

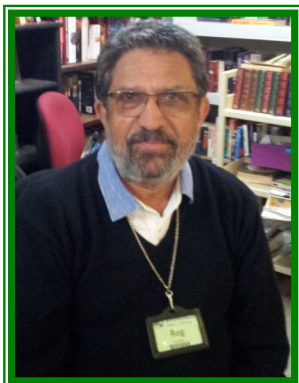


Joondalup Mens Shed

Bench Press

June 2020

Editor Merv Pearce



Presidents Report

The effect of the pandemic had restricted our shed's activities and we adjusted with the membership restriction and the health directives for individual hand sanitation and premises disinfection. Our gratitude to all members who participated in the limited attendance and adhered to the laid down health protocols.

The committee would wish to extend their gratitude to Graham Duffy, our shed manager, and the supervisors for their diligence in keeping the shed open even though it had limited opening hours. Thank you to all the members who attended the shed, their participation was a welcome warmth to an empty shed premise.

The renewal of membership has seen an encouraging sign of the members commitment to the continuity of the shed and its activities. Thank you for the trust that you have placed in the shed's foreseeable future. We still await the members who are contemplating on their renewals and look forward to new members to see us succeed in our service to the community.

There are reports of members reluctant to renew as the commute to the new premises in Winton road is outside their travel zone, especially those who are dependent on public transport. Please approach the committee to examine the possibilities of organizing ride share to assist in your travel.

The planning for the renovations of our new premises, has finally come to a constructive plan, with schedules for the works submitted by the City of Joondalup. We thank Sheree Edmondson and Mike Gull who have facilitated our calls for meetings and their assistance in determining the best course of action in these financially limiting times. The scope of works to be carried out will be limited due to financial constraints. Parts of the original plans will have to be shelved and priorities have been established to enable the most important works to be carried out. The revised schedule has been presented to the committee and waits their final approval for submission to the City. In all probability, fingers crossed, we should see shed machinery located in the new premises in installments and enable us to occupy Winton Road by the end of 2020, fully functional.

Our Vice President, Michael Robinson, has actively solicited grants from numerous organizations; but so far there has been a poor response to our applications.

Our special appreciation and gratitude to Bernie Egan, for his dedicated service as outgoing General Secretary. Bernie resigned prior to his long break. John Spence, Membership Manager, has accepted to fill in the roll till the new committee is elected. Thanks John

There seems to be some misunderstanding about members wishing to attend scheduled committee meetings. The model rules very specifically states the following:

Continued on page two

Presidents Report Continued

Procedure and order of business:

A member or other person who is not a committee member may attend a committee meeting **if invited to do so by the committee.**

Hopefully, this answers any queries that have arisen because of misunderstandings.

The preparation for the annual general meeting, to elect committee members and report on the various aspects of our organization, is being planned for August. Members will be advised of the nomination procedure and AGM schedule as soon as possible. Please consider your participation in the committee.

The committee has decided to return the shed to normal operations from 29th June. Notices have been dispatched via emails of the hours of operations. Opening Hours will be from 8am until 2.30pm Monday to Friday. Machines will be turned off at 2pm, doors close at 2.30

Once again thank **you all** for the various duties that you have performed for the shed without which our commitment would never be realized.

Reg Luther

A message from Membership Secretary John Spence. This email was posted to members on 28th June, I am including it in this newsletter in case some members are not receiving or reading their emails.

Ladies & Gentlemen

I have been asked if you can pay your Membership Fees by Direct Debit and when is the last date they can be paid.

Firstly, Yes you can DD, and the information you will require is :

Bank: Bendigo Bank

BSB No: 633000

Account No: 141336743

Please make sure you put your name in the narration section or we will not know who made the payment and it is your responsibility to make sure we know you have paid. We will not be chasing up payments with no name attached.

The last date for payment is Friday 31 July.

ALSO

For any information regarding Membership etc. Please see me - Not other committee members, as it gets too confusing trying to keep the information the same for all members and it is my job to look after you.

Regards

John

John Spence

Secretary / Membership Manager

Joondalup Men's Shed

Ph: 0412-510222

GREAT NEWS

As a result of the state government moving to Phase 4 of Covid19 restrictions, the following shed opening hours will apply as of Monday June 29

Opening Hours will be from 8am until 2.30pm Monday to Friday

Machines will be turned off at 2pm, doors close at 2.30PM.

Annual Membership Fees are now due

As you are aware, we are now accepting membership fees for the 2020-21 F/y.

Since the committee determined that the new fees would be a flat \$150 across the board a number of people have complained / questioned committee members how this fee was determined, so here is a brief description:

For those members who have been paying their \$2 per day fee which covers biscuits, milk, coffee, sugar, tea etc:

If you only visited one day per week, then you would have paid \$ 104.00 p/a

PLUS the current Membership Fee: \$ 70.00

Total paid this current year **\$ 174.00**

for every additional day you came to the shed per week add \$ 104.00

ie. if you came 3 days per week you would have paid a total of **\$ 382.00**

So let's say you came to the shed only 1 day per week, which would mean you have paid \$174.00 **LESS** the new fee of \$150 (with NO \$2 daily Payment), this means you are saving \$24 p/a

You can add another \$104 to this saving for each additional day per week that you visit.

Unfair? Yep - to the shed, because the shed would be better off if everyone just paid their \$70 membership AND their \$2 per day, but as a number of members refuse to pay the \$2 because they consider it optional, then this means that now everyone pays the same. The only losers are those who refused to pay the \$2 but still use all the facilities that other members were paying for.

If paying online Our Bendigo Bank details are:- **BSB 633-000 Account # 141 336 743**

Please! Please! ensure if you are paying online add your name to the deposit otherwise we won't know who has paid their fee and who to make out the receipt to.

Fees can be paid by cash cheque or efpos at the shed

It is worth mentioning that with the coming move to Winton Road there will be considerable costs. We were hoping to source grants from Lotteries West and several other organizations. Because of the Coved-19 no one is coming forth with donations.

July Birthday Celebrations



Colin Benporath

Dennis Perry

Ian Carrick

Ken Pilkington

Jack Commins

Graham Smith

Bill Featham

John Wood

Ralph Haynes

Cheryl Jones

Mike Holland

Sally Pope

Sean Kenny

Norman Lake

Tony Magee

Ron Slavin

Ralph Parsons

*Birthday greetings
to you all*

Bernie Eagan

Bernie has resigned as Secretary and will be spending the winter months in the warmer far north of the state. Thanks for your service to the shed Bernie and we look forward to catching up with you on your return. John Spence has taken on the task as Secretary until the AGM.

John Summerfield

John has resigned from the shed. He has been Welfare Officer for some time, visiting and contacting sick members. Thank you John for your dedicated service to the members and we hope that you will join up again some time in the future.

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 Chris Drury. Chris will make enquiries and visit if necessary and keep Shedders informed.

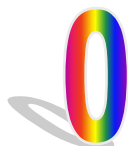
chris.drury@sumphero.com

The total number of members
as at May 2020

208

14 Associate members

Attendance Statistics for May 2020 Compiled by Ian Mc Callum



Due to the shed closure

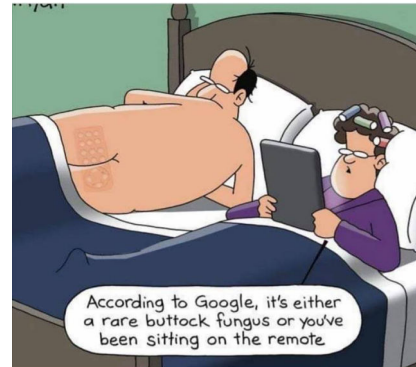
HEART HEALTH

On Wednesday 1 July 2020, Clinical Professor Jenny Deague, Director Cardiology, Joondalup Health Campus is attending the shed to provide a general overview along with a question and answer period on Heart Health once the presentation is completed.

Presentation will commence at 10am in the former gym. Members are encouraged to have their partner, wife, girlfriend attend the presentation.

Please advise Michael Robinson by return email the number of persons attending.

Regards
Michael Robinson
Vice President.



Coming Farmers Markets



**Poynton Markets Saturday 3rd
October
Poynton Markets Saturday 28th
November**

Sausage Sizzles

We have been advised that there will be no sausage sizzles
held at any Bunnings stores Australia wide for the rest of
2020

The Shed is Open Again

On Monday 8th June
the shed re opened
after closure due to
the Coved-19.

Attendance was pretty
light as it was on the
Tuesday 9th.

The picture shows the
shedders at morning
tea on Tuesday, a
little different to the
usual Tuesday
Attendances.



Thoughts for people who live this daily.

Clinically diagnosed anxiety is not just being a bit worried, you can't just "chill out a bit" or "get over it". It eats into your well-being, your confidence, your health and your life and it is 24/7. When someone cancels, or ducks out, or makes a pathetic excuse please understand that it isn't personal, it isn't laziness, it isn't being rude. It's because they can't physically do it. When someone needs supporting, encouraging, hand holding it isn't being pathetic, it isn't attention seeking, it isn't childish - it's because they are desperate to beat it but can't do it alone.

Anxiety sucks, being isolated and believing your friends don't care sucks even more.

How many of you have had a night out planned or arranged coffee or a beer with friends and suddenly the four walls you inhabit seem the only safe haven because it's the only place you don't have to pretend you are okay, so you cancel.

Or when you are invited out you tell them how sorry you are but you are already booked up that weekend, when you are actually just really busy holding it together in your safe box. So the first problem starts all by itself. People stop asking you and the isolation that at first wasn't true becomes your only truth.

Please don't give up on your friends. Ring them if they don't reply to a message. They really do want to talk, they just don't know to say it some days.

And in work every passing comment is a negative, you constantly do more to get over the feeling you are not good enough. The exhaustion from not sleeping because you panic all night over what you cannot influence means you make mistakes, you live in a fog and it is a vicious circle.

Help raise awareness for mental health

Audio Books



In these trying times some members might find it useful to investigate the possibilities of audio books. An audio book is a recording of a person reading a book - as distinct from an E-book where the person reads the book from a screen.

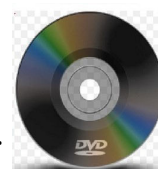
Many commercially produced audio books are readily available on CD from public libraries, but many others are available for download free in .MP3 format from the **LIBRIVOX** website.



The Librivox versions are old books in the public domain, read by volunteers, and the quality is not as good as the commercial versions but most are acceptable.

Access to audio books requires some hardware but many options are available - the picture below shows a few examples. The software required to read audio books is built into the Windows operating system as the Windows Media Player.

They can be accessed in the same way as music files. Alternatively they can be played on CD/DVD/MP3 players which are built specifically for that purpose.



Most audio books run for several hours so they are not really suitable for casual listening. I have found that a DVD player beside my bed is one convenient way of listening, and copying the MP3 files to a USB thumb drive and playing them on the car radio on long journeys is another.

Audio books is only one of many other sources of recordings of informative or educational material.

Steve Brooks

Hilarious but true!

Sanjay Thakrar, CEO at a Euro Bank, got economists thinking when he said:

"A cyclist is a disaster for the country's economy -
He does not buy the car & does not take a car loan -

Does not buy car insurance -

Does not buy Fuel -

Does not send his car for servicing & repairs -

Does not use paid Parking -

Healthy people are not needed for the economy.

They do not buy drugs.

They do not go to Hospitals & Doctors.

They add nothing to the country's GDP.

On the contrary, every new McDonalds outlet creates at least 30 jobs -

10 Cardiologists, 10 Dentists, 10 weight loss experts apart from people working in McDonalds outlets.

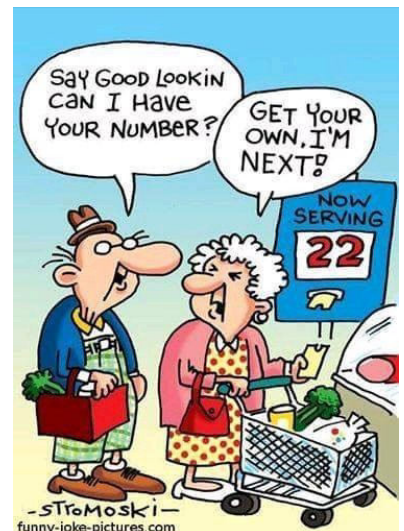
Choose wisely: A Cycle or a McDonalds ?

Worth thinking about

PS. walking is even worse. they do not even buy a bicycle.



It's been a rough week but
I made it - how about you?



I just read a book on
marriage that says
treat your wife like
you treated her on
the first date.

So after dinner tonight
I'm dropping her off
at her parents' house.

