



Joondalup Mens Shed Bench Press January 2024

Editor Merv Pearce



Presidents Report

I hope that you all had a wonderful Christmas and New Year break without any major issues.

Great news – We now have a new BBQ Manager. Many thanks to Gerry Clifford for taking on the role. The First BBQ under his management will be the 10th February. We have a couple of names on the board for the morning shift and a couple for the afternoon shift. If you can make yourself available, please place your name on the board. Onions will need to be sliced on Friday the 8th. Thank you.

We have a large paid shed project under way that Dennis has in hand. Please note that shed project jobs have priority in terms of use of the machinery. If you are waiting for a machine due to a project, we ask that you be patient and wait for the paid project to continue as quick as possible. Perhaps you could offer to assist whilst you wait?

We had a \$5k grant approved recently for the update of our computers. We have arranged to replace a desk top and 5 laptops with new machines. The laptops will be made available for shedders to use whilst in the shed. They will not be available to take home and use. The desktop will be used by the computer repair team to improve the turnaround times in their area of expertise.

We had the City of Joondalup visit us on the 25th for a general update on where the shed sits and where it wants to be in the short/medium/long term. They expressed a sincere appreciation of the way in which the shed has progressed since taking occupancy and listened to our potential plans for improvements as we go forward. We discussed the potential to widen the current social room, wood-working and paint shops out a few more metres to give us more space between the workbenches and machinery. They advised that the idea has merit

and we should place a proposal before them.

If approved they would assist with the required drawings and quotes to complete the works. We could then seek an appropriate Grant to assist with the construction. The current lease agreement is for 5 years to expire 2026 with a renewal for another 5 years after that. We have been assured that should we wish to extend past that time we would be given that option. The current lease agreement time of occupancy is a standard.

Please offer what ever assistance you can give to our Marketing Manager, Mike Lockhead and our BBQ Manager, Gerry Clifford. I am sure they will appreciate your support.

The year is coming to a close sooner than we think. That being the case, I ask that you consider taking on an official role when the next election comes in July. If you would like to shadow an office bearer to get a better understanding of the role, please don't hesitate to ask.

Rick recently made a presentation to the shed about the other sheds that have been visited in recent months. Many thanks to the shedders that took the time and trouble to visit them and come back with some comparisons, especially Bill who arranged the visits. The photographs of the various sheds showed that we are all different and we can learn from each other with better practices that could work in our own shed. The obvious issue from the photos is the cleanliness of the floors in the workshop areas. We have a policy of cleaning up after yourself when you have finished with a machine/tool or workbench. This is obviously not happening and we are relying on the shedders that remain back on a Friday afternoon to clean the shed before they leave. It would seem that we have one of the largest sheds in the area and one of the better equipped sheds however it would also seem that we are not as well organised as some others. Let's take some pride in our shed and take the good from these visits and get better organised and also clean up after ourselves.

Mark Smith

Shed Activities and Projects



The shed has been granted a project to build six picnic tables by the Kingsway Soccer club. Six tables are under way, it is a big project indeed and each one will bring \$700.00 in to the shed kitty. Pictured are Gerry Clifford, Steve Ryan and Denis Thornton working on the project.

Headlines from our January JMS Committee Meeting

1. We are gearing up for the next round of MSWA grants. Early potential projects for submission might include micro-dust extraction, additional proactive Men's Health seminars, and upgrades to portable woodworking and welding equipment. Grants are capped at \$5000 for tools and \$8000 for upgrades (i.e. lighting and safety improvements). The initial round of grant requests must be in no later than Feb 23.
2. During the past month we took on the Kingsway picnic bench project (worth well over \$4K), did the annual clean up (thank you everyone that helped), and were glad Gerry Clifford took on the BBQ manager role.
3. Chris has done some major upgrade work on the JMS website using a new template that will add new features to support brand building and marketing.
4. We submitted a "last minute" MSWA grant and got it! 6 new computers are on the way to JMS and due Feb
5. Brian, our treasurer, determined we had an outstanding invoice from North Shore Country Club and Graham was able to determine what work is left outstanding. He will be looking for a group of "varnishers" to help complete the job.
6. Brian submitted our year end financials to ACNC, Associations Online, and the Shire per year end requirements. The great news is we are operating with a small profit, even after the major asset upgrades this year. Thank you to all our fundraising and project teams! A great result.
7. To make better use of our surplus funds the Committee approved moving \$5,000 from the general account and \$5,000 from the donations account to our managed investment account to yield higher returns for the members.
7. Semi-annual electrical inspections were completed 9/1/24.
8. We are updating our cleaning contract and expect to finalize by Feb 1.
9. The City completed an initial review of changing the parking layout at JMS and the short answer is no (due to the size of the rainfall basin). However, the City is investigating alternate locations for the buses (but this will not be an immediate resolution due to planning for bus security).
10. We did a brief update of the 5 year plan and created a presentation for the Shire visit on January 25.

All in all a great start to 2024!

December 2023 attendance statistics compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.	weekly totals
Week 1	1/12/23	3/12/23	xxxx	xxxx	xxxx	xxxx	29	0	0	29
Week 2	4/12/23	10/12/23	27	54	28	28	27	0	0	164
Week 3	11/02/23	17/12/23	26	44	28	33	26	0	0	157
Week 4	18/12/23	24/12/23	31	48	28	28	16	0	0	151
Week 5	25/12/23	31/12/23								
Total			84	146	84	89	108	0	0	
Working Days		16 days								
Weekly Average			28	48.67	28	29.67	27	0	0	
Total for The Month										501
Men per day		40.75								



FUND RAISERS

Farmers Markets



KINGSWAY MARKETS
Saturday 3rd February

Sausage Sizzles



Bunnings Joondalup
Saturday 10th February



Welcome our new Barbecue Manager

Gerry Clifford has thrown his hat in to the ring to take on the role of Barbecue Manager.

Gerry answered the call which has been going on for quite some time now. So fellas it is up to us to assist Gerry and help him by volunteering to man the sausage sizzle stall which brings in a large percentage of income for the shed.

A big thank you Gerry and to the men such as Mark Smith, Greg Reinikka and Brian Hill and those who helped keep the sizzles going while we were minus a Manager.

A TRUE ACT OF KINDNESS

At the Bunnings sausage sizzle on Saturday 6th January a gentleman ordered fifty sizzles. I said to him "how are you going to carry that many". He replied "I want to pay for fifty sizzles and you can give them to the next fifty customers free". That was worth \$175.00. What a generous person.

February Birthday Celebrations



Birthday greetings to you all

Derek Ball
 Barry Harding
 Skin Skinner
 Ian McCallum
 Perry Hepden
 Sean Munroe
 Steve Ryan
 Shane Cluning
 Bruce Thompson
 Jackie Pester
 Helen Wetherall

Welcome to new members

Bruce Thompson, Tim Galasso, Baheeg Iskander and Hans Jensen

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.

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

133

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

28

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

THE LADIES PAGE

The New Year has brought us some very enthusiastic new members to our group . We welcome aboard Cheryl, Andrea, Wendy and Margie .

We will be suspending membership at 30 members . Currently 28.

The month has been one of talking over what we want to achieve this year and which charities to support

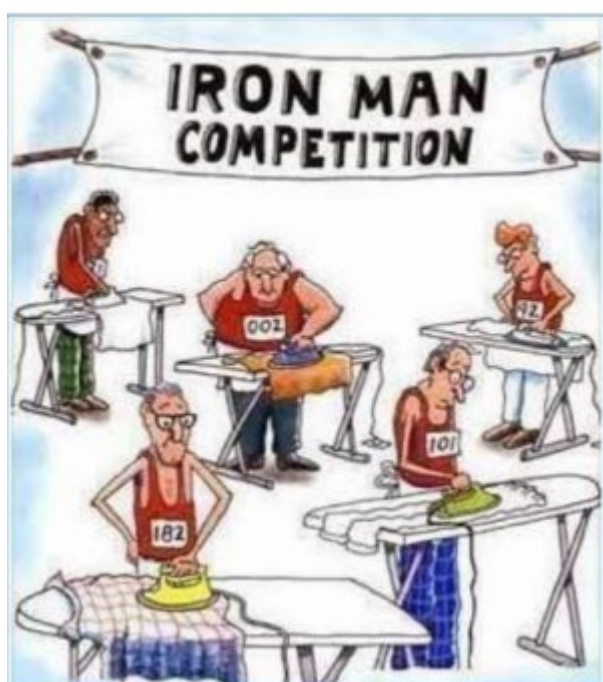
Frances and Lisa continue to help us all so much in the tool shed . We are immensely grateful to them both .



We look forward to our regular monthly workshops from Geoff.

Derek Newton has kindly agreed to demonstrate wood burning next week for us .

Mel Forster



This article from a British news paper was sent in by Eric Adlard

Men's Shed group receives royal seal of approval from King

Members of the Stonehaven and District Men's Shed have received the King's Award for Voluntary Service - the highest accolade volunteers can receive in the UK.

They were joined by the Aberdeenshire Provost Judy Whyte, representatives of the local authority and community groups, and relatives of past members for the presentation at the beachfront pavilion.

Lord-Lieutenant of Kincardineshire Alastair MacPhie noted the success of the Australian-born movement in allowing men to have fun, share skills and knowledge, and deal with mental health challenges.

Mr MacPhie said the Stonehaven group was a collection of like-minded people with a collective approach to projects, offering support to each other and the community.

The Stonehaven and District Men's Shed was founded in April 2016 and has 130 members.

Chairman Bill Allan received the award, which is the equivalent to an MBE.

He said: "We derive great pleasure in being part of a community whose groups work so well together for the benefit of the town and the surrounding area.

"This will inspire us to continue to contribute to the welfare of Stonehaven and its residents."



The Men's Shed is honoured for its work.



WISDOM FROM A WISE OLD JEWISH GENTLEMAN

A female CNN journalist heard about a very old Jewish man who had been going to the Western Wall to pray, twice a day, every day, for a long, long time.

So she went to check it out. She went to the Western Wall and there he was, walking slowly up to the holy site.

She watched him pray and after about 45 minutes, when he turned to leave, using a cane and moving very slowly, she approached him for an interview.

"Pardon me, sir, I'm Rebecca Smith from CNN. What's your name?"

"Morris Feinberg," he replied.

"Sir, how long have you been coming to the Western Wall and praying?"

"For about 60 years."

"60 years! That's amazing! What do you pray for?"

"I pray for peace between the Christians, Jews and the Muslims."

"I pray for all the wars and all the hatred to stop."

"I pray for all our children to grow up safely as responsible adults and to love their fellow man."

"I pray that politicians tell us the truth and put the interests of the people ahead of their own interests."

"How do you feel after doing this for 60 years?"

"Like I'm talking to a f*cking wall!!!!"

COMPUTER NEWS

Chris Graeme - Drury

The Joondalup Men's Shed is excited to share news of securing a modest technology grant from MSWA. This grant enables us to enhance the onsite laptop facilities for our members. The introduction of five new DELL laptops aims to educate all shed members on the latest Windows 11 technology, thereby addressing cyber security risks and enhancing their overall proficiency in daily computer use and education.

Members will have access to the laptops starting on February 24, with internet connectivity. These devices can be utilized in the community room or conference room as needed. Please note that, for general privacy and security reasons, the laptops will not be permitted for use off-site. However, the onsite technology team will provide active support for their usage onsite and plan ongoing education addressing the needs of the membership.

A few of the older Windows 10 laptops will also remain available for those who prefer this platform.

Inspiron 15 Laptop



Processor

12th Gen Intel® Core™ i5-1235U (12 MB cache, 10 cores, 12 threads, up to 4.40 GHz Turbo)

Operating System: Windows 11 Home, English

Video Card: Intel® Iris® Xe Graphics

Display: 15.6", FHD 1920x1080, 120Hz, WVA, Non-Touch, Anti-Glare, 250 nit, Narrow Border, LED-Backlit

Memory: 16 GB: 2 x 8 GB, DDR4, 2666 MT/s

Storage: 1 TB, M.2, PCIe NVMe, SSD