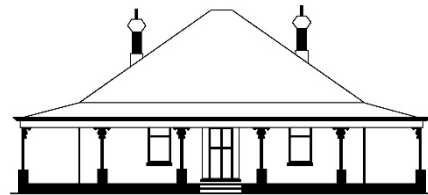


The Gosnells Community Men's Shed News



Lewis Homestead

August 2022

Vol. 11 # 02

Editor: Gordon Hamilton hamilton_g@bigpond.com

70 Lissiman Street, Gosnells, WA. PO BOX 330, Thornlie, WA 6988. ABN 38 030 506 750



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PATRON: Teresa Lynes

Office Bearers			
Chairman	<i>Ray Smith</i>	Vice Chairman	<i>Geoff Wiltshire</i>
Secretary	<i>Phil Measday</i>	Treasurer	<i>Ted Evans</i>
Committee members: <i>Geoff Bowra, Graham Hughes, John Mitchell and Jim Ridgwell.</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)

25th Aug End of Month BBQ at the Shed.
27th Aug Bunnings Father's Day event.

End of Month Social BBQ Thursday 25th August

Come for a sausage in a bun plus and some good fellowship at the Social BBQ lunch being held at Lewis House on Thursday 25th August commencing at 11:30am.

This month fare will be a sausage in a bun and cost is \$5.00!

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.

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

At the Annual General Meeting of the Gosnells Community Men's Shed, held on Wednesday 17th of August 2022, the following committee positions were filled for the 2022/2023 year.

Executive Members:

Chairman
Treasurer

Ray Smith
Ted Evans

Vice Chairman
Secretary

Geoff Wiltshire
Phillip Measday



Ray Smith



Geoff Wiltshire



Ted Evans



Phil Measday

Non-executive Committee Members:

Geoff Bowra,

Graham Hughes,

John Mitchell and

Jim Ridgwell.



Geoff Bowra



Graham Hughes



John Mitchell



Jim Ridgwell

Thank you to those members who had nominated for Committee positions. 63 members voted to decide the committee. Thank you to all who attended the AGM.

Thank you for your effort to the outgoing Management committee who have stepped down this year. *Allen Holloway, Alan Gordon, Arpad Pratsky; Chris Beckett; and Scott Henderson.*

At the General Meeting following the AGM the Chairman, Ray Smith, requested a number of the members to stand. Finally he announced to the assembled members at the meeting that this group of Members are in fact those who constitute the "Cleaning Team". Considering the size of our membership this is a very small group. With the present numbers means everybody does cleaning duties every 8 of 9 weeks. Considering the number of members in the GCMS, members on the cleaning Roster should only do cleaning two to three times a year. Basically it is cleaning the house including the kitchen and toilets. The workers in the workshops keep them clean and the Annex is cleaned by those who use this area.

Basically the request from Ray to the members is for more to step up and put their name on the Cleaning Roster. Please talk to Mick who will help you in this matter.

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

SHED MANAGEMENT:

Shed Working Groups

With the AGM out of the way it is time to consider which committee or working group you might be interested in contributing to.

The Shed's current Rules of Association (Constitution) section 10 (9) provides for the establishment of sub-committees with delegated authority to exercise certain functions of the Management Committee.

To date these sub-committees or working groups have only acted in an advisory capacity and make recommendations to Management on various matters or issues.

There have been seven such groups active in the past year or so and members are encouraged to take up the opportunity that is available to everybody to participate in these groups as a way of contributing to the better management of our organisation. It is important that the views of non-management members are heard through these forums.

The working groups currently operating are:

**Fundraising and Finance;
Social;
Safety and Risk Management;
Membership, Health and Welfare;
Projects and Grants;
Strategic Planning; and
Facilities Management**

Members interested in learning more about any of these working groups can either contact the Chairman, Vice Chairman or Secretary or if preferred, attend a meeting to learn first-hand what might be involved. Details of meeting dates for each committee are posted on the whiteboard outside the Lewis House kitchen.

Treasurer's Report:

Was presented and accepted at the AGM. If you have a requirement to view this please see the Treasurer. Auditors report was also presented and accepted and the Auditor appointed for this coming year.

Health & Wellbeing

With the Covid restrictions being reduced in some areas I'll be making contact with several organisations to arrange talks for the Shed. Once these are arranged members will be notified about the subjects and dates.

With the members that have been absent from the shed for a period of time I have made contact with all bar one, some have major medical issues and some are recovering from operations. Our thoughts are with them and their families through this time.

Welfare

The COTA booklets "The Goodbye Guide" were given out at the AGM and I am arranging some more booklets in the next week for all those members that missed out on a copy. Once they are available I will let the members know. 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.

It's extremely important that all the information for the emergency details on the back of the membership ID badge are kept up to date as this makes contacting members that have been away from the shed for a period of time a lot easier.

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

I would like to thank all the members who voted for me to be on the Committee at the AGM and I will keep doing the Welfare & Health Officer's position.

Please continue to be Covid safe at the shed.

Kind regards,
Graham Hughes
Welfare Officer 0419 514 631

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



Information and Technology:

If you have any enquiries or problems logging into the "Members Only" area please contact me. Shed's website address is <https://gosnellsmensshed.org/>

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

The Gosnells Community Men's Shed News

Workshop Managers Report:

Bill Hughes, Workshop Manager provided a report to the committee. He advised that there were no Health and Safety incidents to report in the current period. He indicated the following: -

Work In Progress

Five large picnic tables –delivered this week;

Refurbish donated tables (Gosnells Hotel donated) Deliver one table sold to Armadale Golf Course;

Manufacture label stands for Dulux Paints by four;

Manufacture new wooden box for picture frame making machine;

New Laser cutter machine is up and running.

Request from Rebecca of WAMSA to supply various desk type QR coded cubes and table mats showing QR codes for finding your Mens shed. John Mitchell is developing the design. John has laser cut a QR code in wood and we have tested it. Delivery TBA

Miscellaneous

Donated Bureau sold at Markets for \$200 (\$100 for the shed)

Gosnells Women are progressing well in the workshop. On their fourth project, making a breakfast tray. They are very keen and productive.

The working with women has been a success and with the interest shown, I feel the shed should offer the new Gosnells Women group more use of the workshop. The shed is only used 50% of the time and if managed correctly it should raise income for the shed, we are a Community Shed.

The Marimba has been donated to the South Thornlie Primary School – See following



Meet Bill and Ken – the bass marimba building men.

By Liam Ducey - August 4, 2022 3:02 pm

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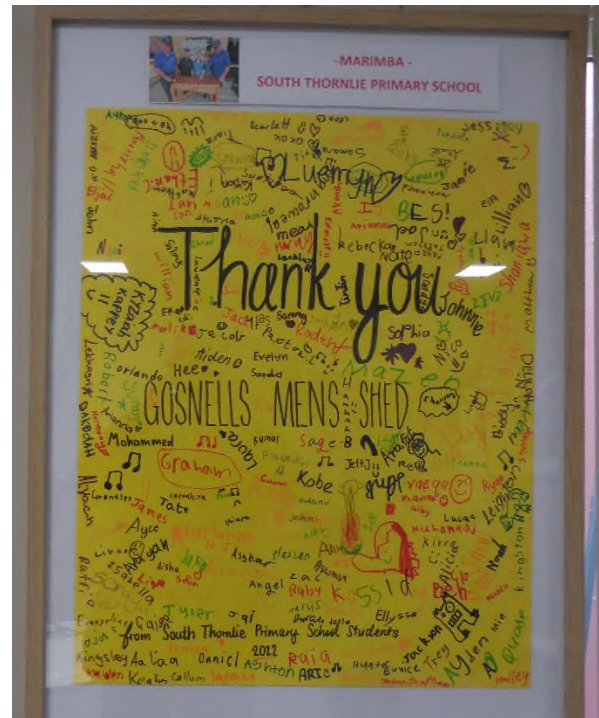
The Gosnells Community Men's Shed News

South Thornlie Primary School music students have a new noisemaker to play with, thanks to the woodworking wizards at the Gosnells Men's Shed, who presented them with a custom-built bass marimba last Friday.

The marimba is a wooden, percussive instrument, similar to a xylophone, which was originally found in Africa.

Photo above and words are from the "Examiner Newspaper".

Certificate to the right presented to GCMS by the students at South Thornlie Primary School.



Rae, Ros and Hennesa at the Saturday morning Woman's wood working class at the Gosnells Men's shed workshop,

SOCIAL SCENE

The visit to Wheel Chairs for Kids manufacturing Organisation did not happen due to an apparent lack of interest. Maybe just too much activity on at the time it was planned.

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

CHRISTMAS IN JULY was held on Monday 18th July at- GOSNELLS BOWLING CLUB Although catering would have been available for up to 90 persons only 31 persons attended for a very nice meal. This event has not been well supported by members.

FUND RAISING:

A pre "Father's Day" event at Bunnings. Saturday 27th August, 10am to 2pm. This involves a shed display. Alan Gordon will follow up. Geoff Bowra will assist setting up. **Volunteers** will be sought in the coming days for this event.

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

ACTIVITIES

GOLF NEWS July/August 2022.

It has been a pretty good few weeks with the group trying some new courses. 8th July we had 11 players at Armadale where Bill Davis won the day; Taffy was "Nearest The Pin"; Bill Harris was Longest Put; Lloyd was the Unluckiest golfer and Frank had a Pink ball.

15th Jul played Hillview with 12 players - Lloyd won the day; NTP was Steve; Longest Put was Bill Davis; Bill Hughes got the Turkey; Drew won the Pink ball while Robbo got a Birdie.

22nd Jul back at Armadale with 12 players - Lloyd won again; NTP was Bill Hughes who was also the Longest Put; while not only was the Turkey but with a Birdie. We welcomed Charlie Fasolo as our only leftie.

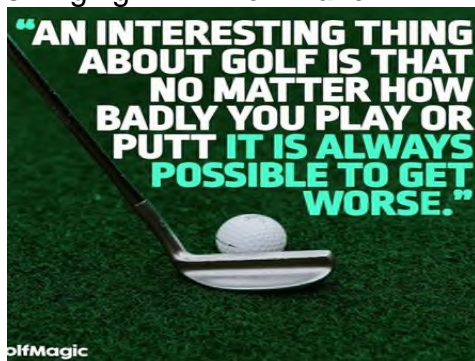
29th Jul tried Point Walter on a very dirty day with 7 starters (but it didn't rain) - Ron won the day; NTP was Lloyd and won the Longest Put plus was the Unluckiest golfer - we will play there again, hopefully with better weather.

5th Aug back to Armadale with 14 starters where Drew had a win plus a Birdie; NTP was Bill Davis; Longest Put was Taffy; with Tom being the Turkey plus a Pink Ball along with Bill Hughes. We sometimes go months without anyone getting a Birdie but this day we had 4 including Phil, Chris and Ron. It was just a fantastic day for golf (for most players).

12th Aug tried somewhere new again - Fremantle Public Course with 9 players. Bill Hughes won the day plus the Longest Put; NTP was Ken; unluckiest player was Robbie with a Pink ball as well, also Ken had a Pink ball. The course has just been re-opened after being closed for a couple of years due to the major road works on High St. Not a bad 9 hole course; weather was very good with an icy wind in your face, one problem was no carts - so had to walk whole course. Frank was in agony after the first hole. They are ordering some carts so when they get some we will play there again. The Fremantle Golf Club have the lease.

Overall great golfing even if you don't win.

Keep swinging *Drew Baker*"



The reason the golf pro tells you to keep your head down is so you can't see him laughing. - Phyllis Diller

The Gosnells Community Men's Shed News

CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

No news is good news!

COFFEE CHEETAHS BIKE MOB

Not much at all to write about this month, with only three week's outings to report for some reason? I believe we were rained-off one week, and we didn't even have a 'coffee catch-up', like we usually do! Piara Waters was one destination, with Robbo taking us another interesting route, and obviously a favourite ride with our small group of riders, as we never seem to tire of going there! Each week, before our cycle ride is over, we have a chat about 'where shall we go next week?', and if no one comes-up with an idea, we say...'What about Piara Waters again?!' Last Thursday, we did the 'Purple Owl' ride, a great cafe in Wattle Grove, which we recommend, but we went in the opposite direction to our last time there, with everything looking so different from another viewpoint. At last ... a sunny day to enjoy our ride. This time we went anticlockwise, doing the Purple Owl run (or was it the pink parakeet?) through Maddington, to Crystal Brook Rd and on to Forrestfield. As usual a varied ride through suburban streets, past hidden lakes, and along green parkland. Thanks again Robbo, a great ride. Participating were David G, Graham R, Greg D, Carole D, John B, John V, Rob S and Graeme G.

With the unpredictable winter weather, it's difficult to plan anything, so until our more 'settled days' arrive, we never know what to plan for, where to go etc. and usually don't know until the day before! We look forward to rides such as Mandurah, Woodbridge, Fremantle and Hillarys etc., when spring arrives.



At the Purple Owl

David Gardiner

photo: **Graeme Gurney**

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CGMS Walking Group:

Walk from the Shed every Monday and Wednesday mornings at 08:30.
All members welcome to join in!

Photography Group:

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

André Hoareau

0457 680 489

computing.gcms@gmail.com

Computer and Technology Group:

These 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 beginner's and advanced training session are available for all members. Small class sizes and a relaxed settings.

Free to all shed members.

The automated check in system previously being trialled is being replaced by an upgraded system. Andre assured us it will shortly be up and running. It uses a QR code on the back of your membership card to recognise you and log you into or out of the system.

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!

GCMS Local and Family History Group

Chris has put a halt on these History articles while he sorts out more important issues.

If you are interested in local, and/or family history feel free to drop in to the Lewis House, 1 – 3, every Wednesday afternoon.

Chris has already been working on his local history contribution to the September Newsletter.

Tranquilizers work only if you follow the advice on the bottle - keep away from children. - Phyllis Diller

Your Shed! Our Shed! Our Future!

Recipe

Jacket potato with tuna and sun-dried tomatoes

Tinned tuna, sun-dried tomatoes and capers with a zippy lemon dressing make a fresh-tasting jacket potato filling. Rocket brings a peppery flavour that's delicious with tuna.

Ingredients:

2 large, floury potatoes; 1 tsp olive oil;
220g/8oz tuna in olive oil, from a jar or tin (drained weight)
50g/1¾oz sun-dried tomatoes (in oil), drained and roughly chopped
2 tsp capers; ½ lemon, juice only; 40g/1½oz rocket leaves;
Flaky sea salt and freshly ground black pepper

Method

- Preheat the oven to 200C/180C Fan/
- Prick the potatoes all over with a fork then rub them with olive oil and sprinkle with flaky salt. Place on a baking tray and bake for 1 hour–1½ hours, depending on size. The potatoes are ready when the skin is crisp and the centre is soft (test by gently squeezing or piercing with a skewer).
- Drain the tuna, reserving the oil. Using the back of a fork, mash the tuna in a bowl. Add the sun-dried tomatoes, capers, lemon juice and rocket. Add 1 tablespoon of the olive oil from the tuna and some black pepper. Mix until evenly combined, then taste and add more pepper or lemon juice if you like.
- Cut the hot jacket potatoes in half and top with the tuna mixture.

Recipe Tips

Using scissors will make it easier to chop the sun-dried tomatoes.

Do you have a recipe to share??

So you've been eating hot dogs and McChickens all your life, but you won't take the vaccine because you don't know what's in it. Are you kidding me?

MEMBERS:

Five new members since beginning of July so far.

The Secretary reported there were 182 members of the shed as at 5th August, 2022. He further advised that only 107 members has far renewed their membership for the 2022/2023 year.

Only 39 members update forms have so far been received. 70 members have renewed membership for 2022/2023 but have not submitted an update form. Update forms were made available at the AGM. It may be necessary to conduct a mail out of forms in the future to complete the update process.

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

Benjamin Cousins; Brendan Cusack; Trevor Simons.

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!

The Gosnells Community Men's Shed News



Benjamin Cousins



Trevor Simons



Brendan Cusack



Wayne Fallows



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.

22-Aug-22	Phil Measday	Jim Ridgwell
29-Aug-22	Alan Gordon	Mick Atkinson
05-Sep-22	Ray Smith	David McLean
12-Sep-22	Chris Brown	Arpad Pratsky
19-Sep-22	Ken James	John Millar
26-Sep-22	Andre Hoareau	Rob Shewan

MODEL GROUP:

GREETINGS ONE AND ALL!!,

The Model group have been very productive this Month and SO HAVE I .. with 2 NEW Models completed !!

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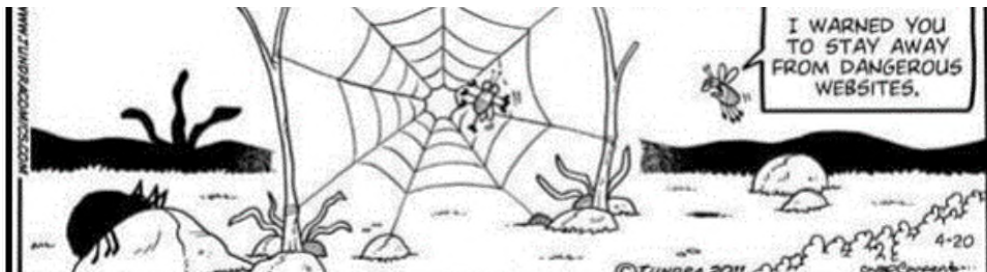
The Gosnells Community Men's Shed News

It has been suggested that a LEGGO Group be formed and maybe meet in the Library Room BUT LISTEN-UP!! .. WE already have a number of very competent LEGGO FOLK with Graeme Price being the EXPERT!! .. SO : if you're into LEGGO OR [any other forms of Modelling] then come along on a Thursday from 1p.m until 4p.m.

WE still have an afternoon tea to Die For ..[NO NOT POISON!!] ..just a Bloody Good Spread of Food!!

See you soon??,

GEOFF BOWRA



MUSIC GROUP:

HI FOLKS!!,

So far this month we have had a number of Music Days with absentees due to illness or other commitments but we have battled on regardless.

We have entertained some members on a Wednesday afternoon and starting this Thursday we look forward to a number of gentlemen visitors from Amaroo Village attending and listening to the Music.

Alan and John BOTH have NEW Amplifiers and John has a NEW Guitar and they have just about mastered the controls and settings!!

SO: If you're at a loose end and like Music then why not pop along on a Wednesday Arvo 12 noon until 4 p.m. OR a Thursday from 9 a.m. until 1 p.m. and rest out your Hearing Aides.

That's it from me!!

Cheers,

GEOFF BOWRA

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News



Guess who is the lead singer ?

To All Members of the Gosnells Community Men's Shed

The members of the G.C.M.S. Music Group, under the leadership of Geoffrey Bowra, would like to remind all 'Shed' members that the Music Group, as part of the G.C.M.S., is open to all members to join us as audience for any of our weekly sessions in the "Annexe".

There are two sessions, on Wednesdays and Thursdays, when our members can join us for a wide range of music from several music genre's, and from over many years.

Our sessions are 12 Noon to 4pm on Wednesdays, and 9am to 1pm on Thursdays. The group takes its 15 min. tea breaks at 2pm on Wednesdays, and 11am on Thursdays.

Any and all 'Shed' members are welcome to join us during one of the above sessions, even if it is only during the normal 'Shed' tea break at 10am on Thursdays.

We are all G.C.M.S. members, so join us some time, and take in some of our music, even if only for a short while.

Update on Armadale Rail Line Closure

Those members who use public transport regularly may be interested to learn that Metronet have just advised that the planned closure of the Armadale line for 18 months has now been deferred until late 2023. This project will allow for six level crossings to be removed and replaced with elevated rail, including William Street/Beckenham Station and 4 other elevated stations (Welshpool is going). The changed time frame will allow for the works to be better integrated with the Byford extension and Thornlie-Cockburn link and result in only the one closure. Further information is available on the METRONET website.

<https://www.metronet.wa.gov.au/news/latest-news/major-metronet-projects-to-transform-the-armadale-line>

Your Shed! Our Shed! Our Future!

Historians in Ireland have discovered what they believe to be the headstone of the worlds oldest ever living man.

He was 193 and his name was Miles from Dublin



TWO DIFFERENT DOCTORS' OFFICES

If this doesn't hit the nail on the head, I don't know what does!

Two patients limp into two different medical clinics with the same complaint. Both have trouble walking and appear to require a hip replacement.

The FIRST patient is examined within the hour, is x-rayed the same day and has a time booked for surgery the following week.

The SECOND sees his family doctor after waiting 3 weeks for an appointment, then waits 8 weeks to see a specialist, then gets an x-ray, which isn't reviewed for another week and finally has his surgery scheduled for 6 months from then.

Why the different treatments for the two patients?

The FIRST is a Golden Retriever.

The SECOND is a Senior Citizen.

Next time take me to a vet!

In response to sounds of unusual activity in next-door's back yard, a neighbour looked over the fence. A great deal of shovelling was taking place. A very large hole was being excavated.

"What are you doing?"

'I'm burying my dead cat.'

"Oh, what a pity. But Tiddles was only a little cat. Why the big hole?"

'Because,' solemnly explained the neighbour, 'he's inside your bloody great Alsatian!'

The Gosnells Community Men's Shed News



This set of jewellery draws made by Phil Measday from recycled material.