



Joondalup Mens Shed Bench Press September 2024

Editor Merv Pearce



Presidents Report

Summer is coming.

Our AGM has been and gone and I would like to thank and congratulate the incoming Committee (unchanged from the previous year) for the 2024/25 year, and of course thank them for their untiring work during the previous year.

We have had a grant of \$2000 approved for the Truck and spent. The truck continues to progress slowly due to the lack of funds. If you have any funds you would care to donate, please do not hesitate to see us in the office and we will assist. WE can keep this confidential if you so wish.

We have approval from COJ to install the micro filters in the wood shop to assist with collection of the fine dust created by the sanding machines. We have applied for a grant for the installation and do not expect a response until Oct. If the grant is declined we will consider installation at our own cost.

Ron Slavin has passed the ordering of shirts/jackets baton to John Spence after many years of service in this area. Thank you very much Ron for your great support in this area. Thank you, John, for taking on this important role.

We have noticed that First Aid items fully used in the aid boxes are not reported to the office and hence when needed the required item is not available. ANY time you use an item from an aid box please report it to the office so we can ensure we replace items for the next user. Whilst this may not be critical at times

it makes assisting with major issues if and when they arise. THANKS.

Could you please ensure your name is legible when completing the attendance book. This will assist us when we are required to ensure all members are accounted for when we are required to evacuate in an emergency and also assist with our recording of individual attendances.

Bunnings made a request to us to swap our October date for a September date, which we were able to assist with and we raked in a very nice \$2,700. Thanks to the members who made themselves available with short notice to make this a great success.

Still with Bunnings we were asked to support their 30th year celebration with our marketing team taking along our wares for display and sale. Thanks also to the team for their ongoing attendance for these types of events and the regular weekend markets they attend.

A final note from me – Our Xmas function has been set for the 5th of Dec, at Northshore once again. Please mark your calendars in preparation.

Mark Smith



NOTES FROM THE SEPTEMBER COMMITTEE MEETING

Rick Otero

1. The committee agreed to proceed with pursuing a grant for an additional (smaller) Sawstop.
2. We are looking at holding a combined “garage sale”/market at JMS prior to Christmas.
3. AGM Minutes are available for review on request.
4. The markets team has officially been approved to attend Mossman Markets in November.
5. We had a security incident requiring reset of the JMS entry passcode. This was the result of a cleaner allowing non-cleaner personnel access to the JMS site. The cleaners were notified, and the person was terminated.
6. Ian Goodenough requested to hold a “thank you” to JMS (held on Tuesday Sept 24th).
7. We received a large donation from a cabinetmaker (worth over \$6000). Many thanks to all the JMS team (especially Geoff, Bill, and Metal Shops gents for the extra help in collection).
8. The Special AGM constitution changes approved earlier this year have been officially recorded with the WA Government.
9. We have “Bragging” rights! During the visit by Vince Connolly, the liberal candidate for Moore, and Senator Hollie Hughes, the shadow minister for health and suicide prevention and included representatives from Men’s Sheds of Western Australia, it was noted that we (Yes JMS) is a “Flagship” Men’s Shed. Both MPs also strong support for the development of the Shed in coming years. Thanks to all the JMS folks who helped support the August 21st visit led by Chris Graeme-Drury.
10. In support of the visit in #9 a very preliminary plan and estimate were developed for the Shed Expansion were developed and submitted to the MPs.
11. Our grant application for micro-filters was submitted to the Shire’s grant program for a mid-October decision.
12. Just a reminder that no smoking is allowed within 5 meters of the building perimeter.
13. Several complaints were registered about members keeping projects on the tables more than overnight. All members are to remove projects each evening and if you have need of an overnight glue-up let a shed supervisor know.
14. Just a reminder no pets are allowed at JMS except for officially registered service animals.
15. Brian will be updating our business registration with the Australian Business Register (as it had fallen out of date, and we needed the final AGM minutes recording the new officers).

We stand at 143 JMS members and 28 associate members – please note we gained 7 new members since the last meeting!

a scammer called my grandma
and said he had all her
passwords

she got a pen and paper and said
'thank god for that, what are
they'



VIP Visit to the Joondalup Mens Shed

A heartfelt thank you to everyone who played a role in facilitating the VIP visit on Wednesday, featuring Vince Connolly, the candidate for Moore, and Senator Hollie Hughes, the Shadow Minister for Health and Suicide Prevention. Your efforts made the day a success, and we appreciate the teamwork that went into the event. A special thanks for leaving some of the party pies for us to enjoy after a highly productive tour of the shed, which was made even more meaningful by the presence of representatives from the MSWA Association.

Our visitors were notably impressed by the culture at JMS and the community-driven focus of our work. We are optimistic about the future and look forward to collaborating with them on the expansion plans for the shed.

Both MPs have expressed their strong support for the development of the shed in the coming years, with particular enthusiasm for our plans to expand and refurbish the community Dodge truck. This project, which aims to promote the welfare of both men and women across various age groups and activities, truly captured their interest.

Mental health, disability, NDIS, and community support projects were highlighted as their top priorities, and they assured us of their commitment to securing government financial support for everyone involved. We are excited about the possibilities this collaboration brings and look forward to continuing this important work together.

Chris.Graeme-Drury

Vice President



FUND RAISERS

Farmers Markets



Kingsway MARKETS
Saturday 5th October

MOSMAN MARKETS
Sunday 3rd November

Sausage sizzles



No sizzle for October

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 Emily Hamilton MLA, Member for Joondalup (ALP)

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.

August 2024 attendance statistics compiled by Ian Mc Callum

Period	Week Start	Week End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		Weekly Total
Week 1	1/08/2024	4/08/2024	xxxx	xxxx	xxxx	24	33	0	0		57
Week 2	5/08/2024	11/08/2024	28	53	38	28	35	0	0	1 vis	182
Week 3	12/08/2024	18/08/2024	31	60	36	35	30	0	0	5 vis	192
Week 4	19/12/2024	25/08/2024	28	68	29	25	22	0	0	3 vis	172
Week 5	26/08/2024	31/08/2024	38	56	34	34	29	0	xxxx	8 vis	191
Total			125	237	137	147	149	0			
Working Days		22 days									
Weekly Average			31.25	59.25	34.25	29.4	29.8	0	sept		794
Total for the Month		794									
Men per day		36.09									

**When signing the attendance register please print your name clearly.
No nick names please.**



Last Tuesday 24th September a barbecue was arranged for shedders by Ian Goodenough. Tasty sausage sizzles and burgers were enjoyed by all who attended. Ian pictured wearing a black cap and apron seated and lunching with some of the shedders.

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

October Birthday Celebrations



Wally Brandt
 Stephen Brooks
 Graham Duffy
 Merv Pearce
 Tom Burnett
 Bill Hack
 Mike Feinas
 Chris Porter
 Bill Corry
 Rick Otero
 Derek Newton
 Gordan Brown
 Gert Enslin
 Don Macpherson

Birthday greetings to you all

Welcome to new members

David Heald, Josh Knowles, Graeme Currell and Frank Lloyd

Welcome to the shed gents,

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 August 2024

143

The total number of paid up associate members as at August 2024

31

The Australian Men's Shed Association has recognised unique and innovative Men's Sheds and Shedders at the 10th National Men's Shed Gathering in Murray Bridge, South Australia.

The 2024 National Men's Shed Awards, supported by AMSA's major partner [Fair Dinkum Builds](#), recognised seven Men's Sheds across six categories, following nominations submitted earlier this year.

2024 National Men's Shed Awards Recipients

Jurien Bay Men's Shed WA

INNOVATIVE FUNDRAISING ACTIVITY

Men's Shed Wagga Wagga NSW

SUSTAINABILITY

Coolum Men's Shed QLD & Eden Men's Shed NSW

MEN'S HEALTH

Graham Barnard

Bellbowrie Moggill Community Men's Shed & Shed West Community Mens Shed QLD

SHEDDER OF THE YEAR

The Macclesfield Men's Shed SA

SHEDED OF THE YEAR

Paul Sladdin

TED DONNELLY AWARD – OUTSTANDING CONTRIBUTION TO THE MEN'S SHED MOVEMENT

As part of the Australian Men's Shed Association's (AMSA) 10th National Men's Shed Gathering in Murray Bridge (SA), the 2024 National Men's Shed Awards were announced to recognise Men's Sheds going above and beyond for members and their communities and individuals for their contributions to the Men's Shed movement.

"This year we saw some truly unique and innovative activities in our sheds, and we commend the creativity of these shedders who are doing great things for their communities," said AMSA's Executive Officer David Helmers.

The Jurien Bay Community Men's Shed was awarded the Innovative Fundraising Activity Award for their unique "Rest in Reef" project, which offers people a unique way to remember loved ones.

"Rest in Reef" is an artificial reef on the West Australian coast, made using reef balls with a deceased person's ashes blended into a special blend of concrete. As part of the package, the Shed offers a memorial service on the beach from where the friends and relatives can watch the boat deliver the reef ball for incorporation into the reef.

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The Shed is the only organisation or business in Australia authorised to offer this service, and receives enquiries from all parts of Australia. The project has an estimated lifespan of at least 20 years, with approval for 100 more Rest in Reef balls to extend the artificial reef over the next three years.

The Menshed Wagga Wagga philosophy of “If it has a second life, we will find it and use it” saw them awarded the Sustainability Award for their recycling program converting trash into assets.

The shed has saved around 35 tonnes of scrap going to landfill annually and provided much appreciated funds to many local charities and funding special projects. Their ongoing Garage Sale has provided many families with an easy way to clean out “Dad’s shed” and has raised around \$65,000.

They also recycle washing machines. The metal tubs are sold as fire buckets, the plastic tubs as feed bins and the agitators modified as hoof rests for farriers. Another projection was the conversion dozens of electric hospital beds destined for a landfill into to adjustable work benches and tool caddies not only for their own shed but for Men’s Sheds in the region.

The “Ted Donnelly Award” recognising outstanding and lifelong contributions to the Men’s Shed movement was awarded to Paul Sladdin. Paul’s service to the Australian Men’s Shed Association has been exceptional, being a founding member of the Mansfield Men’s Shed (VIC), President of the Victorian Men’s Shed Association (VMSA) 2010 – 2014, an Australian Men’s Shed Association (AMSA) board member 2010 – 2017 and AMSA Chairman 2018 – 2024.

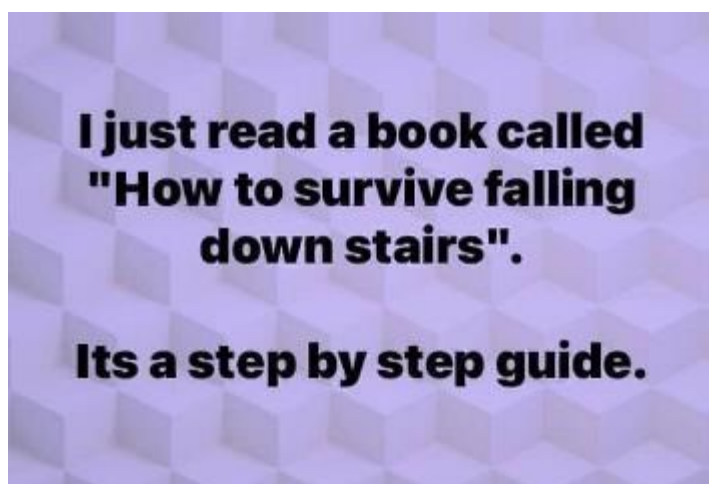
“Paul has an incredible knowledge of Men’s Sheds and the wider benefit of Sheds to the men within them, as well as the boarder community,” said AMSA Executive Officer David Helmers.

“He has guided AMSA through some difficult times and worked with an exceptionally high ethical standard making a significant contribution to all Men’s Shed nationally and internationally.”

Representatives from award winning Men’s Sheds and shedders were in attendance at the Shed Mates Shedder’s Dinner at the National Gathering to accept their awards. Find out more about the award recipients

at AMSA’s [The Shed Online blog](#).

Report by Brian Hill who attended the gathering.



 **Seniors Recreation Council of WA Inc.**

PATRON:
His Excellency the Honourable Chris Dawson AC
APM, Governor of Western Australia

Have a Go Day
A LiveLighter Event

Wednesday 13th November 2024
Burswood Park 9.00am to 3.00pm, Great Eastern Highway

Free Activities and Information day for over 50's
“Time to Have a Go”
Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies

08 6118 2718 www.srcwa.asn.au
Free tea, coffee & bottled water available all day.
Food Vendors in attendance.

➡ FREE Shuttle Bus Service Burswood Train Station ➡ FREE Parking in Burswood Surrounding Carparks

AGE IS FREE SENIORS EVENT NO BARRIER



SUPPORTED BY

I have attended the Have a Go day event almost every year since its beginning. I do recommend attending as it is a great day out at Burswood Park. Free tea and coffee all day and lots of free food samples. There is plenty of free car parking or you can catch a train to Burswood station and a free shuttle bus will transport you to the event.

Merv (Editor)



MARKET MOMENTS

Mike Feinas behind the counter with Vince Bertolini supervising at a recent Farmers Market at Kingsway.

THE LADIES PAGE

A group of ladies enjoyed a visit to Guildford Pottery . We were given a great pottery demonstration, making it look all too easy to rustle up a pot !
We also got to chat with Derek Newton and view his very talented art work.

Mel Forster

