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Men's shed is an establishment that was created out of a need for shared values of men across the social network. There is a need for an interaction, to find common interest whether it be in arts, craft or technical skills. Daily, the number of members who participate in this social "get together" is on the increase and each brings a certain expertise to contribute to the general well being of the organization. These contributions may vary, depending on the expertise of each member, but the net result is the well being of those who are recipient of these social interactions and the success of the group as a whole. Without similar activities we would not have a strong quality of life. It's the way in which we ourselves grow and develop. Sometimes we differ in the execution of the workings but the goal is always the same.

## *Joondalup Men's Shed Inc.*

# BENCH PRESS

### **President's Report:**

Have just watched a documentary on help for Parkinson sufferers, where boxing is helping to make improvements to the health, balance, strength and social interaction of this group.

Our Men's Shed certainly caters for the social aspects of our members. We don't get to do a lot of the physical activities. I know some of our members are involved in cycling, kayaking, walking, running, golf, dancing, swimming and the gym. It is important that we all get some exercise each day. It is recommended that we get at least 30 minutes a day.

We are gearing up to make toys to send to Timor through the projects being initiated by the local Rotary Clubs. We will also send some of our surplus hand tools for them to use.

A few of our members have been in hospital lately. Get well wishes go to Selwyn, Harry, Alan and Sam. If you are aware of members who are not well please contact Peter Macander on 0403287442. Thanks to Peter for the visits he has made to members in hospital.

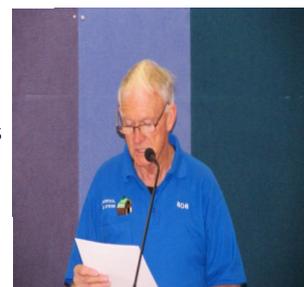
Have had a few holdups in the shed with machines breaking down. Hopefully we'll get the bandsaws (blades) and the bench saw (belt) in operation ASAP. Thanks to Brian Skinner who was able to negotiate an excellent price on a radial arm saw to replace ours that had a major burn out.

If you think you could help out as a supervisor even for one day a month please talk to Michael or Bob. Talk to us about what this job entails.

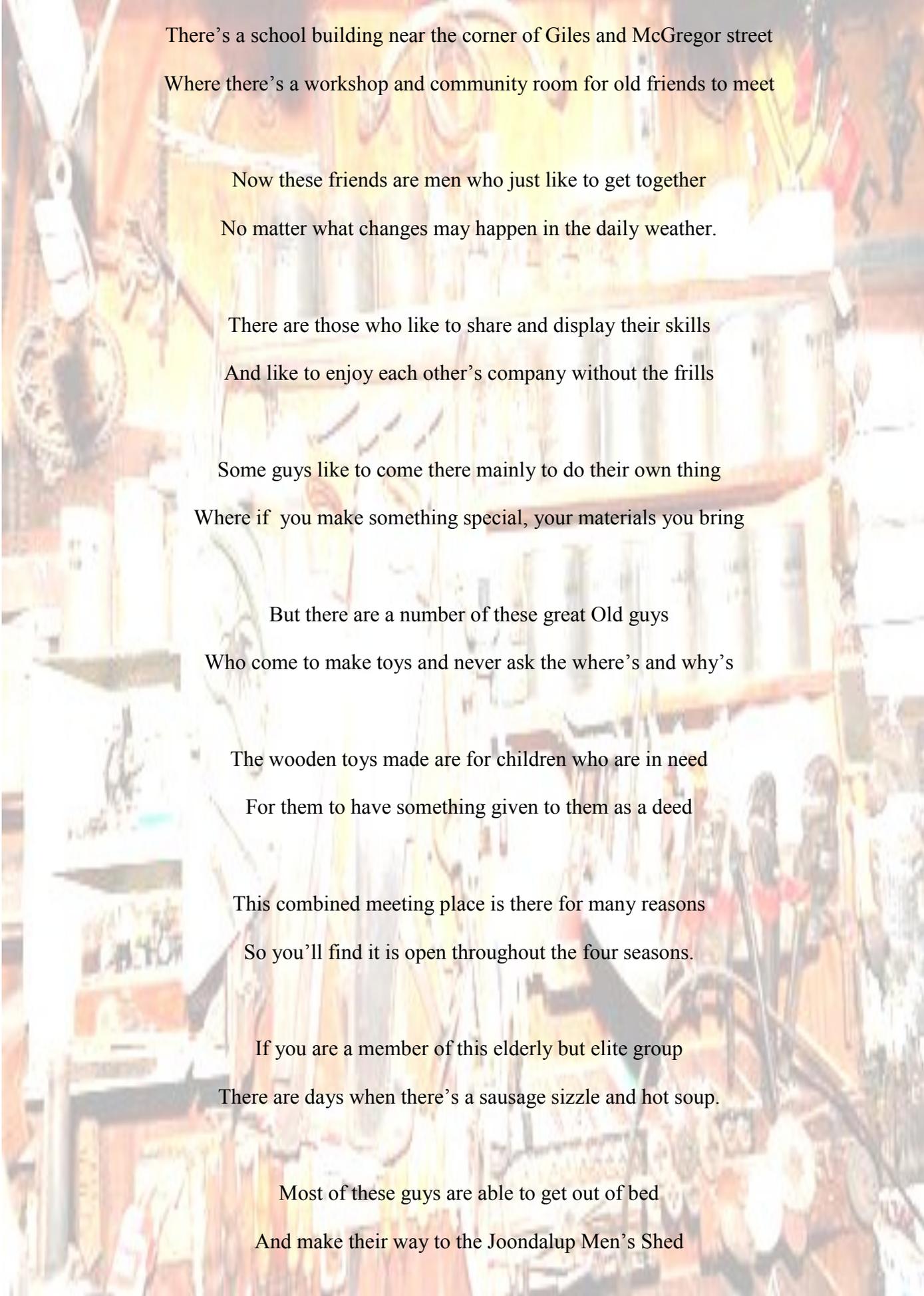
Great to see all that chip board gone from the front of the shed. Some went to Bindoon Men's Shed and some to Bethanie Beachside, a workshop north of us (which is a retirement village that among other things provides a workshop for their members. This is brand new and has some woodworking machines. Has not opened yet as they are waiting for its Health and Safety Certificate). Ozzie, from our shed is helping to get this shed operating. They were extremely happy with our donation of wood.

Ron Macmillan organised for a donation of some timber to a CATA Creative and Therapy Activities helping people with physical and intellectual difficulties. This group is based in Warwick and its members make wooden things like us to give their members something to do while helping to provide for themselves through the sale of their products.

Happy holidays to those members heading North or cruising whatever. Have good break and we look forward to seeing you back later in the year.



# *Where Old Friends Meet* Author Tony Brewer



There's a school building near the corner of Giles and McGregor street  
Where there's a workshop and community room for old friends to meet

Now these friends are men who just like to get together  
No matter what changes may happen in the daily weather.

There are those who like to share and display their skills  
And like to enjoy each other's company without the frills

Some guys like to come there mainly to do their own thing  
Where if you make something special, your materials you bring

But there are a number of these great Old guys  
Who come to make toys and never ask the where's and why's

The wooden toys made are for children who are in need  
For them to have something given to them as a deed

This combined meeting place is there for many reasons  
So you'll find it is open throughout the four seasons.

If you are a member of this elderly but elite group  
There are days when there's a sausage sizzle and hot soup.

Most of these guys are able to get out of bed  
And make their way to the Joondalup Men's Shed

The shedders had a day out on the 12th of May, visiting the Army Museum and a lunch at the Fremantle fisherman's wharf. The cost of the entrance to the museum and the lunch was subsidized by the shed with nominal charge to each member. These outings help in keeping in touch with our history and learning more about the various wars that we were called upon to fight and sacrifice. In this year, an apt lesson of remembrance of the 1915 campaign that led to major casualties for Australian and New Zealand forces during the First World War.



The Army Museum of WA was established in 1977 and was originally located in the nineteenth Century building "Dilhorn" situated in Bulwer Street, Perth, which had been in use by the Army since 1952. This heritage listed building was subsequently sold privately by Department of Defence in 2001.

The museum was relocated to the Artillery Barracks site in Burt Street Fremantle in 1995. This entire precinct has been heritage listed with several of the buildings having historical significance. The initial aim was to open a new gallery every year leading up to 2001, the year of the centenary of federation and the forming of the Australian Commonwealth Military Forces. Each gallery reflects the Army in Western Australia and Western Australian's service within the army from the colonial period through to the present day.



## Lighthouse Ones Visit the Men's

On Friday 15<sup>th</sup> May, students from the School of Special Educational Needs – Sensory's Lighthouse Ones program were thrilled to visit the Men's Shed. The program theme for the day was "Building and Construction", so what better place to experience those things first hand?



Nine hearing impaired children, together with their teachers, were given a fun and fantastic tour of the workshops by Brian "Skin" Skinner. Brian showed us wood working tools and equipment including the orbital saw. He gave us an important talk about safety in the workshop and showed us how he lost part of his thumb on an orbital saw! We also learned about metalworking and how to weld pieces of metal together. The men showed us some of the great toys that they design, make and paint for children.



Before we left, Sanny showed us some of his amazing origami skills and gave us each a paper plane that did loops and flew back to us. We were also very grateful to be given gifts of toy cars and a washing line from the Men's Shed!

The Lighthouse Ones students and teachers would like to extend our warmest thanks to all those at the Men's Shed who helped organise and conduct our

visit. And a very special thank you for the toys!! We had such a fun and unique learning experience!



## Mother's Day Cake Raffle

Mother's day is a modern celebration honoring one's own mother, as well as motherhood, maternal bonds, and the influence of mothers in society.

The shed participated in this celebration, by putting up two beautiful cakes for a raffle. The cakes are a generous donation from Dels Cake design, which belongs to the Daughter of Trevor Thackray.

The First prize winner was the lady from the library of the education department.



The second prize went to our member Les Hendon.



Congratulations to the winners !!!!!

## THE LAST CAB DRIVE

### A good one to share

I arrived at the address and honked the horn. After waiting a few minutes I honked again. Since this was going to be my last ride of my shift I thought about just driving away, but instead I put the car in park and walked up to the door and knocked.

'Just a minute', answered a frail, elderly voice. I could hear something being dragged across the floor. After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets.

There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly toward the curb.

She kept thanking me for my kindness. 'It's nothing', I told her. 'I just try to treat my passengers the way I would want my mother to be treated.'

'Oh, you're such a good boy, she said. When we got in the cab, she gave me an address and then asked, 'Could you drive through downtown?' 'It's not the shortest way,' I answered quickly. 'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.'

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice. 'The doctor says I don't have very long.'

I quietly reached over and shut off the meter. 'What route would you like me to take?' I asked. For the next two hours, we drove through the city.

She showed me the building where she had once worked as an elevator operator. We drove through the neighbourhood where she and her husband had lived when they were newlyweds.

She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing. As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now'.

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico.

Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair. 'How much do I owe you?' She asked, reaching into her purse.

'Nothing,' I answered. 'You have to make a living,' she said. 'There are other passengers,' I responded. Almost without thinking, I bent and gave her a hug. She held onto me tightly.

'You gave an old woman a little moment of joy,' she said. 'Thank you.' I squeezed her hand, and then walked into the dim morning light.

Behind me, a door shut. It was the sound of the closing of a life..

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought.

For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift?

What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don't think that I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments.

But great moments often catch us unaware - beautifully wrapped in what others may consider a small one.

PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID, OR WHAT YOU SAID. BUT THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL.

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, B.Comm 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.

- Allen Kay
- Selwyn Anderson
- Harry Chase
- Bill Maley
- Sam Alford



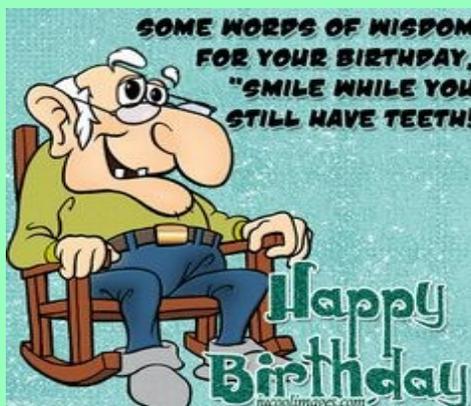
our members would enjoy a visit from our more healthy members. Contact Peter Macander our Welfare Officer for details.

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](mailto: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 June :



- Bill Enright
- George Gwilliam
- Rob Hansen
- James House
- Chris Hudson
- Gerrick Huxtable
- Colin Knight
- Les Mason
- Andrew Molnar
- Barry Neumann
- James Pember
- Bob Allen
- Charles Ashby
- David Barrett
- Peter Boner
- Malcolm Burton
- John Cox
- Terry Cross
- John Downer
- Mervyn Edwards
- Rod Gaynor



Car Boot sale was held on our premises, to support the Hearing and vision Impaired children, on the 24th May.

Not a very encouraging turnout.

**Members Comments:**

An email received from Sidney Old:

Dear Editor, Once again you excelled in your editing

***JMS Committee Members 2014-2015***

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