



# Joondalup Mens Shed Bench Press March 2026

Editor Merv Pearce



## *Presidents Report*

I am very pleased to advise that shed membership continues to grow. We now have 184 men and 33 women. Please try to make all new members feel welcome—take

the time to wander over and have a chat with them. We currently have several grants underway. A big thank you to Rick for submitting these applications:

### **a) Dave Beard – Men's Health Issues/Topics**

We have six sessions available. Four will be used by the Men's Shed and two by the Women's Shed. We will run two sessions on each topic (Tuesday and Wednesday) to allow members attending on different days the opportunity to participate. Topics will be confirmed later.

### **b) IT Upgrade**

We are looking to upgrade our central computer unit to improve performance for computer repairs. We will also be purchasing repair tools and diagnostic software to expand our capabilities.

### **c) National Volunteers Week**

We have been approved for a grant of \$1,485 to hold a function/lunch during the week of 18th to 24th May for members.

Volunteering Australia recognises the contribution of millions of volunteers across the country, and this grant helps celebrate your efforts.

Bunnings BBQs continue to be our major fundraiser, and the Friday BBQs have been very successful. My thanks go to the team involved in preparation and attendance at these events.

The next Saturday BBQ is on 11th April, and we need more volunteers. If you are available, please add your name to the list. Thank you.

We recently assisted the Lions organisation with a 102-hour BBQ at Bunnings Joondalup (27th February to 2nd March), contributing a 4-hour shift. Thank you to all members who participated in this community

project. We have received a Certificate of Appreciation from the Lions group—well done to everyone involved.

A team led by Egon is currently working on a CNC project and is close to presenting a business case outlining how and why the shed should purchase a CNC machine. The team is very enthusiastic, and I look forward to their presentation.

The CO<sub>2</sub> laser project is being progressed by Simon, who has dedicated considerable time to getting the machine operational. The machine was generously donated, and we have invested in upgrades to improve usability. Thank you, Simon, for your efforts. Our shed will host a Men's Sheds WA zone meeting on Wednesday 20th May. Delegates from northern metropolitan sheds will attend, with expected numbers between 30 and 50. We will provide morning tea, lunch, and afternoon tea. As a result, the shed will be **closed on this day**.

With Easter approaching, the shed will be closed on Good Friday (4th) and Easter Monday (6th), reopening on Tuesday 7th.

### **Annual General Meeting (AGM)**

The AGM is approaching and will be held by the end of July. Nominations for positions will open on 15th April and close on 15th May. Our operational year concludes on 30th June.

Rick has done an excellent job preparing "Positional Overviews" to assist prospective office bearers in understanding the roles and key responsibilities associated with each position.

*Mark Smith  
President*



## HIGHLIGHTS FROM THE MARCH COMMITTEE MEETING

Rick Otero

1. We approved the purchase of a new drill press for the metal shop from the 50K grant.
2. We agreed to hold an allocation of funds for the CNC machine (\$15K) - no later than May 15th or it will be used on other priorities.
3. We agreed to officially charter the CNC team led by Egon.
4. All insurance policies have been renewed.
5. We are now at 184 Men and 33 Women volunteers.
6. We received a grant of almost \$1500 for volunteer week in May.
7. We have decided that effective April 1 the wood and metal shed will require hearing and eye protection at all times. Based on sound level checks hearing protection must be class V. Eye protection must meet safety requirements and standard eyeglasses do not meet that requirement.
8. We have requested the metal shed to develop a way for metal grinding sparks to NOT fly into walkway areas or the metal shop.
9. The AGM will be held in late July.
10. February was a breakeven month financially and YTD we have generated \$15K of surplus cash.
11. We approved \$2.4K of electrical upgrades to support the new CO2 laser.

# Easter Shed Closure

PLEASE BE ADVISED  
THAT THE SHED WILL  
BE CLOSED ON  
GOOD FRIDAY 3RD  
AND EASTER MONDAY  
6TH APRIL . RE OPEN-  
ING ON TUESDAY 7TH  
APRIL



# ***FUND RAISERS***

## ***Farmers Markets***

Joondalup Mens Shed



No markets have been organised for this year due to there being no marketing manager.  
Any member out there interested in taking on the position?

# **Sausage Sizzles**



Saturday 11th April  
Saturday 23rd May  
Saturday 13th June  
Saturday 18th July

Saturday 15th August  
Saturday 19th September  
Saturday 17th October

## *Friday Sausage Sizzles*

*Bunnings has offered the shed several Friday gigs.  
C'mon blokes volunteer to help*

## **BRING IN YOUR "E" WASTE**

The shed has acquired a new bin to accept old computers, phones etc. If you have any old and un used electronics bring them in and throw them in to the big blue bin .

**DO NOT DROP ANY OTHER MATERIALS IN THE BIN.**

**Due to the good response a larger bin has been provided, the same size as the pictured one**





On Saturday 21st March I attended the Balcatta Woodcraft Fair which was run by Timbecon the wood machinery people who are now occupying the premises where Carbatec were originally located.

The show was well worth the visit as there were many different wood working clubs demonstrating and showing their products which were of excellent quality. I hope that the show will be an annual event.

Merv Pearce



Toys made by a cnc machine on display at the wood show. Hopefully we will be able to do such things when we purchase a cnc machine.

## February 2026 attendance statistics compiled by Barry Fitzsimmons

Week Start	Week End	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Visitors	Wk Total
2/02/2026	8/02/2026	45	60	48	36	34	0	0	5	228
9/02/2026	15/02/2026	35	69	37	36	42	0	0	9	228
16/02/2026	22/02/2026	40	55	??	28	29	0	0	11	163
23/02/2026	1/03/2026	47	53	38	35	29	0	---	1	203
	Totals	167	237	123	135	134	0	0	26	822
	Day Avg	42	59	41	34	34	0	0	7	

The total number of paid up ordinary members as at January 2026

**184**

The total number of paid up associate members as at January 2026

**32**

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:  
"Blokies 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.



Pizza Puzzle answer:

You will need to think about this.

However, if the year is out by one, then you've already had a birthday this year - congrats.

She wanted to have dinner somewhere really expensive



# Shed Activities and Projects



Another great project expertly built by Denis Thornton it is a large moveable black board for the Spring Hill Primary School. Denis has also made another blackboard the same dimensions to be fixed to the wall of a class room. Denis pictured is to be commended for the professional work he has done for the shed over the time he has been a member.



Hi Merv,

Would you consider adding this link to the web version of our newsletter.

It's from Destination WA and features the Padbury Community Garden.

They have been very successful achieving grants for projects and putting their funds to good use.

Brian Hill



# April Birthday Celebrations



Bill Maley  
 Tyron Paul  
 Stefan Raczowski  
 Ron Hasenauer  
 Cameron Baird-Trotter  
 Peter Mcilroy  
 Tony Langford  
 Neil Shackelford  
 Kynan Burns  
 Bill Henley  
 Larry Minshull  
 Keri Parry  
 Bruce Meakins  
 Benjamin Persak  
 Russell Brand  
 Rob Dekens

**Birthday greetings to you all**

## Welcome to new members

Alfred Heng and Steve Plant

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.

A duck, a skunk and a deer went out for dinner at a restaurant one night. When it came time to pay, the skunk didn't have a scent, the deer didn't have a buck, so they put the meal on the duck's bill



A drunk goes to court. The judge says, 'You've been brought here for drinking.' The drunk says, 'Great. Let's get started.'

An Irish Sense of Humor ©



# THE LADIES PAGE

March has once again been a busy month for our members.



Jane Trinder shared her knowledge and patience with us making nylon fishing rope mats and bins .

We continue to make bee hotels to share within the local community

We celebrated International Women’s Day at Bunnings making fun pots . Coffees and an array of snacks was provided



Our Bunnings Easter night was spent busily helping children decorate hats and serve an endless stream of popcorn fans .

Mel Forster JWS co ordinator.

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