

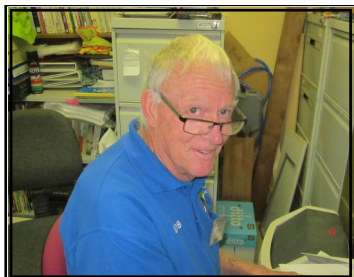


# Joondalup Mens Shed

# Bench Press

## July 2019

Editor Merv Pearce



### *Presidents Report*

Another year has flown past. Our membership grew to over 230 and now starting the year we've dropped back to around 140 members. We generally lose members at the beginning of the year but gradually get them back as the year progresses. We have seen a drop of members in the workshop. This has meant the closure of the shed on Monday and Friday afternoons.

Thank you to all the members who have helped out during the year. We are a group of volunteers, the more we help each other the better. Two members have done a lot for the shed. They deserve special thanks. Thank you to Michael as Treasurer and John as Secretary. You have kept the shed running

The big news of the year was the decision by the City of Joondalup to allow us to have 17 Winton Road as our new base. To allow us to move, the City have to build new premises for their staff. This looks like a slow process. We now have an extension of our lease with the Education department

until the end of 2020. We are waiting for the City to show us their ideas of changes we need to make to the shed to meet our needs. We'll keep you informed of any developments.

Throughout the year we have kept in touch with Men's Sheds in this Northern region by attending the zone council meeting arranged by MSA. It's interesting to see how other sheds are developing. Good to get other perspectives on Shed life.

Our AGM this year will see some new faces on the committee. Give them your support as they settle in to their new jobs. If you can see an area that we need to improve, talk to us. We need to keep a happy shed with happy members.

Bob Allen



## ***OFFICIAL NOTICE***

**You are hereby notified that the Annual General Meeting will be held at:  
JMS, 3 MacGregor Ave, Padbury. Meeting Room  
10.00am on Tuesday 13<sup>th</sup> August 2019**

## **AGENDA**

**CALL TO ORDER** - Welcome by President Bob Allen

Open Meeting

### **APOLOGIES FOR ABSENCE**

### **PARTICULARS AND ORDER OF BUSINESS**

Consideration of Accounts & Reports of the Committee

Committee election order:

President  
Vice President  
Secretary  
Treasurer  
Sales & Marketing Manager  
Shed Operations Manager  
Shed Projects Manager  
Bunnings BBQ Manager  
Membership Manager  
Maintenance Manager  
Planning Safety & Training Manager  
Editor - Benchpress

Total of 12 positions

General Business

John Spence - Secretary - Joondalup Men's Shed Inc.



# Christmas in July Luncheon

Sunday 21st July saw 31 members and partners participating in a coach trip to Golden Ponds in Baldivis for a three course scrumptious roast lunch. The menu consisted of pumpkin soup, a roast and Christmas pudding..

Thanks to Michael Robinson for organizing the day and to Brian Skinner for driving the bus.

Three raffle prizes were drawn and the winners were Geoff Guard, Lyn Poustie and Trevor Thackray.



## Law of Biomechanics -

The severity of the itch is inversely proportional to the reach.

## Law of Logical Argument-

Anything is possible IF you don't know what you are talking about.





## Attendance Statistics for June Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly Total	
Week 1	6/1/2019	6/2/2019	x	x	x	x	x	0	0	0	
Week 2	6/3/2019	6/9/2019	11	41	30	26	22	2	0	132	
Week 3	6/10/2019	6/16/2019	21	52	35	34	17	0	0	159	1 Visitor
Week 4	6/17/2019	6/23/2019	23	49	37	38	18	0	0	165	
Week 5	6/24/2019	6/30/2019	26	47	46	31	19	0	0	169	
<b>Total</b>			81	189	148	129	76	2	0		
Working Days	20										
<b>Weekly Average</b>			<b>20.25</b>	<b>47.25</b>	<b>37</b>	<b>32.25</b>	<b>19</b>	<b>2</b>	<b>0</b>	<b>625</b>	

**Total for the Month 625**

Sat. 8th

5

*When signing your name in the attendance register please print your name clearly and make sure that you are signing under the correct date on the page. Sometimes the pages in the book can be blown out of order by the wind.*

The total number of  
members  
as at July 2019

**126**

Same time last year  
235

3 associate members  
Same time last year  
11

Please note that your membership subs are due by the 31st of July

You can pay by cash, cheque, or 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

**Please note that a new membership renewal form must be completed when renewing.**

### ***What happens if You haven't renewed your membership?***

*After 31st July you will not be permitted to enter the shed*

*You cannot vote at the annual general meeting*

***What is the reason for this?***

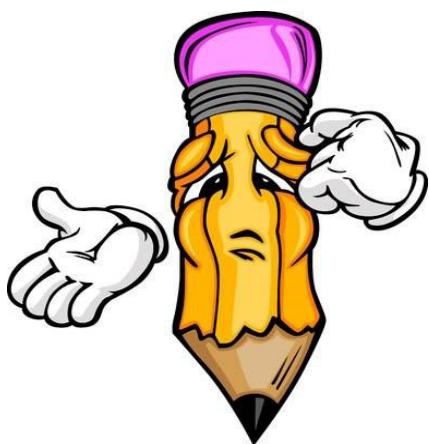
*You will not be covered by insurance. Should you be injured by machinery or any other method. The shed would be liable for any accident that occurs and could financially place it in a position that it could cause closure.*

***If you haven't paid your dues please do so as soon as possible.***

# Shed Activities and Projects



Pictured is a restored rocking horse re constructed by Graham Duffy. The painting was done by Tyrone Paul. Excellent quality from both shedders.



## Hey Fellow Shedders

There is an endless amount of talented blokes amongst us with interesting back grounds and happenings in your past employment etc. etc. We would be most interested to read about you. So how about putting pen to paper or preferably typed on Microsoft word and emailed to me. You will also have the honour of being a contributor to the Bench Press as well as helping your editor to keep the newsletter interesting.

*Merv Pearce* (editor)

## Hats Off

To Michael Robinson for organizing the Christmas in July luncheon.

Also Brian Skinner (Skin) for driving the coach.





# August Birthday Celebrations



**Many happy returns  
to you all**

Bernard Ashdown

John Martin

David Stuart Bethel

David Merton

Andrew Blackmore

Peter Neville

Davide Davies

Gordon James Phelps

Arthur Eder

Bill Roberts

Peter Frankin

Jeremy Stanley

David Garrett

Murray Steel

David Hutton

Alastair Swanson

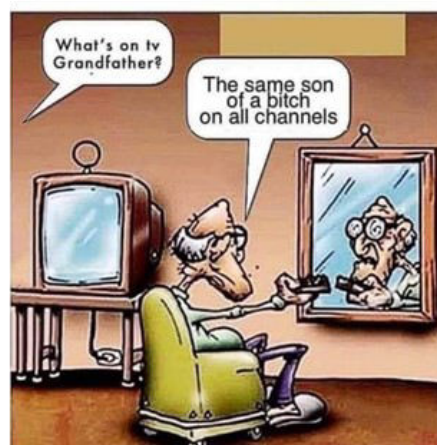
Norm Jones

Trevor Thackray

Ronald Kremer

Mark Tyler Whiteman

Laurence MacBeth



## 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 John Summerfield. John will make enquiries and visit if necessary and keep Shedders informed.

John Summerfield Mob. 0432 032 461 email [sumtrade@primus.com.au](mailto:sumtrade@primus.com.au)

# Coming Farmers Markets

## Joondalup Mens Shed



Poynter Markets Saturday 27th July  
 Kingsway Markets Saturday 3rd August  
 Kingsway Markets Saturday 28th September  
 Poynter Markets Saturday 5th October  
 Kingsway Markets Saturday 19th October  
 Stirling Markets Sunday 27th October  
 Poynter Markets Saturday 16th November  
 Stirling Markets Sunday 22nd December

## Sausage sizzles

Volunteers will be required for the coming  
 sausage sizzles



***Bunnings Joondalup***  
 Friday 30th August  
 Sunday 15th December

## Welfare Officers report



John Summerfield

## What 's in a word?

There are many words we could use, but let's take the word "Corporate".

In most dictionaries it means "to form a body of people to be united.

Now like all our words if you add a letter or two in the front and maybe a couple on the back it can change the concept or terminology of the word.

So if we take the "e" from Corporate and add "ion" it becomes "Corporation" which still means uniting a body of people or individuals who under the authority of the Law operate the Corporation.

Now let's take the same word Corporate and add the "In" on the front and add "d on the back and it gives us the "Incorporated" which has much the same meaning, but applies to our situation, meaning uniting a group of people.

The difference between "Corporation and Incorporated" is that in a Corporation the investors "select" the governing body of a President / Chairman, a CEO, Finance Director and so on and they are remunerated with a salary, whereas in our situation of an "Incorporated" "Organisation we "elect" our office bearers and we pay a fee to be a member and on this basis we are all equal investors with the power to decide our future by a democratic vote.

So gentlemen members it is okay to you to voice your opinions but be capable of carrying out your comments in action form. As each committee position will be available each year and if you are serious about your "Club" or "Shed" then step up to the plate and be a part of your organisation, remember you are paying for the privilege.

It may be noted that your club or shed is as only as good as the people prepared to run it.

So what is it "t b or not t b"

Tony Brewer

## What's in a Shed?

Now some people may say The Men's Shed is just a place

It certainly is for you'll mostly find a smiling and friendly face,

The men who like to come to just meet and talk about things

Can sometimes be an outlet to do something and the joy it brings,

But like all other Sheds and social meeting clubs there's a need

To make it work it requires people to step up and do a good deed,

Any organisation that can't get members to a clubs working part

Will find that's when left to only a dedicated few it cannot start,

To take a committee position can really not be what it may seem

As your leadership will shine and get interested guys on your team,

Taking a committee office is yearly and two at the very most

It will test your skills and to achieve is like passing the winning post,

So if each member took a turn at guiding your shed or social club

You'll find the enjoyment of making Our Shed a real happy "hub",

So gentlemen Shedders the time is now to step up to the plate

And show us all what you can and want to be a good mate.

Our survival is really what each of us can really do

So at AGM time it's your decision, then it's up to you.

Tony Brewer



# **Standard Operating Procedures for the Joondalup Men's Shed (Inc.) Continued**

## **Part 2. Behavior and conduct of shedders**

### **Alcohol**

Alcohol consumption is prohibited in the shed.

Commonsense dictates that alcohol and dangerous machinery do not mix. Any person deemed by the JMS Duty Supervisor to be adversely affected by alcohol will be banned from workshop areas for the duration of that day.

Should the consumption of alcohol appear desirable (as in the case of special events and social occasions) a dispensation must be sought in accordance with the Lease conditions.

### **Illicit Drugs and Prescribed Medication** (Note: Zero tolerance applies!)

The partaking of illicit drugs by members of the JMS in or in the vicinity of the JMS will result in immediate cancellation of membership! Similarly, no person should operate JMS machinery or equipment (including hand tools) while under the influence of either illicit drugs or behaviour-affecting prescribed medication.

Any person deemed to be under the influence of behaviour-affecting prescribed medication will be banned from workshop areas until such time as they can produce authorisation from a Medical Practitioner advising that they can use machinery, if this is not produced within one week their membership will be cancelled.

### **Inappropriate Conduct**

Examples of inappropriate conduct include (but are not limited to) refusing to obey the Duty Supervisors instructions in matters related to safety or security, theft or misappropriation of property, bullying or harassment, discrimination, anti-social behavior and includes falsely representing the Joondalup Men's Shed or its members.

The Shed's Duty Supervisor or an Executive Committee member, may immediately ban offenders from the shed and report the incident to the JMS Committee who will decide whether to suspend or terminate the offender's membership.

All shedders are expected to treat each other courteously and respectfully, act with dignity and not cause offence or bring discredit upon themselves or the JMS by behaving inappropriately or by using inappropriate language. Failure to comply may result in immediate removal from the shed and cancellation of membership.

### **Smoking**

The JMS and the City of Joondalup facility grounds are smoke free areas. The use of tobacco is therefore banned and non adherence to this rule will be viewed as inappropriate conduct (see Rule 3 above).

## **Part 3. Emergency Procedures**

### **Armed or Dangerous Individuals at Large**

At the direction of the Shed Supervisor, the Shed goes into immediate "Lock Down."

Stay away from windows and doors.

Lock all doors and windows.

Take cover in an internal room if possible otherwise stay out of sight.

Do not answer internal telephones.

Put mobile telephones on "silent" or vibrate mode.

Do not leave the room or come from under cover until "all clear" is sounded.

Do not confront intruder/s.

### **Action upon sighting an armed or dangerous intruder.**

Do not confront the person!

Observe from a place of safety and be prepared to provide an accurate and detailed description of the intruder, including clothing worn, weapons carried, threats made and actions taken etc.

Immediately Dial 000, provide your details, your location and describe what you've seen.

Take action as above.

### Assembly Points

Except in the case of bomb threat, the assembly point for users and visitors to the Joondalup Men's Shed is clearly marked with Green "Assembly Point" Signs.

### Bomb Threats, Suspicious Packages or Possible Improvised Explosive Device

The likelihood of an improvised explosive device (IED) being left on JMS Property is low but it should not be discounted. It is always better and safer to err on the side of caution. Threats, whether written, verbal, or sent via a txt message should be treated as genuine and reported to the Duty Supervisor or Executive Committee members who will decide on the appropriate course of action. This may entail alerting Police, evacuating the facility, or depending upon the circumstances, simply ignored. The decision to evacuate is the responsibility of the on Duty Supervisor.

**What makes a package or item suspicious?** Any item, of any description whatsoever that is out of place, does not belong in the area and for which ownership cannot easily be established must be viewed as suspicious.

**Action:** Upon discovering a suspicious package take the following action:

**DO NOT TOUCH OR MOVE THE ITEM!**

Guard the item to prevent contact.

Immediately alert others and evacuate the area.

Phone Police on 000 and give the exact location and description of the item.

The person who discovers the item must remain on hand to assist Police with description and location.

Shut down all machinery, cease activities and turn off all power to the area.

Immediately evacuate the area.

Check to ensure no one is left in the affected area.

Open all doors and windows to help ventilate any blast.

Take the JMS Attendance Register with you when you leave.

DO NOT attempt to take personal belongings or evacuate items of value!

Assemble at the designated Assembly Points and remain there until a roll call is complete.

Check and if anyone is missing advise emergency services.

No should leave the area until the roll call is complete.

Shed Supervisor to complete JMS Incident Report.

### Chemical Spills (Includes acids and corrosive substances)

If the spill is small, try to contain it with sawdust or earth.

Immediately alert others and be prepared to evacuate the area.

If the spill is beyond control, take the following action:

Immediately evacuate the area.

Phone 000 and provide the exact location and description of the spill.

Check to ensure no one is left in the affected area.

Close doors and windows to help contain the fire and stop the spread of smoke.

Take the JMS Attendance Register with you when you leave.

DO NOT attempt to take personal belongings or evacuate items of value!

Assemble in the Signed Assembly Areas

Conduct a roll call to ensure everyone is accounted for and if anyone is missing advise emergency services.

Shed Supervisor to complete JMS Incident Report.

### Fire

If discovering a fire take the following action:

Immediately raise the alarm (shout “FIREFIREFIRE” to alert others and ‘phone 000 and provide the exact location, nature of the fire and your details)

Assess whether you can safely fight the fire (i.e. is it a small fire that can easily be extinguished with fire extinguishers or an available hose reel?)

Despatch someone to alert JCC staff and meet the emergency services to direct them to the fire.

If the fire is beyond control, take the following action:

Immediately evacuate the area.

Check to ensure no one is left in the affected area.

Close doors and windows to help contain the fire and stop the spread of smoke.

Take the JMS Attendance Register with you when you leave.

DO NOT attempt to take personal belongings or evacuate items of value!

Assemble in the designated Assembly Points

Conduct a roll call to ensure everyone is accounted for and if anyone is missing advise emergency services.

Only when the “all clear” is given should shedders return to the shed.

Shed Supervisor to complete JMS Incident Report.

### **Gas Leak**

If discovering a gas leak take the following action:

Immediately alert others and evacuate the area.

If you can safely isolate the leak and turn off the gas, do so.

If you cannot safely isolate the leak phone 000 and seek emergency assistance

Despatch someone to meet the emergency services to direct them to the leak.

Take the following action:

Shut down all machinery, cease activities and turn off all power to the area.

Immediately evacuate the area.

Check to ensure no one is left in the affected area.

Open all doors and windows to help ventilate the area.

Take the JMS Attendance Register with you when you leave.

DO NOT attempt to take personal belongings or evacuate items of value!

Assemble in the designated “Assembly Points”

Conduct a roll call to ensure everyone is accounted for and if anyone is missing advise emergency services.

No should leave the Assembly Area until the roll call is complete.

Duty Shed Supervisor should liaise with Emergency Services staff.

Only when the “all clear” is given should shedders return to the shed.

Shed Supervisor to complete JMS Incident Report.

**To be continued in August Bench Press**