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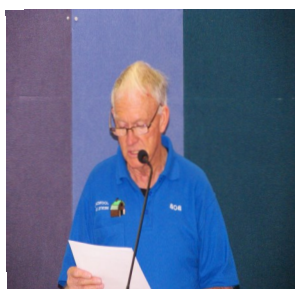
February saw a lot of activity, both within the JMS premises and externally with assembly of Gazebos at Bunnings warehouse. The presentations were organized on varying and diverse subjects from Legal, Smart technology, to Wine appreciation. All these occasions of getting together, gives the membership to sit and appreciate the company and in the process learn a few things outside the realm of our daily life. The process is to keep active and provide the membership an excuse to use the facilities. Not to Socialize doesn't imply being anti-social but having a low tolerance for people. On the contrary we socialize for the betterment of the community in general.

Joondalup Men's Shed Inc.

Bench Press

The President's Desk March 2015

A message from Peter Christie to the President:



I read with interest you December edition of the "Bench Press" about the Men's Shed chap as shown on the ABC TV from Coolum Men's Shed. A 'typo' from your president has it as 'Toolum' but that is fine, at least it helped spread the word. We are all members of Men's Sheds doing a great service to the communities and to it's members.

I am the guy shown in that program and although the interview was edited down from over 2 hours to about 4 minutes it did tell my story and the part my local men's shed has played in my life pretty well.

My ex-wife who is still a best friend first told me about the opening of a local men's shed and suggested I should go along to see what it was all about. Because of mental issues, we all have them to some degree, I had become so introverted it was a major effort to get outside

to my mail box. So after 'fudging' it for a couple of weeks where I went for a drive to a local car park and sat for a few hours so that my ex believed I had gone to the men's shed I finally admitted during a 'female interrogation' that I had not actually been to the men's shed. It was then when she said she would take me that I went on my own, she sort of had a gun to my head and there was no need for her to convince me she meant it.

Since then only rarely have I missed a 'shed day' and often gone in on days we are closed to reduce my back log of work. My field is with metals, mainly welding and plasma cutting and what was non-existent before I joined the shed has become an integral section doing all sorts of projects. Also being on the management and new building committees has further brought me out side my comfort zone.

people that have depression or other mental issues. Members have life skills that may not bring them 'qualifications' but can help with an ear, friendships and a smile of welcome. I did the ABC interview to spread the word that men's sheds can play a very important roll that can be easily overlooked. To read your December 'Bench Press' has shown me that the program was worth while and a thank you to your president that he noted the TV program in his message. I have a son living south of Perth and if I get over that way to visit him I would also like to visit Joondalup Men's Shed.

Regards

Peter Christie

Coolum Men's Shed

Sunshine Coast Queensland.

Lessons in Smart Technology

“We need technology in every classroom and in every student and teacher’s hand, because it is the pen and paper of our time, and it is the lens through which we experience much of our world.”

“David Warlick”.

Feb 3rd, Efriend project organized an introduction to everything SMART. The educative talk was given by Emily from Efriend, an organization that is keen on inclusive technology training and provides training to organizations and individuals. The contents of the talk was introduction, to our members, of the SMART technology which is incorporated in the latest brands of Phones, IPad, Tablets and Televisions etc. Within the time allocated, Emily introduced the IPad and iPhone and explained the general use of the same. Without showing any preferences of any particular Telco, various server connection plans were discussed for the benefit of members. Questions were raised and answered to the satisfaction of the members. The presentation was well attended and the discourse well received without any technically difficult jargon. In future link will be provided, on our website, for self education on smart technology.



Appreciating the Nectar of Gods, Wine

"Wine is one of the most civilized things in the world and one of the most natural things of the world that has been brought to the greatest perfection, and it offers a greater range for enjoyment and appreciation than, possibly, any other purely sensory thing."

— [Ernest Hemingway](#)

A talk on the pleasures of life doesn't go amiss for those who participate in the practice of frequent indulgence in all things "good" for life. Surely the various nuances of Wine tasting and appreciation can only be furthered by being educated in the proper etiquette of the wine indulgence. The members were treated to the history of wine making and comparison of the variances in Grapes. The speaker endorsed the talk with quotes from the greats of wine makers and philosophers, whose subject may have "been" a touch influenced by the spirit of the fruit. Alas, for the restriction of alcohol on our premises, the membership could not savour the tastes of the various drops of wine that were referenced in the presentation.



ALL THING LEGAL: Robert Burton

24th Feb, Magistrate Robert Burton gave a wonderful presentation on the legal framework. The well attended talk had all those in attendance totally engrossed in the various stories of involving the due process of Law.. Robert had more than a few stories of his life on the bench. He touched on the process of selection to the bench and the various communities that he served as a legal officer in Western Australia. Recollections ranged from judgements on criminal, family, legal interpretations, commercial and petty squabbles. For people intimidated by the legal process, Robert had no dearth of stories from the callous to the most unbelievable. He seemed an individual whose judgements could not be taken lightly even at the cost of the superior courts questioning his decisions.

There were quite a few questions put to him and Robert's answers were always balanced and to the point. No grey areas in his "passing judgement", on the hypotheticals or real issues, put forward in the questions.

Great presentation!!!!

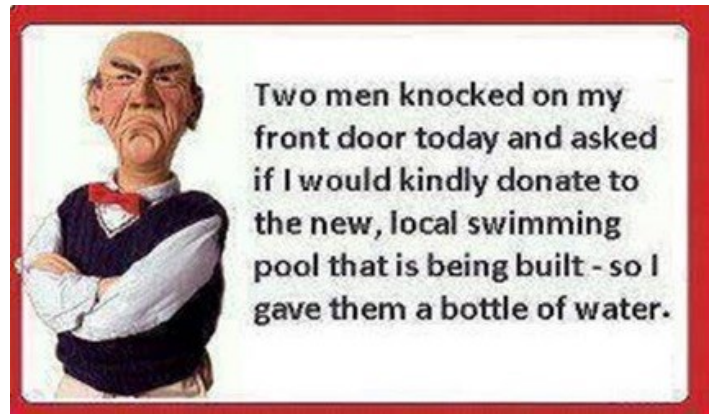


Safety On Premises

- Use earmuffs to protect your hearing. Your hearing can get worse.
- Use eye protection. Just think what life would be like without sight.
- Wear covered footwear in the workshop.
- Make sure you don't have loose clothing that can get caught in a machine.
- Exercise correct procedures for individual machines
- Clean up after you.



On a Lighter Note

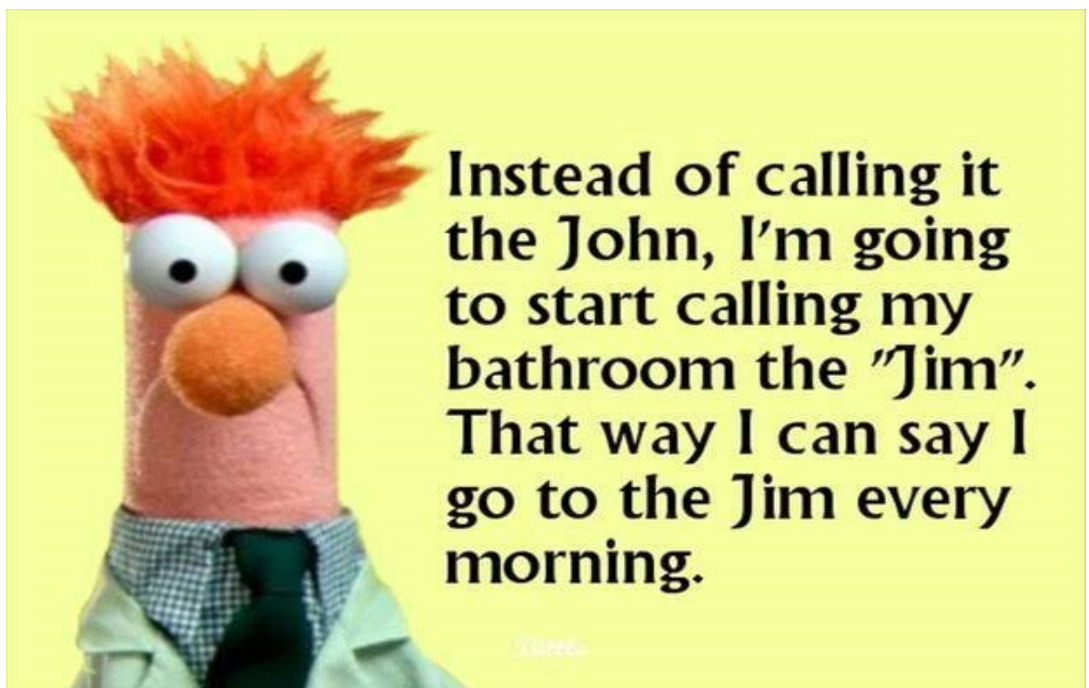


5 DEADLY TERMS USED BY A WOMAN

- 1) FINE: This is the word women use to end an argument when she knows she is right and you need to shut-up.
- 2) NOTHING: means something & you need to be worried.
- 3) GO AHEAD: this is a dare, not permission, do not do it.
- 4) WHATEVER: A woman's way of saying screw you.
- 5) THATS OKAY: She is thinking long and hard on how and when you will pay for your mistake.

BONUS WORD: WOW!

This is not a compliment. She's amazed that one person could be so stupid.



Footy Tipping:

The 2015 football season is not far away from commencing.

Michael is happy to conduct a tipping competition for Joondalup Men's Shed for the 2015 season.

Cost would be \$10 per person.

Prizes would be \$10 for the person who tipped all 9 winners in one week competition.

Should there be no weekly winner to prize would jackpot each week until some one picked all 9 winners.

End of season would be first, second, third and last place in the tipping.

We would require 35 members to join the comp.

Prizes would be 23 weeks at \$10 \$230

End of season	First	70
	Second	35
	Third	10
	Last	5
	Total	\$ 350

Competition would use the West Australian web site, any members who do not have computer would complete a tipping form on paper and I would put in tips on the members behalf

If interested please contact Michael Robinson at the JMS to join the competition.

Assembly Exercises:

The call to man the various tasks of assembling wheel barrow and Gazebos at Masters and Bunings hardware stores, respectively, is answered by a more than a few willing volunteers. On the 10th through to the 16th of Feb 126 wheel barrows and a large number of BBQ Gazebos were assembled. As mentioned in previous editions of the Bench Press, it is quite usual that the call for volunteers is made at short notice and it is even more gratifying that the call is answered by a number of regular volunteers, for the successful completion of the task. Thank you all who have contributed their time and effort to make this sacrifice for the good of the Shed.



Poynter Markets

28th Feb JMS was represented at the Poynter's farmers market. As usual our wares were in great demand by the public and the proceeds from the sales were a bonus for the Shed's coffers.



These outings gives us a great exposure and it is a credit to all those who spent countless hours in designing, creating, painting and attending the stalls at these venues.



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

All our external activities require volunteers, sometimes at short notice. Please come forward and give a helping hand to make the event a successful one for the JMS. The proceeds from these activities helps the Shed. Thank You

Our best to all the members who have had various operations and ailments in the last month and recuperating through their illnesses. We wish you all a speedy recovery and good health

Members are requested to inform the Welfare Officer of any illness of members, whom they are in contact with, so that a courteous enquiry is made after the welfare of the member. We all need support at times like these.

Members are requested to send in articles and comments for inclusion in the Bench Press Since the distribution list is not limited to internal membership, discretion is "advised". Please submit by the third week of the month for publication, to Reg.. rluther48@gmail.com

The Committee and Members would like to extend their Birthday wishes to the following members, whose Birthday falls in the month of March:

- **Pieter Arends**
- **Ray Cutbill**
- **Bob Davis**
- **Michael Dove**
- **Dick Duggan**
- **Denzil D'Vauz**
- **Stan Elson**



All members are requested to update their membership particulars with Michael Robinson:

robinsonmj1950@gmail.com
94098484



- **Colin Gilmore**
- **Bill Green**
- **Les Hendon**
- **Ronald McMillan**
- **Jem Shorland**
- **Robert Uitenbugerd**
- **William Brianson**

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