

The Gosnells Community Men's Shed News



Lewis Homestead

July 2022

Vol. 11 # 01

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PATRON: Teresa Lynes

Office Bearers			
Chairman	<i>Allen Holloway</i>	Vice Chairman	<i>Geoff Wiltshire</i>
Secretary	<i>Phil Measday</i>	Treasurer	<i>Arpad Pratsky</i>
Committee members: <i>Geoff Bowra; Chris Beckett; Alan Gordon and Scott Henderson</i>			
Workshop Manager: -----;		Shed Administrator:	
The Shed Phone number: 08 9398 4064 ;		Shed email – secretary.gcms@gmail.com	
Shed's website address is https://gosnellsmensshed.org/			

MISSION STATEMENT

The Gosnells Community Men's Shed promotes and fosters men's health and well-being in a friendly and safe environment.

VISION

To be recognised as a progressive community-based organisation working in the community.
To be a place where men of all ages and backgrounds meet in friendship.

VALUES

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)

18 th July	Christmas in July – Social event – Gosnells Bowling Club;
28 th July	End of Month BBQ at the Shed.
17 th Aug	AGM – Venue GCMS Wiltshire room.

End of Month Social BBQ Thursday 28th July

Come for a sausage in a bun plus and some good fellowship at the Social BBQ lunch being held at Lewis House on Thursday 28th July commencing at 11:30am.

This month fare will be a sausage in a bun for free!

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.

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CHAIRMAN'S Notes July 2022

Membership renewals are now due, along with the requested updated forms.

To date, 55 members have renewed, but only 27 forms have been received.

Please see the secretary or membership officer if you have any queries.

The trial period for Thursday lunches has now ended, and the committee offers thanks to those members who volunteered to assist with preparation and serving of meals.

The End of month bbq lunch on Thursday 28th July will be a FREE sausage in a bun.



Olive oil is on sale in the office, 250ml bottles \$6.00 and 500ml bottles \$12.00.

The AGM details will be posted shortly, members are strongly encouraged to nominate for committee positions, details are available from the secretary

Allen Holloway
Chairman

SHED MANAGEMENT:

Treasurer's Report:

We have received the Auditors report for the 2021/2022 financial year.

Secretary Report:

The Secretary reported there were 182 members of the shed as at 8th July, 2022. He further advised that 55 members has far renewed their membership for the 2022/2023 year. Three members had so far advised they wouldn't be renewing. Two new members had joined the shed, both new members have been given the new induction procedure.

The committee were advised that 27 members update forms have so far been received.

AGM

Annual General Meeting will be held in the Wiltshire room on Wednesday, **17th August** at 10am. It was also decided a light lunch will be provided following the AGM and General Meeting. The Workshop will be closed for the morning.

Committees

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.

At the coming AGM, in August, you too can throw your hat in the ring to become a member of the Management Committee!

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

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FACILITIES MANAGEMENT

The gardening crew have been busy removing some of the old society garlic and replanting some colourful succulents. All the locks have been oiled and the gutters cleaned. The grassed area at the bottom area is coming on well. Buster is as always busy around the area ensuring the lawns are kept neat and tidy.

Facilities Sub Committee
Al Gordon

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

Over the past month there has been several members come down with Covid and have had to isolate for at least seven days which is a fair indication to make people aware that Covid **has not** gone away - we must all be proactive in doing the right thing.

There will not be any talks at the shed due to Covid issues that have flared up again and companies are being extremely cautious about supplying people to do presentations.

There are at least nine members away from the shed due to illness, I have tried to make contact and left messages on answering services however I would really appreciate it if these members could contact me and let me know how their health is going. Some of these members are suffering serious illnesses and I would like to pass on to them that our thoughts are with them.

Welfare

We still have some COTA booklets "The Goodbye Guide" available to members if anyone would like a copy please contact me at the shed. This is also available on line. These booklets are extremely informative for preparations for your departure from the planet on how to get paperwork prepared to make that time a bit easier on the ones left behind.

Please continue to be Covid safe at the shed.

Kind regards,
Graham Hughes
Welfare Officer **0419 514 631**

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Information and Technology:

The member's area is now being used by members. Further updates are being made to the area. A new social event calendar has been installed. The Gallery area of the website will be refreshed soon. Some members have had difficulty logging into the member's area. The procedure is relatively straight forward. It basically requires creating a new password for the members email address. An instruction sheet will be created to assist members.

If you have any enquiries please contact me.

Phillip Measday - Secretary
Gosnells Community Men's Shed Inc.
70 Lissiman Street, Gosnells, WA 6110.
(at rear of Gosnells Railway Markets)
email. secretary.gcms@gmail.com

PUBLICITY

Chaps, we can all do a little extra to promote our Shed within our local community and bring it from strength to strength!

We have recently printed some handy-sized glossy leaflets, to promote the Shed, not just our activities but the social and mental health benefits we all enjoy.

A supply of the leaflets (and A4 posters) is available in the Office.

Please take some. These are ideal for local Community Boards, Doctors, Dentists and any other place that promotes healthy living. You might like to take some to other places you go - Clubs, Organisation etc.

The more we promote the Shed, the better our future!

Chris Beckett Committeeman.



CGMS Walking Group:

Walk from the Shed every Monday and Wednesday mornings at 08:30.

All members welcome to join in!

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

Five small picnic tables sealed, to be delivered week one of third term.

100 plus skipping ropes being produced.

Cupboard doors of Kitchen cupboard have been modified.

Completed Jobs Delivered

Five large and two small picnic tables delivered to East Kenwick Primary School.

Delivery of 3 x Teepees 2 x Mud Kitchen, 3 x small Picnic benches and 2 x large picnic tables To the Wirrabirra primary school. See photograph.

Workshop Maintenance

An outside contractor carried out various repairs to workshop machines. Report will follow.

Laser machine waiting on technician to install.

Miscellaneous

Donated desk bureau repaired and delivered to markets for resale.

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Gosnells ladies are progressing well with woodwork training. They have made a pencil box and bench saw jig. Currently learning hand tool skills.



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SOCIAL SCENE

A visit to **Wheel Chairs for Kids** in Wangara will be on Friday 5th August.

CHRISTMAS IN JULY will be held on **Monday 18th July** at- **GOSNELLS BOWLING CLUB**

This event has not been well supported by members.

MEALS AT THE SHED:

THURSDAY LUNCHES

Following the 'Trial period' it has been decided not to continue with the meals on Thursdays the exception being the End of Month Social BBQ.

FUND RAISING:

"CONTAINERS FOR CHANGE" This is ongoing so please continue to bring in your recyclable drink containers.

OBSERVATION:

Noted in a recent Newspaper that Bunnings have finally decided to increase the cost of the 'Sausage in a Roll' to \$3.50 having taken note of the many NFP organisations who have indicated that with increasing costs it has been far too little return for effort. The Newspaper report indicated it is the first price increase for 15 years. I suggest more like 20 years. Another "Observation" - over East the Bunnings Sausage is served on a slice of bread unlike here in the "West" where traditionally it has been served in a bread roll! I wonder what the "Customers" prefer.

ACTIVITIES

GOLF NEWS June / July 2022.

It's been a good month for the intrepid golfers who are game to play whatever the weather throws up. Kev and Phil have gone north to follow the sun for a while. We welcomed Robbo back after a two year break - and he ups and wins the 'Nearest the Pin' - me thinks

He has been practicing??? We played Armadale with 10 starters; Hillview with 10; Armadale with 8; and Maylands with 11. The winners have been Taffy, Ron, Drew and Rob. NTP were Ken, Robbo, Chris B and Bill D. Longest Put (hasn't been over a metre) were Bill D/Tom; forgot to put the marker out (it's hard to get good help), Chris B, and Bill H. Unluckiest golfers (winners of the Turkey) were Frank, Drew, Ron, and Tom. As you can see we get a good cross section in all categories - so if you're half interested give us a try - you can't do any worse than most of us. We have played Maylands twice now - quite an enjoyable course - but they have changed hands; is not as good as it was (there is no cook so no food); so it has been suggested that we give Point Walter or Fremantle public course a go. Will try to book when due.

Keep swinging *Drew Baker*



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CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

No news is good news!

COFFEE CHEETAHS BIKE MOB



In the 'Purple Owl' cafe

Hi Everyone! Our wee bunch of loyal riders have been missing a few recently with Covid, recovering from surgical procedures, holidays etc. but we still manage our weekly 'cafe rides', unless the weather really is inclement. I haven't too much to report this month, but two rides which 'stand out' were our ride to East Perth, to a great cafe next door to the ABC studios, riding there via the Principal Shared Path (PSP) which runs from Gosnells, just outside our Shed, and going most of the way to Perth, running parallel to the railway line.....and the good news is....the section via 'The Crescent' in Maddington, is at long last under construction, with the route cleared of vegetation (very responsibly environmentally) and a long stretch of 'road base' was already in place last Thursday, so it shouldn't be long before it is complete. Several years ago, I contacted the Main Roads re this stretch, and was informed, the then emphasis, was on completing areas within a 16 kms radius of the Perth CBD.

Another great day out for us 'oldies', was our trip to Point Walter, riding on the PSP alongside the Canning and Swan Rivers. As our ride started at the Mt Henry bridge, and being a bit far for many of our riders to ride from home, some of us chose to drive to the start from Mt Pleasant. The round cycle from Mt Henry Bridge to Pont Walter and back was a relatively easy 29 kms.

David Gardiner photo: **Graeme Gurney**

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Photography Group:

We had an interesting afternoon taking photos at Mary Carroll Park which was followed by coffee at the Gosnells Hotel. It shows a good diversity of topics and styles.



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Photos by row from top: John Bowler, Grahame Cooper, Scott Henderson, André Hoareau and Ray Novill

Meetings: Normally first Tuesday of the month. Currently suspended.

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

These following two sessions are currently suspended. Keep an eye here for details.

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).

Windows 10 Classes Mondays at 9:30 – 12pm

The Windows 10 classes for beginners and advanced training session are available for all members. Small class sizes and a relaxed settings.

Free to all shed members.

Automated Shed Check In System



The committee asked me to install the GuestTrack Visitor Management System so that we could keep a better track of the member's use of the facilities. After much testing, developing a stand to made the system easier for all members to use, new member badges, importing members data and some compromises we had the system running reasonably successfully.

André Hoareau
computing.gcms@gmail.com



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TABLE TENNIS:

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!

Recipe

Easy Butter Chicken & Cauliflower Bake With Rice



Try the amazing flavour combo of tender butter chicken and roast cauliflower with fluffy rice. This easy dinner recipe is sure to become a family favourite.

Number of servings 4

Ingredients:

4 chicken thigh fillets; 500g pkt frozen cauliflower florets;
1/3 cup Patak's butter chicken curry paste; 1 cup basmati rice
1/4 bunch coriander, sprigs picked (to serve); 75g Patak's mini poppadum's (to serve)

Method:

1. Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper.
2. Place cauliflower in a large bowl. Add half the paste and toss to coat. Place on tray in a single layer. Bake for 5 minutes.
3. Meanwhile, place chicken and remaining paste in the large bowl and toss to coat. Remove tray from oven and add chicken. Bake for a further 25 minutes or until chicken is cooked through.
4. Top bake with coriander and poppadum's. Serve with rice.

Do you have a recipe to share??

MEMBERS:

Two new members in July so far - Alan Bailey, Wayne Fallows.

Two members have resigned - Jim Lloyd and Colin Lynn.

58 members are financial (includes 9 lifetime members)

28 members have returned the membership update form

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

Michael Flavel Barry Moore, John Foran; Alan Bailey, Wayne Fallows

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!

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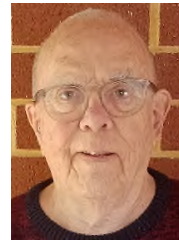
Barry Moore



Michael Flavel



John Foran



Alan Bailey



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.

Roster for next 6 weeks.

18-Jul-22	Ken James	John Millar
25-Jul-22	Andre Hoareau	Rob Shewan
01-Aug-22	Gordon Thornton	
08-Aug-22	Warren Standing	Graham Robinson
15-Aug-22	Patrick Bartlett	Geoff Wiltshire
22-Aug-22	Phil Measday	Jim Ridgwell

LEGO CONSTRUCTORS:

Mike Devereux has suggested that there is interest in setting up, in the Library room, a Lego Group for bloke's interested building up Lego kits also for the loan / borrowing of kits. This will need somebody to run the Group. Please let the Secretary know if you are interested in this activity and or running the group. *You could probably borrow the Grand kids Lego!*

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GCMS Local and Family History Group

Chris has put a halt on these History articles while he sorts out more important issues. Please contact: beckett226@gmail.com or telephone afternoons on 9398 1572 if you are interested in local, and/or family history or feel free to drop in to the Lewis House, 1 – 3, every Wednesday afternoon.

USELESS INFORMATION

Not a Beer Review

Great Northern Brewing Co Zero Full Taste



I'm the first to acknowledge that I am not a big beer drinker, I prefer a good red wine. There are occasions when I enjoy a nice cold James Squire and have tried zero strength beers with varying degrees of success. So when Coles had a special on these I grabbed a six pack of what I thought was beer and give it a try.

Dot and I sat down to enjoy a nice pasta dinner and decided to try a Great Northern. We poured two glasses and I was immediately suspicious. The froth looked like detergent bubbles, I gave it a sniff and smelt nothing that could be described as beer. Gave it a taste, again nothing like a beer! I started to read the can clearly stating "Full Taste", but I ask full taste of what? This drink which is promoted as **"Great Northern Zero is a 0.0% alcohol beer, brewed with an outdoor lifestyle in mind. With its fruity aroma and crisp finish, it is the ultimate 0.0% alcohol refreshment for your favourite adventure."** on the Coles web site is not actually a beer. Nowhere on the can is the word "Beer" and no ingredients are even listed. The can states **"Brewed adult beverage"** implying beer.

This is totally nondescript beer coloured liquid with a fake head and is just a clever marketing campaign by a brewing company to sell a product not called "beer".

Summary

Rating: Zero by name, Zero Stars

Crap and glad I got it on special. There are plenty of better zero alcohol beers on the market. If you want to try it I have five cans available for tasting. See me at the shed.

This article is the opinion of *Andre Hoareau* and is not the opinion of Gosnells Community Men's Shed. They take no responsibility for the contents of this article.

André Hoareau

Even though there are days
I wish I could change some
things that happened in the
past, there's a reason the rear
view mirror is so small and
the windshield is so big,
where you're headed is much
more important than what
you've left behind.



As soon as this happens – Retire with dignity!!



After 2 weeks of quarantine with her husband, Gertrude decided to knit him a scarf..

