

Joondalup Mens Shed

Bench Press

November 2021

Editor Merv Pearce



Presidents Report

Gentlemen

Let me commence by saying thank you to all members who kept out of the way of the contractors installing the new

shed. As far as I can see, everyone kept away and the shed was successfully installed and the keys have been handed over to us. However, we cannot use it just yet as we must first have the shed listed in our lease under the footprint we currently have (the shed is built on JCC ground and until we get this changed to the JMS we cannot use it.)

I understand that there are about 1001 ideas as to how the shed should be used after we complete our JCC discussions, and the committee will have to determine who and what it is to be used for so please speak to the Shed Manager Graham and give him your thoughts in writing to bring to the committee meeting to enable us to make appropriate decisions.

I am intending to make some amendments to the way the committee operates to endeavour to make it a little more professional. I believe that each of the following could do with a little assistance and am suggesting that the following positions could each have a sub-committee of perhaps 4 persons to help with suggestions as to how they could improve their areas.

It is important that these people put forward SOLUTIONS – Not problems because we have more of those than we want. Assuming that the committee approves of this idea, it will be actioned and we will give it a trial run to see how it goes. Could members please consider taking up a position on these sub-committees if asked.

The 4 committee members proposed to have sub-committees are as follows:

Graham Duffy – Shed Manager

Crawford MacLennan – Safety & Training

Robert Morgan – Sales & Marketing

Roger Revell – BBQ Manager & Special Projects

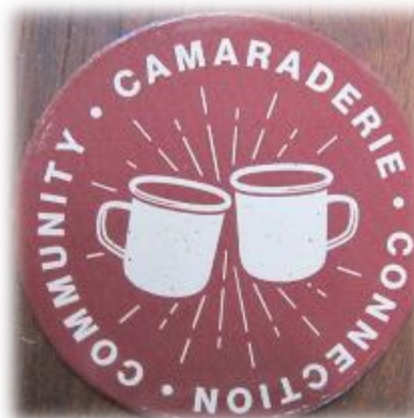
There has been a suggestion from Barry Fitz that we employ photographs of all members as many of us remember faces better than names, so if anyone can assist please talk to Barry.

Roger has pointed out that the weeds around the fence line need to be removed as they look ugly, so if anyone wants something to do then please feel free to remove them, he has commenced the weeding but many hands make light work and you do not need a degree in horticulture to do this, perhaps just a pair of gloves if you don't want to break your nails.

We have our Christmas Dinner coming up on Wednesday 15th December so please sign up for this event which you are most welcome to bring your partners to. I believe the cost is around \$33 per person for a 3 course meal at the Woodvale Tavern in Trappers Drive. Talk to Alan or Colin.

Lastly, if you cannot find a car park in the shed grounds then please don't double park, use the area outside the gates.

Regards John





Christmas is coming

And so is the JMS Christmas Luncheon.

***To be held at the
Woodvale Tavern & Reception Centre
143 Trappers Drive Woodvale
On
Wednesday 15th December
At 11.30am for midday start***

Menu

Main course: Roast turkey and honey and mustard, glazed ham with sage and onion stuffing served with rosemary and garlic roast potatoes, cauliflower and cheese, honey roasted root vegetables, cranberry sauce and traditional gravy.

Desert: Apple and cinnamon crumble with vanilla custard.

Tea and coffee included.

Drinks may be purchased at the bar.

Cost : \$33.50 per head

Please pay Treasurer Colin Mellows

RSVP to Alan Greenhalgh

Email: alchrisg3@gmail.com Mob. 0499000175

***Place your bookings NOW with Alan to avoid
disappointment.***

Bookings close 1st December

Partners are also invited.



Shed Activities and Projects

PROGRESS ON THE STORAGE SHED



Mid November



End of November, completed.



Stroke Presentation

On 9th November Tina Hollis from the Stroke foundation presented a talk on stroke and ways to prevent it such as diet etc.

There was a good roll up of members for the presentation and Tina wasn't expecting such a large audience.

Tina pictured giving her presentation.

Visit to Gingin Men's shed

Wednesday 3rd November saw a bus load of Joondalup Men's shedders heading to Gingin to visit the Gingin Men's shed.

We were a little bushed on the way due to the new North highway and unfamiliar minor road changes but in a little over an hour we arrived at our destination.

Their shed is a sight to behold, with only about fifty members the workshop is spacious and well planned. The metal work section is in a separate shed at the front of the premises.

*And oh if we could have a social room the same as they have. The room is upstairs Accessible by a lift or stairs, fully carpeted with lounge chairs and tables, glass windows at the front overlooking the entire workshop. A computer section is incorporated in this area. What a relaxing environment and **oh so quiet**.*

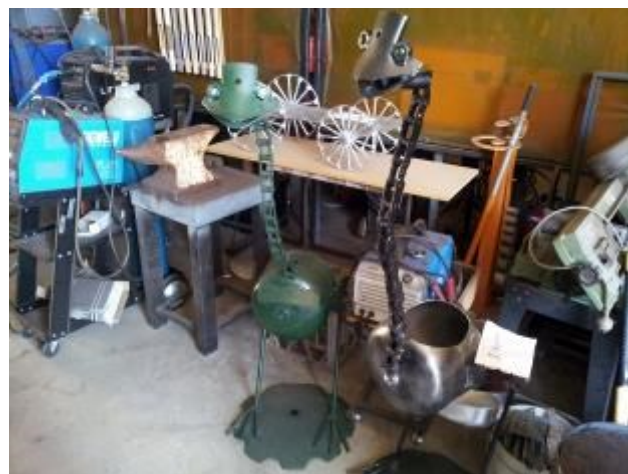
A lunch room and kitchen area is located on the ground floor adjacent to the workshop.

On arrival at the shed we were met by a few of the members, taken on a tour and then we had a barbecue lunch supplied by our shed.

The pictures below tell the story and many thanks to Alan Greenhalgh for organizing this visit. Also thanks to Brian Skinner for driving the bus.



Members enjoying a tour of the workshop. The picture on the left shows the window of the social room on the mezzanine.



Inspecting the metal workshop



Two views of the social room showing the windows which overlook the workshop



The computer section



The view of the workshop from the social room



A section of the lunch room and Norm couldn't resist getting his arms in to the sink.



A work of art in the metal shop. A kangaroo made from a gas bottle.



Time for the barbecue lunch. Alan Greenhalgh (left) and Darryl Ward (right) cooking the lunch.



Everyone enjoying the lunch. Sanny Ang also supplied a tasty array of sweet delights.



MSWA CHARITY BIKE RIDE

On Sunday the 21st of November the Multiple Sclerosis Society of Western Australia (MSWA) held their annual charity bike ride from Fremantle to Hillary's and beyond . The Mens shed assisted with marshalling and loading bikes on trailers ,returning them to train stations etc . Many thanks to the team of 13 volunteers ,Crawford,Malcom ,Colin,Rob,Brian Abbot,Alan,Gordon,Darryl,Stuart,Brian Skinner,Reg, and a special thanks to Bob Drury who stayed longer for the clean-up .We raised \$500 towards the shed.

Story and photo Rob Morgan

Welcome to new members

Paul Anthony
Patrick Keogh

Paul Leidich
Steve Rogers

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.

December Birthday Celebrations



*Birthday greetings
to you all*

John Fell
Barry Fitzsimmons
David Lockett
Trevor Beegan
Terry Skinner
Tim O'Neill

The total number of paid up members
as at November 2021

144

Farmers Markets

Joondalup Mens Shed



Poynter Markets Saturday 11th December

Sausage sizzles

No scheduled sizzles at this stage

Getting old is compulsory.
Slowing down isn't.



TO TALK
ABOUT
FEELINGS

TO ASK
FOR HELP

TO
BREAK
DOWN

TO NOT
BE OKAY

**MEN NEED
TO KNOW
IT'S OKAY**

TO CRY

TO GO TO
THERAPY

TO BE
VULNERABLE

TO NEED
SUPPORT

**i got so drunk
last night i
walked across
the dance floor to
get another drink
and won the
dance contest.**





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 Six

On the personal front, I had one more week left in the hotel and I had to find a bed and breakfast. for about 3 weeks until the family came and also look for a rented place near work. So I had a drive into the big city to check with various Agents. They gave me a list of contacts near where I worked. I rang the bell at the first house on my list. An attractive brunette in her mid 30s opened the door and I explained the Agent had sent me and I was after a B and B. She beckoned me in with a vertical finger over her lips and took me into a lounge room. She said her husband was on nightshift and in bed So we started whispering together. We chatted for a while and she told me she could do bed and breakfast and evening meal. Her husband was on permanent nightshift. She then told that she got lonely at night and would make me very cosy and sort of raised an eye brow and added that we wouldn't be disturbed. I couldn't get out of there fast enough. I told her I had a few other people to interview; took her phone number and left. Che Che le Fem.. I went to the next address and rang the bell. A dark haired attractive lady in her early forties opened the door. I told her the Agent had sent me as I wanted a B and B to stay in for a few weeks. She took me into a sitting room and asked me what I thought of the condition of the ceiling and walls. (I couldn't believe this) Off the top of my head I said that "I didn't like the colours" .and the ceiling was full of cracks and needed repair. She then took me into the lounge and beckoned me to sit opposite her in the easy chairs She crossed her legs and was showing too much leg deliberately I thought. She told me she was divorced and lived alone and she was looking for someone who could help her with the painting and odd jobs around the place. For this she would give a cheaper B and B rate. I told her that it wasn't for me and she implied that she would make it very comfortable with an alluring smile. I had to get out of there. Again I told her the same story that I told the other lady, that I had other people to interview. She gave me her phone number and I left. Che Che la Fem again. With the third place on my list, I liked it as soon as I drove into the street. It was in a cul de sac and off the main road. I had made my mind up that I wouldn't go in the house until I had asked few questions first. So I rang the bell, and again, then the door opened and I got the vertical finger on the lips again.(I thought this cant be true) I just stood there and I did the whispering business of who I was and she smiled. She was a young woman about 22yr old, blond hair and attractive. Anyway I asked about the whispering and she said "she had just put the baby to bed". I said to her would she mind me asking a few questions and she said 'no' I asked was her husband in " no he's at work" what time does he get in" she said about 5pm. That got all the doubts out of me. So I asked her if I could look around and she said "ok" It was a 4x2. house Her name was Cathy. She showed me the room I was to have and there was a bathroom as well next to it . Their bedroom was on the other end of the house. So I decided to have this was the one and I would start next week.

I got back to work and went over A shop and Victor was off sick. The operator of the drill told me he had the next 2 programs to work too which was about 3 days work. I went see see the Boss and suggested that one of the planners should be trained in making up the programs and he agreed in case Victor had to take time off. So I concentrated on the cut out problem. I was convinced it was a milling operation. and getting the NC drill manufacturer to modify the machine to suit a milling operation would be a problem. The big problem was that the machine was made so that the drill head received vertical forces and the milling would be horizontal forces; also get them to change the clamping So that I could explain my thoughts better I decided to make a full size cardboard model of the clamping, and a section of a channel and the horizontal shafting. The model was about a meter long. It could be clearly seen that there was clearance from the table when the channel revolved. 360 degrees also there would be savings if the channel had to clamped once only. The machine supplier came in and looked at the problems but wasn't keen on the idea nevertheless they said they would give it some thought and report back in a couple of weeks.

It was getting near the date for the family to arrive and I had my eye on some new units that were for rent.. There was only one left so I signed up for it there and then. It had a lounge ,kitchen,3 bedrooms, bath room and it was close to town, work, schools and the swimming pool. I decided to tell Cathy I was leaving on Friday. I was glad to get out of there as her husband had no conversation whatsoever. His vocabulary consisted of 2 words, 'yes' and 'no' and the food she dished up was terrible. I moved into my flat on the Saturday morning just in time to accept the furniture I had ordered. There was an easy chair, a Queen size bed single ,bunk beds mattress, pillows and sheets and a TV There was already in the unit a fridge and washer as part of the fittings. There was a supermarket across the street from and I bought some cooking utensils and general kitchen things. I also bought food supplies and a big steak. Cathy had told me to buy a can of Mortein to spray any nasties like Mozzies I was determined to have a nice meal for lunch after being starved at Cathy's. After I had fixed up the bedrooms I decided to cook my steak with some onions. The electric cooker worked ok and the fan. I turned the steak over after 10 mins and suddenly at the side of the cooker this huge spider about the size of the palm of my hand crawled onto the top of the cooker. It was enormous. It continued around the back of the frying pan and I ran into the lounge and got the mortine off the table. I ran back into the kitchen and it was on my side of the cooker so I sprayed it with the Mortein. But it started to climb onto the frying pan and onto my steak. I sprayed again but it kept on going . It then went on to the kitchen top and started to climb up the horizontal blinds I sprayed again and it just kept going. I ran into the lounge and picked up a hand brush I had just bought, ran back into the kitchen and it was halfway up the blind so I just wacked it one and all this goo came out of it and it dropped on the kitchen bench. The steak had had it so I turned the cooker off and tumbled into the chair in the lounge exhausted. Being from the UK one hears about spiders and snakes and things but to be confronted like that was too much. I sat for a good while and calmed down. I thought to myself if Dorothy sees one of these things she'll be on the next plane back to the UK. Anyway I went back and swept the remains of the spider and steak and binned them. I opened the doors under the cooker and there was a hole in wall about 2 inches diameter which the builder hadn't sealed so that's where it must have come from. I rang the Agent the next day and they sent someone round to fix it. When I got back that night it was all done.

At work I continued on with the channel problems and things were happening with tram drawings coming from Granville. head office in NSW They had fabricated the bogies there. Parts were being made for the underframe of the tram and an assembly area had been chosen in the bay with the biggest crane. As there was a camber in the underframe it was fabricated in the inverted position. One day the boss sent for me and asked me if I would take over the maintenance department and works around the place and be Works Engineer as well as performing my other functions. It would mean being in charge of Sam the foreman in the shop and his staff. Also I would get a salary increase. I didn't think much about it I just said "yes". I had met Sam in studying the drilling machine and he seemed to know what he was about.. Anyway the Boss sent a memo round confirming my appointment. Also that day I met Jose Ugarte the subcontractor (everybody just called him Ugarte) who did all the maintenance of the buildings and land. The first thing I wanted to see was the Drawings of the plant and services coming into the plant. There was a draw in the planning department where they were held. I took them into my office and went through them with Ugarte.. He made some suggestions about the drawings and I noted these down as he would know the plant better than anyone. I walked the plant area fencing line with him and wrote things down as we went.

The family arrived on the 10th of November so I took a few days off. It was all hugs and kisses and tears at the airport. Dorothy brought me up to date with the sale of the house in the UK. It had gone through but the money was in the hands of the lawyer. She liked the new unit and I took them round the town and we went into the Pub and had a nice lunch. I had set up appointments at the schools so we got that done The next day it was a nice so I decided to take them to Frankston Beach and have a picnic. the kids loved it. In fact we visited over next few weeks most of the beaches nearest to.us. There was a pool in the town which wasn't to far and the kids just walked down there. Our plan, once our money came from the UK was to buy a place so we also looked around various areas but we decided it had to near a beach. I lined up Dorothy for driving lessons and she managed to pass. So now she could drop me off at work and pick me up so she could go shopping. The Boss pulled me over at work and asked me if we would like to go to a Poms dance which was held once a month at a club for British ex pats.

I greed and told Dorothy about the dance and also we had to take a few nibbles and it was BYO.. "What's BYO? and whats, a Pom? more Ausi words to take in. The boss picked us up in his Ford Fairlane. We met his wife Marge, a lovely lady, and we chatted all the way there. This was a large club and there was a band playing and hats were given out. It was like a Xmas party. There was pies and sausage rolls being given out. Dorothy and I had a few dances. It was a great night. I thanked the boss when he dropped us off about midnight.

Attendance Statistics for October 2021 Compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	Weekly Total
Week 1	1/10/2021	3/10/2021	xxxx	xxxx	xxxx	xxxx	20	0	0	20
Week 2	4/10/2021	10/10/2021	26	47	39	31	23	0	0	3 Visitors 166
Week 3	11/10/2021	17/10/2021	4	51	31	29	22	0	0	137
Week 4	18/10/2021	24/10/2021	27	45	33	27	15	0	0	147
Week 5	25/10/2021	31/10/2021	26	45	34	25	20	xxxx	xxxx	150
Total			83	188	137	112	100	0	0	
Working Days		19								
Weekly Average			20.75	47.00	34.75	28	20	0	0	620
Total for the Month			620							
Men per day			32.65							

Visitors are not included in any figures shown or in any totals

Signing the Register on Entry



Please note gentlemen. Ian has consistently asked members to sign the attendance register clearly and legibly, no nick names please. If you are not a good writer, use block letters.

Thankyou in anticipation.

Tuesday Talks Coming Up

7th December

A presentation by Anglicare Friend in need Program. This programs role is to help others, provides training that de stigmatizes conversations about mental health, relationships or financial difficulties and offers strategies for helping mates who are dealing with these issues.

The speaker will be Alex Kopp

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