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### January Activities :

Masters Sausage Sizzle 1st  
Jan 2016

Sausage Sizzle 9th Jan 2016

Sausage Sizzle 26th Jan 2016

December saw a good excuse for a social get together, to celebrate the Christmas with a lunch for the membership and their partners. A good attendance at the Woodvale recreation centre. The sit down lunch was a three course affair and the food was very good with the service to match. The companionship of members was a good way to demonstrate the close circle that the Shedders have formed. The lunch was graced by our Patron, Mr Ian Goode-nough, Federal Member for Moore, who was kind to spare a few hours to enjoy our company and get to know those who were present at the meet. He was appraised of our predicament of losing our premises after 2016 and offered his kind intervention and mediation with the Joondalup Shire, the fellow politicians of the legislative assembly and those in position to help our endeavor to secure premises for the shed. The committee is hopeful of a favourable outcome in these efforts.

# Joondalup Men's Shed Inc.

## Bench Press



New Year's eve is like every other night; there is no pause in the march of the universe, no breathless moment of silence among created things that the passage of another twelve months may be noted; and yet no man has quite the same thoughts this evening that come with the coming of darkness on other nights. -Hamilton Wright

Time has no divisions to mark its passage, there is never a thunder-storm or blare of trumpets to announce the beginning of a new month or year. Even when a new century begins it is only we mortals who ring bells and fire off pistols.  
-Thomas Mann

Another fresh new year is here . . .  
Another year to live!  
To banish worry, doubt, and fear,  
To love and laugh and give!

This bright new year is given me  
To live each day with zest . . .  
To daily grow and try to be  
My highest and my best!

I have the opportunity  
Once more to right some wrongs,  
To pray for peace, to plant a tree,  
And sing more joyful songs!"

Ella Wheeler Cox

# *The shed*

*Don Stratford*

A mans' gotta have a shed y'know  
A place he calls his own  
Where he can go and loose himself  
Like a king upon his throne

It can be neat and tidy  
With everything in place  
Or one un-wholly bloody mess  
Where there isn't any space

But you can rest assured old friend  
No matter how it fares  
It's his domain and castle  
Down to the worn out chairs

He proudly shows it to his mates  
Who goo and gar and ask  
What's this and that you got in here  
Including in the flask

There's pictures stuck up on the wall  
The likes that women scorn  
But it wouldn't be the same you see  
Without his female porn

And if someone dare to take control  
Woe betide the feathers fly  
Until he once again can say  
Don't come in here and pry

So, take heed all those who enter there  
And know it's in his head  
He'll do whatever it does take  
To defend his bloody shed

Don Stratford © 18 / 2 / 2005

## *Introducing New Members*

- ◆ Dennis O'Brien
- ◆ John O'Dell
- ◆ Alexander Bunhtyan

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.

## *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.

I LOVE EXERCISE!  
Just not as much as I love  
wine... or my friends...  
or sitting on my ass.....  
or a combination of any of  
the above.....never mind.



## *Christmas Celebration Lunch*

The annual Christmas Lunch was held on the 10th of December at the Woodvale Reception Centre, Woodvale. The lunch was attended by Mr. Ian Goodenough, Federal Member for Moore and JMS Patron. The pictures tell the story of the membership's attendance but does not capture the spirit of the occasion. Once again Ron and Eva Slavin, our social organizers in Chief, did a wonderful job in the selection of the venue and the Menu. A three course menu was on offer and both the quality and service at the event was well received by those present. There were several door prizes on offer and it was good to see the winners were not the "usual" people at the receiving end of these gifts. Perhaps. Santa Claus, in the spirit of the occasion, was really generous in his equitable distribution of the prizes. Our gratitude to our Patron, Ian Goodenough, for taking time out from his federal commitments to grace the occasion and a special thanks to Ron and Eva for doing such a remarkable job. Well done!!!!



# Christmas Celebration Lunch



## General Notice to Membership

There is an exercise being carried out to regulate the attendance at the shed. Our assistant Secretary, Ian McCallum, is collating the daily attendance into a database, so as to project the attendance per days of the week. This would help in getting the numbers so as to schedule any future events on those days which have the maximum numbers. Also, the projection will help in evaluating and remedy the reason why some members are irregular at the shed. The request is being made for members signing in the register to kindly write your names so that it is **LEGIBLE** for Ian to reproduce it in the database.

## The Dolls House

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. Unfortunately, the Doll's House was collected before any photographic evidence could be recorded of the masterpiece. Sufficient to say that it was really a great show-piece.

## *Bunnings Sausage Sizzle*

The Bunnings Store, Whitfords, had asked the shed to organize a sausage sizzle at the store grounds on the 19th of December. The event started at 8am and went on till 4:30 in the afternoon. As usual the morning started slowly with few shoppers out at that time of the morning, but by mid morning the crowds started to build up and so did the demand for the sausages off the grill. The end result was a very successful day for the shed's coffers.

There seems to be few volunteers for these outings and despite the early requests for members to answer the call for these meets, there seems to be the same familiar faces who are seen to man the Shed's "store" front. It would be appropriate to remind the membership that the success of these events are the responsibilities of all the members and the collection of the sales helps towards the Shed's building fund. Secretary, Michael Robinson, has proposed to set up a roster to include new members to give them an exposure to the activities. Perhaps this would help to alleviate the pressure on the few members who are regular "volunteers" for these occasions; failing which there would be fewer sausage sizzles being offered and taken up by the shed, which would result in less earnings towards the Shed's projects.

The collection of photos below indicate the fun and camaraderie at these occasions. Tempting for others, perhaps, to participate!!!!!!



The novel "Fifty Shades Of Grey" has seduced women – and baffled blokes.

Now , Fifty Sheds Of Grey, offers a treat for the men.

The book's author Colin Grey recounts his love encounters at the bottom of the garden. Here are some extracts...

### Fifty "Sheds" Of Grey

We tried various positions – round the back, on the side, up against a wall. But in the end we came to the conclusion the bottom of the garden was the only place for a good shed.

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She stood before me, trembling in my shed. "I'm yours for the night," she gasped, "You can do whatever you want with me." So I took her to Bunning's.

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She knelt before me on the shed floor and tugged gently at first, then harder until finally it came. I moaned with pleasure. Now for the other boot.

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Ever since she read THAT book, I've had to buy all kinds of ropes, chains And shackles. She still manages to get into the shed, though.

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"Put on this rubber suit and mask," I instructed, calmly. "Mmmm, kinky !" she purred. "Yes," I said, "You can't be too careful with all that asbestos in the shed roof.."

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"I'm a very naughty girl," she said, biting her lip.. "I need to be punished." So I invited my mum to stay for the weekend.

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"Harder!" she cried, gripping the workbench tightly. "Harder !" "Okay," I said. "What's the gross national product of Nicaragua ?"

---

I lay back exhausted, gazing happily out of the shed window. Despite my Concerns about my inexperience, my rhubarb had come up a treat.

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"Are you sure you can take the pain ?" she demanded, brandishing stilettos. "I think so," I gulped. "Here we go, then," she said, and showed me the receipt.

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"Hurt me!" she begged, raising her skirt as she bent over my workbench. "Very well," I replied. "You've got fat ankles and no dress sense."

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"Are you sure you want this ?" I asked. "When I'm done, you won't be able To sit down for weeks." She nodded. "Okay," I said, putting the three-piece lounge suite on eBay.

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"Punish me !" she cried. "Make me suffer like only a real man !" "Very well," I replied, leaving the toilet seat up.

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: "Blokos Building Better Communities!"

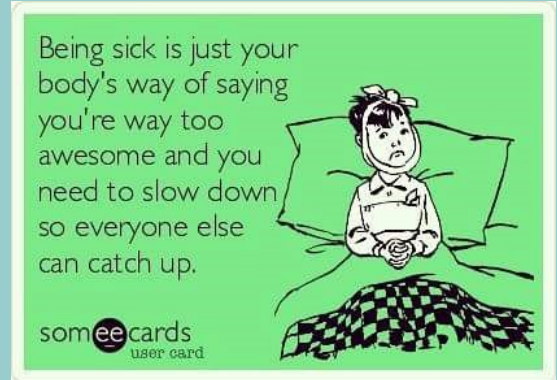
We are all about fostering better overall health and well being for all men. This has an obvious beneficial ripple effect for our members' families, the wider community and the members themselves

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
- Jim Pember

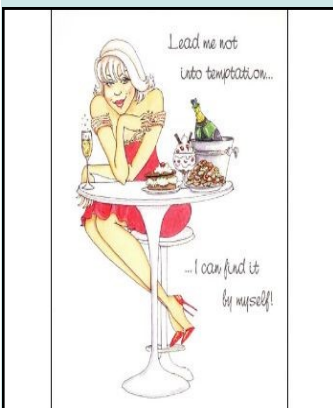
Our members would enjoy a visit from our more healthy members. Contact Peter Macander, our Welfare Officer for details.



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



Anthony	Robson	David	Hornsby
Harold	Bell	Ed	Jolly
Hedley	Bond	Darren	Jones
Mark	Brayshaw	Brian	King
Rick	Hardie	Reg	Luther
Robert (Bob) Harrap		Peter	Macander
Edward	Hartland	John	Maddison
Bob	Heasman	Travis	Marnham
		John	Rourke
		John	Rowsell
		Gordon	Walsh



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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