

Joondalup Mens Shed

Bench Press

August 2021

Editor Merv Pearce

Presidents Report



2021 and BEYOND

Firstly, let me thank you for putting me in this most challenging of positions.

I am sure that as Members of the Men's Shed that you would like to congratulate

Reg for doing such a fantastic job as your President over the last 2 years together with those Members of the Committee that dedicate a great deal of their time to ensure that the Shed runs as efficiently and as effectively as possible.

Unfortunately, there will always be differing opinions on how things should or should not be done. I am asking you all now, to please consider and respect the fact that the people involved in your Committee are elected by you, the Members and have the best interests of the Shed and the Members at the forefront of any decisions.

Your Committee, as you are all well aware are Volunteers and may not according to some Members get it right every time, however if you find yourself at odds with some of their decisions at least pay them the courtesy and respect that they deserve by expressing some constructive criticism and ideas. If you feel strongly enough about a particular issue, then address it in a letter to the Committee and we will certainly look at it. Let's leave this negative attitude behind now that we are facing a fresh new year.

Your Committee will continue with its hard work to support the Shed and its Members.

Reg has already stated that 2020 and the first 8 months of 2021 have had their challenges, most of

which we are over however, there will always be more challenges to keep us on our toes.

We have a number of things that we need to constantly address and keep at the fore front of our objectives for this Financial Year.

Our continued strong relationship with the City of Joondalup. This will always be a priority.

Our First Aid Training. Our Machinery Assessment Training for all financial Members needs to be completed with some urgency. Crawford will be organising this in his capacity of Training and Safety Manager in the weeks to come.

A much stronger focus on Fundraising, Marketing, Sales and Grant applications. We will need more revenue

More Community involvement let all the businesses in our immediate area know that we are here and what we do.

More involvement and commitment from every General Member with positive feedback, if you are going to criticize make it constructive criticism. Negative criticism will only ever achieve a negative response.

A more streamlined system of management in the Shed workshop.

And finally, a strong focus on what The Men's Shed is all about, lets get some humour back in the place and turn it into what we all want and expect.

In closing I would like to recognise not only Reg but also Colin, Barry, Crawford, Graham, Norm, Rob, Merv, Geoff Burleigh, Dave Botham and Norm Lake for their tireless devotion. Do not underestimate how much all of these guys put into the Shed. I would also like to welcome John Spence back in his new role of Vice President the Committee looks forward to your presence and active involvement.

The annual general meeting of the Joondalup Men's shed was held at the Winton Road premises on Tuesday 10th August attended by 56 members.



The results of the office holders and the committee members, who were elected for the 2021-2022 period

The following is the result for the nominated members:

- President: Roger Revell
- Vice President: John Spence
- General Secretary: Reginald Luther
- Treasurer: Collin Mellows

- Shed Manager Graham Duffy
- Planning, Safety & Training Manager. Crawford MacLennan
- Membership Manager. Barry Fitzsimmons
- Maintenance Manager. Norm Jones
- Sales & Marketing Manager Robert Morgan
- BBQ Manager. Roger Revell
- Shed magazine Editor. Merv Pearce

See next page for photos of committee members

Alan Greenhalgh will be the Event's Organizer and report to the Committee from time to time regarding functions and outings of interest to the Membership.

This position is an auxiliary post to look after the social aspects of the members.

Michael Robinson, Chris Drury and John Summerfield have volunteered their service as welfare officers.

Introducing your Committee members for 2021/22



Roger Revell
President &
Barbecue Manager



John Spence
Vice President



Reg Luther
Secretary



Colin Mellows
Treasurer



Graham Duffy
Shed Manager



John Fell
Deputy Shed Manager



Barry Fitzsimmons
Membership Secretary



Crawford Mc Lennan
Training & Safety
Manager



Norm Jones
Maintenance Manager

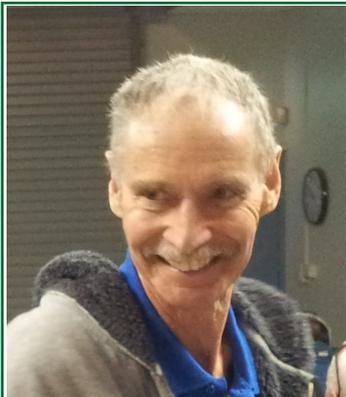


Rob Morgan
Sales & Marketing



Merv Pearce
Bench Press Editor





Appointment of Events Coordinator

I am very pleased to serve the Joondalup Men's Shed Inc. once again in the role of Events Coordinator. The mental, physical and emotional health and wellbeing of our members has always been one of the greatest concerns and priorities since a group of us launched the Joondalup Men's Shed on the 26th August 2010. Indeed, those concerns were my initial motivation for establishing the JMS and enshrining those concerns in the organisation's aims and objectives.

Catering for all JMS Members

We all have our individual reasons for joining a men's shed. Some join to make things for themselves, others join to learn new skills or to contribute their knowledge and experience to the shed's success. Still others join because after a life time of being governed by the clock or being at the beck and call of an employer, they have no appetite for workshop activities and are simply seeking a friendly non-judgmental, safe and supportive environment where they can socialise, make and new friends. Others find as much as they would like to be physically involved, health problems make this impossible.

The JMS Promise

The JMS has promised look after the needs of **all** its members. It is my belief that failure to do so will result in high attrition rates, the destruction of the shed's reputation, jeopardise its chances to recruit new members and ultimately the death of the shed!

Congratulations

At his point I would like to commend all those who have carried the shed forward since my resignation as president in 2013. Reg Luther in particular has done a sterling job as president and without his tenacity and diplomacy the JMS would not be where it is today. I also congratulate all those who moved the JMS from Padbury and did such an amazing job of establishing the new facilities.

The acquisition of our Winton Road premises heralds a new chapter in the life of the shed and I congratulate the new committee for revisiting the JMS aims and objectives to ensure members of an active and interesting social calendar.

Ideas and Suggestions.

While I have many ideas for livening things up socially, it serves no purpose if those ideas do not meet your wishes and expectations. Please feel free to contact me with any suggestions via

alchrisg3@gmail.com or 0499000175. I have already organised an events calendar which includes the celebratory 11th birthday lunch at the Craigie Tavern on the 9th September 2021. You should have received your invitations to this event.

Here are a few planned events on my "To Do" list for 2021 and 2022:

1. Talk and demonstration of products to help those with disabilities and age-related problems. 10.30am
2. Tour of The West Australian.
3. Address by the President of Men's Advisory Network (MAN). Subject: Men's mental health and wellbeing.
4. Visit to the Wesbeam plant in Neerabup. A good outing for all the woodworkers – to observe the manufacture of laminated beams starting with pine logs. Very interesting but it does involve about a 1 km walk (all under cover) and there are a few steps to climb so it helps to be mobile.
5. Talk by WA Police Crime Prevention
6. Talk on suicide prevention and combatting with isolation, loneliness and depression .
7. Visit to men's sheds in York and Toodyay. (Bus trip)
8. Guest speaker: Radio Operations Leader – Whitfords Volunteer Sea Rescue.

**Happy shedding,
Alan Greenhalgh**

EXTRA ACTIVITIES THAT MAY INTEREST YOU

Let's get Physical

There has been an interest from some members who want us to sponsor an exercise program, similar to the one that was operational in our Padbury premises.

We now have a confirmation of the arrangement as enclosed below:

Re-establish the fitness group
From 9:00 to 9:30 on Wednesdays at Winton Road.

Trainer, Urs Seiler, visited the Winton site and expressed a willingness to take on the role once again. Normally, with a small group of people we can operate out of doors in most conditions or then use the social area.

Please send in your confirmation to attend these sessions.

Reg Luther

Secretary

Joondalup Men's shed

joondalupmensshed@gmail.com

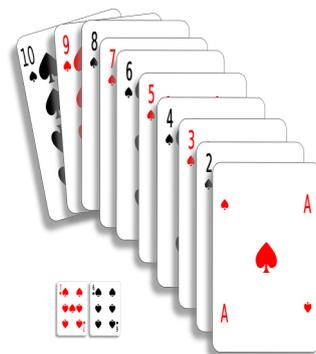
Ph: 62098034

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 Officers Chris Drury, Michael Robinson or John Summerfield. They will make enquiries and visit if necessary and keep Shedders informed.

Chris Drury: chris.drury@sumphero.com

Michael Robinson: robinsonmj1950@gmail.com phone 9409 8484, Mobile 0491 036 085

John Summerfield: sumtrade@primus.com.au Mobile 0432 032 461

JOONDALUP MEN'S SHED INC.

"Blokes Building Better Communities."

INVITATION

**COME AND CELEBRATE OUR 11th BIRTHDAY
AT CRAIGIE TAVERN,
EDDYSTONE AVE, CRAIGIE, MIDDAY
THURSDAY 9th SEPTEMBER 2021.**

ALL WELCOME!

Raffle prizes will be available.

\$20 per head group booking includes dessert, coffee and five choices for the main course. (Alternatively, order from the menu at indicated prices).

Please order and pay for your meal and drinks at the counter.

Numbers limited to sixty. **Please R.S.V.P Alan Greenhalgh by Monday 6th September on telephone 0499 000 175 or email alchrisg3@gmail.com**

We have an offer from Murdoch University for 60 volunteers, who are meat eaters, to taste lamb samples.

The session will run for 3 hours in total, at the shed premises. The participants will be divided into batches of 20 and each session will be approx. one hour with the following schedule:

The three sessions will be as follows on the 14th September

Session 1 : 11 am , Session 2: 12 pm , Session 3: 1 pm

Please send in your names, ASAP, for inclusion in these sessions.

Regards

Reg Luther

Secretary

Joondalup Men's shed

joondalupmensshed@gmail.com

Ph: 62098034

Welcome to new members

Mark Upton

John Eaton

Stephen Ryan

Gordon Taylor

Ernst Schneider

Geoffery Currie

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.

September Birthday Celebrations



*Birthday greetings
to you all*

Kevin Banham
Vince Bertolini
Chick Hoath
Dennis Monahan
Bill Letch
Crawford MacLennan
Phil Zoccoli
Mike Brennan
David Middlebrook
Ernst Schneider
David Urquhart

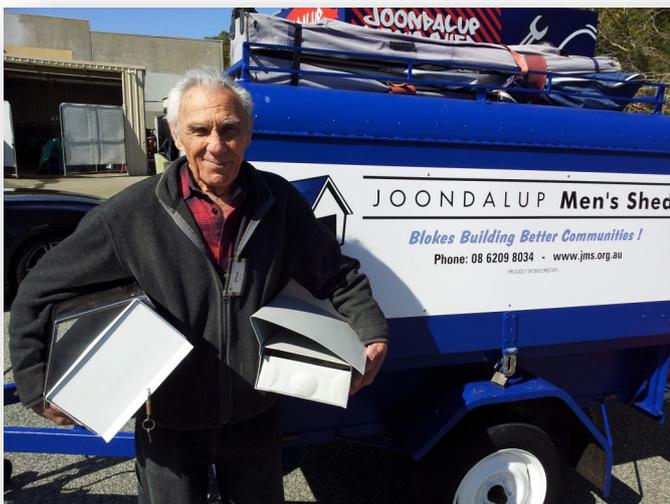


Shed Activities and Projects

The shed marketing trailer has had a cosmetic lift thanks to Rob Morgan and Mike.

The trailer was looking rather tired, ragged and rusty but thanks to Rob and Mike putting in hours of their labour at Rob's residence de rusting and painting and re-signing, it now looks like new.

Pictured: Rob and Mike working on the finishing touches to the trailer.



Phil Zoccoli has made two letter boxes to be sold at the Farmers Markets. Parts of the letter boxes have been made from recycled microwave ovens.

Pictured: Phil with his letter boxes

Alan Greenhalgh has been busy at his home shed making wheel barrows. The barrows are not meant for children's toys but are designed to be garden planter containers.

Pictured: Alan with his barrows which he donated to the shed for market sales.

Could one say that Alan "stands behind all his products that he sells?"



We are always looking for members to make products to sell at the markets. The funds generated from the sales help with the finances needed to run the shed. So don't be shy, get cracking and join the production crew of which we need more. Talk to Marketing Manager Rob Morgan if you would like to participate.

Farmers Markets



Kingsway Markets Saturday 4th September
 Greenwood Connect Fair Saturday 11th September
 Poynter Markets Saturday 2nd October
 Poynter Markets Saturday 30th October
 Poynter Markets Saturday 11th December

Sausage sizzles

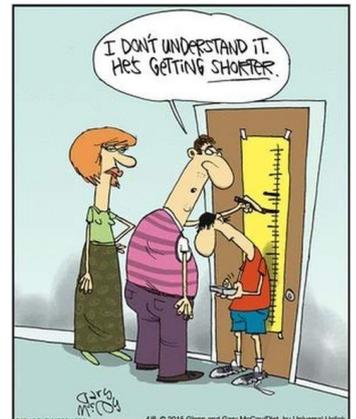
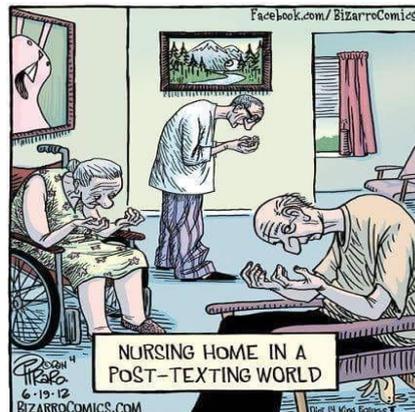
Sunday 26th September
 at *Bunnings Joondalup*

With the shed now up and running after the move to Winton Road and the lockdowns hopefully behind us Western Australians the shed has several gigs at Farmers markets on the calendar for the year.

Marketing Manager Rob has been busy negotiating with market organizers to bring all this to fruition.

If you can help by manufacturing toys etc. for the shed, please step forward.

Pictured: The shed stall at the Kingsway Markets which we attended recently.



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 three

I was 15 year old when I left school and there was plenty of jobs going. Dad told me to apply for an apprenticeship as a Electrician or Plumber. However, I was good at Maths and Tech Drawing and got top marks for these at school, therefor I wanted to be a Draftsman. I went along to the Employment Exchange when I saw one of the representatives, I told him what I wanted. He explained I had to do an apprenticeship in engineering and study before getting into the Drawing Office. He checked through his card index and told me that Armstrong Whitworth in Gateshead were needing apprentices. He told me the Personnel Manager was Mr Bern. I was fixed up with an interview date which was great. As it happened I used to play tennis with a couple of sisters called Margaret and Anne Bern who lived in the terrace opposite me. The tennis courts were between the terraces and were only for use by the residents of the terraces. I also used to go swimming with them and dancing and also they went to St Josephs Church as well. Over that weekend when I saw them and they told me that their father was the Personnel Manager at AW. I couldn't believe it! what a coincidence. So I told them I had an interview with him next week and to tell their dad I was a great guy..

The interview went well so the girls did a good job. I was offered a job within 5 minutes. Mr Bern told me I would have to complete a pre apprenticeship course before being allowed into the factory. The course started the week after and I would be payed for the 4 month while on the course at Gateshead Technical College. The College was a huge place. One half of the area was taken up with classrooms and the other half with workshops and labs. There were all kinds of machines to train on. In the mornings we did studies and in the afternoon we were in the workshops or labs

When I read the manual for the college I checked through the lectures and they all had their qualifications listed. They nearly all had letters after there names. So after a lecture one day I asked the lecturer what the letters meant. He told me MI MECH E and MI PROD E meant they were members of those Institutions and to become a member you had to pass a 3 year course to gain an Ordinary National Certificate in Mechanical Engineering and then a 2 year course to gain a Higher National Certificate and then pass endorsements after that. You then had to gain about 5 years practical experience in a responsible position. Then you could apply to be a Member of the Institution. So it was going to a long haul.

I completed the Pre App course successfully and during this time I was also studying 3 nights a week at night schools. I started my apprenticeship in the factory starting at 7 am each day until 5pm and there was a 1hr lunch break. I had to spend 6 months in each department in the factory and then choose the trade which I would be indentured for after 4 year and then work at that trade for another 1 year and that was a 5 year apprenticeship. eg a turner or fitter or marker off and so on..

Mr Bern allocated my first 6 months in the Heat Treatment Dept. Here they did all the hardening and annealing processes on steel parts They had cyanide baths and carburising boxes for small tools, large furnaces for annealing large parts and large oil quenching tanks. Test pieces had to be made. Brinell and Rockwell testing was done on parts. It was all very interesting and I learnt heaps. One day I went outside the shop door into the main bigger shop was and I felt a bit groggy. Next thing I know I was being picked up by a couple of guys and put on a stretcher and went to the ambulance room. A doctor there checked me over and told me he suspected I had been gassed. Later on they discovered the furnace I had been working near was leaking gas. They sent me home and and shut the shop until the problem had been fixed.

The next 12 month was spent in the fitting shop and marking off tables. This was a long bay about 300 meters long and 20 meters wide with 3 overhead travelling cranes. and various jib cranes on the wall sides down the shop. Here they manufactured mining equipment, various size pumps, centrifuges, printing machines, valves. So there was a great variety of mechanical equipment to gain experience with. Most of this gear had been made in the foundry and finished off in the machine shops.

I was now 17 going 18 year old and Traditional Jazz was all the go in the 50,s and some of my mates bought trumpets and trombones and I bought a clarinet My tutor was a guy in his mid sixties. He played for the D'oyly Cart Opera Company when they played in the North East. He could play the chromatic scale in 3 octaves in a flash. I asked him to turn his fingers over one day and you could see the rings of indentations in the finger tips from playing. I payed him half a crown for an hour. I also played Table tennis for Vickers Sports Club at No1 on the first team in Division 1 of the Northumberland County League. On Saturday afternoons I played soccer for Burgess Products on the team valley trading estate. The Trading Estate had dozens of large factories employing thousands of people so their football league had lots of teams and a high standard as well. Spotters from Newcastle and Sunderland FC would often show up looking for talent.

On Friday night we went to the Army Territorials Mess playing darts in the Gateshead District League. On Saturday nights I was out dancing at the YMCA and Sunday night dancing at St Josephs church Hall. I was now in my last year of the Ordinary National Certificate and it was very hard, the maths especially. So I decided to ditch all my pastimes and hobbies and concentrate on studies and I managed to get my Ordinary National Certificate Mechanical Engineering.

Around this time Mr Bern called me and asked me if I wanted to work in the Works Engineers drawing office at Jarrow Metal Industries which was part of the AW group. My dream had come true. I was going to work in a drawing office with a white collar and tie and dark blue suit and start at 9am. The training I had been given so far was great, except in the winter months because at 7am when it was dark and you can hear the crunch of snow under your feet as you walked to work with snow flakes blowing in your face. I used to say to myself there is no way I'm not doing this for the rest of my life. Jarrow Metals was only a 20 minute bus ride for me. The first project I got involved with was for magnetic filters on top of the buildings to reduce the effects of atmospheric poisoning. A new Clean Air Act had been brought out in the UK and all company's had to comply. Jarrow Metals was the largest Foundry on Tyneside. They had large electric furnaces and huge ladles to pour the molten metal in and a 100 ton overhead crane Working in the Engineers office was very educational not just from an engineering point of view but also commercially as well. We sent out tender documents for works and had contractors come into the office and they would go through their tenders with the Engineer.

I had been working there about about a 4 month when Mr Bern rang me and called me to his office. He told me that he had the latest report from the college about me and it was very good. He wanted to know if I would be interested in doing a 4 year Sandwich Course full time at Gateshead Technical College payed for by the Company: in other words a scholarship. I nearly fell off the chair. He told me in the course there were 8 subjects every year and they all had to be passed every year. I told him that I was very interested. He said that I would have to have an interview with the Managing Director of AW before I was finally accepted..

The interview was arranged for the following week. I went to the office block where the MD had his office and knocked at the door. This very attractive secretary opened the door and shook hands and beckoned me to take a seat and she told me he was on the phone in his office and shouldn't be too long. I looked round her office and the walls were all beautifully timbered with large windows in Victorian splendour. Her phone went and I was on. She showed me into this huge office of the same decore as hers. and a tallish man with white hair stood up behind a large desk. He was smoking one of those Churchillian cigars and he was .about 60yr old and he leaned over the desk, shook my hand and beckoned me to sit down opposite him. There were 3 different coloured phones on his right side of the desk and two on the left. Fortunately I had memorised a speech which was just as well with all this power sitting in front of me. He began telling me about the good things he had heard about my progress through my training and education and that he wanted good young engineers to help him run the company. He then asked me what my thoughts were for my future. So I gave him my practised words on what I thought. I felt more relaxed now and he asked me about family and leisure. I must have been in there 20 mins. At the end of our chat he looked me in the eye then and said "ok John I will inform Mr Bern to enter you in the course".

I thanked him and told him I wouldn't let him down. He stood up, shook my hand. and I turned and walked to the door and out of the office. I felt I was walking on air when I got out of there. The gentleman I had just been interviewed by was Sir William Scott. He had been knighted by King George the 6th, (the present Queens Father) in 1947 for the work he did during WW11 in turning his factory's from normal production to war production and assisting other companies on Tyneside to do the same.. My first action after the interview was to give Mr Bern a box of cigars and thanked him.

That year, as we were great jazz fans, we got tickets to see Louis Armstrong at Newcastle City Hall. There were thousands in the streets outside. He was fantastic.

It was the summer of 1956 my mates and me spent 2 weeks in Blackpool on holiday. I wanted to have a break before starting the Sandwich Course at the in September. We had a great time at the Winter Gardens Ball Room and the Tower Ball Room and there were lots of girls to dance with It was a hot August and all the windows in the Bed and Breakfasts were open. All you could hear on the radio's was this guy singing a song called 'Heartbreak Hotel,' It was someone called Elvis Presley it was first big hit in the USA and all the girls were going crazy about him.

I started the Higher National Diploma course in the September. There was about 15 students in the class from all the biggest companies on Tyneside. There was 8 subjects to study and we got homework and lab work every week. With the maths it was three times a week. After the first week it felt like an avalanche falling on my head.

I managed to pass the exams in the following April. but I felt like a zombie with all these formulae going round in my brain. Mr Bern rang me and told me I was to start work in the design office at AW after a week off. I was introduced to the various section leaders and was asked which one I wanted to work with and I told him that Ken Henderson was my choice. I had heard on the grapevine he was the best. He was about 28 year old, had served his apprenticeship with Vickers in Newcastle and had got his ONC and HNC at night school and was now trying for his endorsements to get into the Institute. He was in the process of designing hydrostatic pumps and also modifications to Hydraulic Road Rollers. The testing for the pumps was to be done at the National physical laboratory at East Kilbride in Scotland.(Its interesting to know that Barnes Wallis the Vickers engineer who designed and built the famous Dam Busters bouncing bomb did all his initial experimental work at the National Physical Laboratory at Teddington where he used to shoot tennis balls in the large tanks } I was doing detail design helping Ken.

When I started the second year of the course there was less in the class as some had dropped out. I found this year easier than the first year probably because I had got into a routine of learning from the first year and I found the lectures were better. I completed that year well and at AW I moved into the Estimating Department This was great experience working out man hours and material cost for various types of products. I was under the control of a Senior Estimator who let me try my hand at reading the drawings and working out the price and delivery dates.

The Third year of the course was the hardest of them all; Maths, Strength of Materials, Theory of Machines were assessed by the Institute of Mechanical Engineers as well as the college and a higher mark was required in these exams as well passing the 5 other exams. Passing this year would enable me to lecture at the college in various courses.

I got through the 3rd year ok and went back to AW and moved into the Planning Dept. for 6 months. This entailed working out the best way to manufacture a product through the various machines in the factory. There was a group of senior guys who had years of experience so I learnt heaps from them.

The last year of the course started in the September again. I had a further meeting with Mr Bern and he asked me which of the departments I would like to go into when I finished the course.. I told him I wanted to be mainly in the production Departments and not design.

I completed 4th year successfully so I could now apply for Graduate of the Institution of Production Engineers. I got Sir William to sponsor me and the Chief Engineer. The membership came about one month later.

Dr Johnson was one of my Lectures at College. I had got on well with him and he rang me at work and asked me if I would like to lecture at night schools and I accepted. He was the Coordinator for night school lectures. The money was fantastic. I continued with this for a couple of years. and saved all the money.

To be continued in the September Bench Press.

Attendance Statistics for July 2021 Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tue.	Wed.	Thurs	Fri.	Sat.	Sun.		Weekly Total
Week 1	1/07/2021	4/07/2021	xxxx	xxxx	xxxx	lock	down				0
Week 2	5/07/2021	11/07/2021	18	13	25	42	25	0	0	1 Visitor	123
Week 3	12/07/2021	18/07/2021	18	47	31	29	19	0	0		144
Week 4	19/07/2021	25/07/2021	16	34	23	29	24	0	0	2 visitors	126
Week 5	26/07/2021	31/07/2021	23	49	32	28	23	0	xxxx.	1 Visitor	155
Total			85	143	111	128	91	0	0		
Working Days		20 Days	21.25	35.75	27.75	32	22.75	0	0		

Weekly Average

548

Total for the Month

men per day 27.4

Thur .8th 2 Ladies

Tues. 20th 2 Ladies

Weds. 28th 4 Ladies

The total number of members
as at August 2021

173

The Prostate Cancer Foundation of Australia is holding a fundraising event to support all men and families impacted by prostate cancer. All you need to do is run, walk or wheel 72km as part of the Long Run during September. Details are below and promotional resources are:

September is Prostate Cancer Awareness Month and I'm writing on behalf of the team at PCFA to get the Men's Sheds of Australia involved.

Here are the facts:

1 in 6 Australian men will be diagnosed in their lifetime.

75% of Australians still don't know the PSA test guidelines.

Only 36% of prostate cancers are detected at the earliest stage, when we know we can effectively treat the disease.

The good news is, the actions we take as a health care community can help ensure early diagnosis and long-term survival.

That's why we have chosen **Together for the long run** as the theme for this year's campaign.

Men's Sheds have an important role to play in saving lives, and you can do it in two easy steps:

[Download](#) our Prostate Cancer Awareness Month posters and share them with your team, your families, your patients, and your communities (under resources, scroll down to Prostate Cancer Awareness Month).

Register a team of at least 6 people in PCFA's awareness event, The Long Run, via www.thelongrun.org.au.

Will you strengthen your commitment by making the pledge to support Prostate Cancer Awareness Month, and help us save the lives of the men in our care?

P.S. For more information and assistance with awareness activity or patient support, please call our team on 1800 22 00 99 or email thelongrun@pcfa.org.au.