia Post and Telecom Australia the predecessor to Telstra, I remained with Australia Post until I gained a transfer to Telecom Australia in 1976 where I remained until June 1987.. I resigned and commenced my new career in private enterprise, which included 3 years managing a successful Family Law practice. In 1990 I commenced in the mining industry, firstly at Big Bell Mine – Cue where I worked until 2000 and was successful in gaining a redundancy which helped my wife and I to purchase a franchised small business called You Can Bake It, which sold raw bread mixes for Home Baking and Bread Machines. The business also sold add on items such as Bread making machines, cake mixes, and seasonal items such as hot cross buns, Christmas cakes and puddings.

After our small business was established I again went back to the mining industry as a purchasing officer responsible for all goods and services at a remote mine named The Granites mine site 500, plus kilometres north west of Alice Springs in the Tanami Desert on an unsealed road in the Northern Territory. The site was owned by Newmont Australia, the Australian subsidiary of Newmont Mining Corporation which was headquartered in Denver Colorado.

In 2005 the Supply Chain functions were transferred to the Newmont Perth Office so after 15 years of fly in fly out (FIFO) I was home each night a little hard on my wife and children. I remained in the Mining Industry until 2012 when Newmont were passing out redundancy packages so I availed myself of their generosity and retired.

I joined the Joondalup Men's Shed on 31 January 2013 and still remain a member today.

Away from my work environment I was a member of the CMF and later the Army Reserve for 30 years and attained the rank of Warrant Officer Grade 2 in the Royal Australian Corps of Transport (RACT). Serving in 36 Water Tpt Sqn, 26 Transport Troop, 10 Transport Squadron, 5 Movement Control Unit and Joint Movement Control Office.

Since joining the Joondalup Men's Shed a couple of my Army Reserve colleagues have joined the JMS, namely Bernie Egan, Frank McGrath and Bob Butchart.



It is intended to do a monthly safe use of machinery each month. Tony Brewer has kindly offered to compile the articles in the interest of safety for users and the machinery. This month it is about the band saws.

There are many varieties of Bandsaws such as the one we show here is for wood, but there are also meat bandsaws, metal bandsaws and even log milling bandsaws, each one for their own purpose.

It is best to approach any machine with an operating plan, what do I want to do, Is this the correct machine for my job and if so what measures do I need to carry out before I start, at all times keeping “the safety factor” foremost in your mind. **NEVER** use any machine thinking it is **OK** to use, **CHECK IT** First, and remember to clean all your mess up after you are finished, don't leave it for someone else.

The bandsaws we have in our wood machine shop are for wood and some plastics, and should only be used for that purpose.

The bandsaw is made up of 2 rubber tyred large wheels which mounted on an “E” shaped frame with a table platform situated at waist height. The endless blade of cutting teeth is fitted around each wheel through bearing guides, where the top wheel is free-wheeling and the lower is driven by a single or three phase motor.

The machine has two opening doors, one upper and one lower to protect the operator should the blade break or run off the guide wheels.

Under the table there is a set of roller bearing guides which are fixed to the frame, the top roller guides are mounted on a sliding adjustable arm to be adjusted to between one and a half centimetres or ½ to 5/8 inch above your material to be cut.

The guides when adjusted correctly idle between the two side roller bearings and when load is applied (**cutting**) the rear bearing should become active, if the blade is in constant contact while in idle mode then the load bearings will become noisy and wear.

We have three (**3**) bandsaw machines, two large ones and one smaller unit. Each machine is designated for specific purposes.

The small one will have a narrow blade with about 8-10 mm. width and eight to nine teeth per inch, designed for curve cutting and intricate work and is to be used for that purpose.

The next bandsaw will have a slightly wider blade with about 12- 15 mm. with around 6 teeth per inch and this machine is for general work cutting.

The last bandsaw will have a wider blade about 20mm. in width with 4-5 teeth per inch and this is for heavy materials e.g. small logs or thick hardwood pieces.

The harder the wood the courser the blade is needed and it should be remembered that you “**employ**” the machine to do the work, then “**let it**”.

DO NOT force the cutting process, feed your timber so it can be “**cut and not burnt**”.

DO NOT try and force the blade to cut a tight circle, this could cause the blade to break. Nibble the cut to allow the blade to stay straight.

When a blade is getting blunt it will take longer to cut and will track away from your marking if forced. The blade has to clear the cut wood away.

AND the most important thing to remember is **NOT** to put any part of your hands in front of the blade, support your job from the side.

Seek advice from your supervisor or maintenance person if you are having problems with any machine.

“ Safety is First”

Tuesday Lunches

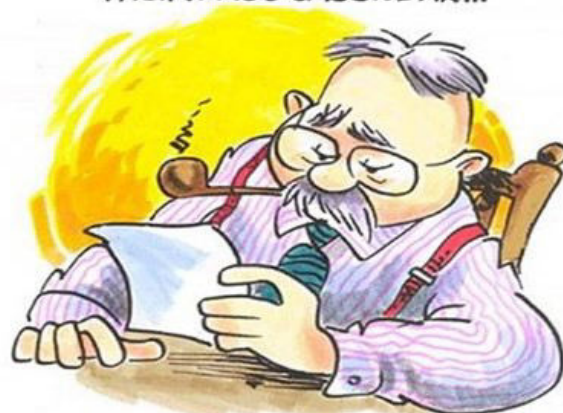


Delicious lunches are available at the Shed on Tuesdays

Come along and enjoy a Hot and tasty meal cooked by chefs at the Kingsley Tavern

Only \$5.00 per serve

YOU KNOW YOU'RE GETTING OLD
WHEN YOUR BANK SENDS YOU
THEIR FREE CALENDAR...



ONE MONTH AT A TIME!

Attendance Statistics for May Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly Total
Week 1	05/01/2018	05/06/2018	0	34	72	26	24	2	2	160
Week 2	07\05\2018	13\05\2018	21	57	17	48	24	4	0	171
Week 3	14\05\2018	20\05\2018	26	55	41	28	25	1	0	176
Week 4	21\05\2018	27\05\2018	25	55	42	27	21	1	0	171
Week 5	05/28/2018	05/31/2018	25	81	41	29	0	0	0	176
Total			97	282	213	158	94	8	2	
Weekly Average			24.25	56.40	42.6	31.6	23.5	2	2	854
Total for the Month 854										
Working Days 23										

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

Shed Activities and Projects

A profile of some projects produced in the Shed



Terry Cross and Bruno Gressell working on rocking horses and elephants to be sold for fund raising.



Ken Pilkington working along with Terry and Bruno on the rocking horses and elephants



James House with his chopping board bench which he is making for his mother.

George Raykos and Hedley Bond constructing toy garages for fund raising at the markets.

