



# Joondalup Mens Shed Bench Press March 2020

Editor Merv Pearce



## Presidents Report

hold company with yourself so sacred  
that even when you are alone,  
you are whole.



The physical desk is withdrawn but the virtual desk still exists to pen a few words to accompany myself and share with you my thoughts on isolation.

These are unprecedented times in our modern days. The Covid-19 pandemic is having an impact on the health of our loved ones, the businesses we rely on, the health of global economy and the way we live our daily lives. As we all continue to navigate through these unique and evolving challenges in social isolation we want you to know that the JMS is here for you. As governments introduce new rules to reduce the spread of this pandemic, the orders become more restrictive and the surroundings more oppressive but never enough to raise the panic and paranoia that may affect our appreciation of our own company.

We have weathered many a storm and exceptional events that have touched the world and especially our close environment, in our life time; but we will continue to share this journey with our membership, if not physically but at least to reach

out to support them and enquire of their well-being. We have tried to inform you all through the emails the decisions of the committee, which is one form of communication; the committee members have included their Contact numbers for any member to avail and call even if it is to have a chat. Please avail of this facility to let us know of the any particular aspect that we could improve on, to make this journey one of participation and sharing. Some members live on their own and might find the events overwhelming to surmount the period of isolation and loneliness. A friendly chat is always worthwhile to while away the time and perhaps make the time pass on a bit faster.

In the coming days we will explore to set up an online version of JMS social interaction, not Facebook or twitter or other social programs that may appear to be too intrusive; but the interface through our own website. The interface is almost ready and will be rolled out in a few days as I write this column. Please be on the lookout for the announcement.

All our external committee interaction has come to a grinding halt and we wait for emails to be answered to enable the next step in our attempts to secure grants for our projects. Michael Robinson, our Vice President, has been equally busy on the applications to various quarters for grants; a difficult proposition in these trying times but we persevere to keep our attempts going.

Keep well and take extra care during these trying times. We welcome all comments to be included in our new startup online interface

Reg Luther

Sometimes isolate  
yourself because  
only when the surround  
is empty,  
you search within.

-Advita

## EDITORIAL

With the closure of the shed there is not a lot to report. I thought to myself that we the members who are in isolation and feeling the anxiety of not seeing their mates socially would be appreciative of something to keep on going so gentlemen here is the March edition of the Bench Press. Not a lot of news because of the closure so in this issue there are many jokes about the corona virus and toilet paper. I hope you enjoy the jokes and get a laugh which is needed in these times of isolation and anxiety.

I would like to continue with the newsletter in the coming months, but as nothing is happening in the shed there will be no content to publish so my fellow members it will be up to you by sending in some contributions. Our Saturday ladies you are included in this request. It would be interesting if some shedders could send in snippets on how you are coping with the isolation, what you are doing to pass the time etc. etc. We have a lot of talented members who have had an interesting working life so how about some interesting stories to provide content for the "meet the member" page.

So my friends it is up to you to contribute so that the Bench Press can keep on keeping on. Any article can be sent to my email address [mervynpearce1@bigpond.com](mailto:mervynpearce1@bigpond.com)

Meanwhile stay safe and well and try to keep occupied, I look forward to meeting up with you again when this dreadful virus is defeated.

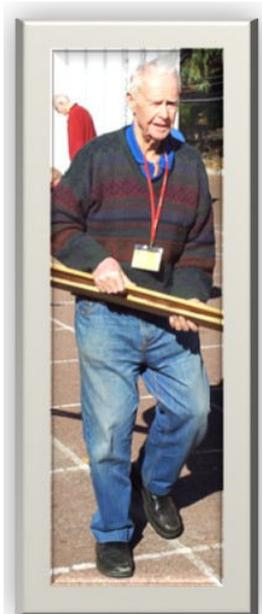
Merv Pearce (Editor)

## Shed Activities and Projects

Due to the closure of the shed there is nothing much to report. However many people in the work force have been requested to work from home. Rob Morgan has taken advice and has done precisely that.

With the shortage of toilet paper in the supermarkets rob managed to secure a toilet roll, the only problem was that it was too big for his normal holder. The only thing to do was to make a holder (pictured) at home. This could be a good seller at the markets when we are up and running again.





### Vale Neil McDonald

Neil McDonald a long time member of the shed sadly passed away on Saturday 21st March after a long battle with blood cancer. Due to the rules currently set by the government, shedders were unable to attend Neil's funeral. No doubt in normal times many shedders would have attended.

Our sympathies are extended to Neil's wife and family.

### *Welfare Officers Report John Summerfield*

Laughter is the best medicine :

Patient ; Doctor, I keep thinking I,m a goat.

Dr; how long has this been going on ?

Patient; Ever since I was a kid.

Pupil : I don't think I deserve zero for this test , sir.

Teacher ; Neither do I, but it's the lowest I can give you.

Diner : Waiter , there's no chicken in my chicken pie .

Waiter; Well, there's no shepherd in the shepherds pie either.

Our " boys " ...

Kevin Banham , although chronically unwell, living alone is always cheerful.

Frank Antulov is pleased to be home from hospital and is being looked after by his wife.

Neil Mc Donald: I've just had a long conversation with his wife. Neil passed away last Saturday of blood cancer. Due to current conditions the "Shed" will not be invited to his funeral on Friday. I've offered "our" assistance to her as needed .

Stan Pridmore ; He is not answering my calls but I leave a message wishing him well and that we endeavour to keep in touch with him.



John Summerfield

## ***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 [sumtrade@iprimus.com.au](mailto:sumtrade@iprimus.com.au)

# April Birthday Celebrations



Michael Albury	Ian Ottaway
Philip Anderson	Tyron Paul
Tony Brewer	Colin Pond
Alan Clements	George Raykos
Alan Greenhalgh	Paul Szep
Geoff Linton	Gordon Walsh
Bill Maley	Stefan Raczowski

*Birthday greetings  
to you all*

## New Members

Darryl Minas  
Bernie Brennan  
John Hyland

A hearty welcome to the shed gents, we hope that you join in the activities with our members and all that the shed offers socially and in the work shop.

### *Some Corona Facts*

Nail salons, hair salons, waxing centres and tanning places are closed. It's about to get ugly out there.

Did you hear the joke about the germ? Never mind, I don't want to spread it around.

I ran out of toilet paper and had to start using old newspapers. Times are rough.

If there's a baby boom nine months from now, what will happen in 2033? There will be a whole bunch of quaranteens.

Still no toilet paper in the stores. They're wiped out and you're out of luck.

So many corona virus jokes out there, it's a pandemic.

Finland just closed its borders. You know what that means. No one will be crossing the finish line.

The monthly attendance statistics were not available for publication due to the closure of the shed and thus access to the shed computer for Ian Mc Callum to carry out his usual role

The total number of members  
as at March 2020

**194**

**14 Associate members**



### MUFFIN BREAK

Early this month the shed was honoured with a visit from Emily Hamilton MLA for the electorate of Joondalup. Emily brought in a basket full of muffins which she distributed to the members for morning tea and mingled amongst us to chat. The muffins were eaten with great gratitude.

*Emily (pictured) offering a tasty morsel to Bill Maley*

# Hats Off



To Vince Bertolini



A beautiful top quality Nova 3000 wood turning lathe has been donated to the shed. The lathe needed assembling and the parts were laying around on top of a bench with the possibility of some of the parts going missing. Vince took the lathe home to assemble in his garage and while doing that he decided to restore the paint work resulting in the machine looking brand new. It is yet to be decided whether to install it in the present shed or wait until we are home and hosed in Winton Road.

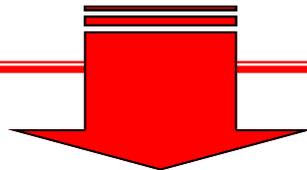
A good job done Vince  
Thank you

Vince with the wood lathe

Please note that all Farmers Markets and Bunnings sausage sizzles have been cancelled due to the corona virus.

Future dates are still published in this newsletter and the events will still happen once the all clear is announced by the state and commonwealth governments.

Until then please ignore.



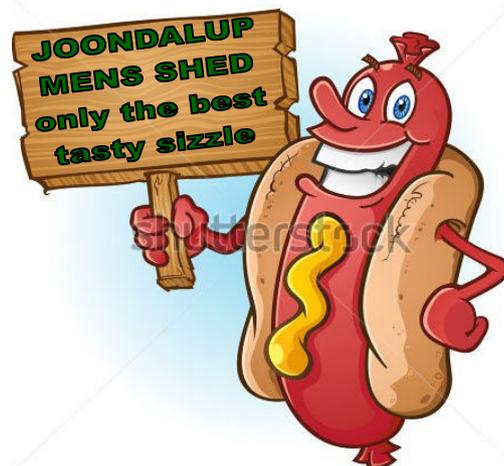
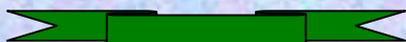
## Coming Farmers Markets



Lions Fair Sunday 5th April  
 Poynton Markets Saturday 18th April  
 Stirling Markets Sunday 26th April  
 Poynton Markets Saturday 3rd October  
 Poynton Markets Saturday 28th November

# Sausage Sizzles

Bunnings Joondalup  
 Friday 24th April  
 Friday 15th May  
 Friday 12th June



***Geoff Chantler has contributed this information for shedders, it may be of use to you.***

Below are a list of some of the online shopping we have been using. If you only need a few bits let me know as we can add a few things to our next order and drop them over and leave them at your front door for you.

### **Fruit and Veg**

*WA Fresh*

You can only buy a mixed box of seasonal fruit and veg you can't choose individual items. (they also have bread, eggs and milk in their boxes)

Order online

<https://www.wafresh.com.au>

*Little Big Store*

Organic fruit and veg and groceries (these guys are a bit more expensive but you can get individual fruit and veg items)

Order on line or give them a call over the phone.

<https://www.thelittlebigstore.com.au>

### **Milk and Dairy**

*Brownes Dairy* in Balcatta are offering online shopping and free delivery for orders over \$10.

<https://homedelivery.brownesdairy.com.au>

### **Meat**

*Meat Lovers Paradise* is a small butchers on Waneroo Rd in Tuart Hill that delivered for us for free. Have a good range of stuff. Can see it all online but can order online or over the phone.

<https://www.meatloversparadise.com/contact.asp>

### **Bread**

*Bodhi's Bakehouse* delivered for us this week for free. Order online.

<https://bodhi.com.au/shop/>

### **Alcohol**

*Liquor Barons Duncraig* - Burregah Way Duncraig

We have used these guys for years they are 2 great guys that own it and deliver for free. Tell them you are a neighbour of ours they know us well.

Order over the phone.

**08 9243 6681**



Single man with toilet rolls would like to meet single female with hand sanitiser for good clean fun



Looking at the map for some weekend travel ideas.



In line this morning at the Post Office, three people came in wearing masks...  
**PANIC !!!**  
Then they said "This is a robbery" and we all calmed down



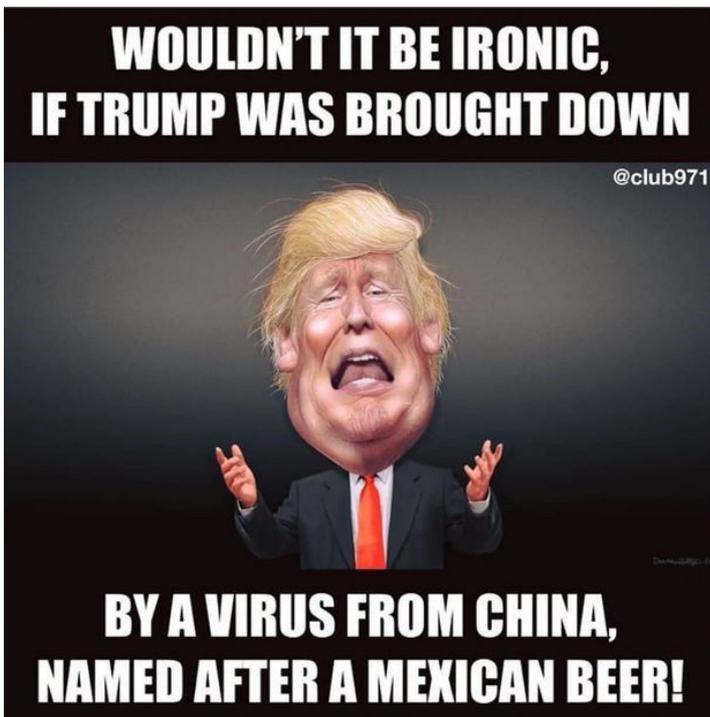
You know what goes great with the Corona virus?



Lyme Disease



It is not boring at all to stay in the house. But how come a bag of rice has 7,456 pieces and the other bag 7,398?



**AFTER THE QUARANTINE**



**THOUGHTS AND PRAYERS GOING OUT TO ALL THE MARRIED MEN WHO'VE SPENT MONTHS TELLING THE WIFE I'LL DO THAT WHEN I GOT TIME**



*This probably wouldn't hit the small screens today with all this political correctness but hey we need some humour at the present time don't we?*

*If you find this offensive please rip out the page*

This was originally shown on BBC TV back in the seventies. Ronnie Barker could say all this without a snigger (though god knows how many takes). Irony is that they received not one complaint. The speed of delivery must have been too much for the whining herds. Try getting through it without converting the spoonerisms [and not wetting your pants] as you read ...

This is the story of Rindercella and her sugly isters.

Rindercella and her sugly isters lived in a marge lansion. Rindercella worked very hard frubbing sloor, emptying poss pits, and shivelling shot.

At the end of the day, she was knucking fackered.

The sugly isters were right bugly astards. One was called Mary Hinge, and the other was called Betty Swallocks; they were really forrible huckers; they had fetty sweet and fetty swannies. The sugly isters had tickets to go to the ball, but the cotton runts would not let Rindercella go.

Suddenly there was a bucking fang, and her gairy fodmother appeared. Her name was Shairy Hithole and she was a light rucking fesbian. She turned a pumpkin and six mite wice into a hucking cuge fariage with six dandy ronkeys who had buge hollocks and dig bicks.

The gairy fodmother told Rindercella to be back by dimnlight otherwise, there would be a cucking falamity.

At the ball, Rindercella was dancing with the prandsome hince when suddenly the clock struck twelve. "Mist all chucking frighty!!!" said Rindercella, and she ran out tripping barse over ollocks, so dropping her slass glipper.

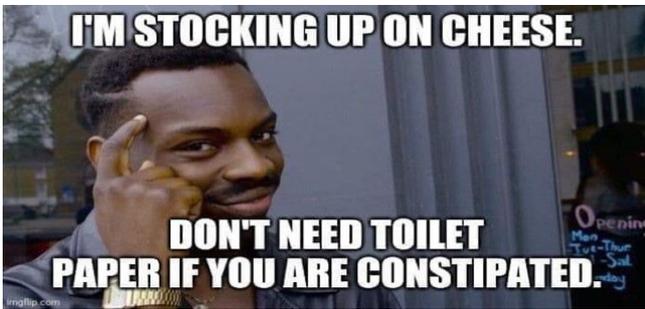
The very next day the prandsome hince knocked on Rindercella's door and the sugly isters let him in. Suddenly, Betty Swallocks lifted her leg and let off a fig bart. "Who's fust jarted??" asked the prandsome hince. "Blame that fugly ucker over there!!!" said Mary Hinge. When the stinking brown cloud had lifted, he tried the slass glipper on both the sugly isters without success and their feet stucking funk.

Betty Swallocks was ducking figgusted and gave the prandsome hince a knack in the kickers. This was not difficult as he had bucking fuge halls and a hig bard on.

He tried the slass glipper on Rindercella and it fitted pucking ferfectly.

Rindercella and the prandsome hince were married. The pransome hince lived his life in lucking fuxury, and Rindercella lived hers with a follen swanny.





That's enough corona virus and toilet paper jokes for now so I'll leave you with this little saying.

Back in my day you would cough to cover up a fart. Now, with COVID-19, you fart to cover up a cough.

Oh now just a final thought if you have run out of toilet paper the following page has been left blank though it is perforated. Please feel free to use it , it can be torn into four sheets.

