Bench Press May 2021



Joondalup Mens Shed Bench Press May 2021

Editor Merv Pearce



Presidents Official Opening Day Address

Good morning and welcome to our Mayor, Albert Jacob, Councilors Christopher May, Kerry Hollywood, Tom

Mclean, Suzanne Thompson, Nigel Jones and John Chester; Emily Hamilton MLA Member for Joondalup, Caitlin Collins MLA Member for Hillarys (unable to make it for the opening), James Wild CEO MSWA, Joondalup City's Asset Management Team Sheree Edmondson, Mike Gull, Sandra Roberts, Anne Swanson, Ladies and gentlemen: It gives me great pleasure to welcome you all to the opening ceremony of our new Men's shed.

As you all know our previous location formed part of the Padbury High School was favorably leased to us for the greater part of a decade. We remain grateful to the Education Department for accommodating us during that period. We were very fortunate that the department granted us numerous extensions but due to their own infrastructure upgrade requirements were unable to allow any further extensions beyond 2020. Our "squatter rights" were coming to a close.

In desperation for the continuation of our legacy, we approached the COJ and were fortunate to get the cooperation of the Mayor and the majority of Councilors who offered us a shortlist of venues. Winton road presented the best alternative with its existing infrastructure and location, albeit in need of

some modifications to suit our purpose. There were many a suggestion with draft plans and ideas a plenty, but as Sheree Edmondson pointed out, the Taj Mahal that we envisaged would require finances that were beyond the savings that JMS had towards the building fund. Unfortunately, our hopes of obtaining grants from the Lotterywest never realized due to the pandemic. The Joondalup City, in its generosity, provided a "rolling" grant towards the infrastructure upgrades which went a long way to assist in the realization of our plans. We needed to commit to an action plan that would ensure our future and realize our plans. Sheree Edmondson and Mike Gull, with the overall backing and confidence of the Mayor Jacob and his team at Joondalup City, assisted us in determining what we needed to suit our requirement and allow us to fulfil our dream for the TAJ MAHAL, in the future.

During the process of building draft plans, construction and eventual lease compliance we could never have hoped for better advice and guidance that what we experienced during our various meetings and discussions with the asset management team. Today, the building that you see before you is the outcome of sheer determination, negotiations and hard work that was involved in order to complete the project. We, the members of the JMS are the recipients of the strength of collective community generosity which will enable us to safeguard our future because we are the "blokes building better communities."

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We extend our gratitude for the consistent support that we have been privileged to experience from Emily Hamilton and in the immediate past from Caitlin Collins. They have provided a lot of encouragement, time and understanding of our need for the upgrading of machinery and been instrumental in providing us grants for acquiring some new machines as replacement of the older ones.

Our gratitude to the MSWA and the CEO James Wild for their understanding of the needs of individual Men's Sheds and the organization as a whole in providing useful advice during the pandemic and sourcing avenues for future grants and training that will go a long way in securing the improvement in our infrastructure and the sustainability for the future.

I would like to express my personal gratitude for the following members who have been instrumental in the planning, logistics and setup of the new shed. Please stand and accept the acknowledgement

- Alan Greenhalgh our first president who had the vision to start the JMS, (unfortunately was admitted to hospital and unable to attend today.)
- Bob Allen our past president who was instrumental in the initial negotiations with the city.
- Bob Davis the original member of the negotiation team

- John Spence
- Michael Robinson
- Crawford McLennan
- Roger Revell
- Graham Duffy
- Norm Jones
- Tony Brewer
- David Lockett
- Sanny Ang
- Merv Pearce

Our gratitude to all the members who volunteered their time, energy and muscle power to help in the great move from Padbury to Winton road. Without your help this move would have been costly and time consuming.

And finally, the partners of our members, for your understanding and not so gentle persuasion for them to devote their time for the shed. Thank you for the encouragement that you give your partners, every single day, to leave the house and attend the shed. We are richer for their experience and company.

Once again thank you all for taking the time this morning to be with us and sharing this momentous occasion.

Reg Luther



Dear members

It is with my heartfelt gratitude that I acknowledge the efforts of all those who contributed in the planning and execution of our reception for our grand opening. The lead up to the occasion was a clockwork of efficiency and dedication of those who were a part of the TEAM. There were some nerves before the event, or was that a personal reflection?

The success of the occasion, as evidenced by the guests and our partner's reaction, belongs to the hardworking members who contributed their time, energies and commitment. The ceremony was held ON TIME, in spite of the rain on our parade, and it didn't dampen our spirits. The Food was excellent and the walk around was a huge success. There was a hint of envy for the facilities but overall the dignitaries from the COJ appreciated the use of the workshop and were happy with what we have collectively achieved. Was there a suggestion of a perpetual lease in the general scheme of things???? The Mayor's remarks were very encouraging.

Please accept my personal gratitude to all and happy shedding LOL.

Kind regards Reg Luther

The article below is a copy of a media release by the City of Joondalup

May 31, 2021

Joondalup Men's Shed Officially Opens New Premises

The Joondalup Men's Shed celebrated the official opening of their new permanent premises at 17 Winton Road, Joondalup with a special ceremony on Saturday, 29 May.

Joondalup Mayor Albert Jacob cut a ribbon to mark the occasion, bringing an end to the Joondalup Men's Shed's decade-long search for a home base.

The Joondalup Men's Shed was established in 2010, and was located at the former Padbury Senior High School manual arts building under a lease arrangement with the Department of Education.

However, with that agreement expiring in 2019, the City worked closely with Joondalup Men's Shed to try and identify a suitable location for a new home.

Prior to the decision of the Joondalup Council to proceed with the Winton Road site, the City investigated dozens of options, with three of those progressing to a feasibility and concept design phase.

In a unanimous decision of the Council at its December 2018 meeting, it was determined that the most suitable location was the City's building maintenance depot, here at 17 Winton Road.

Council's decision also meant that extension works were required at the City's main Works Operations Centre in Craigie to accommodate the relocation of staff and centralisation of operational activities.

Significant refurbishment and power upgrades were required for the Winton Road site to meet the current and future needs of Joondalup Men's Shed.

The City invested \$1.23 million over four years to the project, and the Joondalup Men's Shed also contributed \$168,000 to help bring it to fruition.

Mayor Jacob said with a lease now in place, Joondalup Men's Shed has certainty and capacity to grow its membership and future sustainability.

"The City and the Joondalup Men's Shed have long enjoyed an excellent working relationship and we look forward to this continuing into the future," he said.

"An important aspect of the Men's Shed movement, beyond the amazing work they do within the workshop environment, is the social interaction and support of its members.

"The inclusion of a large social room space in the new premises has been a great outcome to help support this important function of the group.

"I also congratulate the City's Asset Management Team for their diligence in delivering this significant project and they should be very proud of their involvement."

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Joondalup Men's Shed President Reg Luther said:

The City of Joondalup has truly lived up to its commitments in granting a new home for the Joondalup Men's Shed.

Our motto of "Blokes building better Communities" could never have been realised without a home and a commitment from the City to participate in the community services for the overall betterment of the "Men" in the community.

The JMS provides a "shed away from their shed" for men of all ethnic, professional and diverse backgrounds and takes advantage of the collective wisdom of our members. It is truly inspiring to see the creative expertise of our members and the new home will give us the capacity to expand and share our talents.

Our gratitude to the team assigned for the project upgrade. They have exceled in their contributions and guided us with sound advice.

Grand Opening Ceremony Joondalup Men's Shed Premises

Saturday 29th May, 2021

9:45 am - 11:30 am

9:45 am-10 am Members, Partners and Guests Sign In

10 am – 10:10 am. Ribbon Cutting Ceremony by Lord Mayor of the City of

Joondalup.

10:10 am- 10:30 am Welcoming remarks President Joondalup Men's Shed.

The Right Honourable the Mayor Albert Jacob JP.

Address Past President JMS Alan Greenhalgh

Address James Wild. CEO Men Shed WA

10:30 am - 11:30 am Conducted tour of the shed premises

Light Refreshments.

OFFICIAL OPENING OF THE JOONDALUP MEN'S SHED SATURDAY 29TH MAY 2021

After a decade in the making our new premises at Winton Road is up and running and the official opening took place on Saturday 29th May. Special guests attending were the Mayor of the City of Joondalup Albert Jacob, Deputy Mayor Russ Fishwick, Councilors Christopher May, John Chester,

Kerry Hollywood Nige Jones, Tom Mc Lean, Member for Joondalup

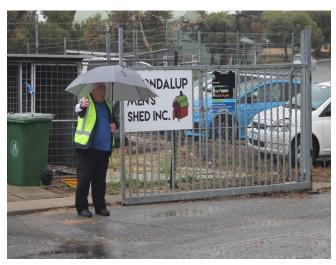
Emily Hamilton, CEO of Men's Sheds WA James Wild, Project Manager of MSWA Jaxon Ashley. It was unfortunate that Alan Greenhalgh who was scheduled to present an address was unable to attend as he was in hospital.

The event went extremely well, the rain did not affect the event except for a tropical type heavy shower that pelted down as President Reg was presenting his address and people at the rear of the social room could not hear him. Those present who missed hearing his address can read it on page one and two.

The food from the Golden Bakery was first class and enjoyed by all. A lot of contacts were made and should be beneficial to the shed.



The day before the event preparing the chairs



Tony Magee at the gate ready to guide guests to parking.



Guests arriving and so did the rain



Mayor Albert Jacob arriving escorted under the umbrella by Sanny Ang



Special guest Hillsy House accompanied by James House

Photo Colin Mellows



The Mayor cutting the ribbon

Photo Colin Mellows



The Mayor Addressing the attendees



Crawford McLennan showing guests the workshop



James Wild CEO WAMSA addressing the attendees

Photo Colin Mellows



Unveiling the plaque



President Reg Addressing the attendees



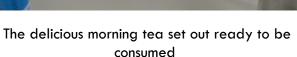
Graham Duffy showing guests the workshop





Articles made by shedders on display in the Committee room





Hats Off

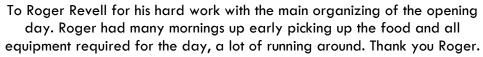








And to finish off with a little humour (I hope)
"Did someone tell him not to enter the shed
this way but to enter through the main door
and sign the register"





With the move from Padbury to Winton Road there had to be disposal of a lot of unwanted things that had been stored in the shed. A lot of old tools in not so good condition were tossed out. It is disappointing that Rob didn't have the chance to rescue a lot of them as they could have been sold and brought in some income for the shed. One chap who purchased many of the old tools from Rob's sale will be using them for his welding art. (see images below)

Rob's Report

The advertisement on Facebook market place read Pre loved tools from the Joondalup Men's shed surplus to our requirements from \$1 all donations to the shed. I had over 1500 views with many messages to reply to. I think it gave us a lot of exposure with many inquiries about the shed and raised \$125



Rob's display of the collection of some of the tools for sale.

Some images Obtained from the internet of some welded art made with old tools











Farmers Markets

Joondalup Mens Shed



No dates have been set yet for markets in 2021

Sausage sizzles

No sausage sizzles have been scheduled at this stage





My wife is blaming me for ruining her Birthday
That's ridiculous, I didn't even know it was her
Birthday

The first million people to send me \$1 will get a copy of my guide on how to become a Millionaire using Facebook

Caring for our fellow Members

Should you hear about any of our fellow shedders being ill, experiencing the loss of a loved one or you haven't seen them at the shed for an extended period, please inform our Welfare Officer Michael Robinson. Michael will make enquiries and visit if necessary and keep Shedders informed.

Michael Robinson has joined Chris Drury as Welfare Officer. Michael's contact is robinsonmj1950@gmail.com phone 9409 8484, Mobile 0491 036 085

Chris's contact is chris.drury@sumphero.com

June Birthday Celebrations



Birthday greetings to you all Bob Allen
Alexander Chisholm
Albert Chong
Bob Drury
Rob Hansen
James House
Chris Hudson
Gerrick Huxtable
Colin Knight
Frank McGrath
Cory Pilkington
Roger Revell
Rob Roach
Nic Romney

John Spence

Loretta Crameri

Roze Parton

Welcome to new member

James Lawson

Welcome to the shed James we hope that you enjoy the camaraderie with the members and take part in the activities and crafts that the Joondalup Men's Shed offers.



REPORT ON OUR NOT SO WELL MEMBERS

Brian Abbot has been hospitalised and is due to be released this week.

Alan Greenhalgh is in hospital and unfortunately was unable to attend the Grand Opening Day.

Michael Robinson

Attendance Statistics for April 2021 Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly Total
Week 1	1/04/2021	4/04/2021	xxxx	XXXX	XXXX	11	0	0	0	11
Week 2	5/04/2021	11/04/2021	0	39	25	12	24	0	0	100
Week 3	12/04/2021	18/04/2021	15	47	24	16	10	0	0	112
Week 4	19/04/2021	25/04/2021	11	40	25	14	16	0	0	106
Week 5	26/04/2021	30/04/2021	0	13	11	12	11	xxxxx	xxxx	36
Total			26	139	85	65	61		0	
Working days 19 work da		19 work days								
Weekly Average			13	34.75	21.25	13	15.25	0	0	365

Total for the

Month 365

Men per Working Day 19.21

NO Ladies

I know I sound like a broken record. Month after month asking you to print clearly

And make sure you sign under correct date.

Over the past few months it has been very difficult as members are using first Names only.

Take the name David as an example ;There are 9 David's on our books.

The register for signing in is not there to give someone a job, but to help YOU Unless filled in properly **No Insurance Company** will touch us (YOU)

Also used if an Emergency arises. We have spent up to half an hour trying to get a full name.

If English is not your first language, see me and we can work out something simple for you.

If we work together everyone including the Shed wins.

Ian McCallum

0400 935 730 Jackie [wife] will answer

ianmc@westnet.com.au

The total number of members

as at May 2020
Includes 14 Associate members



Computer Maintenance/Repair Guidelines

The Joondalup Mens Shed now provides computer maintenance and repair service for homes as well as businesses across Joondalup and associated suburbs. Every computer specialist can repair your computer, laptop, Mac, or mobile device so you can get back online as soon as possible. We realize there is nothing worse than being disconnected, which is why we offer computer repairs at a very competitive price. In fact, we ensure that your computer repair technician will find a solution to your problem or you don't pay — it's that simple!

As the go-to computer repair experts in Joondalup, the JMS services all major devices along with brands such as Apple, Samsung, Toshiba, Acer, and Dell. Every computer technician is highly experienced in a wide range of technical issues ranging from virus removal to data recovery. With that in mind, we offer a wide breadth of computer repair services to meet your specific needs. We can help you set up your device ready for a network or home use, tune up your PC, install new hardware or software, and much more!. Call (08) 6209 8034 or Email us from https://www.jms.org.au/

Drop Off Assessment

To get your PC assessed, just call or Email the JMS and arrange a date and time to drop off your system or device together with a completed client form filled in with all of your details include a description of the problems experienced.

What will JMS do

Basically, the JMS will assess a problem on a PC and give the owner a guide to how much it will cost to repair on the basis of no fix no fee.

All requests must include the following information: Windows license details PC Serial or Service Tag Number, Machine Manufacturer, Model, Function, owners name and address with contact detail together with a description of the fault or current problem.

What Type of Repairs can the JMS Complete

Re-Install the operating system.(Client must supply a valid Microsoft or Apple OS license).

Remove/Scan for Virus's and Malware.

Install new hardware.

Data recovery. (Where ever possible)

Clean the Computers registry and improve the systems performance.

Who will complete the work on the PC's

All work completed by the JMS will be done by fully qualified and experienced members of the Shed who have worked in the IT Industry at a professional level like ICT Technicians or IT Managers.

Items not covered under the JMS PC Repair service.

Printers.

Displays or Screens.

Modems and/or most peripherals.

Service Fees

JMS will attempt to diagnose and repair your computer on-site, in-Lab for an applicable fee. Sometimes a successful repair is not possible due to problems with your computer or its configuration. If we cannot fix or diagnose your computer related problem, we will not charge you for those services in respect of that problem (Our 100% no fix no fee). In some cases, the solution may be that you need to upgrade or replace your software or hardware. If we advise you to do so and you choose not to upgrade or replace your software or hardware, you acknowledge that we have met our commitment to you by providing you with a solution to your problem, whether or not you choose to implement that solution.

Fee Structure

- Re-Install the operating system. \$60
- Remove/Scan for Virus's and Malware. \$50
- Install new hardware. **\$40-\$60** depending in man Hrs
- Data recovery. (Where ever possible) \$60-\$80 depending in man Hrs
- Clean the Computers registry and improve the systems performance. \$40
- Ad Hoc Work depending on fault. \$20 Hr price to be agreed and confirmed with client in advance
 of work being commenced.

Appendix - A

Our Terms and Conditions of Service

This agreement of Terms and Conditions of Service sets JMS expectations, responsibilities and liabilities of service. JMS may change this agreement from time to time by updating this page. Our customers should check this page every time you are requesting our services to ensure that you agree with any changes. If you have any questions regarding our Terms and Conditions of Service, please Contact Us.

Terms and Conditions of Service include

Acceptance of Service

By accepting service from JMS you are acknowledging that you have read and understand these terms and conditions and agree to all the terms below. You agree to these service terms and all applicable service fees.

Data Integrity

It is the responsibility of the Client to ensure that all of their data on the PC is backed up prior to any work being completed on the system. No responsibility will be taken by the JMS for the loss of any data.

Limitation of liability

To the maximum extent permitted by law, JMS and its affiliates, will under no circumstances be liable for any special, indirect, incidental or consequential damages resulting from services provided or under any other legal theory, including but not limited to loss of revenue; loss of actual or anticipated profits (including loss of profits on contracts); loss of the use of money; loss of anticipated savings; loss of business; loss of opportunity; loss of goodwill; loss of reputation; loss of, damage to, or corruption of data; or any costs of recovering, programming, or restoring any program or data stored or used with your product and any failure to maintain the confidentiality of data stored on your product. The foregoing limitation shall not apply to death or personal injury claims. JMS specifically do not warrant that it will be able to (i) repair your product without risk to or loss of programs or data, and (ii) maintain the confidentiality of data. If any product should be damaged or lost while in JMS custody, JMS liability will be limited to the cost of repair. Otherwise, JMS liability for any and all damage shall in no event exceed the payments received JMS for services provided pursuant to these terms. The remedies set forth herein shall be your sole and exclusive remedies for any breach by JMS under these terms and conditions. Some states (countries and provinces) do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Client agrees that the terms and conditions that apply to JMS"100% money back guarantee" "satisfaction guarantee" "No Fix No Fee" and "We Will Fix It or It's Free" policies require that the client accepts the solution that JMS recommends. Depending on the circumstances this may include the purchase of replacement hardware. If the CLIENT rejects JMS recommended solution then the Client will not be liable for the labour charges incurred up to the point of the problem diagnosis.

Abandoned items

JMS is not responsible for items that have not been claimed and paid in full within 30 days after being notified that it has been serviced. JMS will consider your product abandoned and may dispose of your product in accordance with applicable law and, specifically, may sell your product at a private or public sale without liability to you. JMS reserves its statutory and any other lawful liens for unpaid charges.

Warranty

PC system that are still under supplier warranty should be taken back to their point of sale before a client considers bringing them in to the JMS. The JMS does not supply any warranty for the work completed.

Bin LoadingThe wrong stuff

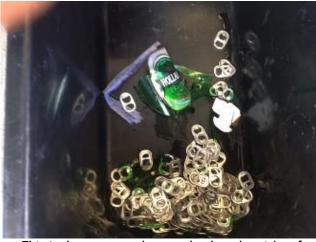
A request from Norm Jones



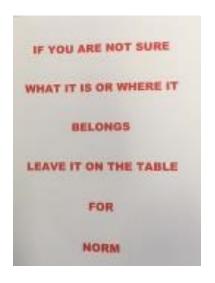
This is a metal recycling bin and is for metal only the shed obtains cash for the metal but if it contains other rubbish the pay out is considerably less. **So please metal only.**



An example of rubbish dumped in the metal bin that Norm had to climb in to remove.



This is the receptacle attached to the side of the bottle and can recycling bin, some one dropped in a broken bottle. Please don't allow this to happen again.





An example of articles thrown in the metal bin that Norm had to climb in to remove. These items are useful. If you come across any item you are unsure if it is good or not, put it on the table for Norm to inspect.



This is the table, it is situated under the stairway to the mezzanine just outside the social room.

Your cooperation in all these requests would be appreciated.

History of a Common Word

*Manure... An interesting fact.

*Manure **: In the 16th and 17th centuries, everything for export had to be transported by ship. It was also before the invention of commercial fertilizers, so large shipments of manure for fertilizer were quite common.*

It was shipped dry, because in dry form it weighed a lot less than when wet, but once water (at sea) hit it, not only did it become heavier, but the process of fermentation began again, of which a by-product is methane gas. As the stuff was stored below decks in bundles you can see what could (and did) happen. Methane began to build up below decks and the first time someone came below at night with a lantern, BOOOOM!

*Several ships were destroyed in this manner before it was determined just what was happening *

After that, the bundles of manure were always stamped with the instruction 'Stow high in transit' on them, which meant for the sailors to stow it high enough off the lower decks so that any water that came into the hold bilges would not touch this "volatile" cargo and start the production of methane.

Thus evolved the term 'S.H.I.T', (Stow High In Transit)

* "So it's really not a swear word" which has come down through the centuries and is in use to this very day.*

You probably did not know the true history of this word.

*Neither did I. I had always thought it was a golfing term. *



