



# Joondalup Mens Shed

# Bench Press

## January 2020

Editor Merv Pearce



## *Presidents Report*

The ending of 2019 and start of 2020 took me to shores beyond. A good social break from one continent to another. The change of scenery clears the cobwebs of the mind and an impetuous for a new beginning.

Getting back to the daily life in Perth brought about the reality of new challenges and the very first step inside the perimeter of the Shed faced with numerous problems that had been festering during the break. To be greeted by the news of some accidents that had occurred in the first fortnight of the shed opening its doors after the Christmas break, isn't what one would expect. The reality that our members had suffered physical harm is now a stark reality which can be attributed to various factors contributed over time and coming to a head. It is the responsibility of the committee to put into place procedures to eliminate any accident in the future. The first step is to recognize the failure in our procedures of training or lack of them, procedures that have either not been in place or were discarded for the convenience of our operations. With the collective experience of our members we must together recognize and re-evaluate the standards of our induction, training and assessment of our operations.

To put into place the standards of our operations, we have undertaken to have some of our supervisors trained and assessed by external trainers. These supervisors will undertake to retrain and reassess all our members operational skills, irrespective of the experience of the operators, to conform to our required standards and proficiency. There is hesitancy in adopting anything new that encroaches on our well-set habits or to upset the mind set on things we have done in the past. However if it infringes on the safety and procedural requirements of the Shed, then we must conform and adopt the new set of rules, uncomfortable as they may be.

The City of Joondalup has finally published their timetable for the work schedule on the new premises at Winton Road. We have embarked on the first phase of their requirements and will strive to achieve the work underlined for our progress.

We have had a few members falling ill, which required either surgical procedures or hospitalization. We wish each one a healthy recovery and return to normality. We have a dearth of welfare officers and the responsibility falls on just three officers who have to cover fair distances to visit the sick and provide assistance, where required. Many times the information of our members ill health goes unnoticed due to lack of information on the absence or illness. All members are

requested to be vigil and inform the welfare officers of any member who has been absent from the shed. Lets look after each other.

The City Of Joondalup deserves our gratitude on the collection of the huge logs that had been dumped in our compound. John Spence had contacted them and they were willing to oblige free of cost. Thank you John for the initiative. The Education department has served notice to the JMS to remove all wooden crates from the compound as it is deemed a fire hazard. Few of our members have volunteered to dismantle the crates and dispose of them. The collection of the bins is on Monday, Wednesday and Friday, every week, so if you are in the shed, after the social hour, please help in the loading of the bin. Your help will be appreciated. Also in anticipation of our move to new premises, please remove all the stored trailers that do not belong to the JMS, failing which we will have to dispose of them as scrap metal.

Recycling is the new flavour of the month. Please collect all your household **ALUMINUM CANS (ONLY)**, and put them in the JMS recycling bag, located in the social room. This is in anticipation of the cash for cans program that will start in the new financial year.

Finally on a sad note, our member Robin Bodily passed away. The family members were contacted and our condolences expressed. The cremation will be a private ceremony. The shed members will be invited to a remembrance gathering at a later date. We will show solidarity by being present at the life celebration for Robin.

Reg Luther





# Shed Activities and Projects



Ian Carrick has made some toy bulldozers for sale at the markets. Beautifully made and high quality painted by his wife.

PINE, PINE AND MORE PINE  
PINE, PINE AND MORE PINE

The shed has been asked to remove all the pine pallets that are in the compound as they are a fire hazard. The pallets need to be cut up and disposed of. This project will take several weeks and we can dispose of the timber in the ED bins after 11am on Mondays, Wednesdays and Fridays if there is enough space in them. *Your assistance in this project would be most welcome.*



Work has begun



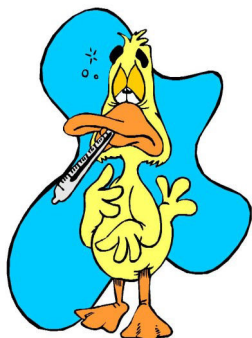


# CAR BOOT SALE | LAST SUNDAY OF EACH MONTH

## 8AM - 2PM MACGREGOR DRIVE PADBURY

**The car boot sale has been suspended until further notice.** The last event in November had only a few vendors and only enough buyers that one could count on ones fingers. There is a lot of competition with similar activities in the northern suburbs. Our location which is not in the mainstream of traffic could be one of the reasons and Karrinyup Shopping Centre and Hillarys Boat Harbour have swapmeets on the same day. More advertising of our car boot sale may have attracted more but the cost probably would have been more than any profits made. John Spence is to be commended for instigating for getting the CBS up and running and the good number of shedders who volunteered to assist is encouraging.

### *Welfare Officers Report*



Sadly we report that Robin Bodilly , whom we had been checking on recently, passed away 14<sup>th</sup> this month.

Other ill members are, Kevin Banham, Stan Pridmore, Bill Featham, and Brian Abbott ( who is recuperating nicely at home ). Neil McDonald has had a complete blood transfusion and is home again, .Jim Douglas has had a stent fitted to a heart valve and is back home, Ron Mc Millan and Gary Thompson are unwell and have been out of contact so far.

We wish them all our Best Wishes ,

I expect that there could be ill members who I,m not aware of.

It is great to have our past chairman, Bob Allen back at the “Shed “

As I only attend the “Shed “ on Tuesdays there is possibly a lack of communication with some members , we don’t wish any unwell person overlooked so please text or call me with info if you consider it necessary. Should a particular member wish to contact or visit an unwell member please, you are welcome to call me for such details.

Laughter is the best medicine.

This old chap and his wife pass a wishing well. She says to him, hoy, lets try this , so she throws in a coin and makes a wish, then he throws in a coin, falls in the well and drowns . So she mutters to herself “ Gosh , this really works” !!!

John Summerfield

## ***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@iprimus.com.au](mailto:sumtrade@iprimus.com.au)

# February Birthday Celebrations



Brian Abbott

Laurence Baker

Derek Ball

Michael Bayly

Tom Daly

Ken Gardner

Geoff Guard

Barry Harding

Perry Hepden

Ian McCallum

Sean Munroe

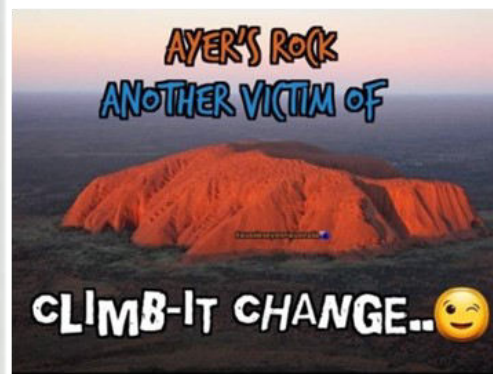
John Robins

Brian Skinner

Arthur Yates

Taryn Walter

*Birthday greetings  
to you all*



New research  
suggest drinking  
coffee in the  
morning helps  
others live longer.

### Attendance Statistics for December 2019 Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly Total
Week 1	01-12-19	08-12-19	33	50	21	24	22	1	0	151
Week 2	09-12-19	15-12-19	26	35	35	33	19	2	0	150
Week 3	16-12-19	22-12-19	19	43	17	27	25	0	0	131
Week 4	23-12-19	27-10-19	23	0	0	0	6	0	0	29
Week 5	30-12-19	31-12-19	6							6
<b>Total</b>			107	128	73	84	72	3	0	
Working Days		16								
<b>Weekly Average</b>			<b>21.4</b>	<b>42.67</b>	<b>23.3</b>	<b>28</b>	<b>18</b>	<b>1.5</b>	0	467

**Total for the Month 467**

Men per day 29.19

Sat. 7th

9 Ladies

Sat 14th

6 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.*

The total number of  
members  
as at January 2020

187

14 Associate members



# Hats Off



To John Spence who instigated the beginnings of the car boot sales. Many hours of work went in to organizing the event such as seeking permission to run it in the grounds of the school and also dealing with the City of Joondalup regarding signage and permits. John also put a lot of his good negotiating talents in to organizing the new trailer.



## Coming Farmers Markets



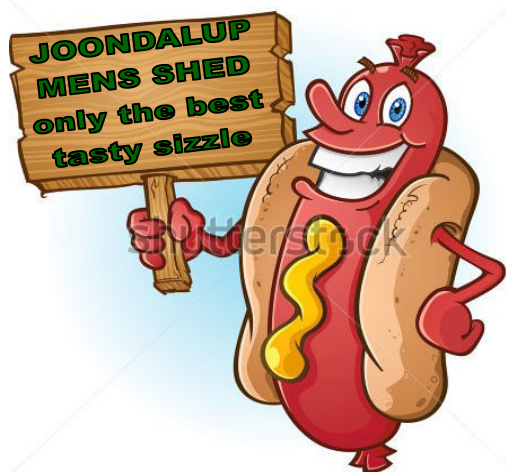
Poynton Markets Saturday 22nd February  
 Halidon Primary School Saturday 14th March  
 Poynton Markets Saturday 4th April  
 Poynton Markets Saturday 4th October

*Poynton Markets yet to be confirmed*

# Sausage Sizzles

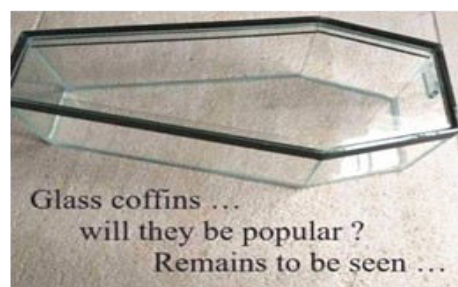
**Volunteers will be required for the coming sausage sizzles.**

Why not join the happy team of sizzlers, we seem to have the same group of blokes who do it every time. If you are a new member you would be most welcome to have a go. What better way to meet other shedders and get to know them. And this does not exclude longer standing shedders, give it a go chaps. The sizzle is run in two hour shifts so it doesn't take much out of your day.



Bunnings Joondalup  
 Friday 21st February  
 Friday 20th March

"To applaud a politician because he has built, a hospital, a school, road etc with public money is the same as applauding an ATM because it gives you your money"



## A NEW TRAILER



The shed has taken delivery of a brand new dual axle trailer. It is to be used mainly for the sausage sizzles but can also be used for other activities such as moving goods and machinery and will be put to good use when we have the big move to Winton Road..

The trailer has a ramp at the rear to facilitate easy access which will be a great for moving the heavy ice boxes which are used for drinks and sausages etc. at the sizzles. One side has a door which opens upwards for more easy access.

Some of the funding was donated by our Patron Ian Goodenough , MBA, B. Comm. and Federal Member for Moore. of to whom the shed is most grateful.

## LOGGED OFF

At last after a long time the massive logs that were dumped in the compound have finally been taken away. The story goes that they were originally delivered to be cut up in to paving slabs but for some reason this never happened and they laid there becoming well seasoned, too well seasoned to be honest. With the intention to remove the logs by hiring a chain saw at the shed's expense to cut them up in to small manageable sections to be removed. The chain saw would not look at the logs, they were so hard, like iron they could not be cut. To have had the logs removed by a contractor would have been expensive. Finally from on going persistence by John Spence to the City of Joondalup who delivered the logs in the first place they arrived recently with a hiab and took them away.



## Who's afraid of Alzheimer's?

In the following analysis the French Professor Bruno Dubois Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals / addresses the subject in a rather reassuring way:

"For some time now, I have been stuck and I do not know what we were talking about ... Before, I was afraid it was the beginning of Alzheimer's ... but today, after reading this article, I am reassured."

"If anyone is aware of his memory problems, he does not have Alzheimer's."

1. I forget the names of families ...
2. I do not remember where I put some things ...

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease.

The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there ..
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys ...

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ..

Many people are concerned about these oversights hence the importance of the following statement:

"Those who are conscious of being forgetful have no serious problem of memory. Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

*Continued next page*



- Now for a little neurological test:

Only use your eyes!

1- Find the C in the table below!

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2- If you have already found the C, then find the 6 in the table below.

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3- Now find the N in the table below. Attention, it's a little more difficult!

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**If you pass these three tests without problem:**

- **you can cancel your annual visit to the neurologist.**
- **your brain is in perfect shape!**
- **you are far from having any relationship with Alzheimer's.**