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There are few inclusions on Page 2 of this newsletter, which lists our organization's Objectives. It is timely to remind all of us the reasons that we are a collective body who encapsulate every item of our objectives.

With the increase in our membership it would serve as an endorsement, not only for the new members but also for the stalwarts, the values that bind us together as a community. To re-enforce the reasons that this organization was formed for.

In the hustle and bustle of our own private activities and projects, there is a bigger picture of what we can achieve as a collective community. With a slight variance, let us not want what the Shed can do for us but what can we contribute towards the success of the Shed and the better good of the community.

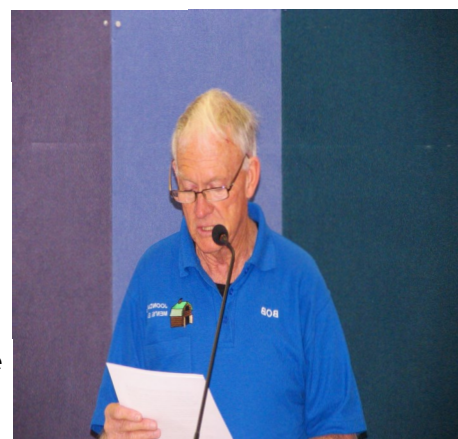
Also our best wishes to our Members who are indisposed.

Joondalup Men's Shed Inc.

BENCH PRESS

President's Report:

We're heading into our fifth year of operation. Thank you to those members who worked so hard to get the Men's Shed up and running. This required a huge effort by our founding members. Being able to utilise the manual arts rooms at Padbury High School helped enormously. We do not have guaranteed tenure here but are working to be able to stay here for another year at least.



Our Men's Shed has proven to be a valuable venue for our members to meet, to chat, to work together, to have guest speakers and to have trips to other sheds and interesting places. I'm sure that we have helped our members to have a much more enjoyable life through their contact with other men.

We thank the Education Department for their support in providing us with a home for the last three years. We enjoy our relationship with the State wide Services groups. Our members have, in many ways helped the various groups with a variety of projects. We look forward to many more years of helping each other.

August will see our 4th Anniversary dinner. Ron Slavin is the organiser. Numbers will be limited so get in early.

I'm thankful for those members who help in so many ways. Many times what you do is unnoticed by others. Your help is appreciated. You help to make the shed a happier place.

We have members with a wealth of experience. If you need some advice or help just ask and I'm sure someone will step up to help.

I'll be away for the next month. If you have any problems talk to someone on the committee especially Michael or Bob Davis.

List of our Objectives:

Perhaps it is timely to reiterate the objectives of our organization.

- ◆ To address the issues of men's mental, physical, and emotional health and wellbeing in the community.
- ◆ To engage the elderly, differently-abled, youth, veterans, indigenous and other groups of men from Joondalup and surrounding suburbs and to specifically address any issues of loneliness, isolation and depression.
- ◆ To support the social interaction of men in transitional periods (e.g. Redundancy, Bereavement, Retirement, ill Health, Relocation and Respite Care).
- ◆ To share, disseminate and preserve the skills, abilities and interests that are relevant to the community.
- ◆ To facilitate links between men and health-related agencies, family organisations and specialist health professionals within the community.
- ◆ To advocate the benefits of partnerships between men's sheds and the community.
- ◆ To develop a men's shed which can operate on a cost-neutral basis, that is, its ongoing costs can be met or exceeded by its revenue.
- ◆ To initiate and continue activities of particular relevance to men.

Excerpts from our Organizational Charter

Peter Macander : Welfare Officer 's Report

Peter reported that, sadly, Sam Alford had been readmitted to the hospital, after being discharged, on his condition taken a turn for the worse. He has been diagnosed with Asbestosis Sam has resigned himself to the fact that the asbestosis, at this stage, is not curable. Sam is to be transferred to the hospice at Glengarry, once he can be moved on his medical condition being stabilised.

Harry Chase has been discharged from hospital has been advised that to take it easy.

Allen Kay will not be returning to the shed as his dementia has worsened.

Selwyn Anderson is out of hospital and on the mend; he is still to have his second knee replacement.

Bill Maley is recovering from his latest operation on his ankle and recuperating in the warmer temperatures up north.

Peter has advised that his travel plans and major renovations being planned for his home will make it impossible for him to monitor and keep up with the welfare of the members on a full time basis. The committee is seeking to invite another 2 members to assist Peter with Welfare Officer Duties. **Please advise the committee of your intentions to volunteer for this post.**

New Members

Joe Agnello

Ian Bruce

Brian Willis

Ron Vander Wall

James Arnett

Malcolm Kates

Adam Huckle

Stephen Huckle

Johann Kennan

Peter Byrne

A very warm welcome to the new members. We all hope you all will find this shed a pleasant place to converse and share your own skills. Members please extend a "SHED" welcome and make them comfortable and welcome in their new home.

IN CONVERSATION WITH PETER KENNEDY: 3RD JUNE

Peter Kennedy, one of Australia's most respected political journalists provided regular reports and analysis on State Politics throughout the day and throughout the week.

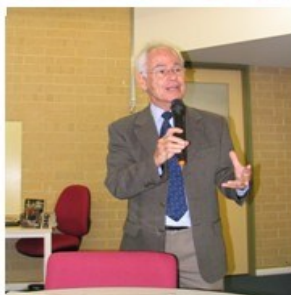
Peter always had his ear to the ground and you can be assured that if something happened in the political world of Western Australia, Peter would be reporting into our regular programs so that wherever you were, you knew what went on. He was our pulse to the vagrancy of political drama.

Peter started out as a high school teacher and lecturer, then a journalist with the West Australian. He moved to the 'Sydney Morning Herald' in 1977 as the paper's State Political correspondent and in the Canberra Press Gallery as Chief of Staff. Peter then became Press Secretary to Deputy Premier Mal Bryce. He's been with the ABC since 1990 and in 1995, Peter was awarded the prestigious Clarion Prize by his peers, for outstanding contributions to journalism.

A new book, Published in 2014, from veteran political commentator Peter Kennedy charts the influence and history of the Premiers of Western Australia. It outlines how the state developed under the leadership of eleven men and women from across the political divide and how that history continues to affect elections through to the present day.

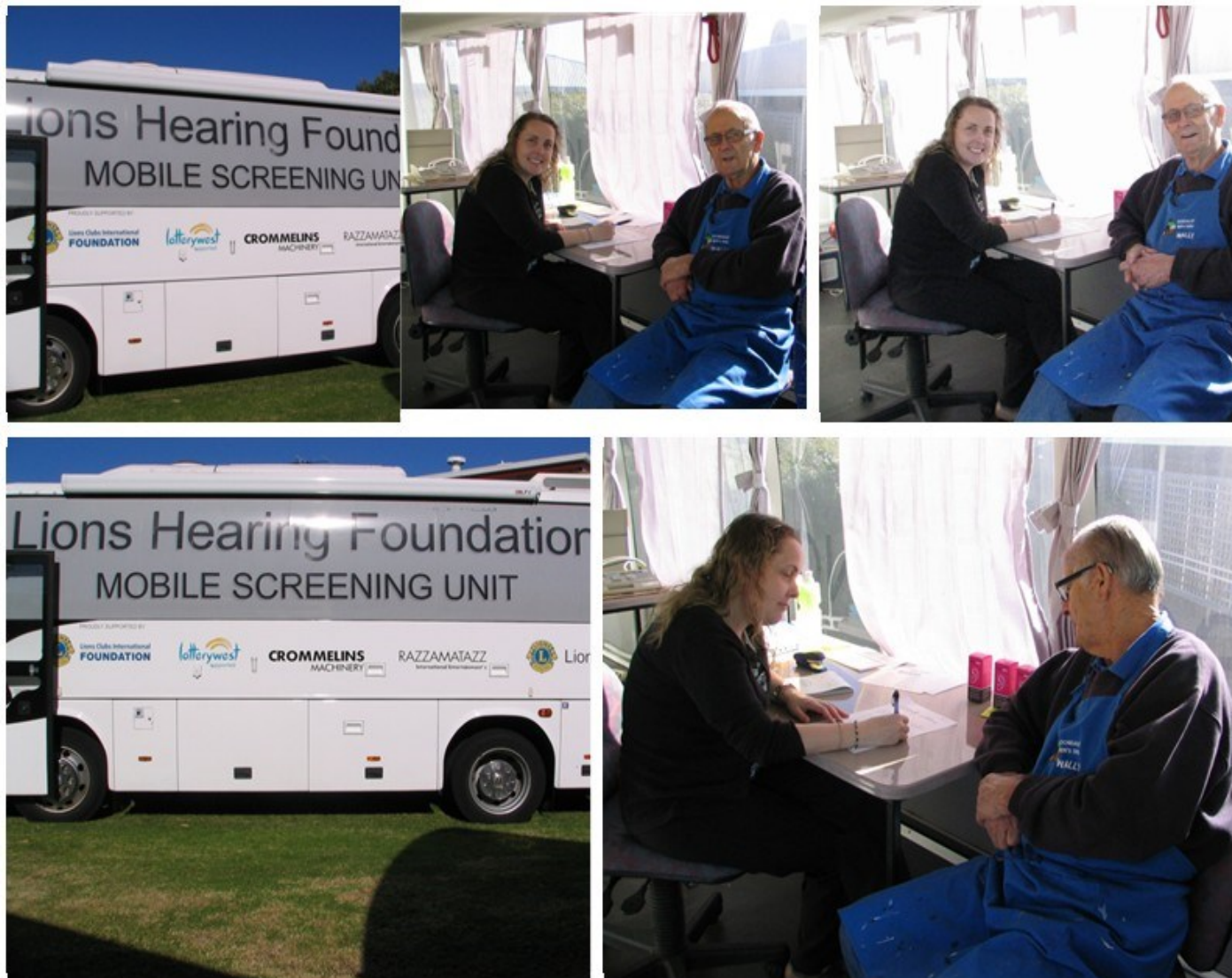
[Courtesy ABC Network Wed, 16 Apr 2008](#)

The shedders were privileged to hear from Peter on the contents of his book "Tales from Boom Town" and a trip down memory lane for those who have experienced, first hand, the tenure of the Premiers past.



Lions Hearing Clinic

Lions Hearing Clinic originates from the Lions Hearing Foundation, a charitable organization that provides free hearing screening to the public. They provide fully subsidized or low cost services to those in need, through the Lions Hearing Bus,



One in six adults in Australia experience hearing loss, most often caused simply by the aging process. Like most health conditions the sooner any deterioration detected and addressed, the better the long term health, and quality of life. A clinical hearing test is an in-depth assessment of one's hearing by a fully trained audiologist. It is non-invasive, painless and takes 45-60 minutes. The audiologists will establish any prior history concerning the patients ears and hearing needs, as well as clarify any medical details. The results will determine the nature and degree of the hearing loss and the best treatment options for an individual.

The members of JMS were privileged to experience a free diagnosis of their hearing loss and an expert opinion of remedial steps to either protect against loss of hearing, or to seek further expert advice on the treatment. Due to a large turn out of members seeking advice, the exercise was run over two consecutive days 9th and 10th June. Our gratitude to the Lion Club for making it possible for our members to get this service totally free of cost.

CPR Training and Demonstration

June 23rd saw a demonstration and instruction on performing CPR by Tony Holding and Maxine Bell, from St. John's Events Health Services Mandurah, who came a long way to conduct the session.

Tony is an experienced First Aid practitioner, who has been practicing the art of conducting Cardiopulmonary resuscitation and also providing training to various organizations and schools.

We too were privileged to have Tony and Maxine to conduct a course for the JMS members. The demonstration included the combinations of techniques including Chest compression, designed to pump the heart to get blood circulating and deliver Oxygen to the brain until treatment can be provided to stimulate the heart.

The distinction between Cardiac Arrest and Stroke and the recognition of the symptoms were highlighted. The use of the Defibrillator was demonstrated on the machine brought by Tony and Maxine.

Members were also invited to practice the learned skills under the supervision of Tony and Maxine.



The committee and the Members are extremely grateful for the CPR demonstration, instruction and the time taken to educate us; especially since there was no cost involved to the members or the Shed. However, a gold coin donation was welcome to support Tony's selected charity.

It was indeed a useful lesson learnt in the art of saving lives.

SEARCH FOR HMAS SYDNEY

A very interesting talk on the search for HMAS Sydney by Chairman of **Finding Sydney Foundation**, **Ted Graham**, was held at the JMS on the 30th June. The lecture was accompanied with documentary evidence of the efforts, of the group, into the location of the wreckage.

The **Finding Sydney Foundation** was formed to find the **Royal Australian Navy light cruiser HMAS Sydney (II)**, lost in action with all hands during November 1941.

Sydney Search found the wreckage of HMAS Sydney on the 16th March 2008, allowing closure to the families of those lost. The foundation plans to further commemorate the missing crew.

Web Address for further information on the details of the full exercise from the inception to the culmination of the commitment to finding the wreckage.

<http://www.findingsydney.com>



A stockman named Bob was overseeing his herd in on a farm in Tasmania when suddenly a brand-new BMW advanced toward him out of a cloud of dust. The driver, a young man in a Brioni® suit, Gucci® shoes, RayBan® sunglasses and YSL® tie, leaned out the window and asked the stockman, "If I tell you exactly how many cows and calves you have in your herd, will you give me a calf?"

Bud looks at the man, who obviously is a yuppie, then looks at his peacefully grazing herd and calmly answers, Sure, why not?"

The yuppie parks his car, whips out his Dell® notebook computer, connects it to his Apple iPhone, and surfs to a NASA page on the Internet, where he calls up a GPS satellite to get an exact fix on his location which he then feeds to another NASA satellite that scans the area in an ultra-high-resolution photo.

The young man then opens the digital photo in Adobe Photoshop® and exports it to an image processing facility in Hamburg, Germany...

Within seconds, he receives an email on his Apple iPad® that the image has been processed and the data stored. He then accesses an MS-SQL® database through an ODBC connected Excel® spreadsheet with email on his Galaxy S5® and, after a few minutes, receives a response.

Finally, he prints out a full-colour, 150-page report on his hi-tech, miniaturized HP LaserJet® printer, turns to the stockman and says, You have exactly 586 cows and calves."

"That's right. Well, I guess you can take one of my calves," says Bob.

He watches the young man select one of the animals and looks on with amusement as the young man stuffs it into the trunk of his car.

Then Bob says to the young man, "Hey, if I can tell you exactly what your business is, will you give me back my calf?"

The young man thinks about it for a second and then says, "Okay, why not?"

"You're a bureaucrat in the Federal Government," says Bob.

"Wow! That's correct," says the yuppie, "but how did you guess that?"

"No guessing required." answered the stockman. "You showed up here even though nobody called you; you want to get paid for an answer I already knew, to a question I never asked. You used millions of dollars worth of equipment trying to show me how much smarter than me you are; and you don't know a thing about how working people make a living - or about cows, for that matter. This is a herd of sheep."

"Now give me back my dog."

Now folks that s what the problem IS.

Australia Computer Terminology - Getting ready for Broadband in the bush!!

A little bit of Aussie culcha

LOG ON:	<i>Adding wood to make the barbie hotter</i>
LOG OFF:	<i>Not adding any more wood to the barbie.</i>
MONITOR:	<i>Keeping an eye on the barbie.</i>
DOWNLOAD:	<i>Getting the firewood off the ute.</i>
HARD DRIVE:	<i>Making the trip back home without any cold tinnies.</i>
KEYBOARD:	<i>Where you hang the ute keys.</i>
WINDOWS:	<i>What you shut when the weather's cold.</i>
SCREEN:	<i>What you shut in the mozzie season..</i>
BYTE:	<i>What mozzies do</i>
MEGABYTE:	<i>What Townsville mozzies do.</i>
CHIP:	<i>A pub snack.</i>
MICROCHIP:	<i>What's left in the bag after you've eaten the chips.</i>
MODEM:	<i>What you did to the lawns.</i>
LAPTOP:	<i>Where the cat sleeps.</i>
SOFTWARE:	<i>Plastic knives and forks you get at Red Rooster.</i>
HARDWARE:	<i>Stainless steel knives and forks - from K-Mart.</i>
MOUSE:	<i>The small rodent that eats the grain in the shed.</i>
MAINFRAME:	<i>What holds the shed up.</i>
WEB:	<i>What spiders make.</i>
WEBSITE:	<i>Usually in the shed or under the verandah.</i>
SEARCH ENGINE:	<i>What you do when the ute won't go.</i>
CURSOR:	<i>What you say when the ute won't go.</i>
YAHOO:	<i>What you say when the ute does go.</i>
UPGRADE:	<i>A steep hill.</i>
SERVER:	<i>The person at the pub who brings out the counter lunch.</i>
MAIL SERVER:	<i>The bloke at the pub who brings out the counter lunch.</i>
USER:	<i>The neighbour who keeps borrowing things.</i>
NETWORK:	<i>What you do when you need to repair the fishing net.</i>
INTERNET:	<i>Where you want the fish to go.</i>
NETSCAPE:	<i>What the fish do when they discover a hole in the net.</i>
ONLINE:	<i>Where you hang the washing.</i>
OFFLINE:	<i>Where the washing ends up when the pegs aren't strong enough.</i>

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

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



- Joe Agnello
- Colin Benporath
- Mieczyslaw Berezowski
- George Bolin
- Derek Edwards
- Kevin Fisher
- Ronald Floyd
- Lawrence Graham
- David Harris
- Ralph Haynes
- Steven Hellwig
- Timmy Kan
- Sean Kenny
- Mick Mazzeo
- Nick Mills
- Greg O'Reilly
- George Payton
- Ron Slavin
- Cecil Stapleton
- Graham Smith
- John Wallace
- Peter Williamson
- John Wood
- Peter Byrne

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