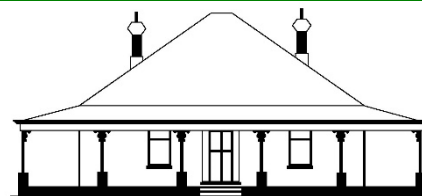


The Gosnells Community Men's Shed News



Lewis Homestead

Oct 2022

Vol. 11 # 04

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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Rotary Club
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PATRON: Teresa Lynes

Office Bearers

Chairman Ray Smith

Vice Chairman Geoff Wiltshire

Secretary Phil Measday

Treasurer Ted Evans

Committee members: Geoff Bowra, Graham Hughes, John Mitchell and Jim Ridgwell.

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)

18th Oct Dietician talk on proper diet as we age;

27th Oct End of Month BBQ at the Shed.

02nd Dec Shed Christmas function – Gos Bowling Club Tickets available soon!

End of Month Social BBQ Thursday 27th October

Come for a feed some good fellowship at the Social BBQ lunch being held at Lewis House on Thursday 27th October commencing at 11:30am.

This month fare cost is \$3.00!

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!

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From the Chairman's desk: October 2022

A big thanks to Cathy and Tony Taylor for organizing a successful caravan trip to the Stirling Ranges, it was the largest number of participants we have ever had.

It was a bit cold but the company was warm.

The gardens around Lewis House are looking great thanks to the efforts of Alan and his crew of happy gardeners.

It was with sadness that we learned of the death of Trevor Kimber, even though we have not seen much of Trevor in recent times due to poor health he was one of our original members who joined in 2012.

John Mitchell has been producing some amazing products with our latest pieces of equipment. Now that he no longer has his L plates on we hope to start adding a bit to the balance sheet in the near future.

Even though we lost about 30 members with the new year we are still slowly taking in new members and look like getting back to last year's numbers

The Armadale Badminton Club were over the moon with the six benches Chris and the workshop produced

The efforts of the team ably lead by Geoff Wilshire in supplying a BBQ for the City of Gosnells at a community park event were acknowledged by a letter of appreciation from the Council staff

Ray Smith
Chairman

SHED MANAGEMENT:

Shed Working Groups

The working groups currently operating are:

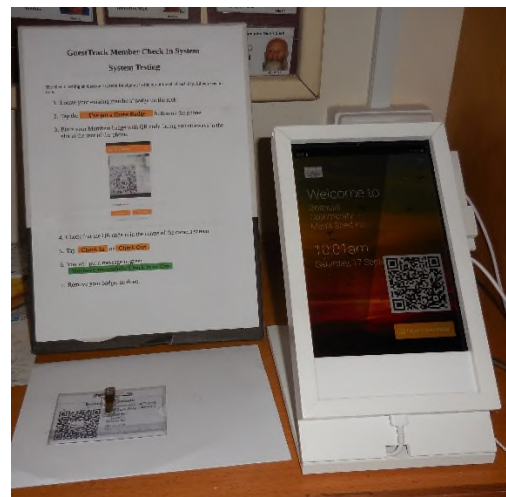
Fundraising and Finance;
Social;
Safety and Risk Management;
Membership, Health and Welfare;
Projects and Grants;
Strategic Planning; and
Facilities Management

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.

SHED SIGN IN SYSTEM

The automated check in system previously being trialled has been replaced by an upgraded system. André assured us it is 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.

To use - place your membership card in the bracket behind the screen so the QR code (back of card) is visible to the screens camera. Then follow the prompts / instructions on the screen. Gentle finger touch is all that is required. Pressing harder does not work!!



Your Shed! Our Shed! Our Future!

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HEALTH & SAFETY REPORT

Regretfully **Trevor KIMBER** has passed away at the Kalamunda Hospice, Trevor was a regular attendee at the Modelling Group, I am sure all modellers will miss Trevor. At this time no funeral arrangements have been made. Geoff. BOWRA has been dealing with the family and we will let you all know when the arrangements have been finalised.

*Trevor joined GCMS in its first year of operation his "seniority # was 74. He was an active supporter of our fund raising activities when health permitted. **RIP.***



Graham and Myself attended the RAAFA facility where AMSA put on a forum in respect to the art of Listening. Well worth the time and effort.

Phil and Myself put out our shingle last Friday 7th at the Health and Wellness Expo and although we only got a couple of inquiries but the mayor and some other councillors saw us they and appreciated our attendance.

UPCOMING ON THE 18th October a morning tea and hopefully a dietician to talk about proper diet as we age.

Alan Gordon on behalf of Graham HUGHES

Please continue to be Covid safe at the shed.

Graham Hughes
Welfare Officer 0419 514 631

Health and Wellness Expo out the front of Gosnells Council Building. From 2pm to 5pm Friday 7th Oct. Alan Gordon was also there.



The following doesn't mean you can start sitting in your chair all day

ONCE YOU READ THIS I'M SURE YOU WILL FEEL MUCH MORE RELAXED & LESS WORRIED ABOUT MISSING YOUR DAILY EXERCISE!!!!!!

In case you feel bad about missing your exercise today, ponder this:

- The inventor of the treadmill died at the age of 54.*
- The inventor of gymnastics died at the age of 57.*
- The world bodybuilding champion died at the age of 41.*

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- *The great footballer, Maradona, died at the age of 60.*
- *James Fuller Fixx, credited with helping start America's fitness revolution by popularizing the sport of running, died of a heart attack while jogging at age 52.*

BUT...

- *The KFC inventor died at 94.*
- *Cigarette maker Charles Winston died at the age of 102.*
- *The inventor of opium died at the age of 116, in an earthquake.*
- *And, the Hennessy Liquor inventor died at 98.*

How did smart people come to the conclusion that exercise prolongs life?

The rabbit is always jumping up and down, but it lives for only two years, and the turtle, that doesn't exercise at all, lives 400 years.

Get some rest, chill, stay cool, eat, drink and enjoy your life!

The **Social Activities Team** have arranged a visit to the Wheelchairs for Kids Workshop in Wangara on **Monday 24th October** followed by lunch at a nearby venue / pub.

This is a great opportunity to see the wonderful work this organisation does to help disabled children throughout the world get a better life and in many cases actually get an education that they would be denied because of their inability to attend School under normal circumstances.

See: <https://wheelchairsforkids.org/>

The program for the day will require those attending to Car Pool **leaving the Shed at approximately 9.45am to arrive at their workshop by 10.30am.**

They have invited us to join them for Morning Tea on arrival and we will provide a contribution to that in the form of Cakes etc. They provide Tea & Coffee.

Followed by a tour around and an opportunity to ask questions etc.

The address is: 10 Buckingham Drive, Wangara.

The number is limited to a maximum of 20.

If you are interested please let me know directly, by **Wednesday 19th October on my email: brian.qcms@gmail.com**

The visit is open to Members in the first instance but Partners are welcome if the numbers do not reach 20.

Currently only 4 Members have expressed interest so it is now open to partners / friends.

Please let me know by email asap if you will attend this excellent facility and worthy "Not for profit" organisation and see for yourself what a wonderful job they do for disabled kids throughout the world.

Thank you
Brian Beech

CATERING AT THE SHED

Members who attend the Shed regularly will be aware of the great job Geoff Bowra does in organising our essential supplies. No, not nuts and bolts, steel or timber, we're talking about the really essential stuff that us blokes consume every day. FOOD!

Geoff is one of the unsung heroes of our organisation and it is about time he received a bit of assistance. Instead of complaining 'cause your favourite biscuits aren't on the table, see what you can do to assist.

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Information and Technology:

We are looking for members to join the Information Technology sub-committee for the shed.

The shed has a considerable investment in Information Technology at the shed.

This includes computers, printers, Laser cutter, CNC Router, WIFI, Website, Facebook page and electronic check in.

It is suggested that an overview of all of this infrastructure and development and maintenance of our Electronic footprint and determining policy in this area is required. Assistance is also required with maintenance of the Website and Facebook page.

If you are interested in becoming involved contact the Secretary.

The first meeting was held on **Friday 7th October, 2022**. As a result there is a group overseeing all aspects of IT at the shed.

Interested members are welcome to attend future meetings.

If you have any enquiries or problems logging into the "Members Only" area of the Facebook page 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

Workshop Report:

The acting Workshop Manager, Chris L'Anson has been busy rearranging equipment within the Workshop! The new saw has been installed in a purpose built cabinet that includes tool storage either side.

The drill press, small band saw and sanding machine have been relocated into the middle of the workshop.

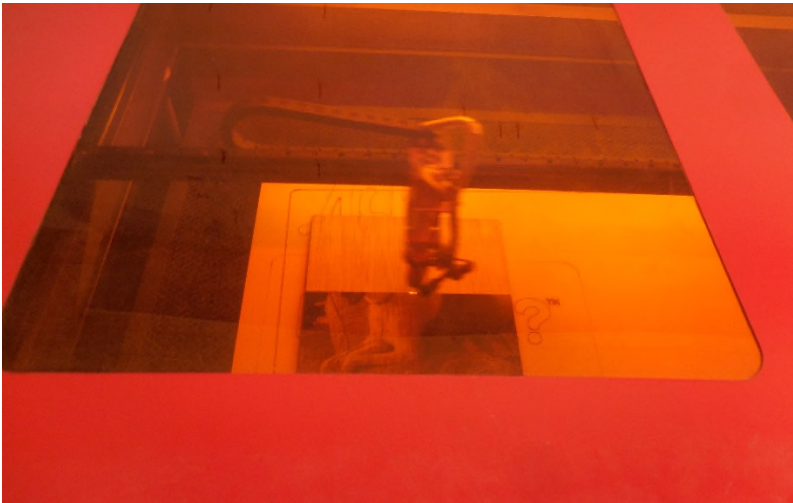


This is looking to re-assign the lockers and possibly relocate them. One major problem is that some locker holders are no longer shed members or no longer have a need for a locker. This creates a problem with the keys currently in the possession of either ex members or members who no longer require them. Please return your un-required locker key to Chris. If you know an ex-member who has a key please suggest he may want to drop it back to the front office. That way lockers may be re-assigned to members who require them.

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Chris is looking to having the workshop producing “Stuff” that may be appealing as Christmas presents etc. for the Grand Children or others.



Meanwhile in the back (Machine Shop) room, John Mitchell is working out just what he can do with the laser machine. Here he has it burning a picture of a dog on a sheet of wood.

In the foreground are a pair of outdoor benches GCMS are manufacturing for the Gosnells Bowling Club. Chris will happily assign you a task working on these benches if you have idle hands and ask him politely!

Background are those lockers where GCMS are desiring to get back the keys for the lockers not being used!



FUND RAISING:

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

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SOCIAL SCENE

INVITATION

SOCIAL WORKING GROUP

The former Social and Events Committee has morphed into a 'Social Working Group' in an effort to encourage more members to participate in the arrangements for social events at your Shed.

New members are needed to work together in a small group to plan social activities that members might participate in.

The past two years have seen less social events due primarily to the limitations imposed by COVID. It is probably now time to 'live with COVID' and get together more often for social events, both in house and external.

Members interested in becoming involved can contact the retiring Chair of the Social Committee, Geoff Wiltshire on 0407 995 895.

ACTIVITIES

CARDS:

Card Players wanted. We play Cribbage every Thu in the Library and would welcome any new players. We are down to 4 regular players; and are not very lucky to get us all there at once - always somebody sick, or not available.

Drew



CGMS Walking Group:

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

All members welcome to join in!

CARAVANERS:

A wonderful few days was had by 11 men shedders and their partners with Graham Bartley-Smith running solo, deciding to have an adventure on his own making his way to the Stirling Ranges. Short of fuel, he spent the first night in another caravan park to join us the following morning. Wildflowers were the central attraction with much comradery at evening BBQ's and reminiscing of times gone by. Graham Robinson and Rob Shewan performed the highest achievement of conquering the climb up Bluff Knoll.

The next caravan trip will be to Manjimup Central Caravan Park to explore the surrounding sights just after the "Cherry Festival" – the dates being **14th-18th November** - and please contact Geoff Wiltshire if you are interested in joining in as it should not be too busy as no clash with school holidays.

List of attendees:-

*Ted and Lois EVANS; Graham and Unice ROBINSON; Ray and Lois SMITH;
Ian and Joan JOHNSON; Ron and Kerry SUTTON; Graham BARTLEY-SMITH;
John VANNEREAU and Mary CLARIDGE; Scott and Sue HENDERSON;
Rob and Cheryl SHEWAN:*

The Gosnells Community Men's Shed News



Marshmallows around the fire



Cathy, Jon, Mary & Chris



Chris & Graham



Geoff & Lorraine



Scott & Sue



Kerry & Ron

GOLF NEWS Sept/Oct 2022.

"G'day Golfers

Fri 23 Sep we played Hillview Lakeside with 9 starters. Ken won the day; while Chris was NTP; and Drew was the turkey. No pink balls, no birdies, and the organiser forgot to put out the Longest Put marker - should sack him!!

Fri 30 Sep back to Armadale with 11 starters. Steve had a good day - was the winner and the Longest Put, Bill Harris was NTP; while Drew was Turkey again after a birdie on the 3rd, and Bill Davis also had a birdie on the 6th.

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Fri 6 Oct decided to try somewhere new - played Kwinana with 11 starters. Robbo won the day; while Warren was NTP; and this time the Turkey went to Lloyd. Taffy had the Longest Put and a pink ball (came back from Indonesia the week before and came down with Covid straight away - still felt like crap with the hangover symptoms; but was negative after many RATs). Frank also picked up a pink ball.

We decided to stay for lunch as there was a very nice restaurant upstairs. Only one wait staff who took the first order for 4 coffees which took 15 min to make as machine used matches to heat the milk up, we all eventually put our order in. Sitting back we discussed having our Xmas lunch here; and all agreed the ambiance was very pleasant. After at least another 15 min wait the first 2 burgers came out. Another 10 min and a toasted sanga turned up. After another half hour 4 more burgers arrived - and one of them was wrong so the recipient said 'stuff it' and left. No apology from the kitchen. Another 15 min wait and the final burger finally turned up, plus my Caesar Salad which was about the easiest order. After almost no discussion - we are never ordering a meal there again!!!

The good news is we will go back to the Gosnells Hotel in Dec (date to be decided) for the Xmas lunch.

I'll be giving out envelopes this week for nominations for the "Clubman for 2022"

Thanks and see you on the 1st tee. "

Drew Baker"

You don't realize how old you are until you sit on the floor and then try to get back up.

CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

No news is good news!

COFFEE CHEETAHS BIKE MOB

Dear Reader! Seems just a couple of weeks our monthly newsletter Editor, Gordon Hamilton was asking for our contributions for our publication, but it must've been longer ago? Our 'highlight' ride was only just over a week ago, when we met at Point Walter, with most of us arriving by car, all except Graham Robbo, who cycled all the way there....did the ride with the boys, then cycled all the way home to Huntingdale! We were blessed with a super day, 'weather wise', and after the 9-00am start, we headed down river (on the parallel bike track) to Freo, then instead of us turning RIGHT as I thought we may do, most folks wanted to turn LEFT, which took us through the harbour area, with the thousands of brand-new vehicles newly driven off the two massive 'car- carrying ships', past Cicerellos, and onto the cafe at South Beach, where we ate, drunk and chatted for about an hour, before heading back to our starting point, only cycling a very modest 25 kms. Our loyal wee band of riders had a few absent, as oft occurs, with Rob S away studying wild-flowers, and John V somewhere in his caravan.

On Thursday just gone, we met up with Gordon T at the Canning Vale Dome, as we've haven't seen Gordon for a few months, so It's always good to see one of our previous riders, and he was telling us, he is having surgery again soon on his troublesome ankle, and we all wish him well.

Currently, we usually leave the shed at 9-00am, getting home 'about' noon, but we leave a bit earlier when the warmer weather arrives, then at the 'height of summer, we leave at 8-00am to miss some of the hottest periods.

David Gardiner photo: **Graeme Gurney**

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- *I changed my iPod's name to Titanic. It's syncing now.*

Photography Group: **We Back**

When: Tuesday 1 November 2022, 2 pm.

Where: Geoff Wiltshire Room.

What on: I will let know you closer to the meeting. Suggestions welcome.
Discuss the Mary Carrol Park photos so bring along your photos.

I will require all members attending to wear a face mask!

André Hoareau

0457 680 489

computing.gcms@gmail.com

Computer and Technology Group:

Technology Help Desk Now Available

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 time slot:

Put your name down for the next available Friday's time slot and describe your problem on the whiteboard in the computer room. Consults are up to two and a half hours. No House calls!

I will require you to wear a face mask. No mask, no help!

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Windows 10 Classes

Mondays at 9:30 – 12pm

The classes are currently suspended. Keep an eye here for details.

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.

André Hoareau

0457 680 489

computing.gcms@gmail.com

Recipe

Meal for two

Potato hash with tomatoes, pepper and kale

This easy one-pan supper has crispy potatoes and kale, juicy tomatoes and peppers, and set eggs with perfectly runny yolks.

Ingredients:

2 large potatoes, unpeeled, cut into bite-sized chunks; ½ tsp dried chilli flakes;
1 tsp olive oil; 1 large yellow pepper, deseeded and thickly sliced;
1 red onion, cut into thin wedges; 125g cherry tomatoes, halved;
40g curly kale, thinly sliced; 4 large free-range eggs;
Sea salt and freshly ground black pepper:

Method:

- Preheat the oven to 220C/200C Fan.
- Toss the potatoes with the chilli flakes, oil and a generous amount of salt and pepper on baking tray. Roast for 20 minutes.
- Remove the tray from the oven and toss the pepper, onion and tomatoes with the potatoes. Return to the oven for 15 minutes.
- Put the kale in a bowl with a large pinch of salt. Massage the kale between your fingertips until it becomes soft and damp.
- Toss the kale with the potato mixture and create four wells in the mixture. Crack an egg into each well and return the tray to the oven for 4–5 minutes, or until the egg whites are just set but the yolks are still runny.

Do you have a recipe to share??



Chicken stuffed with smoked fish.
Follow me for more recipes.



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MEMBERS:

Not all members have completed the "Membership 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.

Main reason for requiring this information is so that the emergency details on the reverse of your membership card can be updated if required. Such as emergency contact person / details. Additionally medical details, required if you are involved in an event requiring ambulance transport.

We know it will not happen to you but whether you like it or not you are now in that demographic!

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

Dan Caporn; Sheldon Martin; Tom Miller; Amit Rudra & Omar Varquex Carreto:

**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!**



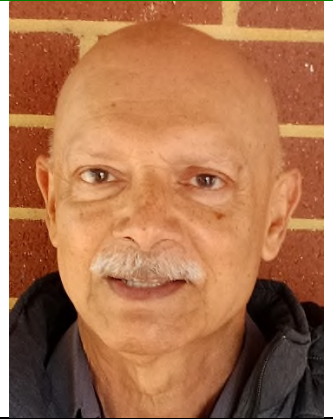
Dan Caporn



Sheldon Martin



Tom Miller



Amit Rudra



**Omar
Vazquez Carreto**

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HOUSE CLEANING:

Cleaning Roster

We are in need of more members to join our merry band on the cleaning roster. There are 16 of us on the roster working in pairs once a week on Mondays. At present, we are roster on once every nine weeks. The cleaning is not onerous and takes no more than one hour to complete.

Please volunteer at the front Office.

Roster for next 6 weeks.

17-Oct-22	Phil Measday	Jim Ridgwell
24-Oct-22	Alan Gordon	Mick Atkinson
31-Oct-22	Ray Smith	David McLean
07-Nov-22	Chris Brown	John Millar
14-Nov-22	Ken James	Rob Shewan
21-Nov-22	Andre Hoareau	Graham Robinson

I'm so old that when I was a kid, we actually had to win to get a trophy.

TABLE TENNIS:

Thought I'd tell you a wee bit about our loyal band of table tennis players! We've been playing now for about a couple of years, after I realised there was a table tennis table in the Wiltshire room one day while attending a meeting hosted by one of our guest speakers every month or two. I thought.....wow, that's a 'TT' table there, which I've never seen being used....What a bloody waste!!, so I made enquiries if we 'could' use it, then asked if any of my mates 'could' play, and fortunately John B said he used to play, and from memory, that how it all started. We then had a few more come along, some staying, but sadly others dropping off for a multiple of reasons, plus two of our good 'irregular' regular players, John V and Doug H are often away in their caravans, and very occasionally we'll have Geoff W, (the very man the room is named after) will grace us with his presence! We had a member called Rod, who was playing a while, but he was a carer for a family member I believe and hasn't played for a while now. Graeme G was a good player, but reckons he injured his back while playing, and naturally is reluctant to show us how good a player he is (or was!). Every so often we'll have 4 players, then we can play 'doubles', which is SO MUCH bloody fun, as playing doubles is a 'whole new ball-game' (pardon the pun) as our agility, or lack of, is certainly required, as it's such a fast game, trying not to let your playing partner down, and often apologising for missing a shot etc.! The most consistent attendors are without doubt, John B and myself, so we're always trying to recruit new players, and each week place a sign outside (in the shape of a 'giant' TT bat!) to entice new members to the wonderful world of the world's best game!So good for both our physical and mental well-being (according to the experts). There is no doubt, among all the 'sedentary members', sitting chatting and drinking coffee at the outside tables, that I'm playing, when the screams, shrieks etc. waft across the outdoor areas, as I lunge, stretch and sometimes return one of John B's serves!

It's a game anyone who has previously played can come-back to (like riding a bike!), so please come along on a Monday morning for a 9-00am start, with us playing until about 10-45 inc a coffee break. If you've never played, we'll show you how to!

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MODEL GROUP:

GREETINGS ONE AND ALL!!,

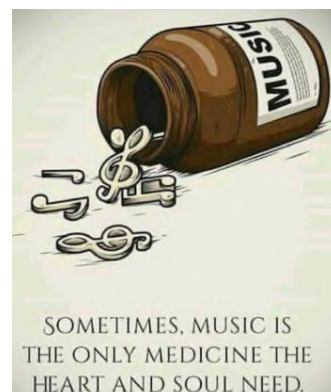
Required one scribe to put together some notes letting us know who is making what etc. Geoff is too busy with his work and other shed commitments so please somebody step forward. (GH)

See you soon??,

GEOFF BOWRA

MUSIC GROUP:

HI FOLKS!!,



That's it from me!!
Cheers,

GEOFF BOWRA

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Were we green enough?

Checking out at the supermarket, the young female cashier suggested to the elderly bloke that he should bring his own bags because plastic bags weren't good for the environment. Our fellow apologised and before leaving explained, "we didn't have this 'green thing' in my earlier days." The young cashier responded, "that's our problem today - your generation did not care enough about the environment for future generations".

She was right, of course, our generation didn't have the 'green thing' in its day.

Back then, we returned milk bottles, lemonade and beer bottles to the shop. The shop sent them back to the plant to be washed, sterilised and refilled, so it could use the same bottles over and over again. So they were really recycled.

But we didn't have the 'green thing' back in our day.

Grocery shops bagged our groceries in brown paper bags that we later used for numerous things including rubbish bags and even covering the kid's school books with the brown paper to protect them so they could also be recycled at years end. The covered school books were then personalised with artwork or postcards.



Too bad, we didn't have the 'green thing' back then.

We walked up stairs because we didn't have elevators and lifts in every building. We walked to the shop and didn't climb into 300 horsepower machines to go a half mile.

But she was right. We didn't have the 'green thing' in our day.

Back then, our women washed the baby's terry towelling nappies because we didn't have the throw away kind. We dried clothes on a line, not in energy gobbling machines burning up 3 kilowatts. Wind and solar power really did dry our clothes back in our early days. Kids had hand-me-down-clothes from brothers and sisters, not always brand new clothing.

But that young lady was right, we didn't have the 'green thing' back then.

Back then in those bad old days we had one wireless or TV in the house, not a TV in every room, including the kitchen! Our women blended and stirred by hand because they didn't have electric appliances to do every conceivable task in the kitchen. Packaging was old newspaper scrunched up to cushion the item, not carcinogenic Styrofoam products or bubble wrap. Back then we didn't fire up an engine and burn petrol just to cut the lawn. We pushed the mower that ran solely on human power. We didn't need to go to a health club to exercise on equipment running on electric power because we exercised by working.

She was right though, we didn't have the 'green thing'.

We drank from a cup or fountain when we were thirsty instead of using a plastic cup or bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the 'green thing' then.

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Back then, people took the bus and kids rode their bikes to and from school or walked instead of turning their mums into 24 hour taxi service in the \$80,000 'people carrier' which cost twice the price of a whole house did before the 'green thing'.

We had one electric outlet in each room, not an entire bank of sockets to power a dozen appliances and we didn't need a computerised gadget to receive a signal beamed from satellites 23, 000 miles out in space in order to find the nearest pub!

It is sad the way the 'current generation' laments how wasteful we old folks were just because we didn't have the 'green thing' back then.

If you agree with this diatribe then you must be another old selfish person who needs a lesson in conservation from a smart-arse young person. Remember this – we don't like being old in the first place, so it doesn't take much to really piss us off.... especially from a tattooed, multiple pierced smart-arse who cannot work out the change without the cash register telling them how much it is!

"The Temporary Royalist".

I'm not a 'Royalist' as such, yet I'm just a little sad at the passing of Queen Elisabeth 11. But I've had my moments in my earlier years when I could have been described as a 'Temporary Royalist'. This comes from two (2) close encounters with Royal Family members. I'd like to share them with you.

(1) In 1954, The Queen was in Canberra to open the session of Federal Parliament. For the opening, a Guard Of Honour, made up of C.M.F. army contingents from all States, was formed up on the façade outside the front of Parliament House.

The Queen duly arrived, took the salute, and disappeared inside. An hour later, after we had drinks (water), The Queen came out and down to the façade and inspected the guard. I was supposed to be in the back row, but a blue by the O.I.C. saw us all reversed, and I was at the front.

As she passed me, she stopped, and said "You look awfully young, how old are you?" I replied "Just turned 18 Sir, er Maam". She looked straight at me, gave me one of her famous smiles, said nothing, and moved on. That smile, reassuring that it was, helped me relax, and I will remember it in detail for ever.

(2) In 1962, The Duke Of Edinburgh was in Perth to open the Commonwealth Games at Perry Lakes Stadium. On the Sunday before, a large military parade was held on the Perth Esplanade, where the Duke was to present new colours to the 1RWAR. I was, by then, the Lead Drummer in the Pipes and Drums of the Regiment.

After the Presentation, the Duke then inspected some elements of the parade, including the P. and D. I, at the time, was wearing a new medal recently made available to the C.M.F. The Regulars had had it for some time.

When the Duke inspected the P. and D., he stopped in front of me and said "What is that medal for?" I replied candidly, and said, "12 years of undetected crime, Sir", mainly without thinking (this was the well used informal description). He looked at me for a moment, uttered a loud 'Haa', went to turn away, turned back to face me and said, pointing at me, "Well I've got twice that number, so it's up to you to see if you can beat that", heaved a great big smile at me, and went on his way.

At next band practice parade, in the old drill hall in Mounts Bay Rd., just near William Street, I received an order to report to the Regiment C.O., a Brigadier, and was told to 'mind my Ps and Qs in future'.

They were Royal contacts that I treasure, all the more so with the sad passing of our Queen. But I wonder if the new King is anywhere near as good as his mother. We can only hope, and see.

I hope this is of interest to you! Cheers, ***Rob Cairns.***

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

Silent Letters!

*We know the letter B doesn't belong in subtle
But what has the letter C got to do in a muscle?
The role of the D in Wednesday we can't define
Why should G be present in a gnat or in a sign?*

*To be honest, does the H in rhyme ring a bell?
And can the J in marijuana anybody smell?
Who knows why the K in knee won't knock
And why the L in walk or in calf would not talk*

*The first M in mnemonic is hard to understand
Would the damned N in the column ever stand?
We can't say the P in psalm or in psychology
And S alone gets tossed out from the debris*

*Is the T heard when you listen to a whistle?
W is not write, it's wrong, don't try to wrestle
X is the mistake in a faux pas, get the clue?
Hush, no rendezvous with Z, goodbye, adieu!*

Elderly men may walk slowly

An elderly man in Queensland, had owned a large property for several years.

He had a dam in one of the lower paddocks where he had planted mango and avocado trees. The dam had been fixed up for swimming when it was built and he also had some picnic tables placed there in the shade of the fruit trees.

One evening the old farmer decided to go down to the dam to look it over, as he hadn't been there for a while. He grabbed a ten-litre bucket to bring back some fruit.

As he neared the dam, he heard voices shouting and laughing with glee. As he came closer, he saw it was a bunch of young women skinny-dipping in his dam. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, 'We're not coming out until you leave!'

The old man frowned, 'I didn't come down here to watch you ladies swim naked or make you get out of the dam naked.'

Holding the bucket up he said, 'I'm here to feed the crocodile'

Moral: Old men may walk slowly, but they can still think fast!

Make sure you enjoy your 20s, 30s, 40s and 50s, because in your 60s, that 'check engine' light is going to come on.

- *I'm reading a book about anti-gravity. I just can't put it down.*
- *I did a theatrical performance about puns. It was a play on words.*
- *I didn't like my beard at first. Then it grew on me.*
- *Don't worry about old age; it doesn't last.*

The Gosnells Community Men's Shed News

GCMS Local and Family History Group

As I watch this generation try and rewrite our history, I'm sure of one thing: It will be misspelled and have no punctuation!

Pt 10. History repeats itself...maybe.

Imagine you were living in Gosnells at the turn of the 1900s, At long last – the completion of the Fremantle to Armadale line, via Jandakot, line, running to Armadale - and later beyond. A grand Opening was scheduled in 1900 when the first steam train left Fremantle. To honour this momentous occasion, free rides were given to all, special meat teas were given to local villagers, the local bands played whilst the nobs partook of the finest cuisine, accompanied by imported wines. Alas, Gosnells did not have its' own station on the competing Perth Line until 1905 (still standing, but derelict) and although trains had been introduced in 1903 the only way to hail a train was to wave – or put illicit detonators on the tracks. Not a huge problem, as you could hear the locos from Canning – a warning to stand by the line!

But what a special occasion! To give an idea of how rapidly progress was being made, here is a 1912 shot of the Governor, Sir John Forrest, on the opening day of the Trans-Australia Railway in 1917. Truly a memorable event!



Now let's run forward to last Sunday, 19th October 2022.

After many years of planning -originally muted 16 or so years ago when the Airport was being developed, but as recently as 6 yrs ago when the funding was made available and planning in earnest began, the airport line was finally begun in???. Not QUITE the same scale of operations, and certainly top-hatted gentlemen with long beards were noticeably absent, but history has repeated itself... But Covid, collapsed tunnels, and labour shortages all added to the delay.



...Here comes the "A" team!

..Was it all worth it?



Time will tell. Forecasted passenger numbers are high. The facilities are excellent. My only complaint is that the walkway from the Terminal Station is far too long, cold, and windy.

Well, toot toot until the next times - the Byford extension from Armadale, the Airport – Kenwick link, the Thornlie – Cockburn extension, and who knows what next!

Chris Beckett, 9th October 2022.

Your Shed! Our Shed! Our Future!



How many of us have looked around our family reunion and thought “Well aren’t we just two clowns short of a circus?”



We all get heavier (and shrink) as we get older because there's a lot more information in our heads. That's my story and I'm sticking to it.