

A respectful and caring environment where participation in activities and contribution to the efficient and harmonious operation of the Shed are recognised as being of equal value.

	Diary Dates – Coming Events!
	(See details further on in NL)
17 th May	Men's Health & Wellbeing Session;
19 th May	Thursday lunch at the Shed – Pie & Chips;
26 th May	Social BBQ at the Shed.
30 th May	WAMSA Zone Meeting.

End of Month Social BBQ Thursday 26th May

Come for a burger in a bun plus and some good fellowship at the Social BBQ lunch being held at Lewis House on Thursday26th May commencing at 11:30am. There the usual small fee of **\$5** for the burger to defray the costs.

For catering purposes please let Geoff Bowra know if you are attending.

It is important to note that **COVID 19 rules** will need to be followed, including maintaining physical distancing and practicing good hygiene procedures.

CHAIRMAN'S Notes May 2022

Our new CNC Laser Cutter has arrived at last, now we need to assemble it, install flue ducting and after mirror alignment and trials, it will be ready for operator training.

The CCTV security upgrade is now complete and includes the Machine shop and Wiltshire Room.

In the interests of member welfare, evidence of Covid vaccination is still a requirement at the shed, we have been fortunate that only a very few members have been exposed to Covid incidents, and as winter approaches all members are encouraged to continue with the Covid vax and flu programme.

GCMS are hosting the MSWA Metropolitan Foothills Zone meeting on Monday 30th May from 9.00am to 3.00pm.

We were invited by the City of Gosnells to assist with catering at a Neighbourhood Event held at Chelsfield Park recently, the event was very successful and thanks are extended to all members who helped with the logistics on very short notice.

Volunteers are invited to consider enrolling for an upcoming Basic First Aid Training course. First aiders are a vital part of our environment and the number of trained members has dropped this year.

> Allen Holloway Chairman

SHED MANAGEMENT:

Committees

Members are urged to become involved in at least one of the many committee established to help manage our organisation. The purpose of having these committees is to involve the general membership in various aspects of the management process. At present most committee members are also on the Management Committee, which almost defeats the purpose of having sub committees in the first place.

Details of the Committee meetings are placed on the whiteboard outside the Lewis House kitchen. Members are encouraged to consider becoming involved and arrange to attend a meeting to find out more about how they work and what they are required to consider.

Ted Evans the new Treasurer in waiting is having productive handover sessions with Arpad Pratzky and is settling in well.

FACILITIES MANAGEMENT

Buster &Anthony have been busy pruning the olive trees along the driveway. Buster and Mike Atkinson also busy harvesting olives in Gosnells area on a grove belonging to a member. Mike, Buster and Myself completed that brick paving adjacent to the lower garden shed. Awaiting quotes for Pest control of all three buildings.

Facilities organiser Al Gordon

Proposed Women's Shed in Gosnells

The Chairman, Allen Holloway advised that the meeting on Saturday morning May 7th regarding the establishment of a woman's shed was successful. Fifty one signatures of expressions of interest were obtained from women present. A second meeting was held on Saturday 14th May. The 2nd meeting was to form a steering committee, review the "wish list of activities" developed at the first meeting and to decide upon a name for their Group. To date the women have been offered the temporary use of the workshop under supervision.



GARDENING - HELP NEEDED:

The Shed has many garden beds along fences and walls which need pruning, edging and weeding.

Please contact John Bowler, Buster or Graham if you can help with maintenance of one of these areas.

Graham Bartley-Smith



Health & Wellbeing

I have made contact with several members that have not been around the shed recently, their names were given to me by other shed members. After contacting these members their partners have said they're going as well as can be and will pass on our best wishes and concerns for their health. Thanks to members that have contacted me about their health issues, our thoughts are with them.

A notice to all members with winter approaching it is very important to get your flu vaccinations done asap and also if you are eligible for the 4th Covid vaccination it would be to everybody's best interest to have this done asap as well. We have been extremely lucky at the shed to this point in time as we have only had a few members that have contracted Covid. Considering the numbers in WA have been increased to high numbers it could be to everybody's benefit to continue to wear masks in crowded areas.

Welfare

Al Gordon & myself attended a workshop for Welfare Officers at RAAFA in Bullcreek at the end of April, this workshop was about actually listening when people talk & I found it extremely interesting and well worth attending

There will be a talk on Tuesday 17th May at 10am by Mens Regional Health Northam. They will be conducting a quick Pit Stop health check for all members who attend and partners are also welcome at this talk. As the presenter will be travelling from Northam for this talk it would be good to have at least 20+ people attend being members and partners.

The next talk I'm planning to put together is on Diabetes and before I look into this more I would appreciate it if I can get some feedback by members if they think this would be appropriate. Take care & stay safe with winter approaching and remember the Covid protocols.

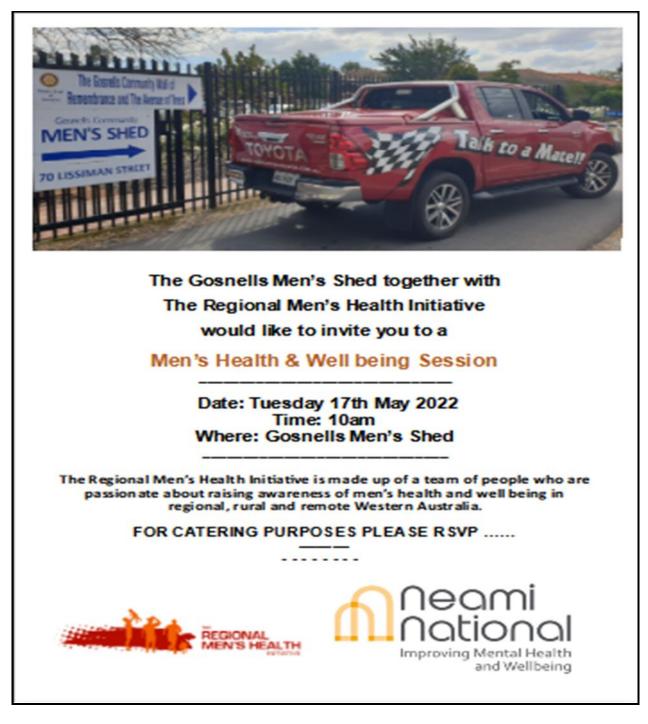
Kind regards, Graham Hughes Welfare Officer 0419 514 631

Fast Track Pit Stop

The Regional Men's Health Group have arranged to come to our Shed to provide a talk on men's health and to provide one on one basic health assessments for members . This event will happen on Tuesday, 17 May in the Wiltshire Room, commencing at 10.00 am. This will be an excellent opportunity to have a quick assessment of your health, at no cost and with minimum fuss.

Partners are welcome but not included in the health assessments.

As this is a one off event, members are urged to attend and take advantage of the opportunity.



Information and Technology

SHED WEBSITE - MEMBERS AREA

The construction of the member's area of the website is proceeding. It is just about complete. Area to be reviewed by Webmaster and then member's login area can be constructed. Photos in this area and generally in the website are being reviewed.

The Members Area of the website will be strictly for members only.

When ready this area will be accessed by members using their email addresses and a password.



This information will remain confidential and secure.

Look out for an email inviting members to register their email and passwords for login to the member's area.

If you haven't had a chance yet the shed's website address is <u>https://gosnellsmensshed.org/</u> have a look.

Phil Measday, Secretary

Regarding the **shed website**, the committee is interested in finding any members interested in helping maintain the website. Full training and assistance is available. If you have reasonable computer skills this could be a good opportunity to make a contribution to the shed's activities.

Please email the Secretary at <u>secretary.gcms@gmail.com</u> if you wish to express an interest. Regards

Phil

LIBRARY:

From the Librarian to the blokes who continue to dump old and unsuitable books in the library for me to clear away. **Please Stop**!

Bruce Coleman

If you have surplus books please donate them to Save the Children East Victoria Park Book Depot

Unit 8/18 Milford St, East Victoria Park WA 6101

Workshop Managers Report:

Bill Hughes, Workshop Manager attended the meeting and presented his report. He advised that there were no Health and Safety incidents to report in the current period. He indicated the following: -

Work in Progress

Beehive frame wood had been disposed of to a beehive owner in exchange for Honey.

Work is to start on Wirrabirra Primary School projects, including three Tee Pees, two mud kitchens, three small picnic tables and two large picnic tables. Accounts to forward Invoice. Delivery to be advised.

Two mud kitchens have been sold to Bletchley Park Primary..

The completed Marimba requires a decision to be made on donating or selling (Selling price \$1000) Can storage cabinet has been completed and delivered

Still waiting on replies for two other quotes.

Honour Board finished for Roleystone Mens Shed who gave us a donation.

Visit from Bassendean Mens Shed regarding making Buddy benches.

10 CNC Router silhouettes of Family figures for Langford Community Centre.

Workshop Maintenance

Large band saw was serviced and blade changed.

Double drum sander was serviced and new sanding belts fitted. Workshop members have been instructed in a revised way of using the sander to increase life of sanding belts.

New Workshop Equipment

New Table saw to be assembled and installed.

New small Thicknesser to be setup.

New laser cutter machine to be commissioned.

In regard to shed projects purchase of salvaged or second hand timber has gone up considerably. Quotes are being sought for regular workshop maintenance.

SOCIAL SCENE

Social Events

MEALS AT THE SHED:

THURSDAY LUNCHES



Starting in May the shed will be holding lunches at the shed every Thursday. The lunches will be trialled for a period of 3 months. Thursday's Egg and Bacon lunch was attended by thirty one members.

All lunches will commence at 11.30am and will cost \$5.

A booking sheet will be placed in the shed hallway to register for the lunch and payment will be required at that time.

Bookings will close on the Monday prior to lunch on Thursday.

During the month of May the following lunch dates and menu will be:-

Thursday 19th May-Pie and Chips;

Thursday 26th May-Burgers and Salad (as this is the last Thursday of the month Juice and cake will be included)

At each lunch members will be able to book and pay for the lunch in the following week.

FUND RAISING:

"CONTAINERS FOR CHANGE"

This is ongoing so please continue to bring in your recyclable drink containers.

The recent Olive harvest yielded approximately 37 litres of oil. Should be ready toward the end of June.

What's the different between and Irish wedding and an Irish wake? Answer: One person!

TABLE TENNIS:

There will be no table tennis on Monday 30th May due to the MSWA Zone meeting.

For other Mondays, games start around 9.00 am in the Wiltshire Room and go until we are exhausted, usually around 10.30 am. No great skill or stamina involved. We are strictly a fun group!

CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

No news is good news!

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COFFEE CHEETAHS BIKE MOB

This last month has seen us 'struggle for numbers', due to a couple of our riders with Covid, or (and) away on holiday! One Thursday we only had three riders, as we met at Fremantle, for the great ride down the coast to Woodman Point / Henderson, which is one of our favourites. This outing saw only Graeme G, Robbo and Dave G attend. Another Thursday, saw us going to the 'Duncan St Cafe' in Vic Park, where I can highly recommend the 'Pot of Tea', which gave me three cups of the delicious liquid, plus we had a lovey shaded garden setting to enjoy our time there.

Our homeward journey, was anything but boring, as Robbo led us along all the 'backstreets' with us turning-up at Curtin University, and mingling with all the students as we negotiated the plethora of superb paths meandering their way through the spacious campus. We plan to return, as a cafe destination one week, as we saw several food-outlets and restaurants. I was amazed how large the campus is, as for decades, the closest I ever got to the uni, was driving along Manning Road!

Our most recent run, was to the Perth Airport last week, where we always have our coffees from a popular 'Container Cafe' with outdoor seating, along with office workers, and even a table with about eight Federal Police Officers!

Thursday 21st April. Sunshine, blue skies, warm air and an Easterly breeze made for excellent conditions for our ride to Ruby's Bakehouse in Leeming today. On their bikes we had Dave G, Graham R, Greg D, Carole D, Rob S, John V and Graeme G. Another luverly day out!

Cheers, Graeme G.



David Gardiner 0417 174 893 Ph

Photo *Graeme Gurney*

Photography Group:

At the April meeting we had a session of photo processing workflow. How to quickly sort and select your photos using IrfanView viewer and thumbnail browser. I then demonstrated some basic processing techniques which would allow you to recover photos that otherwise would be very average.

When: Tuesday 7 June 2022, 2 pm
Where: Mary Carroll Park Car Park on Eudoria St, Gosnells.
What on: Photo shoot walk through the park. Bring long lens for wildlife shots, Macro lens for close ups. We'll go and have coffee afterwards.

> André Hoareau 0457 680 489 computing.gcms@gmail.com

Computer and Technology Group:

Technology Help Desk Friday 9:30 – 12pm

Help in any area of technology including PC's, laptops, tablets, iPads, phone, camera, TV's, photography and any software package (Windows, IOS or Android). **Book a session on the whiteboard in the computer room.**

Windows 10 Classes Mondays at 9:30 – 12pm

The Windows 10 classes for beginners are continuing covering the use of Google Maps on both your computer and phone. I also did a problem solving session on WiFi dropouts in the home. Free to all shed members.

André Hoareau

<u>computing.gcms@gmail.com</u>

GOLF NEWS April / May 2022.

Over the past five weeks we have played at Hillview with 14 players hitting the course in overcast and cool conditions. At Armadale we had 10 players on an overcast day. We then played Armadale again with 11 players attending on a beautiful clear day. The following game was played at Maylands with 12 players playing in excellent weather conditions. Most of the group stayed back and had an enjoyable lunch even though some had to wait a fair while for theirs to be served. Our last game was at Armadale with 12 players in sunny conditions.

Overall winners have been Bill Davis, Bill Harris and Phil with Taffy winning the last two games. Closest to the pin winners have been Bill Davis, Bill Hughes, Chris B, Warren and Ron. Longest putt winners have been Bill D, Chris, Ron, Lloyd and Kevin.

The following players have been playing without much luck over the past few weeks, Ken, Bill Hughes, Bill Davis, Drew and Warren.

Bill D birdied Hole No 5 which is a par 4 at Hillview on the Classic 9. At Armadale Drew birdied Hole No 4 which is a par 3.

Until next month, happy golfing.

.Kevin Cragan.

Recipe

BASIC TWO EGG OMELETTE

INGREDIENTS

2 eggs; 2 tablespoons (30ml) of milk; Salt and pepper 1 heaped teaspoon of butter

METHOD

- 1. Crack the eggs into a bowl, add the milk, season with salt and pepper and beat the mixture with a fork or whisk.
- 2. Heat a medium sized pan over a medium heat and add the butter, allowing it to melt. Swirl the butter around the base of the pan to coat evenly.
- 3. Add the egg mixture to the pan and as it begins to cook, use a spatula to push cooked parts from the edge to the centre of the pan. As you do this, tilt and rotate the pan to allow the uncooked egg mixture to flow into empty spaces.

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- 4. When the eggs are almost set on the surface but still look moist, slide the spatula under one side of the omelette and fold over in half to create a semi-circle. If you want to add extra fillings like cheese, ham or mushroom, do so before folding the omelette in half and only sprinkle them over one side of the omelette. Then flip the unfilled side over onto the filled half.
- 5. Let the folded omelette cook for a further minute (less if you like the centre soft and a little runny, or more if you like it cooked through), then slide it out of the pan and onto a plate. Serve and eat immediately.

NOTES

You can get adventurous with your omelette fillings and you might want to create a filling station when cooking for family or hosting brunch. Try adding ingredients such as:

Cheese; Tomato; Ham; Shallots; Pan fried mushrooms

Avocado; Smoked salmon; Olives

If you do this, always prepare the filling first. Omelettes cook very quickly so any fillings need to be chopped up and ready to go before starting the eggs.

Pieces should be chopped finely to prevent tearing when the omelette is folded in half. If you decide to add meat like prawns or chicken to the omelette, they must be cooked beforehand.

Omelettes are best cooked one at a time and served immediately. The ingredients can be easily doubled or tripled to cook for more people but the larger the omelette becomes, the harder it is to flip.

Do you have a recipe to share??

MEMBERS:

The Secretary reported there were 181 members of the shed as at the 7th May, 2022.

There are 15 founder members, 6 founder and lifetime and 5 lifetime a total of 25. 35 new members have joined the shed since 1st July, 2021.

Welcome to the following Shedders who have recently joined GCMS:-

Ben Mitchell

Can any new members, who have not been photographed, please stop by the Office / computer room so we can arrange to take their photograph for their Name badges. Members below all recently had their photographs taken – Thank you!













HOUSE CLEANING:

Cleaning Roster

We are in need of more members to join our merry band on the cleaning roster.

There are 17 of us on the roster working in pairs once a week on Mondays. That leaves one member orphaned. At present, we are roster on once every nine weeks.

The cleaning is not onerous and takes no more than one hour to complete.

We clean Lewis House and the office of the Workshop Manager. Tasks include, vacuum/mop floors, clean toilets, empty bins, and replenish toilet consumables (if necessary). Cleaning products are provided. These are only light duties and definitely NO EXPERIENCE NEEDED.

As an organisation run by solely by volunteers, we rely on the support of all members to help keep the operations going. Don't sit back and leave it to someone else, otherwise, it will be left to the few to carry the burden. Participation is rewarding and you will be helping make the Shed more enjoyable for your fellow Shedders.

If you can spare the time and are physically able, please come forward and I will add you to the roster.

Thanks

Mick (Alan's cleaning buddy)

Please volunteer at the front Office.

WHAT HAVE OUR MEMBERS BEEN UP TO!

BICYCLE RECYCLING:

Twelve bikes were delivered to Bike Rescue in West Perth on 22nd March and 15 on 21st April. This facility trains the young people in the programme to repair bikes, which are then donated to charity groups.



Your Shed! Our Shed! Our Future! Page 10 of 16 May 2022 Graham Bartley-Smith.

GCMS Local and Family History Group

Did You know? Pt 8 **"Our" Lewis Family**



Edward Thomas Lewis was born in 1878 to John Lewis (April 29th 1844) and Ellen Mary (nee Vile, (1846). They had migrated separately to Australia, and were married in Perth, in 1868. Edward was one of 10 brothers and 4 sisters – and a notable cousin Albert Augustus Lewis, who was to go on to be Chairman of the Gosnells Road Board in the 1920s. By 1905, Edward was staying with Arthur at 58 Murray Street, both employed as Railway Clerks. He may well have known Percy Rattigan, a near neighbour and future brother-in-law. He had joined the Railway in 1896. Earning the grand sum of ten shillings per week; but by 1st July 1905, this had increased to 140

pounds per annum. He was eventually to become the Chief Auditor on a salary relatively four times higher and as a true Railwayman, he never owned a car, but relied on his first-class travel pass.

He allegedly became interested in buying undeveloped land in Gosnells after meeting with Arthur and another Railwayman in a Perth pub. During the period 1904 – 1916 he acquired Lots 1098 to 1100 where he established the Lewis Homestead. In early 1911, he contracted to build the present building for the grand sum of 495 pounds, to be ready for his marriage to Agatha in 1911.

Some-time before, he had met Agatha Bell, in Perth, and they were married on 23rd April 1911 and moving into the Gosnells house. Their honeymoon was to Colombo aboard the RMS Orama, a wellknown immigrant ship. They subsequently had four sons and one daughter.

Suffering poor health in the early 1930s, he died in 1937. Meanwhile, Agatha had been running the

Homestead Orchards during the week, with a roadside stall (Edward had written profusely to the Gosnells Road Board on behalf of the Fruit Growers Association, thanking them for their permission in 1927). She won many Horticultural Show Awards for her fruit and jam produce.

After 1937 Agatha carried on living at the Homestead, with her sons assisting with the orchards. In 1953 she married Frederick Moulton, (1878-1958) a builder, and moved from Gosnells, leaving the property to her two oldest sons. She died on 20th September 1961. Her son, Edward Valentine, and his wife Joyce (Morris), after buying out Harold's share, worked the plots for many years before



Click the picture to see and listen to



selling the house to Amaroo Village, although they continued to live at Amaroo until their passing.



1912-1980

1915-2001

1921-2016

Reggie 1924-2020

Next month: The McKim family and their Jam Factory, next door to the Lewis Homestead and intermarriages!

1917-1983

Please contact: beckettc226@gmail.com or telephone afternoons on 9398 1572 if you are interested in local, or your family's history. Help will be provided! Skeletons may be uncovered.

> This article is an extract from an 8-page article, @ Chris Beckett **USELESS INFORMATION**



Getting older is nowhere as scary as your parents getting older!

My people skills are just fine! It is my tolerance to idiots that needs work!

Anybody we know???

While in this office please speak in low dulcet tones and do not disagree with me in any manner!

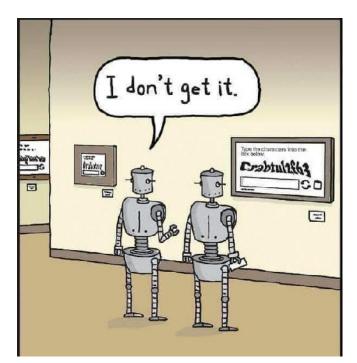
....Understand that when one has reached my age and general state of disillusionment, noise and non-concurrence cause

GASTRIC HYPER-PERISTALISIS HYPER-SECRETION OF HYDROCHLORIC ACID AND RUBOR OF THE GASTRIC MUCOSA AND I BECOME A MOST UNPLEASANT BASTARD!!!

Old time remedy!

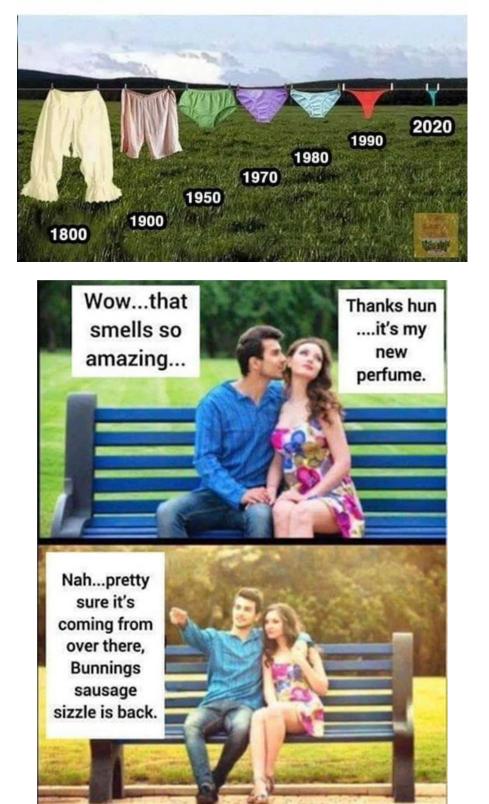


Take 2 Bex powders with a cup of tea and lay down!



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Positive proof of global warming



Your Shed! Our Shed! Our Future! Page 13 of 16 May 2022

For information to our Members:

May 2022 Thankyou

From: Grace Wallace (Brookman Child and Parent Centre Service Coordinator) 34 Brookman Ave. Langford, WA 6147 Date: Wed, May 11, 2022

Subject: Sincere Thanks and Gratitude To: Chairman GCMS.

Good morning Allen and the wonderful members of the Gosnells Community Mens Shed,

On behalf of the Child and Parent Centre Brookman community, I would like to express our enormous gratitude for the incredible generosity of your team in crafting our family silhouettes for our fence line.

This has been the fruition of a dream I had for the community when first taking over the coordination of the Centre in late May last year.

85% of our families originate from CaLD backgrounds, and many of these arriving in Australia do so under refugee status.

The sight of the cyclone and barbed-wire topped fence was a triggering reminder of the traumas many families have had to face on their life journey to date.

As a result of the philanthropic efforts of your organization, our families can now attend the Centre with a welcoming reminder of what our Child and Parent community stands for.

With each of the family subtypes represented in the range of beautiful silhouettes now visible upon arrival, we have also had a number of the local residents stop and look at your mazing effort.

We are going to add a plaque to the fence line acknowledging Gosnells Community Mens Shed – your kindness, generosity and expertise.

Please find attached a number of photos displaying your amazing efforts.

Many thanks again,

Grace and the CPC Brookman Team and Community.

Grace Wallace Brookman Child and Parent Centre Service Coordinator telephone: 0892357032 | mobile: 0422471736 email: grace.wallace@parkerville.org.au | website: www.parkerville.org.au address: 34 Brookman Ave, Langford, WA 6147

On the following page some photographs of the family silhouettes mounted on the Centre's fence line.











Some photographs of the first meeting of the ladies at the meeting for the Proposed Women's Shed in Gosnells. May 5th 2022.

Did You know? Pt 8

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