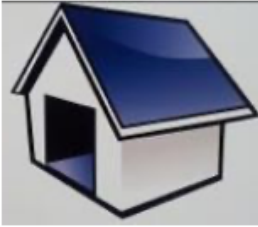


Bench Press June 2023



Joondalup Mens Shed Bench Press June 2023

Editor Merv Pearce



Presidents Report

Well, this is my last report for the shed's financial year and prior to our AGM on the 18th July.

My first year as President certainly has been a very interesting one and has allowed me to gain a better understanding of what the shed is all about and what we actually do.

My appreciation and thanks go to the following people who have assisted me and directed me in the sheds activities and how we run.

Secretary : John Spence – John has many years' experience with the shed in various positions and has proved invaluable in driving the shed and me forward to achieve our many goals to improve the overall sheds activities and management.

Vice President: Chris Drury – Chris took on the role of VP with grand ideas of how to manage the shed and has taken on the role of Grants manager. The first year for him also proved to be one of learning and he has now gained a good appreciation of what is required in that area and I look forward to him bringing home the bacon next year.

Membership : David Ginger – First year for Dave in the role also. With some tutelage from Barry Fitzsimmons, he soon had it all under control and has all the required data at his fingertips.

Sales & Marketing: Rick Otero – Rick has done an amazing job of running this area and with aid from the team, kept the markets sales ticking over and the sheds coffers in a sound position.

Shed Manager : Graeme Duffy – Graeme in one of a kind and has proved invaluable in keeping me Up-to-date with what is happening in the shed, from projects to maintenance items required to keep the shed ticking over. He has of course been ably assisted by Geoff Burleigh in the woodshop and Bill Street in the metal shop.

BBQ Manager : Greg Reinikka- Greg took on this role this year and has proved to be a great Manager. The BBQs are one of our largest income earners and Greg has managed this very capably.

There have been numerous other shedders that have had discussions with me regarding shed matters and are too many to name them all. There are also those that just get on with whatever is required and asked of them. Thank you all for your input.

The year has been fruitful with membership slowly improving and given the lack of many complaints I can only assume that the majority of Shed members are happy with the proceedings to date.

A full report of the year's activities will be delivered as my Report at the AGM on the 18th July.

Mark Smith



Joondalup Men's shed

ANNUAL GENERAL MEETING

To be held in the shed social room

17 Winton Road Joondalup

On Tuesday 18th July 2023

Commencing at 10.00am

MEMBERSHIP FEES

Membership fees are now due as of 1st July

The fees are the same as last year \$200.00

\$100.00 for members with disability

Hats Off

TO



Greg Reinikka our barbecue manager.

On the mornings of Bunnings sausage sizzles Greg is at the shed at 6am to load up the trailer (that is after preparations days before such as organizing onion cutters etc. etc)

Then on to Bunnings to set up the stall in preparation for the days operations. At the last Saturdays sizzle Greg was two men short and he really worked hard standing in for the short fall in men and managing the show. He was working all day, 12 hours I would estimate. A tremendous effort Greg and thank you. \$2.200 profit was made for the shed.

Shed Activities and Projects

Rob Wilson with the brightly lit, hand-made school book library and how the phone appeared in the TV series. (C) 2023, No. 16

DADS ANSWER LITERACY CALL

EXCLUSIVE CHRISTOPHER TAN

A makeshift group used in the Channel 7 series *The Cleverest Murders* has found a new lease of life after being rescued by a dedicated fathering group in Carnarvon.

The vintage Telstra phone box gained notoriety as the location where Sarah Sperry made her last telephone call from in the TV program before she was abducted.

But that wasn't something father-of-two Robert Wilson knew when he reached out to Telstra requesting a donated telephone box in the hope the Carnarvon dads group he's part of, Louisa and Deborah Dads, could turn it into a library.

"We've been trying to actively get our dads or father figures at the school to be more engaging with kids in regards to reading ... and I remembered seeing telephone boxes used as community libraries in the UK," Mr Wilson said.

"So I wondered if we might be able to get one here in Australia. I contacted Telstra and they said they had six ones every now and then and that they would give us one when one was available."

The 32-year-old Tapping In the Sky! It was a pretty well known fact that dads don't spend enough time with their kids.

"If you give your kids the most amount of direct time is about eight to 10 minutes a day per that activity," he said.

"One fortunate thing that people can do, particularly at bedtime is to spend time with your child reading. It's good for the development of a child and it's good for the father and child interaction."

As a fly-by-the-out worker, the performance improvement adviser says he makes sure he reads to his two kids every night.

"So sometimes I read to them via Skype or FaceTime on my phone as I try and make sure I engage with my kids as often as I can," Mr Wilson said.

However, electronic devices are a go nowadays, but reading remains a key function in society as helping a child develop reading and writing skills and increasing their vocabulary.

So for the last 12 months, the fathering group, with the help of the Joundayup Men's Shed, worked on restoring the shabby telephone box.

"The Men's Shed have been very helpful because a lot of them are pretty handy people," Mr Wilson said.

"Telstra gave us some green so we needed because we started to make it water-tight. We engaged with a couple of different companies for wood, paint, bracket and screws and they gave it to us for free. KNA Romberg screen doors in Wagga made a door for us.

"Signatura in Joundayup did the door artwork and painted the decals for us, again for free. From there we rebuilt the structure to make it stronger, painted it red and fixed it out with brackets."

The now-completed community library will be installed at Mr Wilson's son's school, Carmelina Primary, on June 12 positioned near the school library.

"So the idea is that when parents go onto the school property, they go into this library, which contains hundreds of the best books as voted by the school community, pick it and read to their kids at bedtime," he said.

Perth Now Thursday June 8th 2023

Continued next page

Shed Activities and Projects

Continued



The Library installed at the Currumbine Primary School and the opening ceremony on 12th June.

Picture: Graham Duffy



Sanny Ang making kangaroo paw paper badges. Sanny is an expert on origami and members have seen many of his products including paper planes, insects and many other objects.

See some of them on page 5

Pictures: Tom Burnette

THE LADIES PAGE

Shed Activities and Projects



June in the Shed has once again been enjoyed by the ladies.

A well attended origami workshop by Sanny was entertaining and fun. We all enjoyed his style of teaching as well as his culinary skills.

Thank you Sanny... we will definitely like to continue the classes

Mel and Graham both assisted us in the pen making workshops on Wednesday afternoon . The ladies who completed the pens were thrilled.

Thank you Mel and Graham .

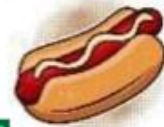
Melanie Forster

FUND RAISERS Farmers Markets



Kingsway Markets
 Saturday 1st July
 Saturday 5th August
 Saturday 2nd September
 Saturday 7th October
 Saturday 4th November
 Saturday 2nd December
Stirling Markets
 Sunday 23rd July

Sausage sizzles



| | |
|--|---|
| <p>Sat 5th August Sat 9th Sept Sat 14th October</p> | <p>Sat 11 November Sun 31 December</p> |
|--|---|

July Birthday Celebrations



Jack Commins
 Ken Pilkington
 Ron Slavin
 Norman Lake
 Mike Holland
 Tony Magee
 Ian Carrick
 Dennis Perry
 Geoff Burleigh
 Peter Lynch
 Greg Reinikka

Birthday greetings to you all

May 2023 attendance statistics compiled by Ian Mc Callum

| Period | Week | Week | Mon. | Tue. | Wed. | Thurs. | Fri. | Sat. | Sun. | | Weekly |
|----------------------------|----------|------------|-------------|--------------|-------------|--------------|--------------|----------|----------|------------|------------|
| Week 1 | 1/05/23 | 7/05/23 | 35 | 45 | 27 | 28 | 30 | 0 | 0 | 2 Visitors | 165 |
| Week 2 | 8/05/23 | 14/05/23 | 32 | 37 | 37 | 31 | 24 | 0 | 0 | | 161 |
| Week 3 | 15/05/23 | 21/05/23 | 30 | 45 | 33 | 29 | 30 | 0 | 0 | 1 Visitor | 167 |
| Week 4 | 22/05/23 | 28/05/23 | 32 | 52 | 34 | 35 | 23 | 0 | 0 | | 176 |
| Week 5 | 29/05/23 | 31/05/23 | 25 | 54 | 31 | XXXX | XXXX | XXXX | XXXX | | 110 |
| Total | | | 134 | 233 | 162 | 123 | 107 | 0 | 0 | | |
| Working Days | | 19 | | | | | | | | | |
| Weekly average | | | 26.8 | 46.60 | 32.4 | 30.75 | 26.75 | 0 | 0 | | 779 |
| Total for The month | | 779 | | | | | | | | | |
| Men per day | | 41 | | | | | | | | | |

The total number of paid up ordinary members as at June 2023

146

The total number of paid up associate members as at June 2023

28

Ladies

Welcome to new members

Gerard Clifford, David Browne, Ashley Sullivan, Geoff Bonds, Charlie Hall, Peter Lybch, Grant Woodhouse, Adam Reid, Aran Lock, Tony Langford, Eric Adlard, Tom Lyons and Gert Enslin.

Welcome to the shed, we hope that you enjoy the camaraderie with the members and take part in the activities and crafts that the Joondalup Men's Shed offers.

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. He will make enquiries and visit if necessary and keep Shedders informed.

Chris Drury: chris.drury@sumphero.com

Autumn was upon a remote reservation when the Native American tribe asked their new Chief what the coming winter was going to be like. The modern-day Chief had never been taught the secrets of the ancients. When he looked at the sky he couldn't tell what the winter was going to be like. Better safe than sorry, he said to himself and told his tribe that the winter was indeed expected to be cold and that the members of the village should stock up on firewood to be prepared. After several days, our modern Chief got an idea. He went to the phone booth, called the National Weather Service and asked, "Is the coming winter going to be cold?" "It looks like this winter is going to be quite cold," the meteorologist at the weather service responded. So the Chief went back to his people and told them to collect even more firewood in order to be prepared. A week later he called the National Weather Service again. "Does it still look like it is going to be a very cold winter?" "Yes," the man at National Weather Service again replied, "It's going to be a very cold winter." The Chief again went back to his people and ordered them to collect every scrap of firewood they could find. Two weeks later, the Chief called the National Weather Service again. "Are you absolutely sure that the winter is going to be very cold?" "Absolutely," the man replied. "It's looking more and more like it is going to be one of the coldest winters ever." "How can you be so sure?" the Chief asked. The weatherman replied, "the Native Americans are collecting firewood like crazy."



— “ —

"The feel and beauty of finely crafted wood...
the refreshing smell of your workshop...the
absorbing joy of cutting and joining that
makes the hours race by... These are the
reasons you love woodworking."

- Jack N.



COMMITTEE MEMBERS CONTACT LIST

| | | |
|--|---------------------------|-------------------|
| Mark Smith <i>President</i> | mark_smith2@bigpond.com | Mob 0409 559 375 |
| Chris Graeme-Drury <i>Vice President</i> | c.graemedrury@gmail.com | |
| John Spence <i>Secretary</i> | john@jandl.com.au | Mob. 0412 510 222 |
| Brian Hill <i>Treasurer</i> | brian@iocomm.cx | Mob. 0439 215 505 |
| Dave Ginger <i>Membership Manager</i> | gingerdavid556@gmail.com | Mob. 0438 043 362 |
| Graham Duffy <i>Shed Manager</i> | grahamduffy2@yahoo.com.au | Mob. 0407 339 337 |
| Rick Otero <i>Marketing Manager</i> | rickotero77@gmail.com | Mob. 0436 419 789 |

SUB COMMITTEE MEMBERS CONTACT LIST

| | | |
|--|----------------------------|--------------------------------|
| Geoff Burleigh <i>Assistant Shed Manager</i> | burleighgeoffrey@gmail.com | Mob. 0448 848 554 |
| Norm Jones <i>Maintenance Manager</i> | Norka_75@hotmail.com | Mob. 0414 456 333 9307 4716 |
| Merv Pearce <i>Bench Press Editor</i> | mervynpearce1@bigpond.com | Mob. 0400 274 819 9342 3561 |
| Greg Reinikka <i>Barbecue Manager</i> | gregreinikka@gmail.com | Mob. 0419 968 274 |

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