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April 2016 was a month of activities some usual but others diversified in the nature of their being different from the norm. The News of the lease extension for another year, to 2017, was greeted with relief and a new vigour to work harder for securing a permanent home for the shed. The committee has reassured the membership of continued commitment towards that end and the workings behind the scene, to promote our cause, never ceases. The political and social "pow wows" to impress upon those who matter, will continue to gain steam with a new political scenario of Local and federal elections in the offing, in the near future.

We can't change the direction of the wind but we can adjust the sails to reach our destination.. *Jimmy Dean*

The collective harmony within the Shed must be based on mutual respect, acceptance and forbearance irrespective of our personal bias.

# *Joondalup Men's Shed Inc.*

## **Bench Press**

### *The President's Report*

This year has been all go. The most important issue has been to secure a place for the Men's Shed when our lease with the Education runs out at the end of 2016.

At a meeting arranged by our Patron Ian Goodenough, with Ian chairing, we met with Michelle Hoad and Brett Dorney from WA Institute and Neil Butler from Edith Curtin University. Both groups expressed strong support for the Men's Shed. A couple of options came up that at least gave us something to think about and work on. The first option was to pursue an extension of our lease with the Education Department. If that wasn't successful we should approach ECU to see whether we could be part of the MTA site now in ECU hands.

Also it might be possible to talk to WA Institute to look at the possibility of land being available at their Joondalup site. Not promising, but worth chasing up if we were stuck.

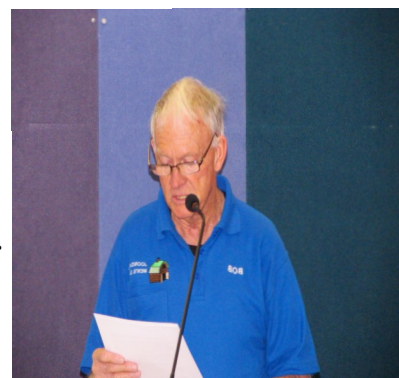
We began by working behind the scenes to find out the best approach and the best people to contact. We were lucky to have a member who was able to approach the Director General of Education who visited the shed. Sharyn O'Neil with Martin Cleary were very impressed with what we do and as they left said that they would give us another year in our present site. This is great news but still means we have to find somewhere to live after the end of 2017.

On 5<sup>th</sup> April we met with City of Joondalup Mayor Troy Pickard and Dale Page Director of Planning and Development. The Mayor will look into some options for us. He fully supports us and said that we need to encourage all Councillors to visit the Shed and appreciate the value of our organisation to the community.

We will keep you informed of any further developments.

On 12<sup>th</sup> April Michael Robinson, Bernie Egan and I met with the group of Men's Sheds north of the river. This was very helpful for us and the members from the other shed's. We've offered to host the next get together in September.

It was great to see the work of Wheelchairs for Kids, as this was the venue for the meeting. They have sent away over 33000 wheelchairs over the last 18 years. We'll organise a visit, as I'm sure that you will find it very interesting.



Our membership now stands at over 210.

Thanks to those members who helped at the 3 Triathlons, the Lions Fair, the Poynter Market, and assembling wheelbarrows at Masters. Many members help with shed projects. I appreciate the effort that you put into the shed and the product you turn out that has helped us to now have close to \$90 000 banked for a rainy day.

I would like this month to especially thank Frank Antulov and Bill Feathem. They seem to always be in the shed and working on shed projects in their quite efficient way. Their efforts don't go unnoticed.



### *Police Academy Outing*

Monday the 18th of May was set aside for a visit to the W A Police academy. This facility encourages tours to make the public aware of the learning environment that the academy provides to those who aspire to a career in the Police force. Australia Police Academy is located in the northern suburb of Joondalup. It is an independent part of the Joondalup Learning Precinct and partnering with the West Coast Institute of Training and the Edith Cowan University to develop academic courses that enhance the qualifications that incumbent police trainees will obtain through the established programs.

The members, who attended the escorted tour of the facility, were briefed on the academy's state-of-the-art training facilities which ensure a learning experience in a real environment. The tour included a visit to the establishment's facilities that included

- Lecture theatres
- Weapons training and simulation facilities (briefing on the weapon firing simulation and hand to hand combat)
- A mock up town setup (training in real time with actors role playing on scenario requirement)
- Gymnasium for physical fitness
- A cafeteria that catered to those who attended the academy and visitors. A vast menu to choose from to satisfy the culinary orders

### *Bunnings Sausage sizzle*

Bunnings Joondalup has requested the JMS to assist in their effort to provide Tradies with early morning breakfast, on Fridays. The shed has assisted on a few occasions, with all ingredients being provided by Bunnings. The final plans to run this exercise, regularly, are a foot. This equates to 52 Fridays per year requiring volunteers for the events.

Bunnings has also offered the Shed to run as many sausage sizzles that the JMS would like to organize, on Friday, for the duration of the business day. This is in addition to the Tradies breakfast. Michael is of the opinion that we should hold 1 or 2 sausage sizzles per month. This exercise would require the efforts of at least 20 members per occasion. Volunteers are required to assist on these occasions. The first of the series of Sausage sizzles was held on the 20th May at the Bunnings premises. It was well staffed by the regular volunteers. Perhaps other members can assist with this project!!!

## *For the Fallen*

Poem by Robert Laurence Binyon (1869-1943),

published in The Times newspaper on 21<sup>st</sup> September 1914.

With proud thanksgiving, a mother for her children,  
England mourns for her dead across the sea.  
Flesh of her flesh they were, spirit of her spirit,  
Fallen in the cause of the free.

Solemn the drums thrill: Death august and royal  
Sings sorrow up into immortal spheres.  
There is music in the midst of desolation  
And a glory that shines upon our tears.

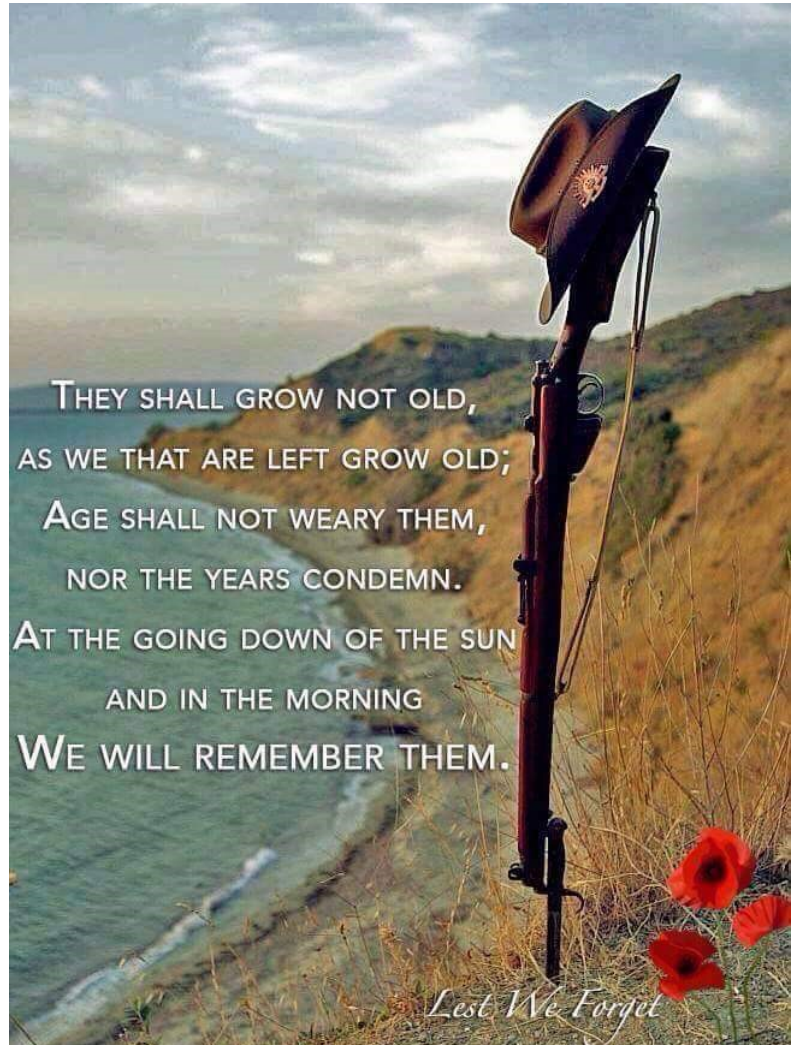
They went with songs to the battle, they were young,  
Straight of limb, true of eye, steady and aglow.  
They were staunch to the end against odds uncounted,  
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them.

They mingle not with their laughing comrades again;  
They sit no more at familiar tables of home;  
They have no lot in our labour of the day-time;  
They sleep beyond England's foam.

But where our desires are and our hopes profound,  
Felt as a well-spring that is hidden from sight,  
To the innermost heart of their own land they are known  
As the stars are known to the Night;

As the stars that shall be bright when we are dust,  
Moving in marches upon the heavenly plain,  
As the stars that are starry in the time of our darkness,  
To the end, to the end, they remain.





# An ode to a "Digger"

He was getting old and paunchy  
And his hair was falling fast,  
And he sat around the R.S.L.,  
Telling stories of the past.

Of a war that he once fought in  
And the deeds that he had done,  
In his exploits with his mates;  
They were heroes, every one.

And 'tho sometimes to his neighbours  
His tales became a joke,  
All his mates listened quietly  
For they knew where of he spoke.

But we'll hear his tales no longer,  
For ol' Jack has passed away,  
And the world's a little poorer  
For a Digger died today.

He won't be mourned by many,  
Just his children and his wife.  
For he lived an ordinary,  
Very quiet sort of life.

He held a job and raised a family,  
Going quietly on his way;  
And the world won't note his passing,  
'Tho a Digger died today.

When politicians leave this earth,  
Their bodies lie in state,  
While thousands note their passing,  
And proclaim that they were great.

The Media tell of their life stories  
From the time that they were young,  
But the passing of a Digger  
Goes unnoticed, and unsung.

Is the greatest contribution  
To the welfare of our land,  
Some smoothie who breaks his promise  
And cons his fellow man?

Or the ordinary fellow  
Who in times of war and strife,  
Goes off to serve his country  
And offers up his life?

The politician's stipend  
And the style in which they live,  
Are often disproportionate,  
To the service that they give.

While the ordinary Digger,  
Who offered up his all,  
Is paid off with a medal  
And perhaps a pension, small.

It is not the politicians  
With their compromise and ploys,  
Who won for us the freedom  
That our country now enjoys.

Should you find yourself in danger,  
With your enemies at hand,  
Would you really want some cop-out,  
With his ever-waffling stand?

Or would you want a Digger  
His home, his country, his kin,  
Just a common Digger,  
Who would fight until the end?

He was just a common Digger,  
And his ranks are growing thin,  
But his presence should remind us  
We may need his likes again.

For when countries are in conflict,  
We find the Digger's part,  
Is to clean up all the troubles  
That the politicians start.

If we cannot do him honour  
While he's here to hear the praise,  
Then at least let's give him homage  
At the ending of his days.

Perhaps just a simple headline  
In the paper that might say:

**"OUR COUNTRY IS IN MOURNING,  
A DIGGER DIED TODAY."**







The collection of the shed members sharing a CUPPA and some juicy gossip. The morning tea break gets the members to congregate and be updated with the news on the various efforts toward securing a viable home for the Shed. The briefings, initiated by the Sid Old's loud whistle blowing, by President and General Secretary, are held on a regular basis to keep members of the news and happenings at the shed premises. The technicalities of the machine maintenance is another area that members are frequently kept informed, because of the wear and tear to the machines not totally attributed to the usage but sometimes not the correct procedures adopted in their use. Some animated discussions may ensue to the protocols of the Shed, all aimed to a better, safe and harmonious working environment.





## Condolences:

The Committee and Members of the shed would like to extend our heartfelt condolences to the family and friends on the passing of our member, Jim Pember after a long battle with illness.

The notice of Jim's demise was highlighted on the notice board of in the Shed's common room and accompanied with an email, from Michael, with information on the funeral arrangements

JMS was well represented at the Funeral to bid farewell to Jim and provide moral support to the family



## Sausage Sizzle

Bunnings Joondalup 20th May 2016

The arrangements for the sausage sizzle was undertaken by our Secretary, Michael Robinson, after a

call for volunteers for slicing kilograms of Onions and separating loads of sausage link the day before.

Some members at the Sausage sizzle with preparations and serving. By the way the Photographer had

completed his early morning stint. No free loaders on this project. Call for some new blood to volunteer for these projects. Perhaps on the next outing!!!!

**There were those who worked and then there were those who “supervised”**



## *Wheel Barrow assembly Exercise*

Masters Store, Joondalup, made a call for the assembly of wheel barrows on the 14th of April. Our group of volunteers answered the call to assemble the wheel barrows and the experts turned the required numbers in record time. More volunteers, other than the usual cohorts of members, answering the call would likely reduce the workload of the few and expedite the number of items assembled. As we are aware, each item assembled eventually contributes to the coffers of the Shed.

The Lions fair was held on the 12th of April. Unfortunately, the weather was not very conducive for the usual crowds attending the event. The committee would like to extend its appreciation to all the members who manned our stall. Sites across the Perth area saw seven consecutive rain days between the 7th and 13th due to a slow moving low pressure system and persistent cloud bands. It was the longest wet spell in April at Perth Metro for 35 years. So the weather Gods connived to make the event a wet one but the saving grace was the much needed rain to fill our reservoirs. Small compensation? Take your pick.

## JMS at the Triathlon Meet

Another event on the 10th April, TELSTRA TRI SERIES RACE 5, CITY OF JOONDALUP TRIATHLON 2, organized by Triathlon W A, was held on the shores of Hillary Beach. JMS Volunteers were requested to marshal the competition and our gratitude to all who showed up for the occasion, weather not withstanding. No reports were submitted, by the members, to qualify any details for inclusion in the bench press. But some details are on <http://www.triserieswa.com.au/>

## Social Wednesday

28th April was a Tuesday and the normal social lunch held on the last Wednesday of the month was rescheduled for the Tuesday. CHEF'S DISCRETION.

By all accounts our Secretary, Michael Robinson, wore his chef's cap and produced a spread of beef roll and gravy. There were quite a few appreciative comments on the menu provided. Looking forward to the surprise in July

## Gratitude

The JMS and the Committee members would like to extend their Gratitude to Vince Maloney, of WOMBAT WASTE, for the making available waste bins, to the shed, for the collection of steel and general waste at no cost to our organization. This charitable donation was beneficial for disposal of all the waste that had been collected at our premises. Our gratitude also for the members of the IRON club, who sorted and helped discard the metal waste.

The committee would recommend, to the members, the hiring of waste BINS from **WOMBAT WASTE, Phone 92431443**: for their own personal waste disposal. The company provides a range of various size Bins for the disposal of residential, demolition and construction waste. Please mention the recommendation of the Shed to obtain favourable rates.

The group of painters, in the paint shop. exercised their democratic privileges to demand a change in Chris's JMS shirt. The previous shirt had been worn past its use by date and there was more paint visible, from constant use, than the original colour of the shirt. Congratulations CHRIS, the new shirt is very becoming!!!!





## *Introducing New Members in February*

*& March April May 2016*

- ◆ Frank McGrath
- ◆ Shaun Cole
- ◆ Evan Floyd
- ◆ Richard Hummel
- ◆ Mark Gerovich
- ◆ James Jamieson
- ◆ Mark Hurst
- ◆ Ian Delgado
- ◆ John Porter
- ◆ Colin Mellows
- ◆ Jim Molloy
- ◆ Billy Kelly
- ◆ John Carleton
- ◆ David Davies
- ◆ Malcolm Woodbury
- ◆ Mike Russel

In a recent membership query, a question was asked, "What can I do for the Shed?" As an organization it is the cumulative contributions of each member that ensures the success of the shed and the membership as a whole. Our motto "Blokcs building better communities" is the building block of our Shed and the community.

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



Two very special ladies, Magda and Jane hosted a few of the Shed members to a cooking class in April, at Magda's Sorrento home. The royal hospitality accorded to the members was topped only by freshly prepared five course meal, "extremely healthy", for the enjoyment and appreciation of the members.

The fine art of culinary expertise, preparation, serving and presentation was not lost on the member. A follow up course will be held on the 27th June. Perhaps to endorse the lessons learnt and reproduce for those who missed out on the course

A big thank you to the ladies who provided all the ingredients, cooked and served. The say "Hospitality is a virtue which induces us to feed and lodge certain persons who are not in need of food and lodging"





**Following Communication with Adam Delsar of Dulux paints.**

Reference to your conversation with one of our members, Tony Brewer, who had approached you with some support for the projects undertaken by our members.

Enclosed please find photo collage of our painting section in the premises of Joondalup Men's Shed.

Hope you find them interesting. They are but a poor representation of the actual dedication and effort that our members put into their interest at the shed. Not equivalent to the real hustle and bustle that exists in the room and the interesting bit is not only their efforts but also the camaraderie that is on display while they achieve their tasks at hand.

Best regards

Reg Luther



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!"

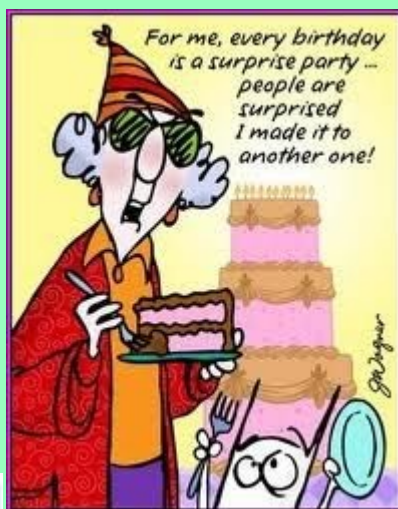
We are all about fostering better overall health and well being for all men. This has an obvious beneficial ripple effect for our members' families, the wider community and the members themselves

### The following decisions by the Committee:

1. All consumables used by members for personal projects must be replaced or the shed compensated for the items used.
2. All repairs undertaken on computers etc. will incur a cost \$50 per hour of time spent on the projects, repairs or upgrades.
3. The sale of various hardware, wood, etc which is gifted to the JMS will be priced by the committee and not at the discretion of individual members. Most definitely, members are NOT free to help themselves to the items without approval.

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

- Ian Batho
- Kenneth Beaman
- Jean-Valery Flouzat
- Stephen Griffiths
- Hughie Kitson
- Doug Mackay
- Andrew Nelson
- Sid Old



- David Robertson
- John Summerfield
- Paul Thompson
- Leo Zander

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.



- Odd Fraurd
- Hugh Kitson

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

Gentlemen, this is your newsletter. Member's participation is essential with articles and comments for inclusion in the Bench Press. Since the distribution list is not limited to internal membership, discretion of content is "advised". Please submit by the third week of the month for publication, to Reg.. [rluther48@gmail.com](mailto:rluther48@gmail.com)



## June Birthdays

Forget about the past, you  
can't change it.  
Forget about the future, you  
can't predict it.



Forget  
about the  
present, I  
didn't get  
you one.

Bob Allen  
Charles Ashby  
David Barrett  
Peter Boner  
Malcolm Burton  
Frank Buzz  
John Cox  
Terry Cross

John Downer  
Mervyn Edwards  
Bill Enright  
Evan Floyd  
Rod Gaynor  
George Gwilliam  
Rob Hansen  
James House  
Chris Hudson  
Mark Hurst  
Gerrick Huxtable  
Colin Knight  
Les Mason  
Frank McGrath  
Andrew Molnar  
Barry Neumann  
William Robinson  
Eddie Rooney  
John Spence  
Barry Whittaker  
Paul Woodham

## Christmas In August excursion suggestion

### Christmas at Dwellingup Hotel

We make our way directly to Pinjarra and the Edenvale Homestead where we will have our traditional Club 55 morning tea. Free time to check out the homestead and the craft shop. Our journey continues onto Dwellingup with very interesting commentary on the history of the area including the old POW Camp which was the biggest in the state. Free time to check out the interesting craft shops in Dwellingup before sitting down and enjoying our Christmas lunch at the newly renovated Dwellingup Hotel. After lunch we slowly make our way home with a bit of a sing a long to keep us all merry.

*Sunday, 28<sup>th</sup>* August 2016

Departs: 9:00 AM PADBURY: Mens Shed McGregor Drive,  
Padbury

Please be ready 15 minutes prior to departure time.

Returns: 3:30 PM

Pricing set at \$50 per person. Members wishing to avail of this excursion please indicate your interest by booking your intentions in the register placed on the Treasurer's desk, so as to finalize the travel plans.

**JMS Committee Members 2015-2016**

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