



# Joondalup Mens Shed

# Bench Press

## November 2023

Editor Merv Pearce



## Presidents Report

Mens Sheds of WA held their annual conference and AGM on the 2<sup>nd</sup> & 3<sup>rd</sup> of November. Myself, Rick Otero and Brian Hill attended to represent our

Shed. The event was well organised and managed with many interesting topics and covered and discussions held. The standouts for me were the numerous speakers on “leadership”. This was not just about leadership via the committee but included leadership from shed members who undertook to drive a particular project or lead a group of members to achieve a particular end or lead a discussion. All shed members are leaders in some way or another and the Shed values the input from all of its members.

I lead the last Bunnings BBQ which proved to be profitable to the tune of approx. \$2,700. I mention this as a lead in to once again requesting a member to step forward to take on the Manager role for this very important fund-raising venture. Dates for next year have been decided with Bunnings. The next BBQ is on the 31<sup>st</sup> Dec. and I ask that someone put their hand up to run this one. The date is on the board and many members have already nominated themselves to assist on the day. I can attest that the Manager job is not a sole operation. There are members who will assist to set up on the morning, during the day and at the end of the day to clean the site and return the equipment and remaining food and drinks to the Shed. Talk to myself or Greg if you would like to understand the actual tasks involved as Manager.

In addition to needing a replacement BBQ Manager, I also ask that you start considering if you or someone you know can take a position on the committee next year. All positions except the Secretary will have completed the maximum term of 2 years and CANNOT seek re-election in their current roles.

*“Ask not what the Shed can do for you, but rather what YOU can do for the Shed “*

Plenty of activity has happened for this month:

Metal Shop has been semi waterproofed.

Facebook and website now carries some photos of the shed and activities

The generator (gifted by SES) has been sold for \$1500

BBQ’s Galore old site has been the source of much timber from the dismantling of the mezzanine floor. Thanks very much to the members who stopped what they were doing in the shed to make this happen. The full value of the timber harvested is not known but thought to be a very reasonable sum

Hare & Forbes BBQ. Thanks to those that were able to attend on the 16<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup>.

Approx. \$600 raised by the same diehard members who attend these types of events.

We now have an online donation process via “Little Phil”

MORE VOLUNTEERS ARE REQUIRED.....  
(am I getting through yet ? )

Mike Lockhead has returned from 6m travelling around Australia and is taking over from Rick as the Markets Manager. So if Mike taps you on the shoulder and asks for assistance, please help him out.

Our Xmas function is on the 12<sup>th</sup> Dec. See you there.

Mark Smith

**MEN'S SHEDS**  
**30**  
**YEARS**

# Shed Activities and Projects



Photos: Mark Smith

## THE RACE THAT STOPS THE NATION

A sweep was conducted on Melbourne Cup day by Lotto legend David Merton



## NIGHT MARKET AT BUNNINGS

The shed was invited by Bunnings Joondalup to open a stall for one of their night time activities.  
Over \$200.00 was made.

## TIMBER FROM BARBECUES GALORE

The business had vacated their premises and offered the timber from the mezzanine to the shed.

Thanks to the members who dismantled the timber and to Mark from Wanneroo Towing Service for the delivery of the timber which we believe is Cyprus pine.



Photos: Bill Street

The three day stint at Hare and Forbes running a sausage for them raised \$650  
The generator that was donated by the SES was sold by Greg Renikka for \$1500  
The last Bunnings sausage sizzle raised \$2700.



## COME TO THE SHEDS CHRISTMAS LUNCHEON

**Tuesday 12th December**  
**12.00pm**

AT THE  
NORTSHORE COMMUNITY HUB  
19 Henderson Drive  
Kallaroo.

Members and partners invited  
\$35.00 per person

### October 2023 attendance statistics compiled by Ian Mc Callum

Period	Week Start	Week End	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.		wkly totals
Week 1	1/10/23	8/110/23	35	48	44	29	25	0	0	1 visitor	181
Week 2	9/10/23	15/10/23	36	60	36	28	26	0	0		186
Week 3	16/10/23	22/10/23	31	49	36	29	21	0	0	2 visitors	166
Week 4	23/10/23	29/10/23	32	59	39	26	26	0	0		182
Week 5	30/10/23	31/10/23	33	53	xxxx	xxxx	xxxx	xxxx	xxxx		86
Total			167	260	145	112	97	0	0		
Working Days	22 Days										
Weekly Average			33.4	52.00	38.75	28	24.255	0	0		
Total for the Month											
Men per day	36.41										

# SHED CLOSURE

The shed will be closing at 12 noon  
on Friday 22nd December  
and re opening on Wednesday 3rd January 2024.

# December Birthday Celebrations



**Birthday greetings to you all**

*Frederic Beegan  
 Cameron Dermer  
 John Fell  
 Barry Fitzsimmons  
 Brian Hill  
 David Lockett  
 Tom Lyons  
 Eric Manning  
 Rob Williams  
 Jan Barker  
 Christina Lovies  
 Sue Peters*

## Welcome to new member

Shane Cluning

Welcome to the shed Shane, 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.

The total number of paid up ordinary members as at November 2023

**128**

The total number of paid up associate members as at November 2023

**24**

## 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 Officer Chris Drury. He will make enquiries and visit if necessary and keep Sheddars informed.

Chris Drury: [chris.drury@sumphero.com](mailto:chris.drury@sumphero.com)

# **FUND RAISERS**

## **Farmers Markets**



# **Sausage sizzles**



Sun 31 December



**Craft SALE @ Joondalup Menshed**  
11<sup>th</sup> Dec 1.30 (17 Winton Rd, Joondalup).  
Hugely discounted gifts, cards, candles.  
Free tea/coffee. Raffle.



# THE LADIES PAGE

Thank you to Rick and co for giving us a table to sell craft from at Mosman Park . Whilst we didn't sell much there was a lot of interest and admiration of our display .

Our Bunnings project this month was Kokedama which was well attended and enjoyed

Joondalup Women's Shed are pleased to support Share The Dignity campaign. This is a homeless support project .

We delivered 12 bags filled with essentials to Bunnings .

May we take the opportunity of inviting you to our craft sale .

(I am sure you haven't done your Christmas shopping yet ! )

Lovely craft at reduced prices . Afternoon tea included

Wishing you all a happy Christmas, filled with good health and good cheer ☐☐☐

Mel Forster



# Meet the Member

*David Lockett*



I have been involved in technology throughout my working life, starting in 1966, when I built electrical and electronics equipment for GEC (UK) until 1976, plus was for a couple of years involved in telephone exchange installation tearing out the old mechanical systems and installing new electronic equipment. Between 1976 and 1981 I worked as a technical illustrator for GEC producing drawings for installation and maintenance manuals, following which my family and I migrated to Australia.

From 1981 to 1983, I worked as a design draftsman for GEC Industrial products in Sydney, New South Wales, designing steelwork and layouts for electrical switchboards. On arrival in Perth, Western Australia in late 1983, I worked initially as a draftsman and then Joined TAFE based at Prospect Place North Perth.

I was working at TAFE as a graphic designer in 1986 producing technical education books, when personal computers first arrived in the state, and embraced the new technology, using it to create digital art and book layouts etc for print publishing, plus brochures and annual reports for the State Government. With the introduction of the first Macintosh computers, we transitioned from traditional graphic design and illustration techniques to the use of computers, creating various types of artwork, including animated sequences for educational videos and the TAFE annual report to Parliament in 1991. These were interesting times in the change from traditional methods of working to the age of computers.

An Apple technician first introduced me to the internet in 1991 while I was working at TAFE External Studies College. I then went online in 1996 with a small startup ISP named Wantree, which was later taken over by iiNet.

From 1996 to 2005, I taught multimedia and website development at Joondalup TAFE, witnessing the impact of computers and the Internet on student projects and on the rest of the world.

After retiring from TAFE in 2005, I worked in Balcatta as a technical writer for ERG (this included a trip to Seattle to instruct employees in a bus company in the use of a computer software application. I formally retired from the workforce in 2008.

In my retirement, I've pursued various interests, including operating websites, and developed sites for various local small businesses. I also regularly attend the Joondalup Men's Shed, where I drink coffee, eat toast, share jokes and tall stories with other shed members, plus occasionally try to do something useful.

I am also learning to use Artificial Intelligence applications such as CHATgpt and other Artificial Intelligence apps to create items such as short articles for publishing.



**I see people my age out there climbing mountains and zip lining and here I am feeling good about myself because I got my leg through my underwear without losing my balance.**

**I don't know if Facebook has ever caused the lame to walk but it has sure caused the dumb to speak.**

Hi Merv,

I was talking to a member of Manning Men's Shed. He also is an avid bee keeper. Thinking of the Bee Hive that was built in the JMS shed (\$550 project), I asked him about the price of hives. They vary considerably.

He outlined a story of a new type of hive made by an Australian company as a self draining hive. The short story is they had a prototype that looked promising and needed to raise US\$70,000 to kick start the factory. They requested donations via crowdfunding and raised \$2 million the first day closing at nearly \$17million. They committed to orders all over the world.

Quite an Aussie success story.

The full story is on this link: <https://www.news.com.au/finance/business/the-aussie-invention-thats-worth-millions--the-flow-hive/news-story/7724eef5fb430e1bf719589ccd626297>

Brian Hill

A HUMBLE Australian beekeeper, who used crowd-funding to revolutionise the way the world extracts honey from bee hives, made a cool \$16 million.

Cedar Anderson and his father Stuart created the 'Flow Hive', which became a beekeepers' dream.

[The Flow Hive](#) consists of a plastic frame with a honeycomb matrix on which bees work to fill up each cell with honey. Once full and capped off, honey starts to flow out when a lever is turned outside the hive. The honey drains out and into a jar on the outside, leaving the bees to continue their work.

The Andersons from NSW told Australian Story they couldn't believe how popular the invention became when they launched it on the Kickstarter crowd-funding site, in order to get the product to other beekeepers and interested consumers.

Originally, they were looking to raise \$US70,000 (\$96,952) to buy a new tool for the factory, but the campaign went viral and they made more than \$US2 million (\$A2.7m) in a day.

Eight weeks later, they had raised \$US12.2 million (\$A16.9m) and had to make 24,000 orders to be sent to 140 countries.

Cedar's colleague Yari McGauley recalled how it unfolded.

"We overwhelmed the crowd-funding website, broke one of the biggest crowd-funding platforms in the world. We had people screaming out, 'Take our money!' People were buying, they didn't even know what they were buying. It was a frenzy. It was like a rock concert, you know? Our Facebook page was just inundated. All the product we knew we could make at our existing factory in Brisbane, we'd sold out in 15 minutes. And everyone looked around the room to each other and said, 'Well, what are we gonna do now?'"

That's when Cedar's life changed forever. He became a multi-millionaire, and a first-time dad as his wife Kylie Ezart gave birth to their first child.

While thrilled with the outcome of their business venture, Cedar and Stuart are not in it for money. Contrary to what people might think, their family members say they still drive old HiLux utes running on vegetable oil.

But Cedar said he has changed, if ever so slightly.

"Yeah, I have changed," Cedar laughed.

"The idea of having a 9am to 5pm office job was just frightening. To me, freedom is being able to do what I'm inspired to do. It's being able to work on inventions, whenever I have an idea."



He also spoke of the experience he has had so far with his father.

“It’s been an amazing thing to work with my dad.

“To me, the most important thing is that that relationship stays strong. To me, I’d throw it all away if it was threatening our relationship.”

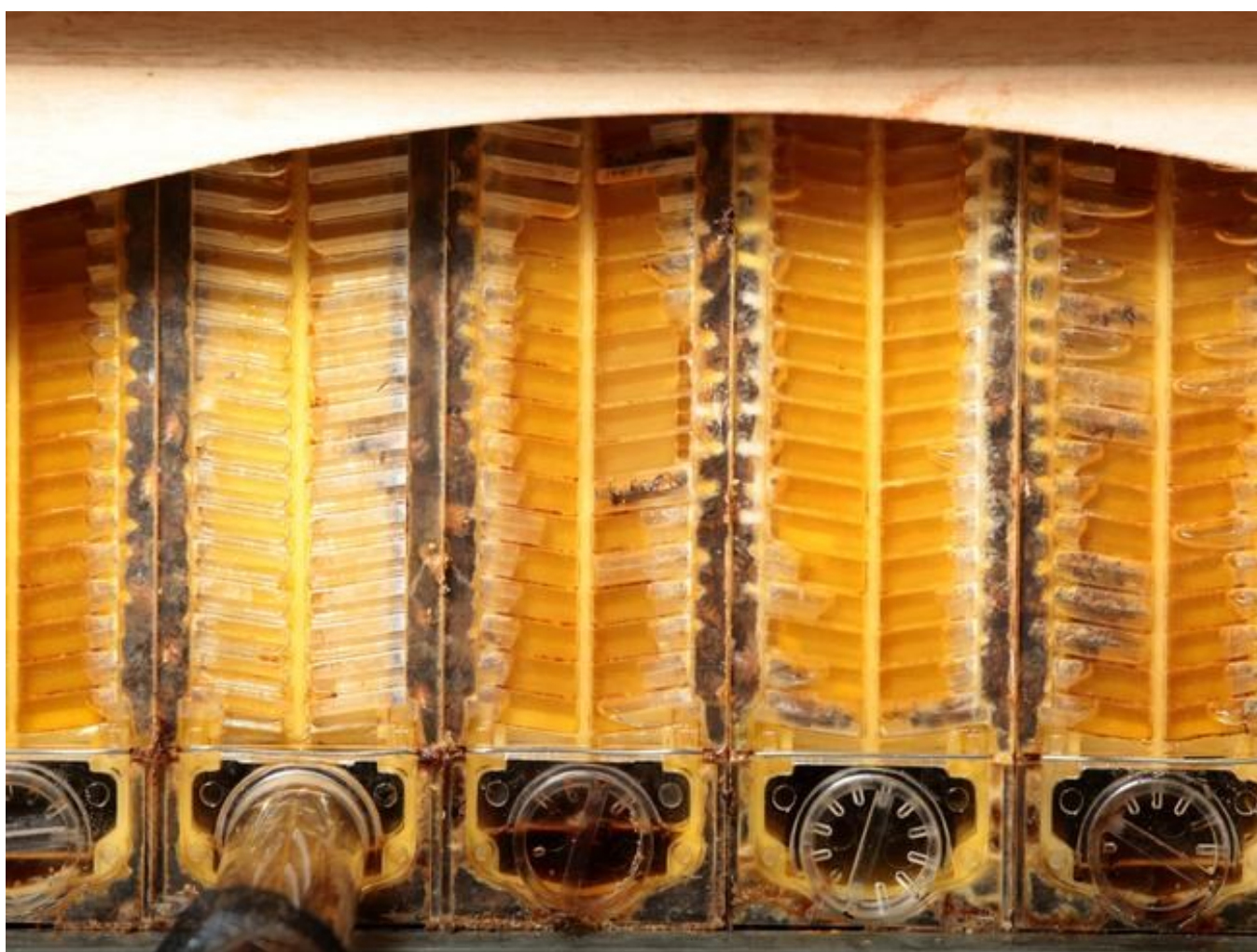
“With a bit of coaching, I went and purchased my first new pair of shoes in 20 years. It was a bit of a dropping of the guard.”

Cedar said the business has grown so much that his entire family is involved from “uncles to brothers, grandfather, sisters and cousins”.

While Cedar admitted to feeling “stress” for the first time in his life, he said he keeps “calm and collected”.

“It just hits me every now and again. I’m just like, ‘Oh, my gosh! Cedar, look what you just did,’” he said.

“What’s really important is that the bees are taken care of, because harvesting honey is only one part of a beekeepers challenges, it is taking care of the bees and making sure they are healthy. I really, really love bees,” he added.



Cedar Anderson watches honey flow from his revolutionary new bee hive called Flow Hive on his property. Picture: Nathan Edwards



## Message from the CEO

Hello Brian,

I'd like to start by saying a massive thank you to everyone who attended the Men's Sheds of WA State Conference. It was a jam-packed two days filled with excellent speakers and great conversations with Sheddors from across the State. While organising a Conference is a lot of hard work it's always worth it, to get a chance to catch up with everyone, and learn new ways to keep growing and improving our Sheds.

The Conference was an amazing opportunity to show some of our special guests the importance of WA's Men's Sheds. Guests included our patrons His Excellency the Honourable Christopher John Dawson AC APM and his wife Mrs Darrilyn Dawson, Minister Don Punch, Shadow Minister Shane Love and Member for Curtin Kate Chaney.

The Conference was also an opportunity to report back on the findings of our research with Curtin University, first launched at our State Conference in 2021. The research 'What Makes a Thriving Men's Shed' will underpin much of our work going forward and will help us to highlight to government and funders the benefits of having a thriving Men's Sheds in their local community. To read the full report click [here](#).

You can also access documents from the Conference [here](#).

As the end of the year approaches the Men's Sheds of WA team will be switching our focus to the year ahead. We've already begun planning ways to continue supporting Sheds in 2024 and beyond.

James Wild, CEO



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At a session during the State Conference for Mens Shed WA, a presenter from the organisation "Men Healthier Together" introduced the disparity between men's and women's health focus with a statistic that 93% of an allocated \$418million was spent on cancer screening for women. It shows a lack of interest from men in seeking such services and a negative response from the medical profession in providing screening directed toward men.

She introduced Adam a man who had a lucky escape from almost certain death from testicular cancer. He is a radiographer but was reluctant to admit a lump in his testis was growing. Earlier action would have been much easier on him but it transpired the cancer had metastasised spreading to lymph nodes and needed not only surgery but a savage round of Chemotherapy.

There was a suggestion at the end that some Testicular Disease can be detected by a pregnancy test kit. Presence of a similar hormone produced by the cancer can show a positive result. This is not supported as a recommendation for a variety of reasons.

Ultrasound testing for lumps detected can be a much more effective noninvasive method but requests for this easy test are rare despite the fact that it can save lives.

A couple of web links

[MEN. HEALTHIER TOGETHER. \(healthiermen.com.au\)](http://healthiermen.com.au)

[Pregnancy Tests and Testicular Cancer: Important Facts to Know \(healthline.com\)](https://www.healthline.com/health/testicular-cancer/pregnancy-tests)

Brian Hill

### SOMETHING TO PONDER

1. If a bottle of poison reaches its expiration date, is it more poisonous or is it no longer poisonous?
02. Which letter is silent in the word "Scent," the S or the C?
03. Do twins ever realize that one of them is unplanned?
04. Every time you clean something, you just make something else dirty.
05. The word "swims" upside-down is still "swims".
06. Over 100 years ago, everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
08. Why is there a 'D' in fridge, but not in refrigerator?
09. As I've grown older, I've learned that pleasing everyone is impossible, but ticking everyone off is a piece of cake!
10. I'm responsible for what I say, not for what you understand.
11. Common sense is like deodorant. The people who need it the most never use it.
12. My tolerance for idiots is extremely low these days. I used to have some immunity built up, but obviously, there's a new strain out there.
14. It's not my age that bothers me - it's the side effects.
15. I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on rubbish day.