Bench Press October 2018



Joondalup Mens Shed Bench Press

October 2018

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VICE PRESIDENTS REPORT



As Bob is in New Zealand visiting his relies, I have been asked to put a few words together to keep members up to date on shed matters.

We were asked to talk at a meeting of Connolly residents about just what we get up to in the

shed, and after a lively discussion we may get some new members from amongst the men and women attending.

We also received a gift of \$50 for the shed for holding the discussion.

The bread distribution is back on, after a bit of negotiation, with members enjoying their morning donuts and taking home enough bread to keep a small army going. Donations from the education department are around \$60 a week so that will cover a couple of sanding belts!!!

The markets are a bit quiet at the moment but we are gearing up for Xmas and things will pick up shortly, congrats to the guys who pump out items for sale regularly and are a daily feature in the woodwork shop.

The main income at the moment is the sausage sizzles. and we now have every Friday and Saturday earning the shed funds, and it's a good day out, meeting the public and having a laugh with mates. Every 4 weeks we have 3 sizzles on, with our monthly trip to Bunnings at Joondalup now a regular occurrence. I am now in talks with Bunnings about 2019, with an emphasis on more Sunday sizzles, to increase our revenue.

Volunteers are always needed, but we seem to get through every weekend with extra effort and double shifts from the usual helpers. We are having to hire a van some weekends as transport is not available to move the sizzle equipment and food to site.

Another Bunnings store has asked us to help them on Fridays, but at this stage we are struggling to keep up with the work we already have.

The raffles for the Bunnings vouchers that were obtained from Bunnings raised \$350 for the shed, and a voucher from Woolies will be raffled too. Any thoughts on a weekly raffle for a woollies voucher? The old chook raffles used to go down well in country towns, why not a meat pack in the shed, let your committee know what you think. Some members are still not wearing their yellow badges, this is not a big deal guys, put them on and stop us having to keep checking to seeif you are financial.

I am inviting a couple of members who live alone to my place for Sunday lunch, a bit of home cooking will do them good, how about some other members getting into the act. If you are lucky enough to have the wife waiting on you hand and foot, ask her if a couple of mates can come for Sunday dinner. Melbourne cup lunch is coming up, with Michael doing the organizing, so get your name down for a great day and a feed.

The \$500 free credit for material from the Mindarie reuse shop is not being used due to transport problems, most items we could re furnish will not fit into the ute, so this source of material is not being utilized properly, which is a shame as this could provide both projects for blokes to do and extra income for the shed.

Regards Tom Daly



Cost \$15.00 per person

Members and partners invited to attend

Menu

chicken and salad apple pie and ice cream BYO drinks and glasses

\$2.00, \$5.00 and \$10.00 Sweeps will be available

Lunch will be served after the running of the cup



Prizes for the best hat and tie





Please pay Michael Robinson prior to the event

Meet the Member

Sanny Ang's Latest Testimonial



Looking back at where I've come from and forward to where I'm going is something I do now and then.

I was born in Singapore at a time when Orchard Road had no traffic lights or underground sewer system, and spent my childhood between the City and Bukit Panjang

Village...climbing most of the fruit trees of both.

I attended Newton Primary School (before Newton Circus became a hawker centre), then Anglo-Chinese School, and went on to study Architecture at Singapore University. The campus was at Ladyhill...where I added tennis to lifesaving, badminton and squash. After graduation in 1980, there was National Service...2.5 years to go from recruit to Lieutenant as an Amphibious Combat Engineer. Meanwhile I had worked as a labourer, tiler, life-guard and off-set printer.

I then joined SAA Partnership to practice in Singapore, Sydney, Port Moresby and Brunei, where I met my wife-to-be at a squash court and we later married and migrated to Australia... by plane. I worked with two practices in PerthIn 1991,

before the construction crash (after the loss of the America's Cup)...this led to an employment agency and various other jobs, fatherhood, and divorce. I now work at squash, Origami and a news agency...where I am like the can opener on a Swiss Army Knife...1can open the shop 6 mornings a week. I invented the Origami Zoomerang.which won TIME ALOFT (11.58 seconds) in an International Paper Aeroplane Competition in Zaragoza, Spain. Nowadays, I'm with Platinum Adventurers at the Craigie Leisure Centre, Joondalup Men's Shed, RSL North Beach and volunteering at Scitech.

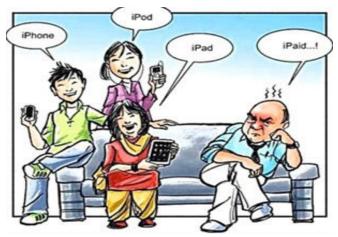
In the meantime, I developed a taste for baking and try to bring a new flavor to my community, while documenting the products from the wood workshop. With 386 blood donations, I fortnightly give 900 ml

of plasma (which is mostly salty water), hoping to reach 500 before they stop me. During this AFLGF, I bussed with the Adventurers to the Pinnacles again, and looking back, can conclude that whatever our origins, achievements, aspirations...or lot... we're just another pillar of salt.



Sanny at the Pinnacles







A 55 seater coach will depart from the shed at 9.30am. First stopping at a café at Two Rocks where a morning tea can be purchased at your own expense.

Following the morning tea the coach will proceed to Yanchep National Tark for a three course lunch at the Yanchep Inn.

Members and partners invited

Cost: \$55.00 per person

Enter your name in the reservation book on the desk in the social room.

Bookings close on Friday 30th November

Payment can be made by EFTPOS, cheque or cash



locater Birthlay wishes to the following Shelling



Sanny Ang **Philip Ash James Douglas** John Gallea **Patrick** Hadley Rodney Herman **Howard** Warren William Kelly **Neville** Long Neil **MacDonald**

Mohamed Riad O'Dell John **Michael Robinson Shattock** John **Shaw** Murray **Andrew Simmons Jeffrey Squance Thompson** Gary **Darryl** Ward Winzer Neil

Many happy returns to you all

Welcome New Members

Alastair Swanson

Keith Sandford

Bob Roach

Ronald Kremer

Welcome to the shed gentlemen we hope that you join in, participate and enjoy the many activities that are on offer.





Chris Drury will be leaving the shed this November to travel to Europe staying with relies for six months, from then on yet to be decided. Chris has spent a lot of time building his model ship "Victory", unfortunately we shedders won't see the finished project however he has promised to send photos of the ship when completed.

We wish you well Chris and a safe journey.

Attendance Statistics for September Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly Total
Week 1	9/1/2018	9/09/20018	0	0	0	0	0	2	0	2
Week 2	9/10/2018	9/16/2018	23	55	42	27	19	2	0	168
Week 3	9/17/2018	9/16/2018	19	45	37	27	18	3	0	149
Week 4	9/17/2018	9/23/2018	42	19	45	31	24	1	0	162
Week 5	9/24/2018	9/30/2018	14	40	41	29	21	0	0	145
			98	159	165	114	82	8		_
Total									0	
Working Days		20 Days								
Weekly Average			24.5	39.75	41.25	28.5	20.5	2	0	626

 Total for the Month
 626

 Sat, 01/09/18
 8 Ladies

 Sat, 15/09/18
 7 Ladies

207 Is the total number of members as at October 2018

September 30th was the deadline for renewing your membership. If you have not paid your dues please do so at your earliest convenience.

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 Officers Tom Daly (2) and John Summerfield. Tom or John will make enquiries and visit if necessary and keep Shedders informed.

Tom Daly (2) can be contacted on 0401 972 618 or email tommy8@westnet.com.au

Or John Summerfield Mob. 0432 032 461 email sumtrader1@primus.com.au

The Joondalup Men's Shed (JMS) is the local representative and a registered member of the West 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

Joondalup Mens Shed



Coming Farmers Markets

Sunday 4th November
Bambara Primary School Craft Markets
Sunday 11th November Mosman Markets
Saturday 17th December Joondalup Markets
Sunday 16th December Stirling Markets
Saturday 15th December Joondalup Markets
Sunday 16th December Stirling Markets



Delicious lunches are available at the Shed on Tuesdays

Come along and enjoy a
Hot and tasty meal cooked
by chefs at the Kingsley
Tavern

Only \$5.00 per serve

An unhappy experience by Geoff Chantler BE WARNED

Monday morning I was passed by a police car going in the opposite direction a duel carriageway with trees in the medians trip. Several kilometres on I was stopped by the police car for not having a current drivers licence. The police car was equipped with the latest camera that could photograph 100 cars a minute even going in the opposite direction. The photo with the registration of the car would be computed and the owner of the vehicle's drivers licence checked for being valid, or any other charges against the owner. All this information is relayed to the constables in the police car within minutes. It cost me a \$100.00 fine.

Ponderism If electricity comes from electrons, does morality come from morons?

Your attendance is requested for a Special Meeting

A special meeting is being called for the Adoption of Model Rules and change to the constitution as per the circulated Resolutions

Tuesday 30th October 2018 at 10am

Venue: JMS social room