



Joondalup Mens Shed

Bench Press

July 2021

Editor Merv Pearce



Presidents Report

This month's submissions come as another chapter, in the history of the shed; the changing of the guard with the upcoming Annual General Meeting for the selection process for the new management team to

continue the legacy of the Joondalup Men's Shed. This will be my last report to the members and some respite from the "demands" of the editor for my inclusions.

It has been a pleasure and honour to have been in service of the shed. It's time for me to personally thank each and everyone, especially the Committee, for the pleasure of having been given this opportunity to lead the JMS through this new and exciting times. My initial involvement was to assist Barry Fitzsimmons in his project of holding computer classes for the members and some external attendees. The classes were held regularly and had some benefits for all. The transition was then as an editor for this magazine. To be elevated to the prestigious post of a President of the JMS was never imagined or solicited. Looking in hindsight, it has been a great two years, especially with the relocation of the shed premises and dealing with external agencies for the success of the project. Taking over from Bob Allen, the initial negotiations were fraught with uncertainties and feeling for common ground. But all in all, the success was the result of all the contributions from within and without that has secured our home for the future. Our accomplishments are but a stepping stone for the consolidation and promotion of the Shed and its motto of building "Better Communities".

The challenges that are ever evolving, especially from those quarters that are totally out of our control, only set us new goal posts for dealing with them with the expertise within our own membership. The diverse experiences that our members bring to the table are a source of hope for our continuation. We are truly fortunate to have this luxury of experts and continue to attract new members into our fold to substantiate our strengths.

The familiar faces in the line-up were a consequence of no contenders from the rank and file of the community. Unfortunately, there is some chatter about the election having been concluded before the

AGM. That in itself is further from the truth as the constitution calls for the nominations to be presented to the General Secretary by a deadline. There were repeated reminders to the members to submit their nominations so that we could have a large base of members participating in the process. The AGM will be held on the 10th August as per notification, not only to conclude the process of electing your representatives but also to conclude the reports as required and the inclusion of the special recommendations for the, much needed, changes to the constitution. Please attend the AGM or else have your wishes addressed by appointing your proxy.

The committee has seen a flood of applications for membership and the recommendation that the process of accepting new members be expedited through electronic means has seen a spate of members joining our fold. They bring with them years of experiences, which should stand the Shed well for the projects at hand and some new ideas to add on to the existing ones. Please extend your welcome to them. Our editor, Merv, has initiated a welcome page in our magazine devoted to the introduction of the New members.

There is a nomination for the post of Manager Social and Events. This will be created for the advancement of our Social agenda, that has seen a hibernation due to the pandemic. Perhaps, its time to revisit the social needs of our members. In the past Ron Slavin organized bus tours, visits and recreational outings. Our celebration lunches were always oversubscribed. There are posts within our community that are not part of the designated Committee but are part of the support group, such as Welfare, Chaplain, Mentor and a proposal for trained Mental First aiders. There is some argument that smaller sub committees would enhance the day to day administration at grass roots administration.

The next monthly magazine will see submissions from the incoming President. So, in closing may I express my gratitude and continuing support of the new leadership.

Reg Luther

NOTICE OF ANNUAL GENERAL MEETING

Joondalup Men's Shed

is convening an Annual General Meeting as per the constitution Part 6, Clause 50 (3)

The meeting will be held at **9.30 am** on **Thursday 10th August 2021**

The meeting will take place at **Joondalup Men's Shed premises,**

17 Winton Road, Joondalup

The ordinary business of the annual general meeting is as follows as per Part 6, Clause 50 (3)

Attendance of members, including registration of proxies

- * Recording apologies.
- * Welcome Address by President
- * To confirm the minutes of the AGM 2020. (Soft copies are being enclosed for your referral)
- * President's annual report on behalf of the Committee on Association's activities 2020-2021
- * Treasurer's Tier 1 Association financial statements
- * Questions from the memberships on the submitted reports.
- * Election of office holders and other committee members.
 - > Nominate returning officers.
 - > The Chair person to designate a new Chair for the purpose of the voting procedure
- * New committee presented to the Members by the incoming Chair.
- * Submission of Special resolutions for acceptance by the members.
 - > Show of hands for the Special resolutions to be adopted by the House.

Please make every effort to attend

On Tuesday 6th July our Patron Mr Ian Goodenough Federal member for the electorate of Moore visited the shed and kindly brought in cakes for the shedders for morning tea. Ian was shown around the workshop and was duly impressed.



Mr Goodenough addressing the members
At the morning tea



Enjoying one of the shed's hamburgers

Welcome to new members

Mike Leishman

Tim O'Neill

Trev Harris

John Tanner

Stuart Kempin

Chris Porter

Brian Hennings

David Middlebrook

Ron Hasenauer

Welcome to the shed gentlemen, 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.

August Birthday Celebrations



*Birthday greetings
to you all*

David	Bethell
Andrew	Blackmore
Herman	Cheung
Arthur	Eder
David	Garrett
David	Hutton
Norm	Jones
Ron	Kremer
Ross	Letch
Laurie	Macbeth
Malcolm	McLean
David	Merton
Michael	Piontek
Bill	Roberts
Warren	Sanford
Armando	Spinelli
Trevor	Thackray
Tad	Yamamoto

Farmers Markets



Kingsway Markets Saturday 14th August
Poynter Markets Saturday 21st August
Poynter Markets Saturday 30th October
Poynter Markets Saturday 11th December

Sausage Sizzles

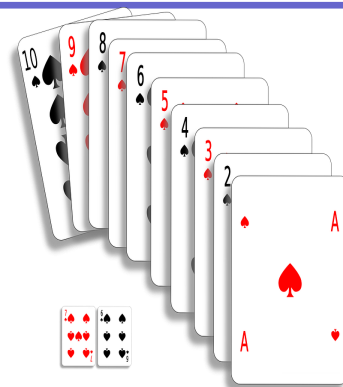
No sausage sizzles have been scheduled for August at this stage

500 AND/OR EUCHRE CARD MORNING

If any JMS members are interested in forming a small group to play cards one morning a week at the Joondalup Men's Shed please contact me.

Alan Greenhalgh

0499000175



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

The total number of members
as at July 2021

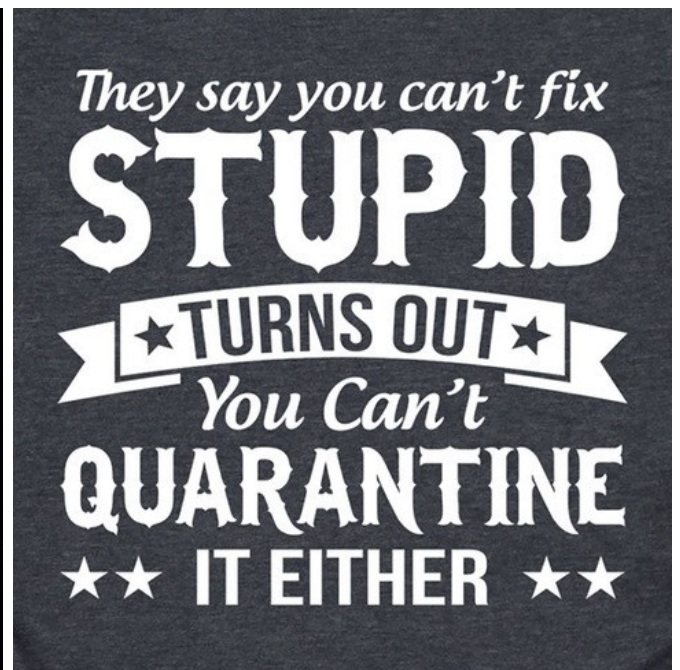
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The Saturday Ladies Group have decided not to continue as associate members
of the JMS

Shed Parking



Please note that the northern end of the car park (pictured) where the city's buses and bus drivers cars are parked is not to be used by shed members. That area is not in the lease and is reserved for the above mentioned. If the members car park is full you can park outside on the verge on the northern side of the gate. Don't attempt to park on the southern side as the ground is soft and you could risk getting bogged.



Meet the Member



John Rourke is a long time member of the shed, he joined up not long after the opening of the shed at Padbury Senior High School over ten years ago.

This is the story of his life.

Part two

It was now 1943 and I started school when I was 5 yr old and went to a Catholic public school called All Saints. They had infants, juniors and seniors all in the same building. The seniors taking up the whole of the top floor. The girls only stayed in the school until junior level and then went off to girls school It was one of the biggest schools in Gateshead.

The first morning at school we were told about the air raid sirens and what to do when they go off. We got a sharp lesson the next day as there was an air raid. We followed the lady teacher out of the school in an orderly fashion and into the air raid shelter in the school yard. The shelter had a concrete roof and brick walls. It had dim lights inside but no windows just slats to let air in. We sat huddled together on benches. There must have been over a hundred kids in there. We each had a gas mask in a box slung over our shoulder. You could here the drone of the bombers getting louder and louder as they approached. then there was 2 terrific explosions one after another. Some kids were screaming. You could feel the building shake and then the drone got less and less but you could here more explosions in the distance. After about 1/2hr the the all clear siren went off and we started to file out of the shelter. I noticed some of the kids had ben crying and had wet them selves. Its a good job the toilets were close to the shelter as everybody made a dash for them. We found out later that the bombs dropped near us were probably meant for a large engineering works about 2 km away but they had wiped out some businesses on the high street. You could here the sound of ambulances and police cars going as we went back into school. We received each day a small free bottle of milk and some times boxes of apples from Australia so that was a treat.

My Uncle Jimmy was in the Paratroopers and when he had a few days leave he used to come and stay with us. He always had his Lee Enfield rifle standing in the corner of the lounge with his red beret on top and his knapsack and gas mask next to that. It must have been law that soldiers carried there weapons with them even on leave.

There was no lollies or chocolate. To buy food or clothes, cigs or liquor you had to have ration books and my mother diligently guarded these and planned the food for the week. You were allowed so many ounces of meat, butter and so forth. You couldn't get Eggs; so called concentrated egg was sold in a tin. Bread and potatoes were plenty but if you wanted fruit you had to stand in a long queues. Mother was a good cook and I loved coming down from my bedroom on a Sunday morning to the smell of bread, scones and apple tarts being made for the following week.

There were 20 pubs on the Gateshead High Street going from the Tyne Bridge for about 3 mile south and when one pub ran out of its ration of beer all the lads ran down to the next pub and so on.

With all this madness going on we did have some brightness by going to the cinema. There were 10 theatres within 3 km radius of where we lived. The kids used to get a matinee on a Saturday morning. At the bigger theatres there was an organ all lit up which appeared from in front of the stage and rose up with a guy playing various tunes before the movies started. Laurel and Hardy, the comics were on first, and then some kind of hero movie like Wild Bill Hickock. My mother used to take me at nights as well as she liked the movies. The American gangster films were popular with actors like James Cagney, Humphrey Bogart, Edward G Robinson and the like. My sister Maria also took me to the pics. At night we used to crowd round the wireless at 9pm to listen the BBC news.

As the war continued I remember some of the parties we had at the house. My oldest 2 sisters were very attractive young ladies and they used to go dancing together with some of their pals to the Oxford Galleries Dance in Newcastle.. There was a 30 piece orchestra on and there could be up to 3000 people there. The place was full of guys in civies, uniform, also officers as well including ; Canadian, Americans, Australians, British army, RAF and Navy guys. When the dance finished some of them would come back to our place with all sorts of food, booze and cigarettes, especially from the Americans. My mother would make them sandwiches and then some would get on our piano and they were all up dancing. This went on until the early hours of the morning. There could be 30 or 40 people at any given time. This would go on until the early hours. When my mother went in to clean up next day she would find American money and pound notes under drink bottles and plates all over the place.

On clear nights when the black out was on, Dad would take me into the backyard when the sirens went and look up and you clearly see the black and white squares on the German bombers when the search lights hit them. They flew over us wanting bigger targets near the river Tyne. Then the anti-aircraft guns would start pounding away.. It was 1944 now and the landings in Normandy was done successfully. Everybody thought it would be over in a couple of months but it went on for about another year. I had been moved now into a higher class and my best subject was arithmetic The next move would be the junior school. Then in May 1945 the Germans surrendered. There were big parties in the streets everywhere in England. People brought their tables out and joined them together. The ladies put table cloths on them. All the neighbours just got together. The ladies did all the cooking. At night there were bonfires with Mr Hitler on top as the Guy and fireworks going off. What a day to remember.

I was now 7 year old and in Junior school. Things were still rationed and it was 1946 and the war had been over a year. A labour government was in and Churchill was in opposition. The Government had to concentrate on building accommodation for the people who had lost their homes during the bombing. All the guys coming out of the services needed jobs so there were huge problems.

Family wise, my sister Patricia got married to an officer in the RAF called Wilf McCann. He was a flying officer and navigator. He flew with 100 group in squadron 192. This was set up in 1943. They used to fly much higher and above the main bomber group on its way to German targets. They also flew missions with a single plane. This 100 group was set up because the USAF and RAF losses were too great on bombing raids over Europe. 192 had special equipment on board and they caused electronic chaos with German defence systems. On board they recorded every thing about where the Germans had their radar and electronic gear also picking up wireless signals. Waiting in England for their return were undercover police to get the containers with the recordings. They were from Bletchley Park (the Enigma code breakers) The crew were not allowed to get out the plane until the police were away. These crews rely put their lives on the line for the bomber crews. It was estimated that 1000 bomber crews were saved by 100 Group. Wilf told me many great stories.

My other 2 sisters were now training to be tailors working in a large complex making gents and ladies clothing. Dad was still working down at the Staithes. They were working 3 shift systems now to make money selling coal to the world. So we settled down to live normally again.

By the time I was 10 yr old this was old enough to become an altar boy, however the Mass then was in latin so I had to learn that. I satisfied the priest with a test he gave and proceeded to serve at mass. I did that every Sunday and on special days. There were a few perks going as I could go into school late and have breakfast there. Then finish earlier when needed at church.

Dad used to take me frequently to St James park to watch Newcastle United play soccer from when I was about 8y old. They used to get the biggest crowds in England at St James over 60,000 people standing room only. Young kids used to get thrown over the heads of the crowd to get to the front wall and onto the dirt surrounding the pitch. I've seen it 6 deep with kids before.

About this time, boys and girls from schools in town had the choice to go to a camp near Hexham in the beautiful Northumberland country side. We stayed for two weeks. You went once in winter and once in summer. It was great. They had walks in the woods, football and other sports, lessons on ecology, flora and fauna and trips to Hadrians Roman Wall. There would about 300 students ,girls and boys from ages 11-15yr. Also we were taught ballroom dancing by a Mr Chicken and the etiquette to go with it. You had to learn how to ask the girl if she would like to dance. Of course the scent of a young lady and the feel of her when dancing was very nice. In the barn dance you swapped partners so you could be dancing with girls of all ages. The girls had to come and ask you to dance also. Some girls pulled you right in and that was even nicer and others were aloof and held you at arms length..

At school I was now in the Seniors about 12year old in the A stream. The B stream boys did hardly any lessons. There was a variety of reasons for this. The main one was they caused disruption in class often wanting to fight with the teacher. So they spent time making clippy mats which entailed cutting up old cloths into little pieces and proggng them into marked areas on weavers cloth and also wool mats. We had 4 main teachers for the following subjects, Technical Drawing and Artistic Studies, History and Geography, and Maths, and Science. More hours were spent on Maths and Science than any other which pleased me. So the next 5 years was spent studying these lessons. I also went to Camp twice a year. In the last year at Camp I was made a monitor and got to play soccer for Gateshead Boys against Middlesboro Boys and we beat them. That was a great thrill. Also in my casual time I went swimming and to the pictures. I joined the Young Men's club where I learnt to play billiards, snooker and table tennis. At Camp I had met aa attractive young lady and she gave me her address for when I got home and I went out with her a couple of times but she lived to away and off the bus route so I had to pack that in. My mates and me from school used to go dancing at the YMCA on a Saturday night where a jazz band played and St Josephs on a Sunday night where there was a trio playing. You could get the girls up to dance and ask them out or take them home if they fancied you. The back row in the movies was the place to take them as everybody made for that so you weren't disturbed.

I had 3 part time jobs; a paper round ,working in a fish and chip shop cutting chips and a delivery round with Rees wine bar. So I was making 25 bob a week I was now 15 year old and that was the end of childhood.

To be continued in the August Bench Press

Mobility class wants YOU!

Are you able to stand on one foot? Fancy the idea of tai chi but not yet ready to commit to learning the full programme of 108 moves? Don't want to go to the (expensive) gym to compete with macho types wrestling with machines? Etc, etc ...

Many (most?) of us shed members will probably admit to being affected by mobility issues that frustratingly limit what we physically do. Our individual circumstances may include recovery after a stroke (or suchlike) or balance problems linked to stiff legs or neurological delays that mean that we don't respond quickly enough to unseen steps or uneven paths.

So our Shed intends to launch a regular "Mobility" class, probably on a Wednesday morning and wants more members to join the fifteen who have already signed up to try and get more mobile.

Our class will be open to ALL members and include a wide range of members' medical conditions. So we are arranging for an experienced trained person not only to lead class sessions but also to provide individualised assessments. Meanwhile, the City of Joondalup has already agreed in principle to provide a suitable covered location which may however need to be in another building.

So please "get your finger out" and contact **Andrew Blackmore (0448 550 322)** or our Shed office (6209 8034) to say that you want to join our "Mobility class" **and why**. This info is needed "up front" so that our skilled group leader can have a better idea of who and what they will have to deal with!



Go online for information related websites for background info:

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

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

Attendance Statistics for June 2021 Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tue.	Wed.	Thurs	Fri.	Sat.	Sun.	Weekly Total
Week 1	1/06/2021	6/06/2021	xxxx	48	28	19	18	2	0	115
Week 2	7/06/2021	13/06/2021	Pub.Hol.	42	34	23	16	0	0	115
Week 3	14/06/2021	20/06/2021	11	43	22	28	26	2	0	132
Week 4	21/06/2021	27/06/2021	24	49	20	28	21	0	0	142
Week 5	28/06/2021	30/06/2021	21	LOCK	DOWN	xxxx	xxxx	xxxx		21
Total			56	142	104	96	81	4		
Working days		19 Days								
Weekly Average			18.7	35.50	26	24	20.25			
Total for the Month										525
Men per	working day	27.63					3.67 L			
Fri. 4th			1	Ladies	Tue, 15th	1	Lady			
Sat. 6th			9	Ladies	Sat. 19th	9	Ladies			
Tue. 8th			1	Ladies						
Wed.9th			1	Ladies						

Vale Geoff Chantler



It is with great sadness that the shed was notified by a family member, of the sad passing of our member, Geoff Chantler. We offer our sincerest condolences to his family members.

Geoff was a member of long standing and contributed to the success of the JMS and participated in various activities of the Shed. His expertise in steam engines and building his beautiful canoes, which he exhibited at the shed's exhibitions, always drew crowds.

Further to funeral arrangements for Geoff, RIP; the family have informed that there will be a very private cremation service for the departed. A memorial service will be planned and JMS will be informed of our participation.

Gary Thompson sadly passed away this month after his battle with a brain tumour . Gary could regularly be seen sitting at a table in the social room at the Padbury shed sharpening knives, chisels and tools, a job he loved doing.

COVID CAPERS

Medical experts in London today were asked if it is time to ease the COVID lockdowns.

Allergists were in favour of scratching it, but Dermatologists advised not to make any rash moves.

Gastroenterologists had a sort of a gut feeling about it, but Neurologists thought the government lacked the nerve.

Obstetricians felt certain everyone was labouring under a misconception, while Ophthalmologists considered the idea short-sighted.

Some Pathologists were heard to say, "Over my dead body!" while Paediatricians said, "Oh, grow up!"

Psychiatrists thought the whole idea was madness, while Radiologists could see right through it.

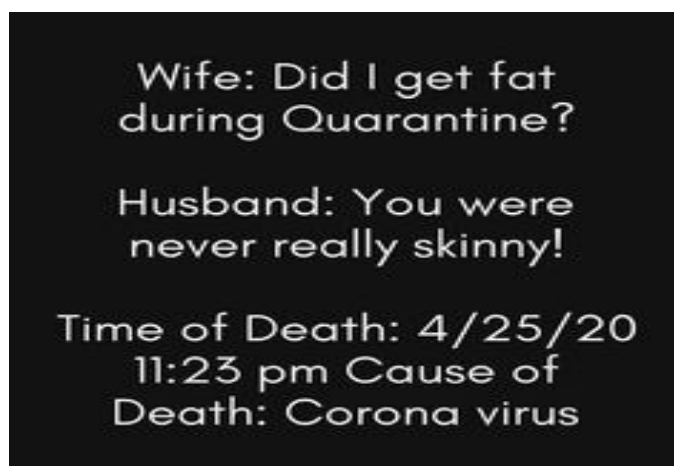
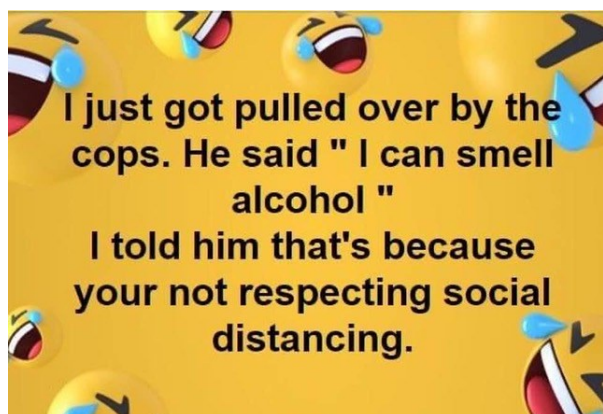
Surgeons decided to wash their hands of the whole thing and pharmacists claimed it would be a bitter pill to swallow.

Plastic Surgeons opined that this proposal would "put a whole new face on the matter."

Podiatrists thought it was a step forward, but Urologists were pissed off by the whole idea.

Anaesthetists thought the whole idea was a gas, and Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out, leaving the decision up to the ***** in politics.



Step right up gents and help this charitable organization run this event and also earn some funding for the shed.

My name is Sam and I am writing to you on behalf of MSWA about an opportunity for Joondalup Men's Shed Inc to get involved in one of our upcoming events again ***AND raise some funds for your club/organisation.*** The best part is that you would also be helping us make a difference for people living with neurological conditions in WA.

The [MSWA Ocean Ride – Powered by RetraVision](#) is on **Sunday, 21 November 2021**. We need an army of volunteers on the day to help the event run smoothly but to be eligible for a \$500 donation we are looking for a commitment of **15-20 volunteers.**

If you would be interested in partaking in this event please let the committee know

About the ride



The MSWA Ocean Ride – Powered by RetraVision is a unique cycling event that takes riders along WA's beautiful coastline from Fremantle to Hillarys.

With six ride distances to choose from, there is something to suit all ages, abilities and fitness levels. Distances include:



- 10km Family Ride
 - 30km Ride
 - 50km Ride
 - 70km Challenge
 - 100km Challenge
 - 120km Challenge
 - 140km EPIC Challenge (new)
- Event day is always a very special experience - with the stunning coastal views to enjoy and the unique atmosphere to soak up.



Over the 11 years it's been running, over 13,000 people have taken part in the MSWA Ocean Ride and raised an amazing \$2.5 million for our work.

Be part of the buzz this year, and help us make even more of a difference for people living with neurological conditions in WA.



A word from the Scout Association about our recycling containers collection bin



Hi to all our Volume Partners and thank you for your continued support over the last ten months. We know things have been particularly challenging with Covid for many of you.

We would like to remind you that we can only process ELIGIBLE containers. Please ensure there is no rubbish or contamination of any kind (INELIGIBLE CONTAINERS) in your bins.

The main culprits for INELIGIBLE CONTAINERS are: • Wine Bottles • Spirit Bottles • Cordial Bottles • Plain milk of any variety • Other Recyclable items cardboard and rubbish of any kind • Food Scraps It would be great if you could make sure your staff and any volunteers understand that we CANNOT accept these containers. Because of the cost to Scouts WA to dispose of this ineligible waste, if there is excessive contamination the estimated cost to dispose of this rubbish will be deducted from your refund. We will be in contact with you if this happens.

If there is continued contamination, we will have no choice but to remove our bins and stop our collections. We will be using discretion where possible. We understand this is still a new scheme. We are now over ten months into the scheme and are trying to maximise your refunds! We also ask that you REMOVE lids from your containers as this is a real time killer. Your understanding is appreciated. If you have any queries about any of the information, please do not hesitate to contact your Volume Partner Manager about this. Their contact information is below Brian Witkin – Volume Partner Manager • bwitkin@scoutswa.com.au • 0408 922 295 Greg Campbell – Volume Partner Manager • gcampbell@scoutswa.com.au • 0431 925 381 Most aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L are eligible for a refund. Eligible containers must: • Be included on the scheme's list of products. There are some drink containers that are not eligible

Most aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L are eligible for a refund. Eligible containers must: • Be included on the scheme's list of products. There are some drink containers that are not eligible for a refund. Generally, excluded containers are those that are less than 150ml and greater than 3L.

Excluded containers include: • Any plain milk containers • Any glass containers which have contained wine or pure spirits • Containers 1L or larger which have contained flavoured milk, pure fruit or vegetable juice • All cordial or syrup containers • Registered health tonics.



Items we accept



Excluded containers





AN ADDITION TO OUR MACHINERY

A recent purchase with some of the funding from a grant donated to the shed by Emily Hamilton, State representative for the electorate of Joondalup is a Woodfast horizontal band saw. This saw can cut logs in to slices of different thicknesses.

Pictured is Mel Heaton testing the new saw.

I didn't get old on purpose, it just happened.

If you're lucky, it could happen to you!

I have been in many places, but I've never been in Kahoots. Apparently, you can't go alone. You have to be in Kahoots with someone. I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, friends, family and work. I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore. I have also been in Doubt. That is a sad place to go, and I try not to visit there too often. I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable, and I go there more often as I'm getting older. One of my favourite places to be is in Suspense! It really gets the adrenaline flowing and pumps up the old heart! At my age I need all the stimuli I can get! I may have been in Continent, but I don't remember what country I was in. It's an age thing. You can do your bit by remembering to send this e-mail to at least one person.

My job is done! Life is too short for negative drama and petty things. So, laugh insanely, love truly and forgive quickly!

I hope everyone is happy in their head - i'm doing pretty well in mine!



The main function
of the little toe on your foot
is to make sure that
all the furniture in the house
is in place.

