

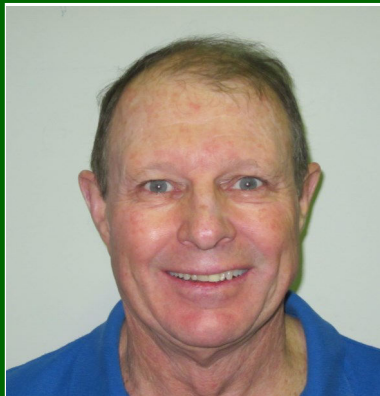


Joondalup Mens Shed

Bench Press

June 2019

3 Mac Gregor Drive Padbury 6025 Phone 9402 6161 www.jms.org.au joondalupmensshed@gmail.com



Vice Presidents Report

Well this is a surprise that I am writing the Presidents Report as I expected our Bob Allen

to be back in the Chair by now but very unfortunately Bob was involved in a traffic accident when a 4x4 vehicle pulled out in front of him at Mullaloo while Bob was riding his bike. Bob suffered neck injuries and after nearly a week in hospital he is now home on his back recovering and wearing a neck brace. Our best wishes from every member of the Joondalup Men's Shed go to Bob for a quick and healthy recovery. We look forward to seeing him back at the Shed as soon as he is fit enough.

At the end of May (29th) The Winton Road Building Sub Committee discussed with City of Joondalup Asset Manager Sheree Edmondson progress on the new site after the City's architectural designer inspected our current site in Padbury. Tony Brewer in conjunction with Bob Allen and others provided a list of "must have equipment" that we need to have in operation at Winton Road. City of Joondalup can now commence on a design and space plan to see how they can accommodate the equipment within the existing space and touch base with the JMS as they go. This will take several weeks, so Sheree will update JMS further as the design progresses, as there will be many questions and feedback required throughout this process. It is good to know that planning is in progress and we look forward to what the City proposes.

John Spence was able to meet with Bunnings Joondalup about the problems we have been having with sausage sizzles. It seems there was a mixture of misunderstandings between JMS and Bunnings regarding dates and also some unavoidable changes made by Bunnings due to their commercial requirements. John assures us that these matters have been resolved. There appears to be no problems with our sausage sizzles at Bunnings Whitfords.

It is good to see Ron Slavin working hard to secure more dates for JMS to sell our toys at local farmers markets. Ron has been invited to have a stall at the new Kingsway Sporting Club Markets for four Saturdays between now and December. These days are in addition to markets at Stirling and Poynter Primary School. Thanks to all the helpers that work with Ron to prepare for the markets and manning the stall to sell to the public. Our stall brings in much needed funds and also brings our name to the attention of members of the public.

Thanks also to all those members who support our sausage sizzles. Rob Hanson and his crew work hard preparing onions, sausages, bread rolls, sauces, staff, transport and the inevitable cleaning up after. It is appreciated and we encourage new members to join in the camaraderie.

I know that there have been other matters happening every day in the Shed and we continue to recruit new members and receive requests for new work projects. The Shed Supervisors and others continue to keep the Shed running and making it a valuable resource to all our "Shedders". Thanks to all you "behind the scenes workers" for your commitment and dedication.

Michael Robinson has been away in Melbourne so John Spence has been busy collecting membership subscriptions. Please note that you should pay next year's membership by 30th June.

I will finish off on a sad note to advise that I have tendered my resignation as Vice President as of 24th June due to my departure from Perth to go caravanning for 10-12 weeks. I deeply regret that the timing is so bad with Bob Allen being away but our plans were made some time ago and accommodation paid in advance. I feel that by resigning the Vice President position that it will be filled quickly as no one likes a vacancy to exist for too long. Thank you for the support that I received from the other Committee members and from everyone during my short time that I was in the VP position. I wish every success to all JMS members and the new Vice President.

Bernie Egan

Christmas in July Luncheon

Sunday 21st July

Cost will be \$40.00 per person

(Includes transport by bus from the shed)

See or contact Michael Robinson to register your interest and pay.

Partners are invited

Golden Ponds

Christmas in July Lunch Menu

\$40.00 per person

Entrée

Pumpkin and Sweet Potato Chowder

Slow roasted pumpkin & potato cooked with vegetable stock
Served with Fresh baked bread roll & butter

Mains

Roast Turkey & Christmas Ham

Combination of turkey breast
And orange glazed ham scored with cloves.
Served with Potato and vegetables

Dessert

Home Made Christmas Pudding

With Brandy Custard Sauce

Tea & Coffee Station

Golden Ponds Restaurant & Function Centre
355, Mundijong Road, Baldyis WA 6171
Telephone: 9524 1911 Fax: 9524 2011



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 13th 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.

Attendance Statistics for May Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly Total	3 visitors
Week 1	1/5/2019	5/5/2019	0	0	36	33	23	0	0	92	
Week 2	6/5/2019	12/5/2019	21	45	43	38	16	1	0	164	
Week 3	13/5/2019	19/5/2019	23	53	32	25	23	0	0	156	
Week 4	20/5/2019	26/5/2019	21	50	40	24	26	2	0	163	
Week 5	27/5/2019	31/5/2019	14	50	44	29	15	0	0	152	
Total			79	198	195	149	103	3	0		
Working Days	22										
Weekly Average			19.75	49.50	39	29.8	20.6	1.5		727	
Total for the Month			727								
Sat. 11th			7 Ladies								
Sat 25th			11 Ladies								

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 May 2019

243

**And 11 associate
members**

Please note that your membership subs are due by the end 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.

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

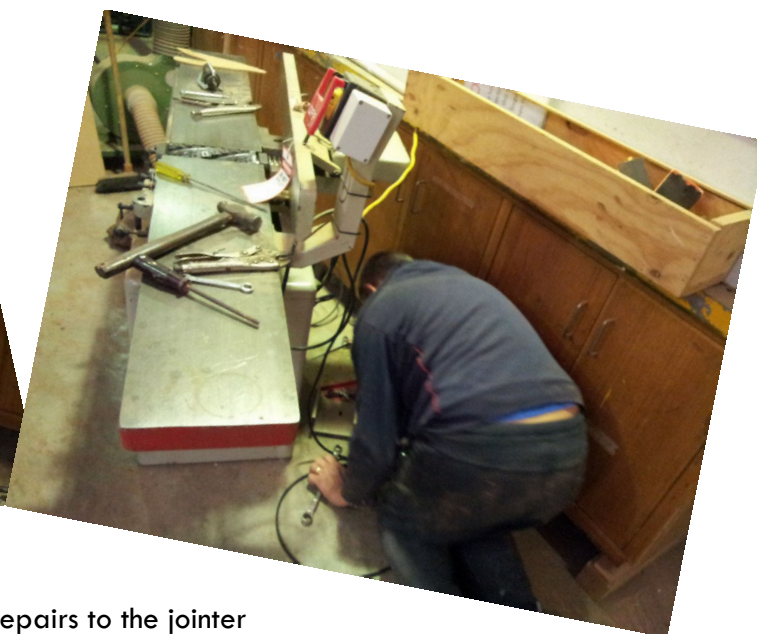
Hats Off



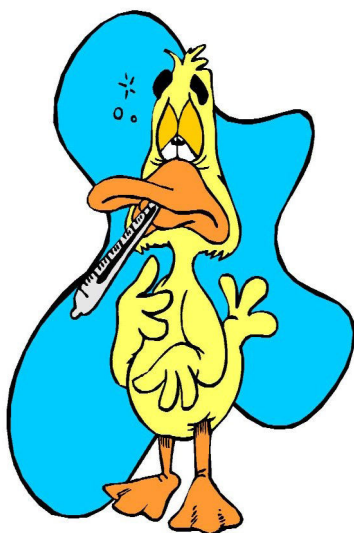
We have a few shedders who go that extra mile for the shed eg, those who do extra duties for the shed, some major, some small. Without these blokes doing those duties, the shed would not open. I intend to run this column in the Bench Press every month. I am naming it "HATS OFF" as I believe that these blokes should have recognition and we shedders should take our hats off to them.

The first cab off the rank is Norm Jones. Norm resides close to the shed and can be seen on several occasions fixing, organizing parts and servicing our machinery. Without Norm and his helpers the shed would not run.

So we take our **HATS OFF** to you Norm.



Norm carrying out repairs to the jointer



Welfare Officers report

Our Chairman Bob Allen was visited at his home last Tuesday. He is in the excellent care of his gracious wife Jeanie. I can report that our boy Bob is in very good spirits, and is handling his incarceration extremely well. His medical team are amazed at his progress however the delicacy of the injury will need to be reassessed regularly and taking things very quietly for some time yet is the order of the day.

Our not so well members continue to be checked on from time to time and appreciate the support and thoughts of their fellow members and convey their thanks for the support of the members.

Our welfare team of Brian Abbott and John Summerfield are presently attending a course in First Aid at the Osborne Park Silver Chain facilities.

Kind Regards,
John Summerfield

July Birthday Celebrations



Lloyd Allock	Michael Jones
Colin Benporath	Sean Kenny
Vince Bertolini	Anthony Magee
Ian Carrick	Ralph Parsons
Steve Churchman	Ken Pilkington
Jack Commins	Graham Smith
Ian Cowan	Kevin Woods
Bill Featham	Norman Lake
Ralph Haynes	Felix Nataraja
Michael Holland	Ron Slavin

Many happy returns to you all



GOOD NEWS

Chris Drury pictured who departed to the UK some time ago has had some successful heart surgery and will be returning to Perth in July. We hope that you will be back in the shed and finishing that model sailing ship Chris



A SHORT GUN STORY

A GUY WALKED INTO A CROWDED BAR, WAVING HIS UNHOLSTERED PISTOL AND YELLED, "I HAVE A 45 CALIBER COLT 1911 WITH A SEVEN ROUND MAGAZINE PLUS ONE IN THE CHAMBER AND I WANT TO KNOW WHO'S BEEN SLEEPING WITH MY WIFE."

A VOICE FROM THE BACK OF THE ROOM CALLED OUT,

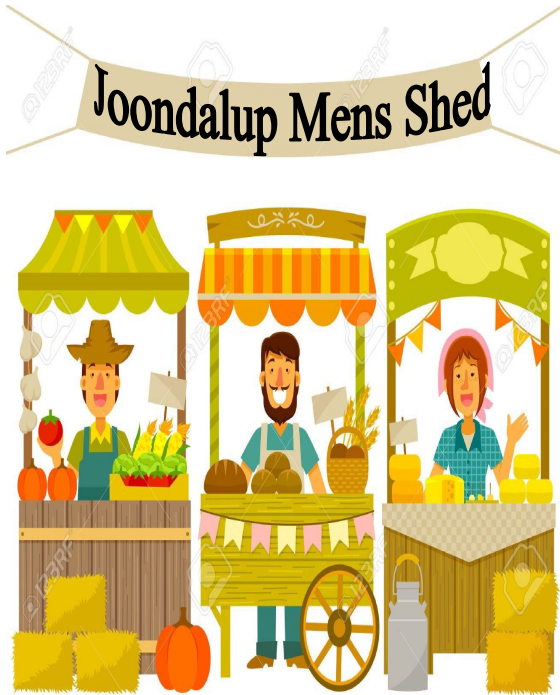
"YOU NEED MORE AMMO!!!"

Of course I talk
to myself.



Sometimes
I need
expert
advice.

Coming Farmers Markets



Stirling Markets Sunday 23rd June
 Kingsway Markets Saturday 6th July
 Poynter Markets Saturday 27th July
 Kingsway Markets Saturday 3rd August
 Stirling Markets Sunday 15th September
 Kingsway Markets Saturday 28th September
 Poynter Markets Saturday 5th October
 Poynter Markets Saturday 16th November
 Kingsway Markets Saturday 19th October
 Poynter Markets Saturday 16th November
 Stirling Markets Sunday 22nd November

Sausage sizzles

Volunteers will be required for the coming
sausage sizzles



Bunnings Joondalup
 Friday 30th August
 Sunday 15th December

Bunnings Whitfords
 Friday 12th July
 Saturday 20th July

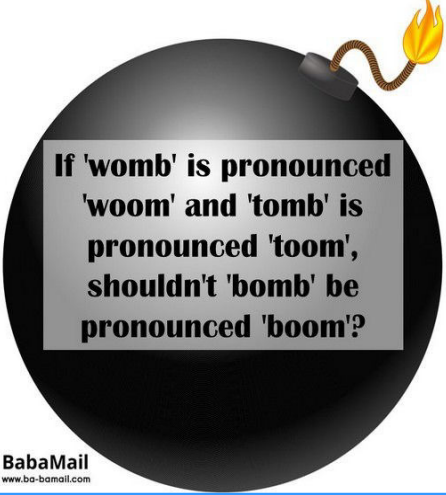
Contact Rob Hansen to volunteer, he would like
 more blokes to help and would like to thank
 those stalwarts that do participate on a regular
 basis

 The Coffee Law -

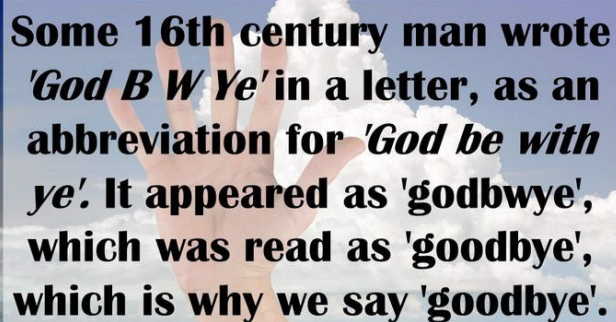
As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

FAMILY TREE OF VINCENT VAN GOGH

His dizzy aunt ----- Verti Gogh
The brother who ate prunes----- Gotta Gogh
The brother who worked at a convenience store ----- Stop N Gogh
The grandfather from Yugoslavia ----- U Gogh
His magician uncle ----- Where-diddy Gogh
His Mexican cousin ----- A Mee Gogh
The Mexican cousin's American half-brother ----- Gring Gogh
The nephew who drove a stage coach ----- Wells-far Gogh
The constipated uncle ----- Can't Gogh
The ballroom dancing aunt ----- Tang Gogh
The bird lover uncle ----- Flamin Gogh
An aunt who taught positive thinking ----- Way-to-Gogh
The little bouncy nephew ----- Poe Gogh
A sister who loved disco ----- Go Gogh
The brother with low back pain-----Lum Bay Gogh
And his niece who travels the country in an RV --- Winnie Bay Gogh
The frequent visiting nephew-----Come And Gogh
Are you smiling . . . There ya Gogh



If 'womb' is pronounced
 'woom' and 'tomb' is
 pronounced 'toom',
 shouldn't 'bomb' be
 pronounced 'boom'?



Some 16th century man wrote
 '*God B W Ye*' in a letter, as an
 abbreviation for '*God be with*
ye'. It appeared as 'godbwye',
 which was read as 'goodbye',
 which is why we say 'goodbye'.

Australian men are in crisis, with suicide rates rising. Meet some of the men who'll die this week

They're Aussie men we all know: a farmer, a teen, an Aboriginal person and a miner. They all have something shocking in common.

This week, roughly 45 men will take their own lives.

That's based on analysis of Australian Bureau of Statistics data from 2017, a year in which 2348 blokes died by suicide across the country.

It's an increase of 10 per cent on the previous year, with deaths in almost every single age group and state rising — some in the high double digits.

And while those numbers are shocking, they don't paint a picture of the indiscriminate and tragic nature of male suicide.

This week is Men's Health Week, and news.com.au will run the second instalment of its Let's Make Some Noise campaign to highlight the serious mental health issues plaguing Aussie blokes.

To kick off the week of stories of loss, survival and hope, we've gone beyond that enormous number — 2348 — to introduce you to some of the men who'll die this week.

PAUL, 35, CONDOBOLIN, NEW SOUTH WALES

The highest number of deaths by suicide this week will be in Paul's 30-39 years age group. Ten men will perish.

Paul lives in a rural or regional setting, just like the 26 other blokes who will die this week, and is likely to work in a manual labour job, be it construction or agriculture.

Support services out his way are lacking or non-existent, but even if there were adequate options, Paul would be unlikely to reach out for help.

Of course, he's not alone. Roughly, one man engages with a mental health service when they need it for every three women who do.

Instead, Paul will suffer in silence. Those around him will be caught completely off guard when he takes his own life in the coming days.

And the method he will choose is likely to be violent in nature.

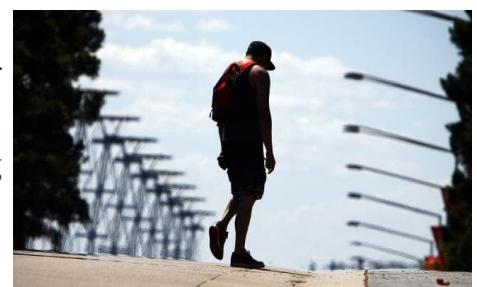


JACK, 15, MELBOURNE, VICTORIA

The number of boys Jack's age and younger who took their own lives in 2017 increased by 77 per cent.

Like the vast majority of other men, Jack knows something isn't right but won't speak up or reach out for help.

But he's in a particularly vulnerable age group. Rates of



suicide begin to increase sharply among teenagers aged 15 to 19.

Jack probably struggles with a mood disorder, be in depression or anxiety, but his symptoms are likely to be misinterpreted as just typical young boy stuff.

Moody. Angry. Acting out.

There's a good chance Jack's life looks pretty good from the outside, be it his sporting prowess or happy family life.

RELATED: [Australia's male suicide epidemic is much worse than previously thought, new research shows](#)

ADAM, 28, AURUKUN, QUEENSLAND

Of the 45 men to die by suicide this week, 3 will involve Indigenous men.

Adam is one of them, living in a remote or regional area that is severely under-resourced — symptomatic of the broader failure of Indigenous community support.

Suicide is the second biggest killer of Indigenous

men. Of all suicide deaths among our first peoples, 78 per cent are males.

Adam almost certainly has an untreated mental illness and is likely to battle with alcohol or drug use for which he also won't receive support.

Unlike non-Indigenous men, his death probably won't get as much attention, but his devastated loved ones will grieve just as hard.

RELATED: [For Aussie men, help is a phone call away](#)



KEITH, 52, KARRATHA, WESTERN AUSTRALIA

Men working in the mining industry are at [significantly higher risk of suicide](#) than most other industries.

The pressures, physical toll, isolation and demanding nature of fly-in, fly-out work means Keith has been struggling for a while now.

Other factors, ranging from marriage breakdown to financial stress and alcoholism, put him at increased risk of mental illness.

After peaking in the 40s age bracket, suicide rates begin to drop off, but older men — particularly those in regional and remote locations — continue to struggle.

Blokes of Keith's vintage are also of a different ilk. They definitely don't speak up, preferring the "she'll be right" approach.

He won't speak to mates or loved ones. When they catch up for a beer down at the pub, he'll show no signs of struggling.





LET'S MAKE SOME NOISE

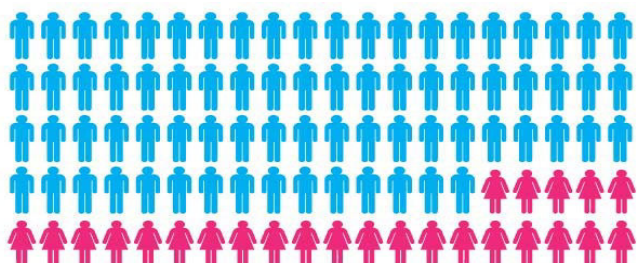
Suicide statistics for men



The number of suicides in Australia increased by

9 per cent

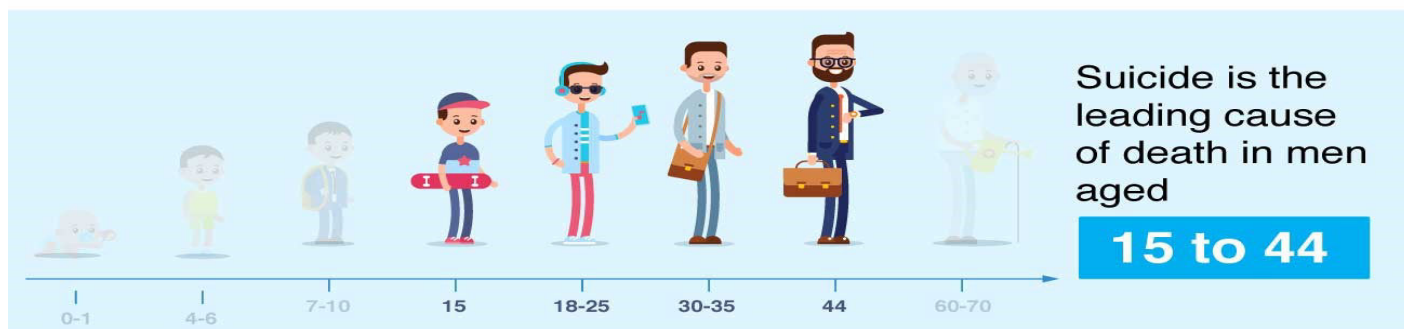
from 2016 to 2017.



In 2017
3,128 people killed themselves,

75 per cent

of them were men.



More men die of **suicide** every year than are killed in **road accidents**.



Suicide is the **10th-highest** cause of death among men

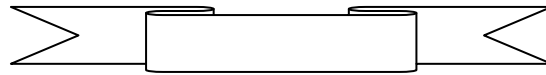
A SUICIDE EPIDEMIC

Men in Australia are in crisis.

While the above characters are fictional, they are representative of a crisis that's being inadequately addressed and woefully underfunded.

Of all the suicides in Australia each year, around 75 per cent are men, the majority of whom suffer in silence.

*If you or someone you know needs help, please contact Lifeline on **13 11 14** or visit lifeline.org.au In an emergency, call triple-0*



Are You Using The Right Ethernet Cable Speed? [Infographic]



Ethernet cables are the lifeblood of any wired internet network. While they all look very similar on the outside, these cables can potentially affect the speed of your home network depending on which type you're using.

This infographic breaks down the key differences between Cat5, Cat5e and Cat6 ethernet cables - including how much you can expect to pay for them in Australia.

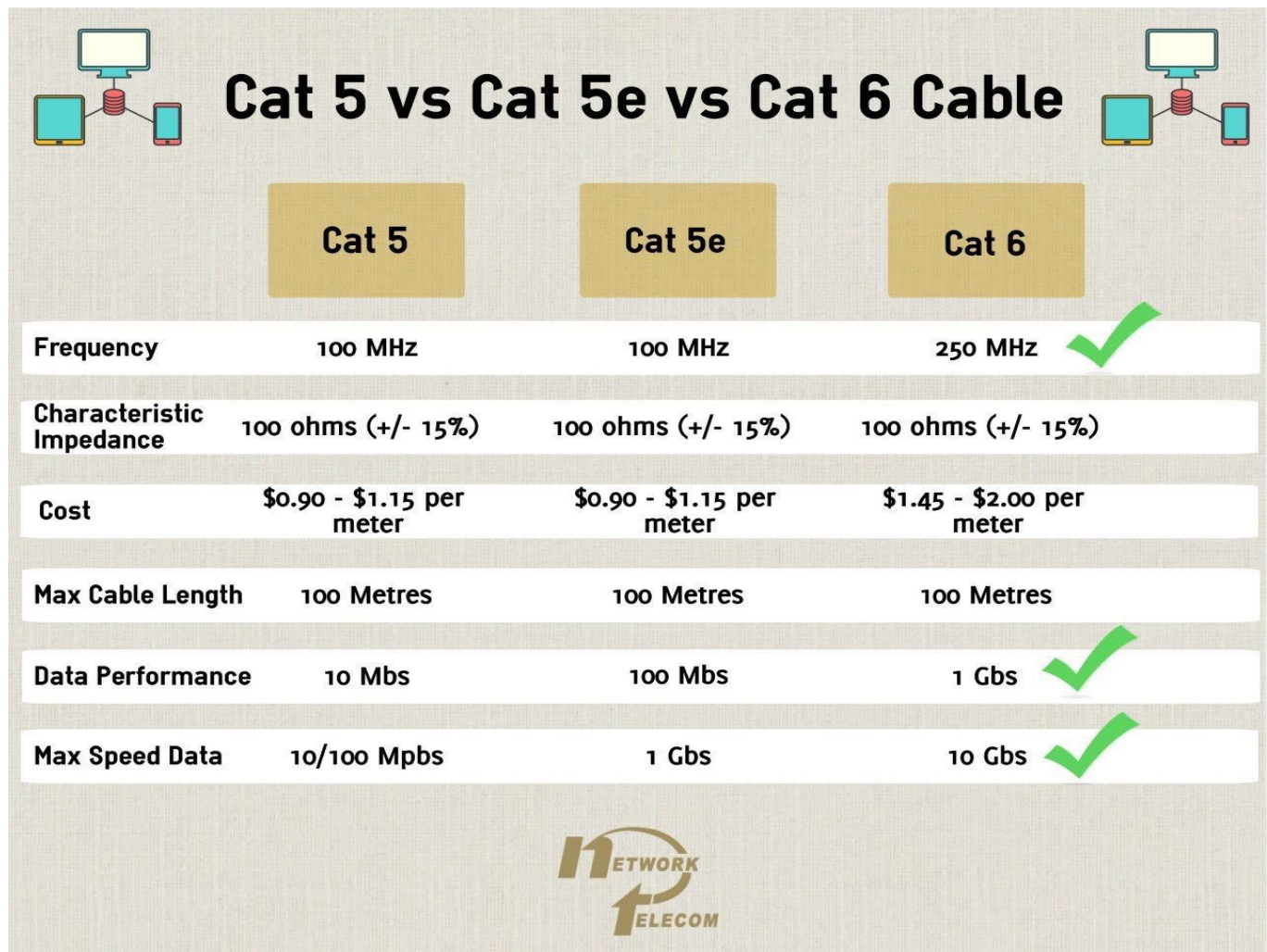
Cat5, Cat5e and Cat6 cables are standardised cables used for Ethernet. Each standard is backwards compatible with older Ethernet cabling technology but differ in terms of data performance.

The infographic below comes from the Canadian voice and data communication system provider Network Telecom. It shows the data performance, frequency and maximum speed data for each cable type, plus the average cost per metre in Australia.

Remember, you'll need more than just cables — gigabit speeds also require a gigabit-compatible router and gigabit-capable network cards in your computers. For a more detailed overview of Ethernet cable types, [click here](#).

There's also Cat7 and Cat8 Ethernet cables, which support bandwidth up to 2000MHz through RJ45.

Continued next page



Cat 5 vs Cat 5e vs Cat 6 Cable

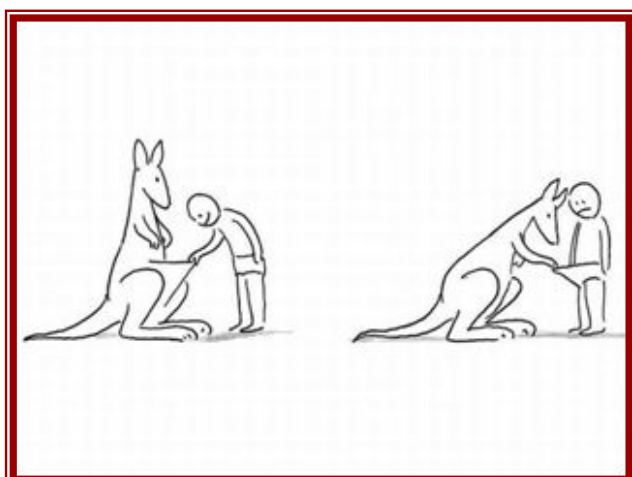
	Cat 5	Cat 5e	Cat 6
Frequency	100 MHz	100 MHz	250 MHz ✓
Characteristic Impedance	100 ohms (+/- 15%)	100 ohms (+/- 15%)	100 ohms (+/- 15%)
Cost	\$0.90 - \$1.15 per meter	\$0.90 - \$1.15 per meter	\$1.45 - \$2.00 per meter
Max Cable Length	100 Metres	100 Metres	100 Metres
Data Performance	10 Mbs	100 Mbs	1 Gbs ✓
Max Speed Data	10/100 Mbps	1 Gbs	10 Gbs ✓

NETWORK ELECOM

Thanks to Reg Luther for contributing this article

A mobile phone story that could possibly save you money

Bernie Egan's phone refused to charge, he was told by a repairer that it would cost dearly to have a new plug installed. Bernie decided that due to the high cost of repairing the plug that he may as well buy a new one. That he did. Not long after his purchase he learned from another source that the plug hole can become clogged up with dust and lint blocking the contact and that the matter can be pulled out with a glider pin. Bernie tried that and bingo, it worked. So Bernie is now the proud owner of two phones.



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

For the information and guidance of all shedders

Part 1. Definitions

Where words or phrases are not defined hereunder standard dictionary definitions will apply.

WAMSA means the Western Australian Men's Shed Association.

Asset means any item of machinery, plant or equipment purchased or owned by the Joondalup Men's Shed Inc and valued in excess of three hundred dollars (\$300.00).

Bench Press refers to the JMS newsletter.

The terms JMS Constitution and JMS Rules of Association are one and the same.

Lessor means the City of Joondalup

Email means a written electronic communication sent or received via computer or mobile telephone.

Executive committee and executive management committee have corresponding meanings.

Inappropriate conduct is defined as, "any conduct that interferes with the enjoyment of the shed and its facilities by shedders, visitors or guests, or any conduct which interferes with the safe operation of the shed and also includes any conduct whether in or outside the shed that is likely to damage the good name and reputation of the Joondalup Men's Shed Inc."

Lease agreement means the contract between the JMS and the City of Joondalup which provides the JMS with occupancy rights to the premises.

JMS means the Joondalup Men's Shed Incorporated.

JMS premises means the land and buildings referred to in the current lease agreement.

Shedder means any financial member of the JMS.

Visitor means any person who is for the time being within the JMS leased area and who is not a financial member of the JMS.

Welfare Officer means the JMS member who coordinates matters pertaining to the health and wellbeing of all JMS members and their families.

OH&S means Occupational Health & Safety

Administration of the shed

Although few people like rules and regulations, no organization, regardless of its structure or size can function effectively without clearly defined procedures and protocols. The Joondalup Men's Shed (JMS) is no different. As an Incorporated Society, the Associations Incorporation Act (2015) entitles the JMS Executive Committee to enact and interpret the Association's own unique set of rules and procedures.

More importantly however, the contents of this document aim to remove ambiguity and uncertainty associated with the safety and security of JMS members and the efficient and effective day to day running of the shed. Every member of the Joondalup Men's Shed is automatically bound by the contents of this document and failure to comply might jeopardize continuing membership.

That said, any member who has any issue with the Standing Operating Procedures (SOPs) is entitled to raise his concerns through the normal democratic processes associated with the shed's administration. If such criticism is seen by the Executive Committee to necessitate beneficial changes to these rules, the rules will be amended accordingly.

Executive Structure

The Joondalup Men's Shed Executive Structure comprises: The President, Vice President, Treasurer and the Secretary who also make up the Finance and Planning Team.
There are two additional directorships: Shed Operations and Membership.

Shed Operations Team:

The makeup of the Shed Operations team is: the Shed Manager, the Shed Organiser (who is also the Project Facilitator) all currently rostered shed supervisors as appointed by the Shed Manager and any available committee members. Note: Shed Supervisors may or may not be elected committee members as appropriate.

The Membership Team:

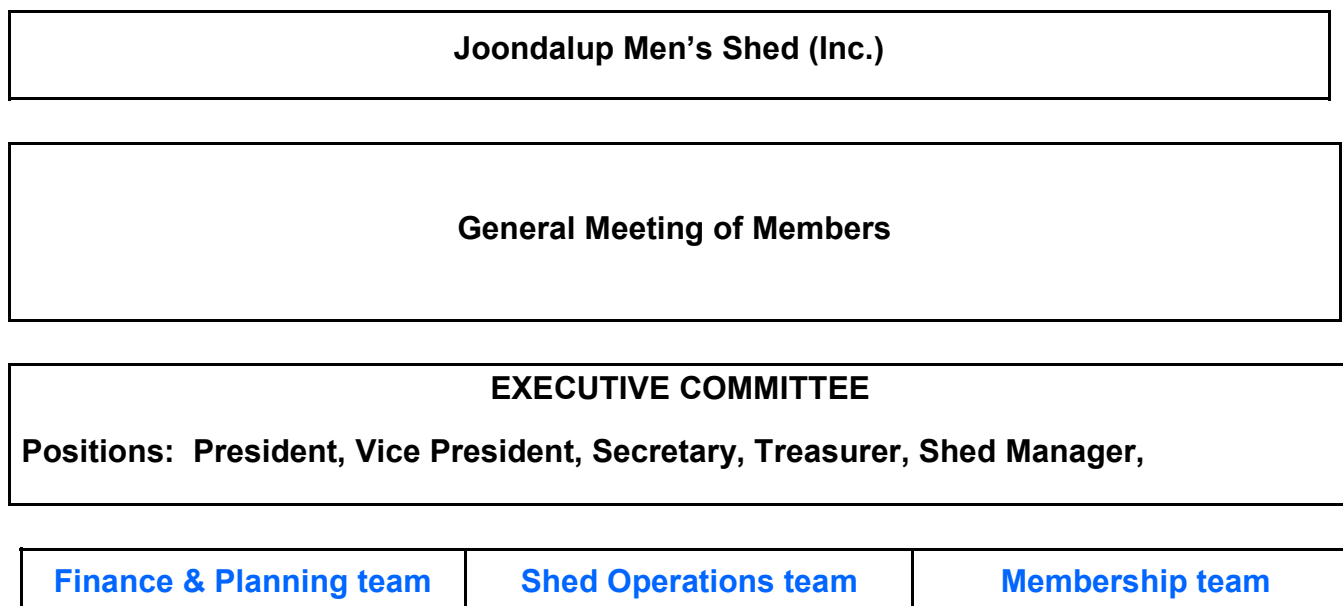
Comprises its Membership Manager and at least one JMS Welfare Officer and any available committee members.

The Finance Planning Team:

Comprises its Treasurer, Assistant Treasurer, and any available committee members.

Organisation Chart

The Management Structure for Joondalup Men's Shed (Inc) is:



Continued next page

**ANOTHER HATS OFF**

This extra hats off is to Bernie Egan who has resigned his position as Vice President. Bernie is heading north to Carnarvon for a long holiday in his caravan with his wife Deb. Bernie has done an exemplary job as the VP doing lots behind the scenes dealing with the City of Joondalup about the Winton Road site, assisting Ron Slavin with the market stalls and many other roles.

So Bernie you were seldom seen without your hat on, we take ours off to you and thank you for your service to the shed and look forward to your return.

Leasing Arrangements City of Joondalup:

The JMS is subject to a lease agreement between itself and its landlord, the City of Joondalup. Every “shedder” is expected to do nothing that may in any way jeopardise this relationship.

A copy of the lease agreement is attached at as Appendix “A.”

3.1 Parking

All vehicles must be parked in the designated parking bays which have been allocated exclusively for members of the JMS and its visitors.

To comply with OS&H requirements and Emergency Procedures, under no circumstances are vehicles to be parked in designated “no parking” areas, or in such a manner as to block access points or gateways.

Roles and Functions of Executive Committee

PRESIDENT

Duties

Promotion of the men’s shed concept including use of the media and acting as a guest speaker to interested groups and organisations.

Oversee the activities and duties of committee members.

Ensure publication of the “Bench Press” newsletter on a monthly basis for circulation to all shedders and interested groups.

Chair committee meetings and general shedders meetings.

Where necessary guide each committee member in setting and achieving objectives and allocate and delegate tasks.

Regularly update the JMS executive and shed members on the JMS’s development and progress.

Liaise with other men’s sheds, health promotion organisations and affiliated groups.

Assist the Secretary in maintaining a database of sponsors, volunteers, affiliated groups and VIP contacts.

Ensure all sponsors are shown of the on the JMS website, on signage and through the Bench Press.

Assist the Treasurer and Planning team in the preparation of grant applications and applications for funding from other sources.

Regularly check the JMS website for accuracy and completeness of information and ensure all sponsors, receive appropriate acknowledgement on the site, on signage and through the Bench Press.

As with all committee members, endeavour to take a discrete but personal interest in every member of the JMS and promptly advise the JMS committee of any welfare issues.

VICE PRESIDENT

Assist the President as required and in the President’s absence attend to the President’s duties as outlined above.

TREASURER

Duties

Head the Finance and Planning team.

Ensure appropriate records are maintained to meet the requirements of the Australian Tax Office for organisations with charitable and deductible gift status.

Prepare budgets and cost projections for the day to day running of the shed.

Maintain the JMS Asset Register.

Research funding sources.

Assist the JMS Executive in lobbying likely sponsors.

With advice, assistance and input from the JMS committee actively market the JMS “brand” so as to maximize sponsorships, donations and community support.

Explore insurance requirements/options and advise on the most equitable option.

Make recommendations to the JMS committee on all of the above.

Ensure the JMS financial records are audited annually and complete the relevant declarations pertaining to the auditing of financial records.

Prepare applications for grants and other sources of funding.

Regularly update committee members on financial developments and the progress of grant applications.

As with all committee members, endeavour to take a discrete but personal interest in every members of the JMS and promptly advise the JMS committee of any welfare issues.

Cii) ASSISTANT TREASURER

Assist the Treasurer as required and in the Treasurer’s absence attend to the Treasurer’s duties as outlined above.

SECRETARY

Duties

Channel incoming correspondence and other communications to the appropriate directorship for attention.

Ensure all shedders are reminded when annual subscriptions fall due and follow up on payment.

On behalf of the JMS, ensure the dispatch of appropriate letters of recognition and appreciation to all sponsors, volunteers, supporters and guest speakers within 7 days.

In accordance with the JMS Constitution, remove all non financial members from the current database when appropriate.

As with all committee members, endeavour to take a discrete but personal interest in every members of the JMS and promptly advise the JMS committee of any welfare issues.

Assist the Treasurer in the preparation of grant applications and applications for funding from other sources.

Ensure all sponsors and donors receive appropriate letters of acknowledgement.

Assist the Treasurer and President, in writing, modifying and maintaining the JMS Constitution.

Ensure the JMS Rules of Association & Standard Operating Procedures are regularly updated to keep pace with the shed’s growth and changing circumstances.

Assist the Shed Organiser in the preparation and maintenance of up to date, appropriate and accurate OH&S procedures and the JMS Codes of Conduct.

xii Advise the committee on insurance and constitutional requirements

xiii Prepare and implement the appropriate OH&S requirements for the JMS. matters as incorporation status etc.

MANAGER - SHED OPERATIONS

Duties

Assess the immediate logistical needs of the shed as recommended by the WAMSA Manual, including OH&S requirements.

Maintain a group of shedders who are willing and able to be Shed Supervisors

Brief all Shed Supervisors and explain their role.

Maintain a roster so that there is a Shed Supervisor on duty each day (half days if necessary?).

With input from others, develop a program that qualifies shedders to use the more complicated equipment.

Arrange for shedders who want to use particular machinery or equipment to be accredited in its use.

Maintain an up to date database of accredited users.

Ensure the accredited user list is prominently displayed to assist shed supervisors in policing the safe operation of machinery and equipment.

Provide a brief monthly report to the JMS Executive Committee on shed activities, incidents, etc.

Research avenues for obtaining equipment, materials and resources for the shed.

Advise the Director Finance and Planning of items purchased in excess of \$300 so that he can update the Asset register.

Ensure the collection and secure storage of all donations of equipment tools and materials from donors and advise the Secretary so that appropriate letters of appreciation are dispatched in a timely manner.

Regularly advise the JMS Committee and shed members of relevant matters pertaining to the day-to-day operation of the shed.

As with all committee members, Endeavour to take a discrete but personal interest in every members of the JMS and promptly advise the JMS committee of any welfare issues.

Ensure all electrical items are tagged as safe for use.

Advise the JMS committee of where there is a need for capital expenditure on tools, machinery or equipment, or the repair thereof and provide at least two quotes for such expenditure.

MEMBERSHIP MANAGER

Seek the advice and input of shedders and committee members as to which guest speakers, social activities, training courses and programmes would best suit the needs of the JMS and its member

Take the appropriate steps to contact and schedule guest speakers, social activities, training courses and programmes to ensure a full, varied, entertaining and interesting calendar of upcoming events.

Publish and regularly update an event calendar via email and the JMS website and circulate this to all shedders, affiliated organisations, sponsors and interested persons, ensuring "non-email" shedders also receive a copy of the event calendar.

Ensure the logistical needs for each event and activity is met and recruit shedders, volunteers and committee members as needed.

With advice, assistance and input from the JMS committee, actively market the "JMS" brand so as to maximise sponsorships, donations and community support.

Take and active interest in the health and welfare of individual shedders and advise the committee accordingly.

Maintain an up-to-date and accurate database of JMS members in accordance with the JMS Rules

of Association and the Incorporations Act 2015.

Track attendances and discretely investigate reasons for absence.

Act as a point of contact for prospective members and other interested groups and persons.

SHED ORGANISER

Duties

Assist and stand in for the Director Shed Operations as required.

Oversight all requests from outside organisations, agencies and individuals for the JMS to provide products or services.

Ensure Job Sheets are issued for all outside work.

Ensure Project Approval Sheets are issued for all projects.

Ensure all outside work is effectively costed, quoted and appropriately invoiced upon completion.

Ensure all sales of products or services are receipted through the official JMS receipt book for information and action by the Director Finance and Planning.

Oversight all personal projects undertaken by shedders to ensure they are compatible with the smooth and efficient running of the shed.

Prioritise, track, record and coordinate all personal and community projects ensuring those providing an income stream receive first priority.

Report to the JMS Executive on as to the number and nature and duration of projects being undertaken, income expected and likely outcomes etc.

SHED SUPERVISORS (May or may not be members of JMS Committee)

Duties

Shed Supervisors are **not** expected to be experts in all or any equipment - the first and main requirement is willingness and ability to be there when rostered and to make sure another suitable person takes over if they cannot attend or need to leave.

Induction for Shed Supervisors should include a briefing on the location & function of the emergency stop buttons, safety equipment, fire equipment, building keys, first aid boxes etc.

Shed Supervisors should ensure that only shedders with appropriate accreditation use the more complicated or hazardous machinery (consult the database on the Shed Supervisors memory stick if in doubt).

They should understand that **they** are the person in charge on their rostered day and that **they** interpret the rules on that day. Any shedder who disagrees with a decision will have to use the dispute resolution process as outlined in the JMS Rules of Association.

They should know the open-up, close-down, alarm activation, emergency procedures and exit procedures.

Check the Borrowed Equipment Register to ensure that borrowed equipment is returned on time and Register is updated. Advise the Director of Finance of any equipment that is not returned so he can invoice the borrower.

Joondalup Men's Shed Rules of Association

The Joondalup Men's Shed was incorporated on 28th January 2011. A copy of the JMS Rules of Association must be made available for perusal by all members. Copies will be held by the Secretary and on the JMS Executive computer.

All shedders are advised to become familiar with the JMS Rules of Association and take an active interest in the election of officers.

Shed Hours of Operation

The JMS will open every Monday, Tuesday, Wednesday, Thursday and Friday between 0700 hours and 1500 hours. The shed may be opened at any other time provided there is a suitably qualified person available to supervise shed operations. Special arrangements may be made for statutory holidays; however any change to shed hours will be advised via the usual shed communication network. The Shed will also be open every second Saturday for the use of our lady Associate Members.

To be continued next month

What's in a word?

You might say what is in a word, well many words in the English and possibly other languages by just adding one or two or maybe three or four letters behind the Word can change the context of that word.

For us Shedders the word "Safe" means survival, because we need to do and act "Safe" to keep alive and avoid fatal or serious injury to ourselves and of course others.

If we take Safe and add "l y" to it the word becomes "Safely", and this can be put into context by "now you need to do this Safely".

If we expand on this word "Safe" and add "ty" then the word becomes "Safety" and this is another expression to remind us to do with "Safe" in mind, like "Safety First"

For us Shedders we are not as quick as we used to be, so we need to be more alert in the way we go about how we handle not only machinery, but all those things we do each and every day, so if we symbolise each letter of the word "Safety" this is what we get:

Stay
Away
From
Everything
That hurts
You.

SAFETY

The word Safe, Safely and Safety all mean a part of our lives, because whatever we do it's important to consider the consequences not being "Safe, Safely or Safety", can do to us and more importantly to others.

Never take the risk of doing something you don't know how to do, always seek advice, it costs you nothing.

President Bob Allen

Most shedders would by now have heard of Bob's battle with his bike and a four wheel drive ending up with a stint in hospital and now faces a long period of recovery.

We shedders wish you a speedy recovery Bob and hope to see you back in the shed soon.