

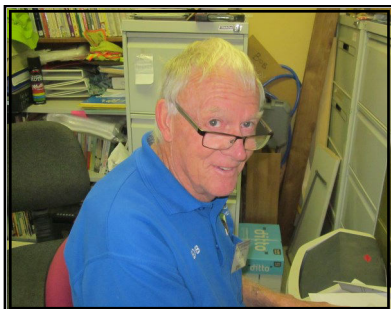


# Joondalup Mens Shed

# Bench Press

## November 2018

3 Mac Gregor Drive Padbury 6025 Phone 9402 6161 [www.jms.org.au](http://www.jms.org.au) [joondalupmensshed@gmail.com](mailto:joondalupmensshed@gmail.com)



## *Presidents Report*

Another month has flown by and we are getting closer to our

deadline to vacate our shed premises at Padbury. We've been exceptionally lucky to have had these facilities for the last 6 years with all the advantages that has given us. Things will change when we have to pay for those services that we hardly see as a problem now.

Things are moving towards a secure home. We've had a meeting with the Mayor and CEO where we were assured that everything looks promising for a decision to be made at the December Meeting of Council. We were pleased to welcome Christine Hamilton-Prime, Councillor for Hillarys. Christine expressed her strong support for resolution of our search for a permanent home. Our Patron Ian Goodenough visited and provided us with morning tea and a pocket knife for members. Our shed is featured in Ian's Calendar. This will help us with letting the community more aware of what Men's Sheds do.

November has seen changes to our committee with the resignation of two of our members. Bernie Egan has stepped up to the position of Vice President, Graham Duffy and Norm Jones have agreed to fill the vacant positions on the committee. Thank you to these members. We look forward to working with you.

Tony Brewer and his team are working on an accreditation process that will enable members if they wish to understand the safety issues and the correct usage of the different machines we use. Hopefully we should start next year with members being able to use the machines of their choice.

John Spence and Bernie Egan will be working on updating our Standard Operating Procedures. If you have any ideas to improve the smooth running of our shed talk to John or Bernie. You can get a copy of the SOP's if you want to help.

We are currently working with Bunnings to arrange Sausage Sizzles to fit in with our calendar. We're starting off with one a month for now. We'll see how we go for Volunteers and hopefully we can do a few more sizzles. We did get a lot of banter at our last sizzle as we generally put onions under the sausage. We did get the odd request for onions on top. Thanks to Trish Smith for helping with our volunteer numbers. Graham and his wife Trish did an excellent job and fitted well in the team. Thanks to all the Friday team. We took \$450 which helps our funds.

New members keep rolling up. It's good to see new members fitting in and enjoying the company. Also great to see the range of skills our members have.

Some of our members are having a hard time with their health. We send out our best wishes for you recovery and hope to see you back in the shed soon.

Bob Allen



# Melbourne Cup Luncheon

Approximately 30 members and partners attended the Melbourne Cup luncheon on Tuesday 6th November. Michael Robinson organized the show and did an excellent job indeed.

Thanks Michael for a most enjoyable day.



Michael Robinson setting up the tables



"Place your bets". Could you trust this bookie? Bernie Eagan won the best tie competition . *But Bernie is not wearing a tie* you may ask. Well there was a prize for the best tie but as no ties were worn by anyone Bernie won the 2nd prize for the best hat.



Tom Daly won first prize for the competition for the best hat



A collage of photos on the next page







# December Birthday wishes to the following Shedd's



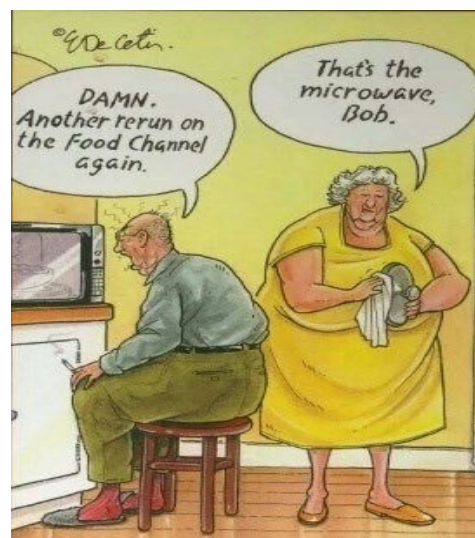
**Many happy returns to you all**

Frank Antulov  
Roger Bayzand  
Daniel Condon  
Garry De Piazzi  
Cameron Dermer  
John Fell  
Dave Fiorini  
Barry Fitzsimmons  
David Lockett  
David Morris  
Samuel Rowan  
Keith Sandford

## Welcome New Members

Ian Cowan                      Melvin Heaton  
Stephan Cracker

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



Following the resignation of Tom Daly 2 and Arthur Yates from the committee. Bernie Eagan is now Vice President. Two new committee members are Graham Duffy and Norm Jones

### A SIGN IN A SHOE REPAIR STORE IN VANCOUVER THAT READ:

**"We will heel you  
We will save your sole  
We will even dye for you."**

*Member and Welfare Officer John Summerfield in a support vehicle recently took part in a compassion cycle ride across Australia. Here is a brief report that John would like to share with members.*

The 4385 km ride which started at Cottesloe Beach on 15th September to finally arrive at the Main Beach Newcastle on 17th October. The cycle wheels were dipped in to the ocean waters at both ends of the ride. The distance covered 4375kms the equivalent of riding from Portugal to Moscow I am told. The ride was not a relay but each of the cyclists individually completed the entire journey. The distance covered was between 150 to a maximum 193 kms per day. The average speed was about 25kms per hour. As the daily over night stops were pre arranged, these daily stops had to be achieved. Most of the overnight accommodation was at sports grounds or church halls or at billets of church or country folks along the way. Only across the Nullabor was it necessary to overnight in motels as there just were not any alternatives. We mostly slept on the floor in our own swags which were carried in the support vehicles.

The riders were split in to two groups of twelve so that our presence on the highway was minimized and traveled about a kilometre apart. A four ton enclosed truck loaned by Budget Vehicle Rentals drove directly behind one pod of cyclists and a twenty five seater bus loaned by an Australia wide tour bus company followed the second pod of cyclists. A system of "hooting" was followed by the driver constantly watching his rear view mirror, would be able to inform the cyclists of what type of vehicle was about to overtake them in order that they may be prepared, eg one beep meant that a car was overtaking . Two beeps meant a large truck was about to overtake and three succession beeps meant a monster was about to overtake, get as far left as possible fast.

No serious mishaps occurred apart from one cyclists wheel nudging the bike in front and he went into the rough and fell off. This man was 63 years old. He did a "roll" on hitting the dirt and did not hurt himself so was able to get on and continue to ride. Occasionally a puncture had to be repaired on the road side which we handled in about 7 minutes.

As fortune would have it there was a cross or head wind the entire way. This made a tough trip severely tougher. All cyclists finished the ride. A truly wonderful comradeship and bond was created amongst us all. Country folks by way of churches in towns along the route had been informed of our ride and came out in support to welcome us, provide overnight accommodation by billeting and generous meal provisions.

Over \$360,000 was donated as a result for underprivileged children and plus 86 children will receive sponsorship to education and welfare, all monitored by their local church for a period of about 12 years. All of this organized by Compassion Australia. Should any member wish to contribute to this wonderful cause please contact me on 043 203 2461 and I will advise you on how to go about it.

So focused and intent was the trip that it has taken us all some time to recover and adjust back to normality.

It was a truly memorable trip and occasion to cover the countryside at a pace far slower speed than is normal.

John Summerfield

### **AT AN OPTOMETRIST'S OFFICE:**

**"If you don't see what you're looking for, you've  
come to the right place."**

## *An amazing 2 letter English word.*

A reminder that one word in the English language that can be a noun, verb, adjective, adverb and preposition.

UP

This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP.' It is listed in the dictionary as an [adv.], [prep.], [adj.], [n] or [v].

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP?

Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car.

At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is blocked UP. We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, the earth soaks it UP.

When it does not rain for awhile, things dry UP. One could go on and on, but I'll wrap it UP, for now . . . my time is UP!

Oh . . . one more thing: What is the first thing you  
do in the morning and the last thing you  
do at night?

U

P !

Did that one crack you UP?

Don't screw UP. Send this on to everyone  
you look UP in your address book . . . or not . . . it's UP to you.

Now I'll shut UP!

### Attendance Statistics for October Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.	Weekly Total
Week 1	10/1/2018	10/7/2018	29	52	43	26	22	2	0	174
Week 2	10/8/2018	10/14/2018	26	48	45	34	18	2	0	173
Week 3	10/15/2018	10/21/2018	22	41	43	37	21	1	0	165
Week 4	10/22/2018	10/28/2018	21	53	39	29	23	0	0	165
Week 5	10/29/2018	10/31/2018	29	70	48	0	0	0	0	147
<b>Total</b>			127	264	218	125	84	5	0	
Working Days		23								
<b>Weekly Average</b>			<b>25.4</b>	<b>52.80</b>	<b>43.6</b>	<b>31.3</b>	<b>21</b>	<b>1.66</b>	<b>0</b>	824
<b>Total for the Month</b>		<b>824</b>								
Sat 13th		8 Ladies								
Sat. 27th		9 Ladies								

When signing on in the attendance book at the entry please enter your name clearly and readable.

Tuesdays and Wednesdays appear to be the busiest days for the shed. We are open Monday to Friday so if you find it a bit difficult to find a bench space or a long wait to use any of the machinery you may consider attending on Monday, Thursday or Friday.

**212** Is the total number of members  
as at November 2018

### *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 John Summerfield. John will make enquiries and visit if necessary and keep Shedders informed.

John Summerfield Mob. 0432 032 461 email [sumtrader1@primus.com.au](mailto:sumtrader1@primus.com.au)



## Joondalup Mens Shed



## Coming Farmers Markets

Saturday 15th December  
Joondalup Markets

Sunday 16th December Stirling  
Markets



## Sausage Sizzles

Volunteers will be required for the coming  
sausage sizzle

*Last one for 2018*

*Bunnings Joondalup*

Friday 14th December

Rob Hansen is now manager of the  
sausage sizzles contact him if you would  
like to volunteer.

## Tuesday Lunches



**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**



Chef extraordinaire David Barrett using his culinary  
skills to feed the multitudes of Bunnings Joondalup  
hungry customers last Friday 23rd November