



# Joondalup Mens Shed

# Bench Press

## September 2023

Editor Merv Pearce



## Presidents Report

Another month passes; however, this month did hold a special time as we celebrated 30 years for Mens Sheds in Australia. The first shed being opened in SA. We had a wonderful luncheon to celebrate with special guests Albert Jacobs (Mayor COJ), Emily Hamilton (Labor member of the WA Legislative Assembly), representatives from the office of Ian Goodenough (Federal Liberal Member in the House of Representatives) and of course many of our shed members, including our associates. Thanks to all who helped to make it happen and arranged the food for us to consume.

This month we had a number of members visit the Bassendean Shed with a view to seeing how they did things and bring back any learnings that would assist in our shed operations. It seems they have utilised grants from Racing, gaming and liquor Dept and have recommended we look into their offerings. We definitely be doing that.

The shed has taken possession of 5w laser engraver which has been set up and is ready to go. Having supplied the item I can advise that not everyone is going to be able to use this machine given the need to understand the software required to drive the engraving. I would also suggest caution given that a laser is in use and damage to eyes can occur if you are not careful and not wearing the required protective eye wear. I am sure that some creative people will make the most of this machine.

As most of you would be aware the shed is embarking on a fishing trip Thursday 28<sup>th</sup> Sept on a large boat being provided by the Hillary's Yacht

Club. Thanks to Graham Duffy for uncovering this opportunity (at a very reasonable cost to those who attend) and for arranging all the necessities for the trip. I am sure that photos and a story will appear in a near future edition of the Bench Press. As a result of this fishing trip and Grahams negotiation skills members are now able to obtain a 10% discount at BCF.

The committee recently had a special meeting to work on our next five-year plan for the future of the shed. Whilst not all details have been finalised at this point, we have made a great start and need to get this done to support our future and to support future grant applications.

Speaking of the future of the shed, I am very disappointed that we have not been able to obtain a volunteer to replace Greg Reinikka as our Bunnings BBQ manager. As you would all be aware the BBQ's are a great source of fund raising for the shed and we rely heavily on income from this source. At this point it has once again fallen to the committee members to step up and manage the BBQ's. As a wise man once said "it takes many hands to make light work", we need many more hands to make this light work. Please consider stepping into the role.

It would be remiss of me not to thank Greg for his great contribution with the BBQ's and show our appreciation for his efforts. Thanks Greg.

*Mark Smith*

**MEN'S SHEDS**  
**30**  
**YEARS**

# MEN'S SHEDS 30 YEARS

## 30 YEARS OF MEN'S SHEDS CELEBRATIONS

Members of the Joondalup Men's Shed celebrated the 30 years of sheds on Tuesday 5th September with a barbecue lunch.

The function was attended by the Mayor of Joondalup City Council Albert Jacobs and Emily Hamilton MLA member for Joondalup.



Albert Jacobs addressing the members



Emily Hamilton speaking to the members



The barbecue lunch being cooked and served up by our shed manager Graham Duffy.

Well done to Graham and those who assisted him.

## Shed Activities and Projects



Ace wood worker Dennis Thornton has made this beehive it has been produced by order and will raise \$500.00 for the shed.

### TOP JOB

Spinning timber tops are a "top seller" at farmers markets

Tom Burnett demonstrating a spinning timber top to two of our young customers at the last Kingsway markets



## COMING EVENTS

October 5th First aid training

October 10th Home Instead & sausage sizzle presentation by Michelle Dunbar

November 14th Men's Health Prostate cancer presentation by Richard Hocart



### COMPUTER COURSE

Computer classes have begun at the shed. If any member would like to learn the ins and outs of using a computer or increase your keyboard skills, the sessions are held every Wednesday morning at 9.00am.



**MEN'S  
SHEDS  
OF WA**

**STATE CONFERENCE 2023**

2 - 3 November



Register Now



# October Birthday Celebrations



Birthday greetings to you all

Wally Brandt  
 Stephen Brooks  
 Gordon Brown  
 Tom Burnett  
 Bill Corry  
 Graham Duffy  
 Gert Enslin  
 Mike Feinas  
 Bill Hack  
 Derek Newton  
 Rick Otero  
 Merv Pearce

## August 2023 attendance statistics compiled by Ian Mc Callum

PERIOD	WEEK START	WEEK END	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.		WEEKLY TOTAL
WEEK 1	1/08/23	6/08/23	XXX	44	36	33	29	0	0		142
WEEK 2	7/08/23	13/08/23	34	48	32	45	24	0	0		183
WEEK 3	14/08/23	20/08/23	38	52	39	30	25	0	0		184
WEEK 4	21/08/23	26/08/23	29	47	38	27	25	0	0	3 VISITORS	166
WEEK 5	27/08/23	31/08/23	36	52	43	24	XXX	XXX	XXX	1 VISITORS	155
TOTAL			137	243	188	179	103	0	0		
WORKING DAYS	23 DAYS										
WEEKLY AVERAGE			34.25	48.60	37.6	35.8	25.75	0	0		830
TOTAL FOR THE MONTH	850										
MEN PER DAY	36.96										

## 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](mailto:chris.drury@sumphero.com)

# **FUND RAISERS**

## **Farmers Markets**



# **Sausage Sizzles**



**Sat 14th October**

**Sat 11 November**

**Sun 31 December**

# **SITUATION VACANT**

## **BARBECUE MANAGER**

After doing a tremendous job as Barbecue Manager Greg Reinikka is retiring from the position.

The Bunnings sausage sizzles are a very large fund raiser for the shed raising thousands of dollars per year. It would be extremely disappointing to lose this event as it does more than raise excellent funding, it fosters a good rapport with the Bunnings Joondalup staff and management, they do favour us with donations of goods and services.

Thanks Greg for a great service as Manager.

If any of you members would like to volunteer for the job please step forward and let it be known to the committee.

***C'MON GENTS, SURELY OUT OF 112 MEMBERS THERE IS ONE OR MORE***

## MEN'S SHED UPGRADES

By Council man Lewis Hutton

We deserve a council that works for everyone, providing opportunities for locals - young and old - to stay connected.

Earlier this week I was given a tour of the very popular Joondalup Men's Shed by their energetic Secretary, Rick. The facility was full of locals doing everything from socialising over a cup of tea, to making some amazing furniture, and even restoring an old truck!

It's fantastic to see a previously under utilised City of Joondalup facility being used to sustain such a vital community organisation. The repurposing of the City of Joondalup depot to house the Men's Shed is a great example of Council supporting community groups in an effective and cost efficient manner. Something, I am committed to continuing.

However, it's clear to me that the facility requires further upgrades to keep up with demand. The case for this is added to by the introduction of the Joondalup Women's Shed. I for one am in full support of the Joondalup Men's Shed expansion plans. In addition, I would also like to see the City of Joondalup work to repurpose the land adjacent to the facility to allow further growth.

If you have any other issues you would like to raise with me, please reach out.



If you have an interest in climate change, we would like to hear from you. A small group of researchers and students at Edith Cowan University are putting together a short video on;

### ***Mental Health Concerns for Older Adults Affected by Climate Change***

to present at the Australian Association of Gerontology Conference in November. Your participation would involve doing a practice rehearsal and taking part in the actual video recording from 12pm to 3pm on the 25th of October.

Please contact Professor Caire Donnellan by email: [c.donnellan@ecu.edu.au](mailto:c.donnellan@ecu.edu.au) for further Information.

## WOOD TURNING LATHE FOR SALE

Strong sturdy machine surplus to the sheds needs

Three phase power

\$500.00 ONO

Contact the shed if interested.









Rebecca Talbot is the regional health coordinator for the West Australian Men's Shed Association.

Hi Sheds,

We all know 1 in 5 men are diagnosed with prostate cancer in their lifetime, and that it is now the most commonly diagnosed cancer in Australia.

On Sunday 29th October, I will be raising money for the Prostate Cancer Foundation of Australia, by abseiling down the tallest building in the Perth CBD - The Central Park Tower on St Georges Terrace.

But I must raise a minimum of \$1,100 to be able to take on the challenge, so I'm asking you to pretty please donate to my cause?

I would love the support from our Sheds, any amount would be greatly appreciated! If you are able to help – here is the [Link to donate](#).

Thanks 😊

Bec

Excerpts from the AMSA  
Nuts & Bolts newsletter



**AUSTRALIAN  
MEN'S SHED  
ASSOCIATION**  
Shoulder to Shoulder



## MEMBER UPDATE

### The voice of Men's Sheds

Dear Sheddors,

This year we celebrate 30 years of Shedding, with lots of celebration during Men's Shed Week. The week started with a great event at Parliament House hosted by our bipartisan Friends of Men's Sheds group. This year we witnessed more members of both houses in attendance than ever before. I believe this is due to the fact that every Member of Parliament now has more than one Men's Shed within their electorate! This is a stark contrast to when AMSA began 16 years ago, when there was only a few dozen Men's Sheds in existence. This alone is testimony to where we have come and what we have achieved.

When Professor Barry Golding first mentioned to me that he was going to research and write about the history of Men's Sheds, including defining who and where the first Shed started, my first comment to Barry was, 'please don't. All it will do is start an argument'. History is important to acknowledge and it was our honour to celebrate 30 years of our movement in Goolwa during Men's Shed Week. I do want to acknowledge that there have been groups before us, though not under the name of a "Men's Shed", achieving the same or similar goals. In reality, it's important to acknowledge the history of our movement but it's not a critical element. There is no race. What is important is what we have achieved collectively in improving the health and wellbeing of men.

There is more detail on the 'Tour de Shed' road trip celebrating Men's Shed Week within this bulletin, but for me personally the highlight was not just being on the road with colleagues and friends for a week (with plenty of banter and a few beverages of an evening). The true highlight was visiting Sheds, particularly those in some of the smaller towns such as Kaniva, Nhill, and Bordertown (where they had a very welcome and warm fireplace). I was especially taken by Tintinara Community Men's Shed, where they displayed the true contribution that a Men's Shed makes in a small community with very little facilities in the prevention of social isolation.

At the end of the day Men's Sheds are all about men looking after men in a safe, friendly and happy male-friendly environment.



Men's Sheds and AMSA are now recognised as a major player in the men's health sector in Australia. As we have done in years gone by, this year we have again been involved in cross-sector and government discussions to improve health and wellbeing outcomes for Australian men. We believe there's growing momentum from the sector, as well as government, in achieving some real progress in supporting men and boys to live longer and happier lives, for the benefit of everyone.

Although we have come a long way since the introduction of the 2010 National Male Health Policy, and even more so since the launch of the National Men's Health Strategy 2020-2030, there is still a long way to go. Men still have a shorter life expectancy than women, and alarmingly still equate to over 75% of suicides in Australia. The gaps in both men's and women's health outcomes can be reduced with the right policies, programs and adequate funding.

In the coming weeks AMSA will be writing to seek your support as a collective voice in our appeal for a greater federal investment in men's health and wellbeing through AMSA and Men's Sheds. In Australia, there are more Men's Sheds than store locations of well-known commercial companies including Woolworths and Coles supermarkets, and **Together we can and will make a difference by leveraging our platform, and we believe now is the time.**

Keep on Shedding.

Regards,  
David Helmers  
Executive Officer .



## Jump on the Garage Sale Trail in 2023

Host a sale and join 400,000 Australians choosing to reuse as part of the nation's biggest festival of pre-loved stuff.

### Raise Funds & Get the Community Together

Hosting a garage sale as part of the Garage Sale Trail is a proven way for Men's Sheds to raise money, recruit new members, clear out the Shed and raise awareness of the services they provide to the local community.

It's free to register and this year we'll be providing Sheds with a host of new tips, tools and free promotional materials.

Find out more and get your Shed involved at [garagesaletrail.com.au/get-involved/australian-mens-sheds](https://garagesaletrail.com.au/get-involved/australian-mens-sheds)



## RAISE FUNDS FOR YOUR SHED

With the event happening in the lead-up to Christmas on **11-12 & 18-19 November**, Garage Sale Trail is a great way to fund-raise and introduce new members of the community to your Shed.



## Items of interest from discussions at the last committee meeting

### Only Shed Approved Rubbish in the Rubbish Bin

It has been observed that members are placing items sourced from outside of the premises in shed's general rubbish skip (red topped near the buses). This skip costs us \$95.00 each time we empty it. The last cycle only lasted a week. This is a large draw on our funds. Items such as bags of household rubbish, beer cartons, and a toilet bowl, lawn clippings, and various other have been placed in there of recent. If it has not come from the shed, please do not place rubbish in here.

Several members have been trying to reduce the amount of rubbish going into this bin by recycling cardboard and taking bags home for their own bins. Due to these efforts, it looks like we may get a month before needing to call the truck in. Thanks go to Greg for taking a Ute load of cardboard to Tamala recycling.

The cost of this skip could be greatly reduced if members would (a) not bring their general rubbish or no useable items in, and (b) could take bagged rubbish or cardboard home from the shed if their domestic bins are not full.

### Shed Project Area – Not A Social Place

Some members are using the workshops for socialising. These areas are used by members concentrating on their own or sheds' projects. They can't be expected to monitor outside their immediate work area and people socialising in the workshop create crowded conditions which pose a risk to themselves and those engaged in activity in the workshops.

### Shed Parking Reminder

Parking at the front of the shed is for vehicles with an Acrod label, vehicles being worked on, and dropping off or picking up items. It is not for general parking. It has recently become quite congested and - as it is also a pedestrian thoroughfare - creates additional hazards. Please don't park in the front because just because space appears available.

Also, there is overflow parking at the City of Joondalup parking next to the State Swim Centre.

## Hey fellas you can do better than this



This picture is of the small drum sander, pretty isn't it. The problem is that it is rendered useless because too much pressure has been applied and also painted, varnished and wet timber has been put through it. This problem is happening on a regular basis and it costs a lot of money to replace the sanding sheets. Please use the grey matter before using the machine. If you have any timber of the above mentioned, put it through the thicknesser to remove all paint or varnish. The same applies to the larger drum sander



Time and again users of the machinery have been told to clean up after finishing the job. Last Tuesday this circular sander was used and left with thick dust not only on that machine but the one next to it and all over the floor,

**“Disgusting”**