#### **Bench Press May 2022**



# Joondalup Mens Shed Bench Press

May 2022

**Editor Merv Pearce** 



## Prosidents Report

Hi all, Well another month gone and we are getting closer to the end of the JMS year. Our AGM will again be in August this year but our new Financial Year

commences on the 1<sup>st</sup> of July and your annual fees are due as of that date. If you prefer to pay them prior to 1 July then please see Barry and he will be happy to take your money, which this year is \$200.

May has been a fairly uneventful month for JMS, however on the 20<sup>th</sup> we hosted a Zone Meeting where sheds in our area all got together to compare what other sheds are doing. Those who attended were very impressed with our shed and the facilities we provide. We fed and watered them all and managed to keep them awake for 7 hours. I would like to personally thank the JMS members who ran the BBQ and presented the food, did the washing up, packed up the crockery, provided guided tours and generally presented the JMS in a good light. The only downside was that it was the same old crew who did all the work, I think it's about time some other members got involved, if you are not asked to help, then offer! I would like everyone to understand the work that Roger does, he can be grumpy (Kiwi trait?), and loud, but for this Zone Meeting he arranged all the crockery, and the food, Picked it up from Osborne Park, organised the setup of room, oversaw the general running of the day and continued to do his job as Secretary. I know he takes on far too much and is a bit of a control freak, but sometimes it is because

we only have 175 members and he cannot find anyone else with enough interest to help, so he does it himself – not good enough guys, he gets paid the same amount as you do, \$0!

Well our beloved patron Ian Goodenough survived the election by the skin of his teeth, so it will be interesting to see what happens now we have a new government running the show. I suspect it will just be more of the same but let's hope I am wrong and we get more support now that he is in opposition. We need some real assistance and not just verbal encouragement and photo opportunities for the next calendar.

We require two jobs to be completed within the next couple of weeks, one you cannot assist with (Solar Panels) but the 2<sup>nd</sup> one you certainly can assist (Paint Separator) please see Crawford & Norm Jones to see what is required – this must be completed by Mid June or we lose the JCC approval to install it.

Well enough winging on my behalf, but please guys I am aware that the committee get paid far too much, (god I wish) and almost as much as our local MP for Moore \$211,250 + \$32,000 electoral allowance. Perhaps we should campaign for politicians to do their work on a volunteer basis for 6 months and then maybe they would have a little more empathy with those of us that do.

Have a good June ladies and gents.

John



# Shed Activities and Projects



The shed made this roadside book exchange it's going very well might get some more orders



Five shedders performed a splendid job of refurbishing café tables at the Wisterias Edge Café at the Edgewater Shopping Centre. The project took four days to complete.





Bill Street is restoring this 70 year old trike.



Thanks to the usual Team the projects that we have quoted for we have been successful in obtaining. Projects are getting busier all the time and building into a good little earner for us. Of note is the acceptance of our quotation to build outdoor seating in conjunction with the local indigenous tribe who will carve and paint the history of the local area for the playground of the North Shore Country Club. The accepted quotation was \$3,127.80. Work will commence on this project as soon as possible. We are getting a consistent stream of requests from the public to make and repair different items which of course we will take on board; however we are constantly asking the same Members to do the work for us.

Continued Page three

This is an unreasonable request and we need to address it. We have plenty of able bodied Members who could do this work and I am asking you to step up and put something back into the Shed. Too many Members are happy to just "take" from whatever is on offer at the Shed and unfortunately when requested to take a positive and active role in the operation of the Shed "run for cover"

I look forward to seeing the change.

Any questions then please come and have a chat

Roger Revell

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

172

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

32

Ladies

# Something for seniors to do to keep those "aging" grey cells active! And for you younger ones, to get them growing!!

- 1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
- 2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?
- 3. Before Mt. Everest was discovered, what was the highest mountain in the world?
- 4. How much dirt is there in a hole... that measures two feet by three feet by four feet?
- 5. What word in the English Language... is always spelled incorrectly?
- 6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
- 7. In California, you cannot take a picture of a man with a wooden leg. Why not?
- 8. What was the Prime Minister's Name...in 1975?
- 9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
- 10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
- 11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

See the answers on page 6

## Welcome to new members

### Brian Hill, Chris Siavelis and Steve King

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.

## June Birthday Celebrations



Birthday greetings to you all

Dave Ginger
James House
Chris Hudson
Colin Knight
Frank McGrath
Cory Pilkington
John Spence
Alexander Chisholm
Nic Romney
Rob Roach
Albert Chong
Bob Drury
Roger Revell
Brian Hennings
Mark Upton

Jack Apgar Steve Rodgers Phil Reeve

Mark Allgood

### 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

# FUND RAISERS Farmers Markets



#### **Kingsway Markets**

Saturday 4th June Saturday 2nd July Saturday 6th August

**Poynter Markets** 

Saturday 11th June

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



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:

Photo: Darryl Ward

- 1. Saturday June 25
- 2. Saturday July 30
- 3. Sunday August 21

Sunday September 04 (Father's Day)





Here are the Answers from page 3

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?

Answer: Johnny, of course.

2. There is a clerk at the butcher shop, he is five feet ten inches tall, and he wears size 13 sneakers. What does he weigh?

Answer: Meat.

3. Before Mt. Everest was discovered, what was the highest mountain in the world?

Answer: Mt. Everest; it just wasn't discovered yet. [You're not very good at this are you?]

4. How much dirt is there in a hole that measures two feet by three feet by four feet?

Answer: There is no dirt in a hole.

5. What word in the English Language is always spelled incorrectly?

**Answer: Incorrectly** 

6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?

Answer: Billy lives in the Southern Hemisphere.

7. In California, you cannot take a picture of a man with a wooden leg. Why not?

Answer: You can't take pictures with a wooden leg. You need a camera to take pictures.

8. What was the British Prime Minister's Name in 1975?

Answer: Same as is it now - Boris Johnson [Oh, come on ...]

9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?

Answer: You would be in 2nd. Well, you passed the person in second place, not first.

10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?

Answer: Neither, the yolk of the egg is yellow [Duh]

11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

Answer: One. If he combines all of his haystacks, they all become one big one.









## 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 eleven

The Job at Boddington went well. There were very few holdups and the Client was pleased, We never had late delivery of parts nor any union problems. Regarding the latter, we were in the Pub one night and Bob and Alf were in. I saw Alf talking up close to a union rep for a few minutes. When Alf walked away from him the guy looked shocked. There was no union trouble: need I say more.. We were on site about 5 months. Before Practical Completion John was moved to another job by Kaiser and I was left in charge to do the close outs and demob. I had got on well with the Clients Rep and we sorted all the outstanding claims and even after demob I had to drive down from Perth to the site and have meetings with the Client once per week.

The Agent rang me up and offered me work with Interstruct in Perth. The building contracts were for a West Perth a multistory building and various Council buildings in the city. This work went on for a couple of years.. This was mainly claims and contract admin.

It was now 1991 and on the family side we had left Mt Lawley. Young Dorothy had got married and had bought a house in Double View. Judith was teaching and sharing a house with a friend. Simon had moved in with his 2 mates and sharing a house. Dorothy and I moved to Greenmount and bought a 3 bedroom house on a 1/2 acre block overlooking John Forrest National Park. It had great potential as I visualised that an extension could be built above the existing house and the views would be much better. I made a scaled cardboard model of what I required and designed around that. I hired a local drafting company who knew all the Regs and standards for the area. I wanted an upstairs lounge and a bathroom with a spar in it. The spar would be facing the Park so that you could just lye there and relax with the view. The whole of the extension would have a timber balcony facing onto the Park. I hired a builder who had done work in the area before and we got cracking. Just something to smile about now. The couple in the next house up the street up the street were so noisy at night with their lovemaking Our bedroom was about 80m away. The lady especially. She was a very attractive blond. At first I thought he was killing her. Then you could here moaning and start yelling again. I went down to see Gary in the next house down and he was further away than us and asked if he could here them and he could The racket was awful. So I told him I would have a go at the guy while she was out. So after one of their sessions I went round when I heard her drive out to her office It was so embarrassing as I knocked on the door. So Brian came to the door with a big Smile. I thought to myself (neither wonder he's smiling). "Hi John what can I do for you" So I told him about the noise .as it was waking us up at night. and other neighbours. He didn't' t know which way to look. and then I said "Can you guys keep the happiness a bit more quite." he apologised and shook my hand. The next day the double glazing man was there and that fixed the problem.

In the meantime Dorothy had bought a Deli in Midland which was only 10 min away. This also had good potential as DOLA were moving from Perth because there was pressure on the Gov to move Gov offices out of Perth and into the suburbs. The DOLA building was being built in Midland on land just beside the Deli. We made additions and installed a chip fryer and turned the place into more of a lunch bar as well. Construction for DOLA started in 1992 and the guys used to come in for their morning tea and lunches as we sold a good variety of meat rolls. At the finish we had 3 part timers working for us as it got so busy. In the middle of all this my Agent rang me up and asked if I would interested in working for Western Mining Corporation. As the extension was nearly complete I agreed to go for the interview. The Contracts Manager wanted to start me straight away and I told him I would let him know next day. When I got back home in the evening I had a call from another Agent representing BHP. Their manager was down from Port Headland for business purposes and interviewing people and he was staying at the Burswood Hotel. I had to be there for 2.pm interview. So I got there on time and knocked on the room door. This guy opened the door and he was all dressed with case behind. I said "Im John come for the interview" he shook hands with me

My daughter's friend was looking for somewhere to live and she was going to baby sit the house for us. So we packed our bags and we were off.

We flew to Singapore first and then to London and then a flight to Newcastle. When we got there we just saw lots of hands and arms waving as it had been 20 years since we had left He said that he was running behind time and had to catch a plane at Perth airport and asked me to run him to the airport and we could do the interview in the car. I said Ok as I had to that way and we got in my car. He apologised for his timing error. Then he began firing questions at me about my career and he was reading a copy of my CV. We discussed rates which were good and everything would be paid for by BHP. So we were going along the Great Eastern Highway and he told me to stop at the next turning as he had a message to do . He explained his wife loved a Hungry Jacks and there was none in Port Headland. He got out and went in. I thought to myself what the hell is going on here. He got back in the car with a bag of Goodies and we continued along the Highway chatting away. I got him to the drop off point and he turned to me and said" can you start next week if I get you on a flight" I got his phone No from him and I said "I would talk it over with the wife and let him know" He picked up his bag and he was gone. That had to be the strangest interview I had experienced to date.

On the Monday I rang Barry up and told him I couldn't take the job and he was ok about it. I rang the Contracts Manager at WMC and told him I could start in the morning. Their offices were on the Great Eastern Highway. It would take me about 1/2hr to get there from Greenmount. It was a great move as they had fantastic systems. Their General Conditions of Contract were their own design. They had great Tender documents all detailed and award documents. It took me a couple of weeks to come to grips with everything. I sat in with another contracts engineer at a tender meeting which took about 3 hrs.

Our job was to send Tender documents out into the market and get prices for the works. Each tender document had a closing date at 1200 hrs and if the documents weren't in the tender box at that time no late documents were accepted. The project Manager and me open each bid and we had to initial each one. Some times there were 6 bidders and all documents had to have both signatures. I then had to make out the large standard spread sheet where all the details were entered and the different prices were easy to compare. There were million dollar up to 10 million values with some. For smaller ones there was a different system. I would highlight for the project Manager the main issues after reading the various submissions. We would then get together and invite the lowest 3 tenderers in for a meeting to discus any omissions. So we had the drawings and went through each item that varied. They would go away and get back to us with a resubmission and the process was repeated. This sometimes took weeks until we were satisfied. The award of contracts was not as time taken. It was usually a phone call and invitation to come in and pick up the revised documents and drawings. They had 2 days to check things and then then they got the letter of award signed by our General Manager. I stayed with WMC for 5 years. In that time I did work for the nickel and gold mines in WA including the mines at Leanora, the smelter at Kalgoorlie and the Refinery at Kwinana. Also the Nifty Copper Mine .This included on site meetings with various Contractors, awarding contracts, settling any claims and closing out contracts. A new Mine manager had started for the Nifty Mine and I got on well with him. He was recruiting staff to be process plant operators so I put a word in for our son Simon to get some mining experience. He got started and did a 3 month training programme. He worked there and was made a supervisor after a couple of years.

Then one day I got talking to a contractor in the same game as me. and he told me about this guy in our game who had made heaps of money and he never took time off or took had a holiday and one day he dropped dead from a heart attack. I thought to myself that wasn't going to happen to me. Anyway when I got home that night I told Dorothy that I was taken leave for a long spell. She had recently sold her business and was having a break. I told her I would ring Qantas and see what they have got going.. We hadn't been back to the UK since we left so we rang her Ma up and her place was big enough to put us up. so we would use that as a base. Qantas gave a price to London and up to Newcastle. She also said for an extra \$200 you could fly around the world as long as you keep going in the same direction. So I planned it all out to do a tour with Trafalgar Tours and tour Europe; Also visit places in Scotland and Ireland we had never been to and finish doing a bus tour from the east coast of USA to the west Coast. Finally visit the Hawaiian Islands on the way home as I wanted to see Pearl Harbour. When everything was arranged I knocked on the Contracts Managers door and told him I was leaving. He was very surprised and tried to talk me out of it. The department had about 15 people now with all the expansions that had gone. But he could see my mind was made up. Anyway he told me to contact him as soon as I got back.

We were hugged and kissed by all there and off we went to my oldest sisters place for the catch up. There was drinks and plates of various foods. What a welcome! We stayed there a couple of nights and moved to Dorothy's mother's place. That week we caught up with all our friends. One night I went into a pub I used to use and stood at the bar and some of the same guys were sitting on the same stools at the bar and one came and sat next to me and said "never seen you far a while John" I couldn't believe it .Try 30 years . It was just like stepping back in time.

The first part of our tour of Europe started from London and we got the train down to Kings Cross. Station and the tour bus was meeting us there. We drove down to Dover to catch the ferry to Calais and started the 3 week tour of the city's of Europe. This included France, Belgium Italy, Austria, Switzerland and Spain. I will only mention the main things we enjoyed. This included going up the Eiffel Tower. and the Louvre, Visiting the Vatican and seeing the Sistine Chapel that Michael Angelo painted. What a job he did on the ceiling 500 years ago. It took him years. He also had other guys helping him. At this time The Japanese had made a deal if they could have the advertising rites of photographing they would clean the Fresco by specialists as it was dirty with all the smoke of the candles rising up over the centuries. It was a great idea as the colours were brighter in the areas they had done and details never seen before. Our next stop was Geneva Switzerland and we got straight onto a chair lift to the top of the mountain and the view was fantastic. We had a lovely lunch from the restaurant at the top. The tour director asked us if we should deviate off the plan and visit the Isle of Capri. To do this we drove south to south to Naples. The roads there were chaotic there must have been no road rules. From there we got a ferry to take us to Capri. We got on very well with the tour director. He was called Jean and had been born and raised in Belgium. He now lived in Brazillia capitol of Brazil. He did tour business in the Europe summer and stayed at home in the winter. He kept asking us to go and stay at his place. and we told we would think about when we got back to UK. and thanked him. Anyway he told us the story of Gracie Fields who lived on Capri. In 1937 she was the most famous film star in the world. She was married 3 times before living in Capri and then she married a guy who came to fix her radio and he never left. He was of dubious Russian decent but had accepted into the British army for his telecommunication skills. and had lived on Capri.. In fact he installed the first Tv on the Island. Anyway they married in 1952. . they stayed together until she died and he got everything financially came his way. When we got on the Island the bus drove us up the hillside and stopped halfway up. We got out and Jean told us to look down to the beach and way down was where Gracie's villa and beach frontage was with the sea wave rolling in and .she owned the lot..

The other interesting thing about Capri is the Blue lagoon. We had to get down rom the ferry into a long-ish narrow row boat being rowed by a guy behind us. I was in the front and Dorothy behind me . We approached a cave hole in the rock face about 1m wide .the guy rowing shouted lie flat as you can and as you enter the cave give a pull on the chain hang there. By the way the tide way rising and falling . I saw the chain hanging in a loop so I got down as low as I could and tugged on it and we glided through into the blue Lagoon. There were other boats if front of us and the guys rowing were singing Storia d' Amore. What a wonderful place this was. The Romans used to to come to Capri on R and R 2000 yr ago.



#### **COMMITTEE MEMBERS CONTACT NUMBERS**

John Spence President	john@jandl.com.au	Mob. 0412 510 222 9401 9399
Barry Fitzsimmons Vice President And Membership Manager	bazfitz49@gmail.com	Mob. 0407 989 287 93076714
Roger Revell Secretary, Project Manager And Barbecue Manager	rogrevell@gmail.com	Mob. 0422 552 068
<b>Colin Mellows</b> Treasurer	mellowyellow99@bigpond.com	Mob. 0413 423 523 92457670
Graham Duffy Shed Manager	grahamduffy2@yahoo.com.au	Mob. 0407 339 337
<b>Geoff Burleigh</b> Assistant Shed Manager	burleighgeoffry@gmail.com	Mob. 0448 485 554
Crawford Maclennan Training and Safety Manager	crawfordmaclennan@gmail.com	Mob. 0447 832 886
Norm Jones Maintenance Manager	Norka_75@hotmail.com	Mob. 0414 456 333 9307 4716
Rob Morgan Sales & Marketing	robgse@iinet.net.au	Mob. 0449 129 579 9448 5598
<b>Merv Pearce</b> Bench Press Editor	mervynpearce1@bigpond.com	Mob. 0400 274 819 9342 3561

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.