

JOONDALUP MEN'S SHED

Bench Press

keeping us informed

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Editorial

Months of the year fly by and we are already in the midst of November. Here I am gathering my thoughts to pen them in this edition of the bench press.

The recent talk by our president, Bob Allen, was full of life time experiences in the settling of nomadic surroundings and giving Life a go by settling into a rural farm life. The effort one makes to begin a life for oneself and the family is a continuous battle with the elements and making good with whatever circumstances that present themselves.

Such is the mettle that our members are made of. Tough, determined, resolute and giving life a fair go. Taking every chance to succeed in life. There are similar stories that abound amongst the cadre of our members and the life time tales of each one of them would fill volumes of print. It makes us proud to be part of the group and the collective will to succeed in our resolve.

My apology for the lateness of this issue due various personal reasons.



President's Message

Welcome to this edition of Bench Press.

Welcome to our new members. Hope you enjoy your membership with us.

September and October have been very busy for me. I rode my bike from Fremantle to Norseman, 750 kms over 5 days. Very tough but I made it. Towards the end of September did 250 kms riding around Northam and then caught a bus to Albany and rode back to

Perth (540kms) with 70 other riders. This was over 9 days. I enjoyed my trips, great to ride through a lot of the state with the crops and livestock looking really good. Hopefully farmers will end up with some good returns this year.

Thanks again to all those members who keep the shed running and getting involved in the many activities we get involved in.

JMS has also been very busy with Sausage sizzles, Wheelbarrow assembly and maintenance of chook pens as well as toy making and repairs to toys for Education Services.

We continue to do all sorts of jobs for the Education Services Division. We will keep a record of all the jobs we have done to push our case for a longer lease.

We have guaranteed tenure of our Padbury premises till the end of 2015. This isn't the length of tenure we expected as we had negotiated a 5 year + 5 year lease which has never been ratified. We will continue to pursue this lease to give us a more certain future.

City of Joondalup are aware of our position and have possible sites lined up if we need to move from Padbury. They also have ideas for temporary accommodation if that was needed.

Our membership continues to grow. Currently we have 166 financial members.

Our finances are in a healthy state thanks to the many fund raising activities that our members take part in.

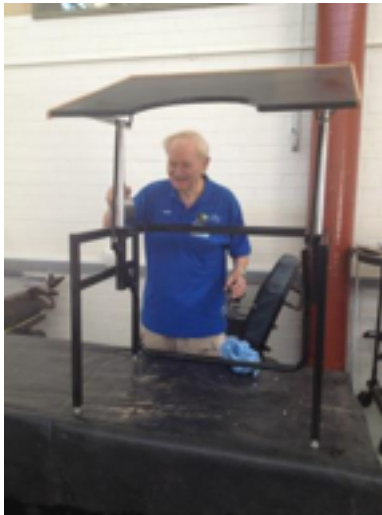
We've been involved in quite a few activities to lift our profile in the community. Bob Davis and Royce attended a Carers Exposition Joondalup. We were represented at an Ageing Gracefully Seminar and then ran the bar for the Joondalup Business Association. We have been given free membership of the Association and already we have had offers of support. We will attend a JBA board meeting to further inform and promote how valuable JMS is to the district.

If you have any ideas or suggestions to improve our Men's Shed, please talk to me or one of the committee. We have a few changes in the pipeline which should help the Shed to be a better place for everyone.

Bob

One of the recent projects undertaken by the Shed was the construction of this beautiful, colourful fire engine. The recipients were the children of the Padbury Community Kindergarten. The staff sent in these photographs of the children enjoying playing with this latest edition to their many toys and expressing their gratitude to all the contributors who had volunteered their time and effort to bring a smile on the faces of these beautiful children.





Progress on the refurbishment of disability desks:

There has been a substantial progress on the refurbishment of disability desks for the Education Department. A total of 12 desks have been completed and delivered to the department. John Rourke has been helped by Trevor Thackery, who has helped with the project with his welding and mechanical skills.



Talk on Farming:

on the 16th of September, our own President, Bob Allen, stepped in for a cancelled talk and provided the members with his experience in rural Farming. From the initial acquisition of bush land to the grinding task of making the land suitable for farming and habitation was quite a revealing and educative talk.

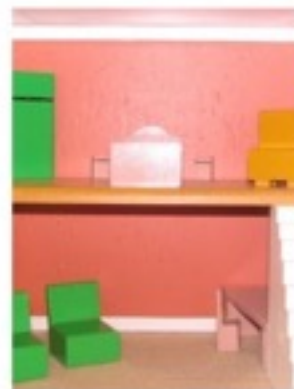
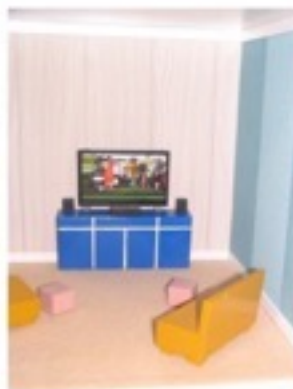
To be able to share all his experiences was a welcome change from the usual talks on health issues. For those members having been through the same experiences in farming and services consequential to it, must have been a time down memory lane. For those of us who have never been a part of the so called "farming culture" but being the recipients of the by products of someone else's labour; it was truly an education and appreciation of the toiling members of the farming community. The Joondalup Times publication also covered the occasion and had a brief column on the activities of the jMS.





Doll's House:

The Child Protection agency had ordered another interactive project for the children under their supervision. Brian Skinner came up with this beautiful interactive dolls house with all the furniture arranged to the imagination of the child. Plenty of combinations to keep the child busy for hours on end. We are still waiting for the final verdict from the “users” of the Doll's house, but there can be no doubt that the limits of its use could only be limited by the imagination of the child, ENDLESS.



Health Talk: Eye Care

The first week of October, the members were treated to a talk on EYE Care by Ernie Hawes. The subject matter was of particular interest as the progressive deterioration of “ageing” eyesight affected most of us in the JMS. The content was educative in prevention and cure of degenerative eyesight and the causes of various disorders. Various questions were fielded and answered in length to the satisfaction of most.

These talks are organised, on a regular basis, for the education of JMS members and keep us abreast with all the latest information. The healthy attendance by our members must surely be an encouragement for the moderators and organisations that propose these talks and disseminate information to the community at large.



Calendar Events

Melbourne Cup Lunch 4th Nov

Sausage Sizzle Masters 15th Nov

Sausage Sizzle Bunnings 16th Nov

Annual Christmas Lunch
28th Nov 12 Noon
Hillarys Yacht Club

Car Parking Wanneroo
DATE FRIDAY 28TH NOVEMBER 2014
TIME 4PM TO 10PM

JMS has been approached by the TRIALATHON CLUB OF WA looking for personnel to support a Triathlon on 14 December 2014

Events listed on www.jms.org.au

All the above activities require volunteers, sometimes at short notice. Please come forward and give a helping hand to make the event a successful one for the JMS. The proceeds from these activities helps the Shed. Thank You

All articles and comments for inclusion in the Bench Press are welcome. Please submit by the third week of the month for publication, to Reg.. rluther48@gmail.com

The Joondalup Men's Shed (JMS) is the local representative and a registered member of the Australian Men's Shed Association. The JMS Patron is Mr Ian Goodenough, MBA, BComm 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

Our best to all the members who have had various operations and ailments in the last month and recuperating through their illnesses. We wish you all a speedy recovery and good health.

James has requested for members contribution of all their old plant pots including discarded punnets, for a project that he is

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