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### Activities :

18th Feb 9:30 a Public Advocate presentation. Registration required.

27th Feb St. Stevens Farmer's Market

12th March Poynter Market

19th March St. Stephen's market

3rd April Lion's Fair.

Please contact Ron or Michael for timing and details.

Hectic activities are in progress to secure a viable alternative space to serve as a temporary or permanent home for the Shed. Our patron, Ian Goode-nough, has called for meeting of various parties, this month, to discuss plans to effect the relocation. The leading committee members will be in attendance to appraise all parties concerned with the requirements that are suitable for our use. No less the urgency for the matter to be resolved. The membership is briefed at every opportunity, at our morning break, of the behind the scene efforts that are undertaken towards achieving this goal. The membership is also fully aware of the situation and various individual efforts are forthcoming

## Joondalup Men's Shed Inc.

# Bench Press



From the President, Bob.

I was able to spend Christmas with our oldest daughter in New Zealand. The family had planned to ride some sections of the Alps to Ocean bike trail. Took a bit of organising to get accommodation over the Christmas break. We visited Mt Cook on the first day. Spectacular to see the tops of the mountains covered in snow. Mt Cook is a very popular tourist attraction, surrounded by mountains. The unusual hot weather was causing breaking up of some of the ice patches that were still hanging onto the sides of mountains.

Our ride started from Jolly carpark on the Northern side of Lake Pukaki. This ride was mainly on shingle roads through some of the highest Stations in the area. We went past the Tekapo Power station to Twyzel where we stayed for two nights.

Next section of the trail was beside the Ohau to Pukaki canal. Interesting to see the canals which move water to the power Stations are also being used for Salmon Farming. We then wound our way on a narrow trail to Ohau Lodge. This lodge has been mainly used for Skiing accommodation in winter but with the popularity of the bike trails is open year round. Great to see people of all ages riding the trails. The New Zealand Government have developed these trails to encourage more tourists.

The next day included riding to the top of a 900m peak. Narrow rough trails zigzagging to the summit and then a 6 km fast ride down the hill to Omarama.

Last day was to ride the section from Kurow (rain shadow area only getting about 350 mm of rain a year) to Duntroon and then to Omaru on the coast. This was the greenest and most picturesque section of the trail. This trail went through or on the edge of a lot of farms and was very interesting. Lots of crops still green. Unusual rock outcrops "Elephant rocks" with interesting walks and fossils to be found. This was the hilliest section of the trail.

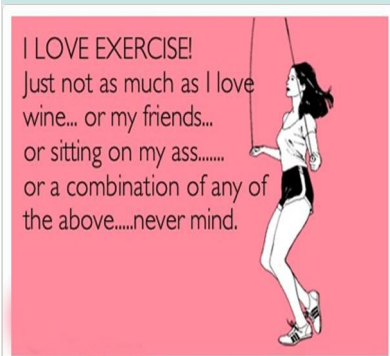
We came home via Melbourne to catch up with our son and his family.

It was great to be able to catch up with family and grand children.

Now its back to the shed and trying to find somewhere for the us to be in 2017. If you have any ideas or know someone who might be able to help us please let us know.

## Health and Fitness

Each Wednesday, there is an opportunity to participate in "soft" low impact exercise class, in the



gymnasium. The class is conducted by a qualified instructor who takes the participants through a 30 minutes routine of stretches and low impact exercise

routine. The schedule start time of the class is 9am. Please join us and start your New Year resolution, with a promotion of health and vigour. This is a non competitive event and provides a motivation for others to join and participate.

## Introducing New Members

- ♦ Nigel Hollis
- ♦ Salvatore Fazio
- ♦ Gary Downsborough
- ♦ William Robinson
- ♦ Don McNichol

Please accord a very warm welcome to the new members of our Shed. It is indeed a pleasure to share their company and we hope that they will be made welcome by all the members.

With the new additions comes the opportunity to inject new ideas and for us to avail of the plethora of experience that they bring with them. Regardless of their individual expertise the collective gain is of the Sheds. It is up to us to tap into this available experience and enrich ourselves.

Perhaps a shared cuppa and an odd gossip to acquaint the new members and the welcome can go a long way to make them comfortable with the existing informal atmosphere of our Shed.

## Farewell

Ray and Irene Cutbill have decided to immigrate back to the United Kingdom at the end of February and are un-



the final stages of their property settlement and winding their affairs in Perth, home to them until recently.

It is going to be time for farewells and saying Goodbye to so many friends whom they have befriended over the years that they have spent here. It will be sad loss not only for their near and dear ones but also the community of Joondalup Men's Shed.

They have graced us with their company and have supported the various social get togethers and of course Ray

has been a stalwart in his managing the various tasks assigned to him in the running of the shed. His quiet disposition and unassuming attitude has endeared him to all those who have been associated with him and it will be a sad loss for the shed and the members who have come to know him as a perfect Gentleman.

Time does move on and surely Ray and Irene will find happiness in their new Home in UK. What will be our loss will certainly be the gain of the social circles that they find themselves anchored in the future. Farewell good people and spare a thought for us in your new environments as surely there will be a special place reserved for you both amidst us.



## *Masters Sausage Sizzle*

The Masters Store, Joondalup, had asked the shed to organize a sausage sizzle at the store grounds on the 1st January, 9th January and the 26th January (Australia day). The events started at 8am and went on till 4:30 in the afternoon. The start of New Years day was not the best that we have had in manning the Sausage sizzles. Perhaps the festivities and celebrations leading up to the beginning of the Year were a damper for the crowds who were uninterested in DIY projects. Their interest lay in recovery from the night before. The men in blue outranked the numbers of the public who were prepared to spend their money at our store. Needless to say that all volunteers who manned the stall are to be commended for their effort and enthusiasm to represent the JMS. A lot of good light hearted humour to busy ourselves and enjoy each others company.

The public attendance at sausage sizzle on the 9th and the 26th was better but no where close to the numbers that we have experienced in the past.

Secretary, Michael Robinson, had set up a roster to include new members to give them an exposure to the activities. The number of volunteers were up and the stalls were well managed .

The collection of photos below indicate the fun and camaraderie at these occasions. Tempting for others, perhaps, to participate!!!!!! Even though there was so little to do in putting out the sausages and onions.



Quiet day at the office. Members enjoyed their own cooking and then there were some expecting service

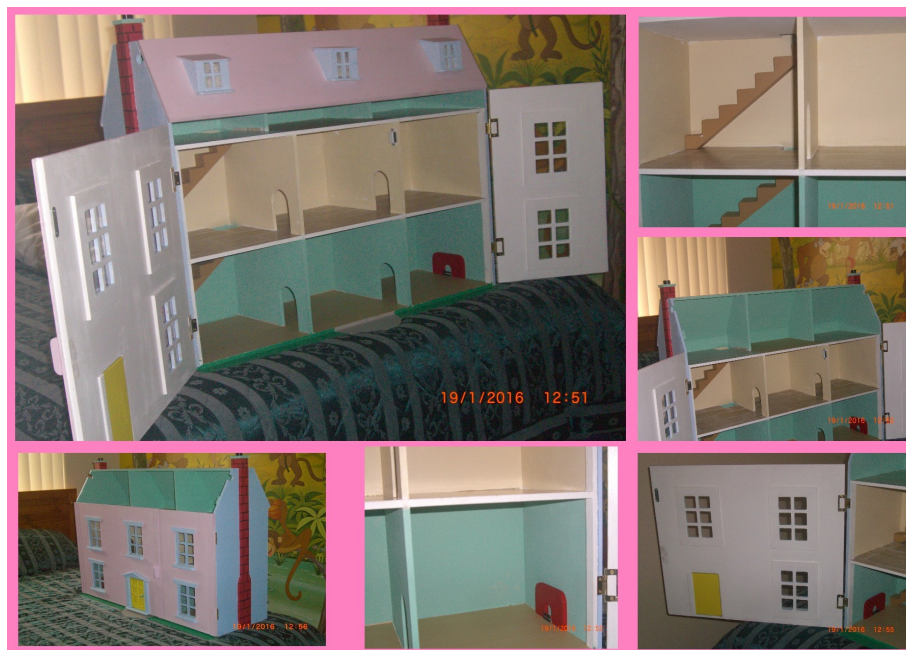
## Cooking Classes.

John Summerfield has presented a proposal to the committee, for circulation to the membership, for organizing cooking classes being conducted by a mutual friend. The cooking classes will be held at his friends premises and is a great opportunity for members to hone their culinary skills and perhaps represent the Shed at the Master Chef.

For those members interested in joining these cooking classes, please contact John Summerfield on 0432 032 461 or [sumtrade@iprimus.com.au](mailto:sumtrade@iprimus.com.au) for full details and course fee, if applicable.



## THE DOLLS HOUSE



This article appeared in the January 2016 Bench Press. It is being reproduced with photo graphs to give a better evidence of the masterpiece.

The Shed was given a project to renovate a dolls house, as a Christmas present for a little girl. Brian Abbot and the team got together with Derek Ball and redesigned the front facade with decorative windows and doors cut out on Derek's CNC custom designed router. The effect was terrific and the end result was better than the recipients had anticipated.

## Wheel barrows assembly Masters 11th January

Masters required 3 pallets of wheel barrows to be assembled at the premises. Secretary Michael put out an email for the purpose of drawing on the volunteers to help in the assembly. 10 to 12 people were required for the job. The usual cohorts of "specialist" volunteers answered the call for the task at hand. A big thank you to the volunteers for the help in the assembly.



## *Introducing a members column*

With an increasing membership it would be appropriate to include a means of introducing a member, every month, for the benefit of recognition and also the varying backgrounds that contribute towards framework that is Joondalup Shed. Members are invited and welcome to contribute to make this truly an inclusive newspaper for the people and by the people. This Newsletter will then become a truly representative document and provide to some insights into the people who are bold to be a part of this organization and willing to contribute.

Our first introduction of a member of long standing, Geoff Chantler, better known for his quick dancing steps and clothes to match the style; Geoff in his own words:



I Was born on the 25/9/1935, and after a few years I had started school. The last years at Hale School. I served an apprenticeship as a Letter Press Machinist and after twelve months I went to England where I got a job with a car hire company as a delivery driver. What a job for a young boy delivering cars all over England and Europe. On returning to Australia twelve months later it was back to the printing. This lasted nine months. Then I joined an Aerial Crop Spraying Co as a country organiser. Got married at thirty had two children a boy and a girl. Had several jobs as a salesman in various fields. Had my own business as a quantity estimator, a gift shop on the Fremantle Passenger Terminal. Eventually a second marriage and after a few years moved to Bindoon where I designed and built a Passive Solar Rammed House. I owned 5.5 acre property at Bindoon and that needed fencing so off to Bindoon. Life was good at Bindoon I was able to be involved in my hobby of restoring old farm machinery and breeding Dairy Goats and Kayaking. Being a member of The Vintage Tractor & Machinery Association, I restored vintage farm machinery, household items and all associated items. Another thing I was interested in was model steam engines. I had restored a Bing Steam Engine found in my father's shed rusty and in pieces. Add to this was my kayaking and you can see I was not bored. So much for **RETIREMENT** -at least I was doing what I want - when I wanted.

Then the s--- hit the fan – broken marriage – having to sell the property and a move to PERTH. NO SHED. I was very lucky I had met a lovely lady - you all know as SHIRLEY and Shirley was happy for me to use half the garage to store and to have a small workshop and be able to continue with my Steam Engine hobby. So I was happy kayaking and fiddling about. "Time on my hands"?

### **RETIREMENT**

AT LAST I CAN DO WHAT I LIKE – WHEN I LIKE!!

Yes at last, Well I retired thirty years ago, thought I would be going fishing every day. The weather was not calm every day, so what will I do. - Watch the cricket – that is nice and relaxing – beer in one hand and the remote in the other.

Several years went by and then in November 2011 I heard about the Joondalup Men's Shed being formed, so off I went and paid my money.

The association and friendship of other men in an organisation, such as THE MEN'S SHED CAN OPEN UP A NEW FACET OF RETIREMENT.

**"Retirement" it comes to everyone but what do you do with the time?** I am lucky I have always had interest outside of work but so many of my friends have no hobbies hence when retirement time arrives they sit down and vegetate this is not good for the body or brain –let alone the lady at home.

**Get an interest and make RETIREMENT WORTH WHILE.**

**Geoff Chantler**



## *The Stranger*

A few years after I was born, my Dad met a stranger who was new to our small town.

From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family.

The stranger, warmly welcomed was around from then on.

As I grew up, I never questioned his place in my family.

In my young mind, he had a special niche.

My parents were complementary instructors.

Mum taught me good from evil, and Dad taught me to obey.

But the stranger, he was our storyteller.

He would keep us spellbound for hours on end with adventures, mysteries and comedies.

If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future.

He even took my family to our very first cricket match.

He made me laugh, and he made me cry.

The stranger never stopped talking, but Dad didn't seem to mind.

Sometimes, Mum would get up quietly while the rest of us were shushing each other to listen to what he had to say,

and she would go to the kitchen for peace and quiet.

(I wonder now if she ever prayed for the stranger to leave)

Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honour them.

Profanity, for example, was not allowed in our home. Not from us, our friends or any visitors.

Our long time visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush.

My Dad didn't permit the liberal use of alcohol but the stranger encouraged us to try it on a regular basis.

He made cigarettes look cool, cigars manly, and pipes distinguished.

He talked freely (much too freely!) about sex.

His comments were sometimes blatant, sometimes suggestive, and generally embarrassing.

I now know that my early concepts about relationships were influenced strongly by the stranger.

Time after time, he opposed the values of my parents, yet he was seldom rebuked, but NEVER asked to leave.

More than fifty years have passed since the stranger moved in with our family.

He has blended right in and is not nearly as fascinating as he was at first.

Still, if you could walk into my parents' den today, you would still find him sitting over in his corner,

waiting for someone to listen to him talk and watch him draw his pictures.

His name?

*We just call him 'TV'*

**Kind submission: The Stoneman (Rob Hansen)**

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 Goode-nough, MBA, B.Comm and Federal Member for Moore.

Our motto is short way of saying what JMS is all about: "Blokcs 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

**There seems to be an increase in the loss of equipment and material from the Shed premises, especially the store room next to the carpentry workshop. Perhaps it has been misplaced or borrowed for personal use. To curtail the loss, the committee has proposed to install CCTV monitors at vantage points to enable a video record.**

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.

- Tony Brewer has recovered and on the move again.
- James Pember
- Albert Daly Improving

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

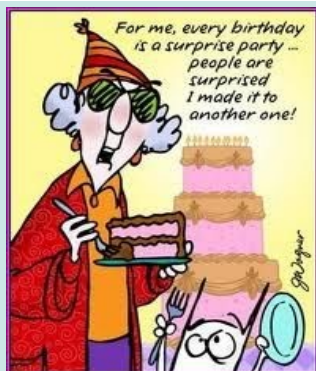
Being sick is just your body's way of saying you're way too awesome and you need to slow down so everyone else can catch up.



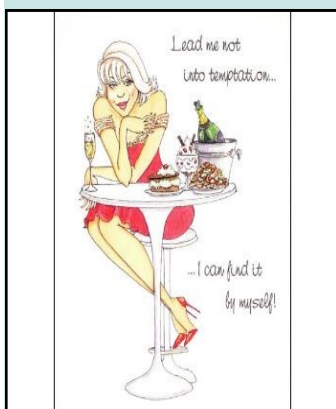
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The Committee and Members would like to extend their Birthday wishes to the following members, whose Birthday falls in the month of February

|         |          |
|---------|----------|
| Brian   | Abbott   |
| Shane   | Almond   |
| Donald  | Atkinson |
| Derek   | Ball     |
| Tom     | Daly     |
| Ray     | Duthie   |
| Bruce   | Elliot   |
| Barry   | Elsom    |
| Kenneth | Gardner  |



|        |            |
|--------|------------|
| Geoff  | Guard      |
| Brian  | Gutteridge |
| Barry  | Harding    |
| Ronald | Height     |
| Perry  | Hepden     |
| Edmund | Ishak      |
| Mark   | Kennedy    |
| Ian    | McCallum   |
| Kerry  | Sinclair   |
| Brian  | Skinner    |
| Chris  | Sullivan   |
| Brian  | Willis     |
| Graham | Woodcock   |
| Arthur | Yates      |



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)

## Shed Supervisors

Each month, the shed has situations where there are not sufficient supervisors.

Members who have volunteered as of the 1st December and the day of each week are as follows:

Monday: Brian Skinner

Tuesday: Kerry Sinclair

Wednesday: Bob Heasman

Thursday: Brian Abbott

Friday: Rob Hansen.

***JMS Committee Members 2015-2016***

|   |  |              |
|---|--|--------------|
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