

Joondalup Mens Shed

Bench Press

August 2022

Editor Merv Pearce



Presidents Report

I would like to start my first report by thanking the past President and committee for the wonderful work they have done for the last year. In fact, I would

like to thank all past Presidents and committee members for the work they have all done in getting our Shed to where it is today.

Thanks also to the members who continue in their rolls with the workshop and those who have stepped up to fill some vacancies.

Graham Duffy – Shed Manager

Geoff Burley – Deputy Shed Manager & Training Co-ordinator

Merv Pearce – Bench Press Editor

Roger Revell – Project Manager / BBQ Manager

Your Name – Marketing & Sales Manager

Norm Jones – Maintenance Manager

Your committee are all new with the exception of our Secretary (Roger) and with this in mind I would ask that you bear with us as we find our way in our positions and the way things are done in the JMS. I am sure we will make errors from time to time even with leaning on our predecessors for assistance.

Raising income is a constant issue for the shed and we do need to come up with new ways of raising funds to ensure the Sheds continuity. Notwithstanding this I cannot give enough praise to the existing fund raisers (both organisers and helpers) by way of Markets/BBQ's and community projects. I am sure we have many members who have various skills that have not yet been tapped into and there may be a few that will greatly benefit the Shed as we move forward. I have witnessed some exceptional projects completed to a very high

standard and am confident that we can complete the right community projects from within our members, to our end user's complete satisfaction.

Ageing equipment and maintenance of our equipment is a daily task and we will undertake to look to update our equipment as needed. We are currently looking to replace a number of machines and will need to seek grants to do so. In terms of maintenance, I would ask that all members ensure they are fully aware of how to use the machinery (I appreciate that all users have been assessed prior to being permitted to use the machines) and not to overtax the machines capability. The drum sander is a prime example of a machine being used beyond its capability and hence the need to replace the sanding sheets far more frequently than should be required. The misuse results in the machine being out of commission far more than it should be and the additional costs to replace the sheets more often than we should are an ongoing burden on our resources.

The Shed is not only about making/repairing/selling things. We are also here for own sanity and wellbeing. Let's have a good time and take the time to say "hello, how are you" to a fellow member that you may not have spoken to in a while.

If you would like to know more about me, come and say hello.

Mark Smith



Introducing your Committee members for 2022/23



Mark Smith
President



Chris Graeme-Drury
Vice President



Roger Revell
Secretary, Project
Manager &
Barbecue Manager



Brian Hill
Treasurer



Dave Ginger
Membership Manager



Graham Duffy
Shed Manager

Sub committee members



Merv Pearce
Bench Press Editor



Norm Jones
Maintenance Manager



Geoff Burleigh
Deputy shed Manager &
Training Coordinator



Rick Otero
Marketing Manager

July attendance statistics compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly Total
Week 1	1/07/2022	7/07/22	xxxx	xxxx	xxxx	xxxx	20	0	0	20
Week 2	8/07/2022	14/07/22	26	59	29	30	33	0	0	176
Week 3	15/07/2022	21/07/22	24	21	34	34	15	0	0	138
Week 4	22/07/2022	28/07/22	25	47	24	31	18	0	0	145
Week 5	29/07/2022		29	49	25	26	24	0	0	163
Total	For month		104	175	100	121	110			642
Working	Days	23 days								
Weekly	Average		26	43.75	255	37..75	22			
Men per	day	27.91								

The total number of paid
up ordinary members
as at July 2022

175

The total number of paid
up associate members
as at July 2022

38

Ladies

Stirling Farmers Markets

The Marketeers attended the Stirling Farmers Markets on Sunday 14th August. We were lucky to have had a sunny day as the days before and after were windy and wet and cold. The stall brought in \$585.00.



Marketeers from left Mike Feinas, Rick Otero, Merv Pearce and Darryl Ward, Rob Morgan behind camera man the stall.



Mike Feinas using his marketing skills conferring with a couple of customers.

Shed Activities and Projects

A new life for a vintage trike

Bill Street took on this project to restore this vintage trike. Many hours were spent on the restoration. The result is a brand new shiny trike. The pictures below taken by Bill show the progress of the restoration.



Before restoration



Bits and pieces



Beginning to take shape



The gentleman who ordered the project with the restored trike.



Job complete



A job well done Bill.
Bill enjoyed doing this restoration and is keen to take on more so if you know of any one wanting a bike, pedal car or trike restored
Please let him know



Welcome to new members

Maggie Edwards and Christina Lowes

Welcome to the shed ladies, 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



Kevin Banham
Vince Bertolini
David Urquhart
Bill Letch
Crawford MacLennan
Phil Zoccoli
Mike Brennan
David Middlebrook
Ernst Schneider
Chris Brandenburg
Gordon Taylor

Birthday greetings to you all

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 Sheddors 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

FUND RAISERS

Farmers Markets



Kingsway Markets

Saturday 3rd September

Saturday 1st October

Saturday 5th November

Saturday 3rd December

Stirling Markets

Sunday 18th December

Sausage sizzles



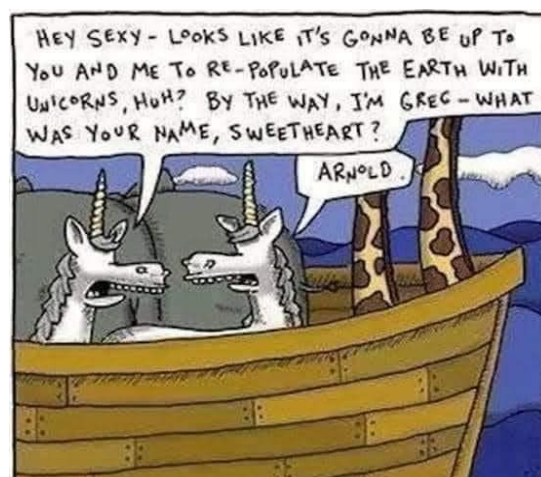
The next sizzle is on Sunday September 04 (Father's Day), volunteers are needed. Please contact Roger if you can help.



Sausage sizzles and burgers

Sausage sizzles and burgers are going well on Wednesdays for education staff at the old Padbury Senior High School. Around about \$100 each time is made for the shed.

Pictured at the sizzle are from left are the workers Ian Bruce, Graham Duffy, a customer from the staff and John Fell.



A man and a woman
were traveling in a train.

Woman : Every time you smile,
I feel like inviting you to my place.

Man : Awwww! Are you single ?

Woman : No, I am a Dentist....



Men's Shed members receive

15%

Discount off RRP

Some exclusions apply

How to access the members discount

For Online Purchases:

Visit the www.carbatec.com.au website and sign up as a Carbatec customer.

Contact the Carbatec call centre on **1800 658 111** with your login name (Not your password) plus a few other details and the available discounts will be applied to all products viewed on the website.

For in Store Purchases:

When visiting our store at 168 Balcatta Road, Balcatta, speak to one of our friendly staff who can register your details.

Terms and Conditions Apply

Sydney Tools are also offering discounts to JMS members. Just let them know that you are a member and discount will apply to your purchase.

DON'T LET THIS HAPPEN



This is the drum sander, looks pretty doesn't it. Well it should not look like this. The cause of this is because too much pressure is applied when sanding resulting in burning the sanding paper and rendering it useless.

The cost to replace the sanding sheets is over \$20. When using the sander only apply minimum pressure. Wind the handle up until the drum makes light contact with the timber, then let the timber travel through then give the handle only about one eighth turn each time. ***It has been decided that any member who damages the sanding sheets will be required to pay for a replacement sheet.*** Also in the interest of saving shed funds if the sheets are damaged they will only be replaced at the end of the month. So please consider other members

And be considerate when operating this machine.

A doctor in Dublin wanted to get off work, so he approached his assistant!

"Murphy, I am going fishing tomorrow and don't want to close the clinic so I want you to take care of the clinic and take care of all me patients."

"Yes, sir!" answers Murphy.

The doctor goes fishing and returns the following day and asks: "So, Murphy, how was your day?"

Murphy told him that he took care of three patients. "The first one had a headache so he did, so I gave him Paracetamol."

"Bravo Murphy lad, and the second one?" asks the doctor.

"The second one had indigestion and I gave him Gaviscon, so I did sir" says Murphy.

"Bravo, bravo! You're good at this and what about the third one?" asks the doctor.

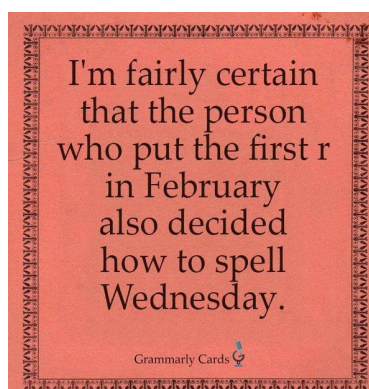
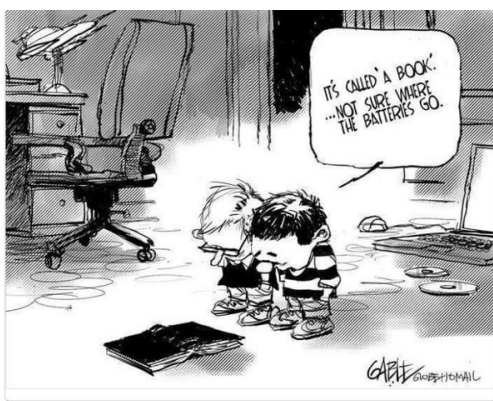
"Sir, I was sitting here and suddenly the door flies open and a young gorgeous woman bursts in so she does. Like a bolt outta the blue, she tears off her clothes, taking off everything including her bra and her knickers and shouts:

'HELP ME for the

love of St Patrick! For five years I have not seen a man!'"

"Tunderin' lard Murphy, what did you do?" asks the doctor.

"I put drops in her eyes and sent her to Spec Savers."





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 fourteen (Final)

The bus stopped at the Palace of Festivals and Congresses building that does the Cannes Film Festival every year. I gave my movie camera to a guest and told her to photograph Dorothy and me going up the steps however there was no red carpet. The number of famous film stars who had done that over the years is countless. Another famous Hitchcock movie was made here called "To Catch a Thief" with Grace Kelly and Cary Grant. We followed the same road with all the bends and hills as in the movie until we got to Monaco. We stopped at the gates to the palace of Prince Rainier of Monaco but they were closed and there was no flag flying. We continued along the road to Monte Carlo. The views were magnificent. We set off back to the ship as it was nearing dinner time. The next day we sailed to Alghero on the east coast of Sardinia. We spent half a day looking round. You could get a donkey ride up the hill if you wanted but we declined. The ship was leaving early so all had to be on board by 5pm. We had dinner in the restaurant and went to see a show after that. The ship now headed west to Gibraltar and there were no further stops. We walked through the streets of Gibraltar until we came to the British Embassy. Two soldiers in hot weather uniform were standing guard with rifles at their side at the entrance. We were allowed in as it was part museum as well. I got talking to one of the people on the gift stall and she told me there was a cemetery behind the building with grave stones of British sailors killed at the Battle of Trafalgar in October 1805. So I left Dorothy shopping and I went to check out the cemetery. Sure enough the graves were there. These guys had fought and died with Lord Nelson at the most famous naval battle in British history.. What a place!!! After Gibraltar our next stop was Southampton. We got the train to London Kings Cross and from there we got a tube to east London as a nephew of mine called Gerard (my sister Maria's son) asked us to stay with him for a few days. He was a lecturer in fine arts at a private Art college in London. It was the week end so he took us to the various art galleries in London and other places of interest. It was fantastic. Gerard was a mate of Alan Bates the actor and he helped him with some artistic projects. Maria told me when she visited Gerard in London Alan used to book a table at the Ritz for afternoon tea. When they went into the dining room all the heads would look up to see the famous actor and which lady he was with. So she felt like a bit of a star. I just missed meeting him as he was coming to Gerard's for dinner the following night. but all our travelling tickets and flight back to Australia had been arranged. The Ritz was also one of Princess Margaret's eateries. (Also Mo Salha Liverpool's centre forward goes there quite often these days)

When we returned to Gateshead we caught up with friends and relations again and went to local areas sight seeing. We visited Alnmouth a lovely village on the beach about 50 kl north of Newcastle. It has the oldest 9 hole golf club in the world. When we lived in the UK we had many a holiday there with friends of the family. Richard Burton and Elizabeth Taylor had watering holes there in some of the Pubs. He made a famous film near there called Becket at Bamburgh Castle and also Alnwick Castle. Peter O Tool was also in that movie. It was then time to get back to Australia and home.

About 3 weeks after we got home I received in the post an A3 size envelope and on the back the address was from someone from Kentucky USA. I didn't know anybody living there so I gently prised it open and inside were cardboard protectors and inside them was a coloured photo of Doris Day. She was cuddling up to a white dog and at the right hand side was her writing and it said "To John with love from Doris". What a great surprise. She would have been about 50yr old when the picture was taken but still beautiful. The writing wasn't made by a rubber stamp as the lettering was still shining.

I rang my Agent when I got back as I wasn't fussy on going back to The Water Corp. He advised me that Flour one of the biggest Construction Companies in the world were looking for some one and I had been recommended to them. They were finishing a large mining project north of the goldfields and it was coming in way over budget and they wanted to find out why. So I started working for them from an office in West Perth.

I worked for them for about 2 year on other projects as well. The work included briefing solicitors and Queens Council in the detail for the response to the Statement of Claim and preparing support material and delayed cost summaries for inclusion in the defense. It was now 2002 and regarding the family young Dorothy had a house in Duncraig and had her own ball room dancing company and also did keep fit classes as well. Judith was married and teaching and lived in a house they bought in Bassendean. Simon had bought a unit in Maylands and had left Nifty and was working for a contractor as a supervisor doing work for the Main Roads Dept.

We decided to move from Green mount as we were always being asked to baby sit for young Dorothy. which was a good drive there and back We saw this Bed and Breakfast for sale in Warwick. So we sold the house in Green mount and bought the B and B. It had 4 letting rooms. 3 Doubles and one single room. The private accommodation was at the rear and upstairs. Dorothy loved it as soon as she seen it. The business specialized in getting guests from Britain that wanted to emigrate to Australia. The B and B had an arrangement with a newspaper in Queensland that if we sent to them a copy's of the Saturdays West Australian ; they would give us advertising space in their Newspaper which was given out at immigration offices throughout Britain. It was a good deal for us and I got on well with the editor. I wrote the article and there were pictures of the B and B and all the rooms and swimming pool. We also did evening meals for selected guests only. I bought a Ford Fairmont and obtained a CV license which allowed me to pick up Guests at the airport and take them for drives. They paid extra for this of course. My Agent kept ringing but I needed a few month off engineering to make sure the B an B was going well. The customers loved Dorothy and we had no trouble with any of them. After about 4 month I was contacted by a company called MPDJV directly through them because of my contacts with Flour. They wanted a Senior Contracts Engineer. They were a joint venture between Sinclair Knight and Flour. SK did the design and procurement and Flour did the construction installation and commissioning. The group were the main contractor for BHP doing expansions for BHP iron ore mines and new mines as well in the Pilbara. I was about 57yr old by then.

MPDJV had good systems for tenders and contract awards similar to Western Mining and and my duties were very similar. I went to the Pilbara to have meetings with various contractors.. The main office was on St Georges Tce. I worked for them for about 6 years. I then worked for Promet and Thies . My career ended when working with RCR as a staff man. They didn't like contractors doing engineering work for them. I was 72 yr old by then and had had enough so I retired. During the past 20 years Dorothy and ne had done some great trips away. The one that stands out was sailing down the River Nile from Cairo and the pyramids to Aswan

Family wise Dorothy had the B and B for 6 year but had to sell the business due to having 2 knee replacements and a hip replacement. So we bought a house in Edgewater. Its too big for us but that, was all that was available at the time. However we love the place . Its in a quite area and we are very near the family all the facilities we need. young Dorothy is running her own dancing classes and teaching keep fit classes. Judith is having a new house built in Bassendean on her old block and also reaches full time. She has 2 teenage daughters .Simon lives in Mt Lawley still and working as supervisor for a contractor supplying and installing the crash barriers on the freeway turnoffs. We now have 4gran daughters and 3 great gran children 2 boys and one girl

I joined the Men Shed about 10 years ago when Alan Greenhalgh was running it. This was when it was in the Padbury school. He did all of the paper work side of things. He and I used to use the Shed bus to go to ladies in distress to fix up their door problems in their homes. Some of them had drug addicts in the family and they were smashing in the doors to get to where they could find money and stuff they could flog.. One lady was so scared she had large bolts on the inside of her bedroom door.. The druggies were actually her grandsons. I also used to repair the damaged desks at the invalid store run by Jamie the controller from the Padbury school store. I did this work in the area that the Shed called the garage where guys could repair their cars. I did approx. 40 desks. This kept us in good with the school management as a new desk used to cost \$750. Frank Antulov, Chris Sinney, Rob Hanson and Graham Duffly all assisted me with this project

This is Final Entry for the Bench Press for me. I hope you all enjoyed them.

John

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The Joondalup Men's Shed (JMS) is the local representative and a registered member of the West Australian Men's Shed Association. The JMS Patron is Mr. Ian Goodenough, MBA, B. Comm and Federal Member for Moore.

Our motto is short way of saying what JMS is all about:
"Blokes Building Better Communities!"

We are all about fostering better overall health and well being for all men. This has an obvious beneficial ripple effect for our members' families, the wider community and the members themselves.