

Bench Press June 2022



# Joondalup Mens Shed Bench Press June 2022

Editor Merv Pearce



## NOTICE OF ANNUAL GENERAL MEETING

### JOONDALUP MEN'S SHED INCORPORATED

Is convening an Annual General Meeting as per the constitution  
Part 6, Clause 50.

The meeting will be held at 9.30 am on Tuesday August 09 2022

The meeting will take place at Joondalup Men's Shed premises,  
17 Winton Road, Joondalup Business Park, Joondalup 6027

Please make every effort to attend

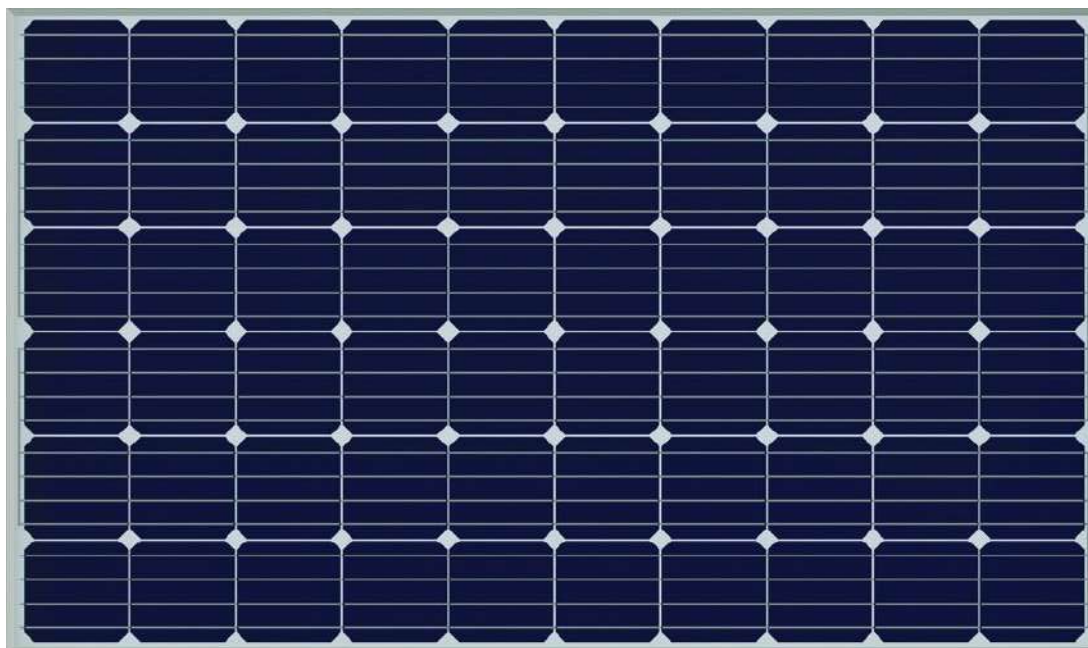
*The shed will need some new committee members, consider putting your hand up to take on one of the positions.*

## Power to the shed

Solar panels have now been installed on the roof in addition to the existing ones.  
For those techos who are interested in the specifications they are:-

Solar PV Package –

10.5kW & Mainswitch upgrade Solar Panels : 27 x 390W Risen Inverter : 1 x 8kW Sungrow



# Shed Activities and Projects



Herman Cheung is making a table with a large slab of Sheoak, it is quite a challenge for him as the slab is pretty warped however he has levelled it out and it should look when completed.



## PLEASE NOTE

Any member who wishes to operate the metal lathe **must be Accredited before using it.** Contact Crawford McLennan if you need accreditation.

Never idle Bill Street has restored this trailer pictured. It was originally built on a farm in Albany in 1949



Last Tuesday construction of the phone tower was taking place. Three large mobile cranes were used and the process kept a few shedders entertained watching the action.

may attendance statistics compiled by Ian Mc Callum

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly To-
Week 1	17	23	27	29	25			121
Week 2	15	36	32	21	25			129
Week 3	22	58	33	17	22			142
Week 4	23	52	25	26	15			141
Week 5	23	56	XXXXXXXXXX	XXXXXXXXXX				79
<b>Total</b>	<b>100</b>	<b>225</b>	<b>117</b>	<b>93</b>	<b>87</b>			
<b>Weekly Av-</b>	<b>20</b>	<b>45.00</b>	<b>29.25</b>	<b>23.25</b>	<b>21.75</b>			<b>47</b>
<b>Total for the Month</b>	<b>612</b>							<b>1</b>

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

**173**

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

**34**

Ladies

Hi all

Its Steve Rodgers the Queenslander.

I have to apologize I had intended to come back and say goodbye to everyone at the shed but with doing alterations and improvements to our motorhome time got away from me and we were on our way.

Attached photo of motorhome.

I enjoyed my time at the shed with all the banter and goings on had a great time there.

I will probably drop back in the new year some time just got to look at what's happening with family in WA.

Once again thanks for putting up with me while I was there.

I'm sure the shed will get stronger and good times will continue for you all.

All the best to everyone there.

Steve.

Email: [sgrodgers@hotmail.com](mailto:sgrodgers@hotmail.com)



# Welcome to new members

Rick Otero, Margaret Pierce and Imogen Hoppmann

Welcome to the shed ladies and 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.

## July Birthday Celebrations



**Birthday greetings to you all**

Colin Benporath  
 Jack Commins  
 Sean Kenny  
 Ken Pilkington  
 Ron Slavin  
 Ralph Haynes  
 Norman Lake  
 Mike Holland  
 Tony Magee  
 Ian Carrick  
 Dennis Perry  
 Geoff Burleigh  
 John Tanner  
 Graham Miller  
 Greg Reinikka  
 Stan Ratapu

### 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](mailto:chris.drury@sumphero.com)

Michael Robinson: [robinsonmj1950@gmail.com](mailto:robinsonmj1950@gmail.com) phone 9409 8484, Mobile 0491 036 085

John Summerfield: [sumtrade@primus.com.au](mailto:sumtrade@primus.com.au) Mobile 0432 032 461

# ***FUND RAISERS***

## ***Farmers Markets***



### **Kingsway Markets**

Saturday 2nd July

Saturday 6th August

The shed has been invited by Bunnings Joondalup to hold a stall to sell our products in the foyer.

Dates are yet to be confirmed

# **Sausage sizzles**



We have a number of BBQ's scheduled for the coming months along with invitations to represent the Shed with a marketing table in the entrance foyer of Bunnings Joondalup.

BBQ's are scheduled at this stage as follows:

1. Saturday July 30

Photo: Darryl Ward

2. Sunday August 21

Sunday September 04 (Father's Day)

# **Hats Off**



Hats off to our shed Manager Graham Duffy. As well as doing an excellent job as Shed Manager Graham regularly cooks a delicious lunch for some members. Recently he cooked some pork in the air fryer and it was mouth watering delicious.



Graham carving up the pork

## Women's Shed Ocean Reef Report Jodi Vanzati (President)

For a long time Maggie Horsburgh has had the idea of forming a women's shed group in Ocean Reef for the purpose of learning and sharing new skills with a like-minded group. Her aim was to empower women to do things for themselves and form friendships through working together. She shared the idea on Ocean Reef Community Group where a staggering 89 people showed interest so we held a meeting at Maggie's house on 18 September 2021 where 14 of those women attended.

At the meeting we identified that we wanted to develop a group for like-minded women who wanted to learn new skills, to empower women to be independent and do things for themselves. To share their skills with others, be a mentor and make new friendships while working together with other women on common projects and to give back to the community to which we belong.

The process then took some months to establish and we now have a group of 35 women who come together for different events during the week. We are certainly still work in progress but the key elements for a successful group are now under way.

Our new committee have recently been formed and the following women were elected. Jodi Vanzati (President), Jackie Finnegan (Secretary), Annette Evans (Treasurer), Sheila Armstrong (General), Pam Buchanan (General), Sue Peters (General).

Along with the committee we have Coordinators to manage the different activities that we engage in. The activities include but are not limited to the following:

Andrea Gray coordinates Crafts and in the coming weeks she will be holding an iron on transfer session where we will be able to learn how to make your own iron on transfer to customise a shirt/pillow/or anything else using material. Also upcoming are jewellery making sessions where we will learn how to make earrings and other pieces of jewellery.

Maggie Horsburgh is in charge of Bunnings Workshops where once a month we meet at Bunnings and complete a workshop designed to teach us a new skill. We have already created a terrarium and a mosaic trivet and we have learnt how to build and stain a trinket box. We were involved in the Easter Art Show where we each painted a picture of what Bunnings means to us and we were luckily enough to win \$300 worth of Bunnings gift voucher for WSOR. Coming up we have a Macrame lesson and a workshop using power drills.

Frances Brimble coordinates our wood work activities and the good news is that we are becoming a lot more confident and competent in our wood work activities. This is due to the generous time Roger and Crawford have given to us to support us while we build confidence.

Sheila Armstrong has started a book club called 'Stories from the Shed' where we have had a couple of enjoyable evenings to date. We hold our sessions every six weeks, where we talk about the book we have just read.

Sheila also runs our Sewing Workshops at which we've had a few lively sewing afternoons at the Women's Shed and made aprons which we were able to add a screen print of our logo onto, and also tote bags, some for our own use and others to sell as part of our fundraising for the Women's Shed. We have had lots of sewing machines, fabric and cotton generously donated to us and have now found excitement now that we have been kindly given space on the mezzanine floor to store our machines and other equipment. Thanks to Roger for clearing the area for us.

We are all excited about the things we have planned in the coming months and look forward to sharing the space with the Men's Shed.



## 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 twelve

Our next stop in Italy was Venice. We sat in the central square and had a coffee and took in all the great architecture in Piazza San Marco. We had a nice walk around the city and had a communal lunch with the other guests. At sunset we went on 3 gondolas on the various canals and under the magnificent bridges. There was a 3 man group playing all these love songs. When they stopped for a break I shouted over to them "sing Volara" (a Dean Martin favourite of mine.) They were hunching their shoulders up and and that they didn't know it. I couldn't believe it. So I stood and up and sang them the first few bars and then they got it and they sang it well. It must have been my Geordie accent they couldn't understand. Our next stop was Austria. It was a good run so we just sat back and relaxed in the bus and listened to Jean give his talk.

The views were great as we moved into Austria. and we stopped for photos at the village where The Sound Of Music was made.. I could have sworn I saw Julie Andrews coming over the hill singing the " The Hills Are Alive with the sound of music" We then travelled on to Salzburg and stood beside Mozart's birthplace home and took some photos. Then off we went to Germany and drove through the Black Forest and onto Nuremberg where Hitler made his famous speeches from the podium in front of thousands of troops. I got a photo beside the Podium. The place is now a cycling course and used for other sports. How the mighty have fallen. Next stop was Berlin. I had always wanted to walk through the Brandenburg Gate and so I did and then we went to the Reichstag building where the German government sat. All those infamous times now buried in history. Our next stop was Brussels Square which Jean kept to himself as he was Belgium. We got there and off the bus in the dark. We waited for about 5 minutes and suddenly all buildings in the Square lit up with Green Light going up and down the buildings Some of the architecture went back 300 and 40 years. What a treat. That was our last stop in Europe and we made our way back to the UK the way we came.

Our next trips were in the UK. We went Ireland and visited my nephew who had a B/B in Mulranny on the west coast and it rained every day so we didn't stay there. long.. Next I hired a car and did the Lake district and visited Beatrix Potters house and the west coast of Scotland. The scenery was magnificent. Also I wanted to see where my father, who was a Bombardier in the Royal Artillery in WW1 lived while training with the big guns as there was a large area devoted to the RA for firing practice

After all this we gave our good byes to all the family members and friends to begin the next part of our trip to the USA. We got a flight from Newcastle to London then one from there to the big city New York. We booked into a nice hotel in Times square. Next day we caught up with the tour guide where the bus was waiting at the Statue of Liberty ferry ride. His name was Robert and the driver was Andy. Again I will only mention the main things that we liked best .As a matter of interest we always stayed in 5 star hotels so the meals were great and the accommodation. We did all the tourists spots but the Empire state building did it for me. I never realised but it sways about 6 inches in both directions and that's on a calm day. It was a clear day You could see for miles and miles We then headed south to Washington. Got pictures outside the Whitehouse. The next was the Lincoln Memorial. I went in and reached up and touched Abe's right as its a huge statue of him sitting in a chair What a powerful man Abraham Lincoln must have been. The sculptor did him proud. We sat on the steps outside facing the Reflecting pool which went off into the distance. As we sat on the steps I thought about the times famous film stars had sat there in various films. We went north to Gettysburg in Pennsylvania. Where the armies of the Northern States fought with the Southerners called the Confederates .I've been keen on war stories so this place was a must for me. As we drove through the town you could still see the original shell holes in the walls in the building Andy drove very slowly through the National Park where the battle took place in 1863 and lasted 3 days. He played this solemn music as we moved along, No one said a word. A sudden stillness came over the bus. We stopped at a monument and it was on top of a hill. I got up there and there were words inside a framed glass container. So I got me movie camera out and began filming. This area



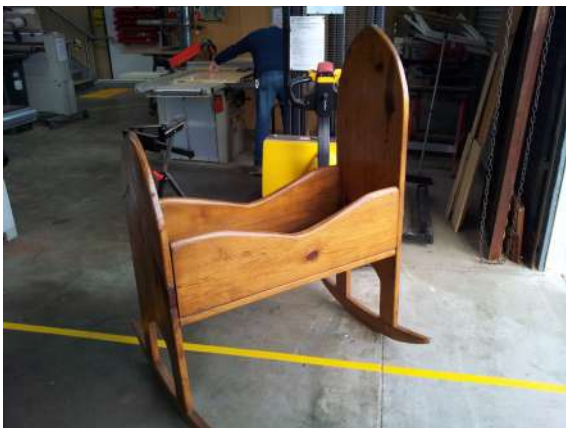
we were standing on was known as Little Round Top and was being held by the Confederate and on the 2nd of July 1862 a Colonel on the Union side charged the Confederates with 500 men. He caused that much confusion the confederates packed it in and fled. The Colonel's name was Patrick O'Rourke. He was the first Irishman to get a commission from West Point. He was 27yr old and was shot in the neck that day and died. I could hardly believe this he had the same name as my father. \

We dropped the "O" off 4 generations back with our name. We drove round to the Cemetery which was very famous in history as that's where Abraham Lincoln gave his Gettysburg address from a central stage. It wasn't long after the battle that the Confederate leader Robert E Lee surrendered and that was the end of the civil war. The bus had one more stop to make in Washington and that was the Arlington National Cemetery where men in the various forces of the US who had fought for and died were buried.. This included John F Kennedy. We had to walk to his graveside which was at the top of the hill. There were 1000s of white vertical grave stones as we walked along. JFK's grave had a marble plaque flat on the ground and an eternal flame next to it. I said a prayer while standing there. Behind this was a wall which was engraved with all his famous speeches. Next we were heading north into Canada and going to Ontario and Niagara Falls.. The bus stopped right at the Falls. As I reached over the wall I could touch the water.. The power of the water going over was something to behold. We were kitted out with wet gear and went down in the lift behind the falls. There ropes across the cave you weren't allowed to go too near the edge. The noise was deafening. I couldn't hear what Dorothy was saying and we were being sprayed with water. What a sight. After this we went back in the USA and headed to Detroit. The Henry Ford Museum had the rocking chair Abe Lincoln got shot in. When we got there and saw the chair I couldn't resist touching left side arm of the chair. Our next stop was Chicago and we drove along by the side of Lake Michigan to the City.. We had an early night. The next day we headed west to South Dakota. It was endless prairie land. We got to the place where film *Dances with Wolves* was made and had lunch there. Then we went onto the Badlands National Park. Some of the film was also shot here. Our next stop was Mount Rushmore National park where another famous movie was made in South Dakota This film was *North by Northwest* by Alfred Hitchcock. The bus stopped in the car park of the restaurant and everybody got out to view the 4 Presidents in the rock face there was viewing scopes so everybody had a go. We then went in for a lunch and the place was exactly the same as in the film where James Mason and his side kick were trying to shoot Cary Grant. The next stop was a good ride away to Salt Lake City. When we got there these lovely young ladies came on the bus and greeted us . They had this aura about them and just kept smiling all the time They were from the Mormon church where we stopped. Some of the guys went shopping but We followed one of these ladies into the church. She beckoned us into a room and we lay out on some couches and looked up and in the ceiling was just like looking at the stars and there was soft music playing and the lady told us to relax and take big breaths. So we just lay there and stared up. It was totally relaxing.. When we left the church and after we had lunch we were off again to the Grand Canyon which is in Arizona. The bus had along climb up a mountain. side to get to the viewing platform. We arrived at the top and what a view it was down to the Colorado river. One of the guys on the bus had decided to ask his partner to marry him. So went down on one knee and did the business and she accepted and he put a ring on her finger. They must have had it planned because we were stopping in Las Vegas next stop and getting married. He had the bag with him and out came a bottle of champagne and out came some glasses and here we were sipping on Champers on top of the Grand Canyon. What a day to remember. So our next stop was Las Vegas. We booked into the Hilton and were staying one night only. We rested for a while and then went out for a meal and see the sights. I don't like gambling as a pastime but here it just looked like Disney land for gamblers. Our next bus ride was to Hollywood Los Angeles. We were dropped off on Sunset Boulevard near the famous Chinese theatre where film stars have left their Foot prints and hand prints in the pavement outside. So we had a search for various actors. I found Humphrey Bogart and James Cagney's They must have been small guys as there shoes must have been size 8 and my size 10 easily covered them. Dorothy found Marilyn Monroe's and other stars. The bus then took us for a drive up the hill and we got photos of the famous HOLLYWOOD sign. we then drove down to Long Beach where the Queen Mary cruise ship was parked. We had a good tour of the ship which had lots of history. Our tour ended in LA but I had booked flights to San Francisco and we were booked into a hotel for 4 days to go round the city ourselves. We rested up the first morning and in the afternoon we went down to the waterfront area as I wanted to visit Alcatraz Prison on the island in the middle of the bay. The prison was closed now and was just a tourist spot. There was 2 guys giving out tickets for the ferry and I got chatting to them and they were former prisoners years ago on the Rock. They told me what to watch for on the trip over. I didn't ask them what they were convicted of but they must be good guys now otherwise the Gov would not have employed them. Our visit was very interesting and I had my camera going all the time. I went out into the exercise area where the prisoners did walks and jogging and sat on high steps overlooking the Bay. There was heaps of movies with these steps in.

The cells were so small you couldn't swing a cat in them.. I asked one one of the guys on duty to show us Al Capones' and The Birdman of Alcatraz cells. So it was all very interesting. When we got off the ferry we walked along the Waterfront and saw all different docks. This is where another famous classic movie was made " On The Waterfront" with Marlon Brando, Lee J Cobb, Rod Steiger. what a great Great film. The next day went visit St Peter and Paul Church to see where Marilyn Monroe and Joe Dimaggio posed for photos on the steps. So Dorothy and Me did the same and a passing lady did the camera work for us . They were actually married in the City Hall and had quite ceremony. They did that as they had a working Honeymoon there. After that we went into the church and signed the visitors book. After we had checked out the city by tram we flew back to LA to get a flight to Hawii on the island of Oahu where Pearl Harbour is. I booked into the hotel I had chosen and had a weal. I made enquiries when was the best time to visit the harbour.. The receptionist advised at 10am the following day.. A bus was available out side the hotel and this would take us there. Next day we arrived at the US Navy building along with other visitors, where they showed a film of the attack by the Japanese.in Dec1941 We were then given the protocol while visiting the Monument in the Harbour. Then we taken by ferry to the white monument which is built on top of the Battleship Arizona which was sunk that day/. We climbed up a few steps from the ferry on to a level platform. and as I got on top I could clearly see just below the water the 3 - 14inch guns of the Arizona. it gave me a strange feeling as there are 1100 me still down there. US navy officials at the time made the decision that they died with their mates and should- n't be moved. No one spoke as we walked around and looked at all young guys names on a long wall that are still down there. There were more pictures to look at and info boards. The US navy does it all very well. I was really impressed and moved by it all. We stayed a couple of more days and went to a pig on a spit given by the islanders with all the dancing girls to go with it. It was a great night. The next day we had a long flight from Hawaii to Sydney and then from Sydney to Perth. What a trip to remember.

When we got back home the house was in good order and car was still there.so everything was good we had been gone about 4 month We sat in the lounge and just looked at each other and wondered how we did all that.

We rang around the family and all was well. We had kept up with them when it was convenient to call them whilst away.. I was'nt in a hurry to get back to work but something interesting happened a couple of days later.



This rocking baby cot believed to have been made by Quakers in America has been donated to the shed. It needs a little work to restore it to its original condition and hopefully it will be sold.

## COMMITTEE MEMBERS CONTACT NUMBERS

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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:  
"Blokcs 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.