

The Gosnells Community Men's Shed News



Lewis Homestead

Nov 2022

Vol. 11 # 05

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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: Chris I'Anson,

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)

- | | |
|----------------------|--|
| 22 nd Nov | Niagara Talk at the Shed; |
| 25 th Nov | End of Month BBQ at the Shed. |
| 02 nd Dec | Christmas function – Gos Bowling Club! |
| 06 th Dec | Mental Health Discussion 09:15 – 10:15 deferred from 24 th Nov. |

End of Month Social BBQ Friday 25th November

Come for a feed some good fellowship at the Social BBQ lunch being held at Lewis House on Friday 25th November 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.

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From the Chairman's desk: October 2022

Its only 5weeks to Christmas and there has been plenty happening behind the scenes over the last month.

Santa's workshop has been busy, under the guidance of Santa Chris. We completed a project for the Thornlie Bowling Club, consisting of two tables and a rail fence.

John Mitchel has been busy churning out some interesting articles from his Laser machine.

The last end of month BBQ, saw an improved attendance. Thank you to everyone who responded to my request to support this event. We have one more at the end of November, so please keep up your support.

The Christmas function is coming up, at the Gosnells Bowling Club, at the last count there were only a couple of tickets left, so if you intend joining us, time is running out to secure your ticket.

We still have several bottles of our GMS Olive Oil for sale in the office, \$12 for 500ml and \$6 for 250ml. I can guarantee it is a nice drop.

Mike Atkinson has carried out a complete audit of all our firefighting equipment and has produced a very comprehensive report. We are well covered in that area. Through the effort of Geoff Wiltshire and his merry band of BBQ assistants, we helped out the City of Gosnells, with another Community BBQ event, this time in Maddington. Thanks to all involved.

I am happy to report that under the watchful eye of our treasurer Ted Evans, we are in a reasonably healthy position to cover any future eventualities. I suspect a few of the waist lines may have expanded with the increased goodies provided by our resident caterer, Geoff Bowra.

Ray Smith
Chairman

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!!



HEALTH & SAFETY REPORT

As I was away for most of October I would like to belatedly thank Ray Smith for his extremely interesting talk about the Perth Mint and hopefully this will encourage other members of the Shed to come forward and let me know if they would like to share their stories of their working life or just life in general because I'm sure everyone has a story to tell.

We had a talk on Tuesday November 8 regarding Food and Mood by dietician Nick Nation followed by a healthy BBQ with lots of vegies. This talk was well attended with about 30 members and partners. Nick spoke about the importance of eating well as this not only affects your body but your mind as well.

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Now that many of the Covid restrictions have been relaxed (but it has not gone away) we have a couple of talks coming up –

Tuesday 22nd November at 10am in the Wiltshire Room Sandra Finnerty & Stephen Halliwell from Niagara Therapy will give a presentation regarding how the Circulation and Lymphatic systems are affected by the aging process and how this can affect the quality of life for many seniors. Both Sandra & Stephen specialise in senior's health. They will be providing some useful tips to improve health. We would like to see this presentation well attended by members and partners as well.

On Tuesday 6th December from 9.15am to 10.15am (followed by a **BBQ**). In the Wiltshire Room a speaker from Elevate Wellbeing will be doing a presentation about mental health "How to not say the wrong thing" – tips on how we can best support each other. This will take place in the form of a casual discussion and aims to arm individuals with the tools they need to best support each other. This is an initiative by the City of Gosnells who have provided a grant and will supply the BBQ on the day, Tuesday 6th December.

I understand there seems to be a lot going on in such a short period of time but unfortunately the timing and the dates was not in my control as the nutrition talk was sponsored by DVA and also the talk on 06th Dec sponsored by City of Gosnells.

It would be appreciated if we could see as many members and partners come along to both talks on the 22nd and 06th Dec.

Thanks for your understanding.

On Sunday 20 November Al Gordon & myself will be having a stall to promote the Shed at Walter Padbury Park, Thornlie from 11am to 2pm. This event called Wheelie Good Dads is a free community event with info & services for men, car & motorbike displays, food & drinks – for more info visit www.wacpps.org.au. Come and have a look if you can.



*On Wednesday 9th November I attended the **Have a Go Day at Burswood** and helped man the Men's Sheds of WA stall which was a fun afternoon – attached is a photo.*

Please continue to be Covid safe at the shed.

Kind regards
Graham Hughes
Welfare Officer 0419 514 631

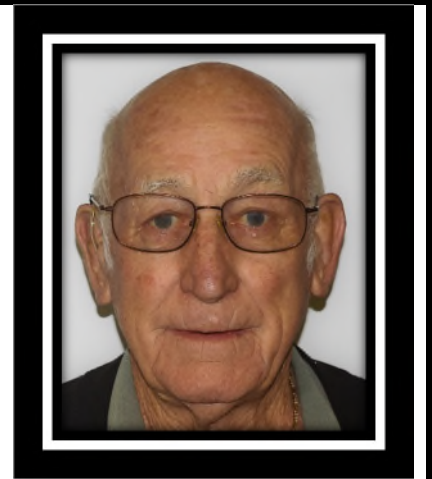
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Colin Brooks.

Colin was a long time member but not well known to very many as he mostly only attended the model Group on a Thursday.

He had a number of Health Issues and more recently he decided to Stop Dialysis [similar to Mike Deveraux] and he lasted another two weeks until he Passed Away. [He was in his 80's] His Funeral was on Thursday 10th November at Simplicity Funerals in Kelmscott however I could Not be there BUT I believe some members DID Attend.

Yet another valued Member gone to GOD ... R.I.P. COLIN. *Colin joined GCMS in its first year of operation his "seniority # was 112. He was an active supporter of our fund raising activities when health permitted. RIP.*



Graham Hughes
Welfare Officer 0419 514 631

The GCMS Christmas lunch:



Christmas lunch at the Gosnells Bowling Club

Friday 2 December 2022.

Arrival from 12noon with lunch to be served at 1pm

Tickets sold pretty quickly, sales closed on Friday 18th November.

SOCIAL OUTING

The **Social Activities Team** arranged a visit to the **Wheelchairs for Kids** Workshop in Wangara on **Monday 24th October** followed by lunch at a nearby venue / pub. 14 persons (members & Partners) made the trip and all were very impressed with what we saw. This "new" facility has only been up and running about a year.

This was 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

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would be denied because of their inability to attend School under normal circumstances. See: <https://wheelchairsforkids.org> .

The following is an extract from their very informative web site:

After 22 years managing progressively in one to four rented and often cramped workshops, we received a generous mortgage loan from long-term supporters, Bill and Iolanda Gibbins, from Victoria. This to the value of AU\$2M. We then purchased an ideal property. This was followed by an unbelievable donation 6 months later from long term donors, Bill and Eileen Doyle of Katherine, who paid out the complete mortgage. We now own a new factory facility and headquarters, located in Wangara, Western Australia.

Fitted out with top of the range manufacturing equipment, our new 1,422 square metre building is situated on a 4,804 square metre commercial landholding which gives us the advantages of a larger working space under one roof, plus ample parking and dedicated break area, modern offices, kitchen and a conference room.

*What's more, it signals the start of an exciting new chapter for **Wheelchairs For Kids** – with a secure, long-term base and enhanced facilities enabling us to get on with what we do best: building and distributing rough-terrain wheelchairs to WHO standards.*

*In **September 2021**, Wheelchairs for Kids celebrated a magnificent milestone. The factory located in Wangara, Perth have completed their **50,000th** wheelchair. All 50,000 have been made by volunteers and given to needy kids around the world.*

Wheelchairs for Kids began making wheelchairs in 1998 and the first chair was made from old bike frames and a wooden base. It did the job, but it had many problems and so changes had to be made. That first design was then replaced by a welded and bent up steel frame wheelchair that was produced in the hundreds, before being replaced by the third model which incorporated an aluminium frame. That design was again replaced by a fourth and further modified design which really increased the speed of manufacture.

Over 22 years and now 9 model design changes since inception, including working to World Health Organisation standards, we now have a design which is fully adjustable to allow for the child's growth. It is made as a rough terrain wheelchair, it has solid puncture proof tyres and wheel covers and a single front wheel which makes it easier to travel over rough pot-holed jungle tracks. It also has seat belts, postural supports, a tray, knee separators, a tool kit, a knee rug and comes with a soft toy.



View of current model chair



GCMS in assembly area



Chairs packed for transport

Information and Technology:

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

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SHED MANAGEMENT:

Workshop Report:

The acting Workshop Manager, Chris I'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.



Saturday 19th Nov saw a lot of activity in the workshop with the manufacture of some bunk beds. Other projects were underway. This has plenty of jobs such as chair painting and projects to be made. Just ask if you need a job!



The workshop is currently quoting on some work for the South Thornlie Primary School.

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.

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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.

FUND RAISING:

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

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



GOLF NEWS Sept/Oct 2022.

Friday 14 Oct we had 13 players at Armadale; with Taffy winning on the day, was NTP and picked up a pink ball - bit of a mixed bag day; Phil had the Longest Put, and a pink ball. Steve collected the Turkey; while Frank also had a pink ball.

Friday 21 Oct we played Maylands with 10 starters; with Warren winning the day. Lloyd was NTP, Frank had the longest put while Ken picked up the Turkey. No pink balls or birdies.

Friday 28 Oct home to Armadale with 11 players and Tom won. NTP was Phil, Longest Put was Bill Hughes, and Bill Harris collected the Turkey,

Friday 4 Nov we played Hillview Classic with 11 players. Ron won and that is after 2 pink balls; with Robbo being NTP; Bill Harris had the Longest Put, while Taffy was the Turkey plus a pink ball.

Friday 11 Nov back to Armadale with 9 starters. Tom won the day and had a pink ball. NTP was Frank, While Bill Davis had the Longest Put. Barrie collected the Turkey; and Robbo and Bill Harris also had pink balls.

The Golfer's Xmas lunch is booked for Fri 9 Dec at the Gosnells Pub after we have played at Armadale.

We have been missing quite a few members through long time health problems; we all send our best wishes and hope that we will see each one of you back on the course some day.

Keep trying to sink that bloody little white (sometimes yellow) ball!!!

See you on the green!

Drew Baker''

CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

No news is good news!

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COFFEE CHEETAHS BIKE MOB

This last month had numbers vary greatly, with two Thursday rides having only four of us, and 9 of us in between, on the day Robbo took us to a new place for us all, 'Whipper Snapper Distillery' in East Perth where whiskey was made, but as we were 'road users' we were responsible, by only having our usual coffee and cake! Must say.... I did wonder which whiskey they were making...Irish, or Scottish whisky, as the spelling of the word varied in their advertising, as the Irish variety is 'whiskey', whereas the Scottish 'tippie' is 'whisky'. This was certainly a day to celebrate one of our riders, Greg Drew who was going to be 80 in two days' time. We all signed the couple of cards wishing him well and congratulating Greg for reaching such an auspicious 'milestone' age!

Another great, but demanding ride saw us ride to Burswood / Rivervale area along the cycle path alongside the railway line, then we 'turned right' heading along the Swan River path to Ascot, where we turned left over the Garratt Road bridge, then along to Maylands to another new cafe called 'Noggo's' (as the Peninsula Tearooms closed a couple of years ago). This was a particularly 'warm/hot' day with a max. (*Temperature*) of 33° C, which we weren't used to, our hottest day since last March! By the time we'd ridden home, most of us had done about 55kms, but with John V residing in Kelmscott, this added about 12 kms for the total distance on the day, bringing his distance to 67 kms, not bad for someone approaching 'four scores' in age?.....for our younger and 'possibly less literate' readers, a 'score' means '20'! You've probably heard, the average lifespan for a man was 'three score and ten', meaning 70 years of age....any more was considered a bonus!

David Gardiner photo: **Graeme Gurney**



A LIGHT HEARTED LOOK AT OUR BICYCLE GROUPS

Within the men Shed we have two bicycle groups. Seems a bit odd to those who don't understand, but perfectly logical to those in each group.

One group are called the COFFEE CHEETAHS BIKE MOB. These guys are the enthusiastic bike riders. Some have been riding all their life and the others are nevertheless hardened riders. This group are usually out for a few hours and ride many many kilometres. Their bikes are of a high quality, well serviced as are their riders. They must have thoughts of the other group being a bunch of slackers. They usually have 6-8 riders each week and their prime objective seems to be to experience different locations via different routes and importantly a coffee shop each week.

The other group, GOS GARBAGE CYCLING GROUP are everything the above group are, but in reverse. These guys are casual riders. For some, the Thursday ride is their only ride of the week. They are neither fit nor fanatical, but enjoy their ride each week. Their bikes, and trikes, are generally of a lower quality than the others and in some cases have been sourced from roadside collections. They just don't understand the other group and think of them as wasting a perfectly good day by riding the ridiculous number of kilometres they do, whereas this group generally ride for 1 hour, cover

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approximately 10 km and are back at The Shed for a \$1 coffee and a chat. There is usually 5ish members riding each week.

Either way both groups have similar aims;

- Our ride is spent with friends enjoying a common interest
- We try to explore a different area each week to retain interest.
- We stop to have a coffee and a chat, albeit at different locations.
- We are all exercising and keeping fit as best we can.

The health benefits of regular cycling include:

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones
- decreased body fat levels
- prevention or management of disease
- reduced anxiety and depression.

So have a think if bike riding would suit you! Both groups welcome new riders, you just have to choose which group would suit you best. Try us both out if you're not sure.

Reference <https://www.betterhealth.vic.gov.au>



CGMS Walking Group:

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

All members welcome to join in!

Photography Group:

At the November meeting we discussed the photos taken on the Mary Carroll outing. It was interesting with six people attending we got six types of photos indicating our individual preferences and styles. We also discuss why the majority of the photos we took failed and what to look out for in what makes a good photo.

We then had a tutorial on macro photography and got the cameras out to put it into practice.

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When: Tuesday 6 December 2022, 2 pm.

Where: Geoff Wiltshire Room.

What on: I will let know you where we are going for the next photo shoot soon.
Suggestions welcome.

André Hoareau

0457 680 489

computing.gcms@gmail.com

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

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 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.

Windows 10 Classes

Mondays at 9:30 – 12pm

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

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.

André Hoareau

0457 680 489

computing.gcms@gmail.com

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Recipe

Meal for four – As provided for the attendees to the Nutrition talk on 8th November

Chicken and Veggie stack.

Ingredients:

300g yellow squash; 300g broccolini, trimmed and halved lengthwise;
1 red onion, thinly sliced into rounds; 3 x 200g chicken breast fillets, cut into 4 thin slices;
1 tablespoon sweet paprika, 100g haloumi, chopped; basil leaves to serve.

Pecan pesto:

400g pecans, toasted; 2 cups basil leaves; 1 fresh long green chilli, halved lengthways, seeded;
Finely grated zest and juice of 2 limes:

Method:

1. Place pecan pesto ingredients into food processor and process until smooth.
2. Cook squash, broccolini and onion on BBQ flat plate or frying pan, turning occasionally for 5 minutes. Set aside on plate and keep warm.
3. Sprinkle both sides of chicken pieces with paprika and pepper.
4. Cook chicken on grill or frying pan until cooked through. Set aside and keep warm.
5. Add haloumi to BBQ flat plate or frying pan and cook, tossing until softened and golden.
6. Stack chicken and vegetables on serving plates and scatter the haloumi. Dollop with pecan pesto and scatter over the basil leaves and serve.

Do you have a recipe to share??

MEMBERS:

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

Gary Edwards,. Rob MacKinlay and George Horsham.:

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!



Gary Edwards



Rob MacKinlay



George Horsham

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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.

21-Nov-22	Andre Hoareau	Rob Shewan
28-Nov-22	Warren Standing	Graham Robinson
05 Dec-22	Patrick Bartlett	Charlie Fasolo
12-Dec-22	Phil Measday	Jim Ridgwell
19-Dec-22	Alan Gordon	Mick Atkinson

MODEL GROUP: MUSIC GROUP:

GREETINGS ONE AND ALL!!,

Only Sporadic attendance at both groups this month PLUS I have had to Cancel TWO Sessions as I've had my daughter and husband over from Melbourne and have not been at the SHED.

HENCE ... NO NEWS FROM ME!! ..as nothing to report ... SORRY !!

Graham Hughes may have an update on Music Group member ROB CAIRNS who is unwell with Heart problems ... [ROB has not attended for many weeks]

Cheers,

GEOFF BOWRA

A tourist in Vienna is going through a graveyard and, suddenly, he hears music. No one is around, so he starts searching for the source. He finally locates the origin and finds it is coming from a grave with a headstone that reads: "Ludwig van Beethoven, 1770- 1827". Then he realizes that the music is Beethoven's Ninth Symphony, and it is being played backward!

Puzzled, he leaves the graveyard and persuades a friend to return with him. By the time they arrive back at the grave, the music has changed. This time it is the Seventh Symphony, but like the previous piece, it is being played backwards. Curious, the men agree to consult a music scholar. When they return with the expert, the Fifth Symphony is playing, again backwards.

The expert notices that the symphonies are being played in the reverse order in which they were composed, the 9th, then the 7th, then the 5th. By the next day the word has spread, and a crowd has gathered around the grave. They are all listening to the Second Symphony being played backward. Just then the graveyard's caretaker ambles up to the group. Someone in the group asks him if he has an explanation for the music. "I would have thought it was obvious," the caretaker says. "He's decomposing."

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TABLE TENNIS:

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!

CARAVANERS:

The very recent caravan trip was to Manjimup Central Caravan Park to explore the surrounding sights just after the "Cherry Festival" – the dates being 14th-18th November. John Bower has produced another of his "Shedlight" series (#112) showing the happy Campers / Caravaners.

A little boy got on the bus, sat next to a man reading a book, and noticed he had his collar on backwards. The little boy asked why he wore his collar backwards.

The man, who was a priest, said, 'I am a Father..'

The little boy replied, 'My Daddy doesn't wear his collar like that.'

The priest looked up from his book and answered, "I am the Father of many."

The boy said, "My Dad has 4 boys, 4 girls and two grandchildren and he doesn't wear his collar that way!"

The priest, getting impatient, said. 'I am the Father of hundreds', and went back to reading his book.

The little boy sat quietly thinking for a while, then leaned over and said, "Maybe you should wear a condom and put your pants on backwards instead of your collar."

A VERY IMPORTANT FIRST AID ANNOUNCEMENT!

Defibrillators

This shed has two of these life saving devices.

Time to point out to our New Members and to remind our long term Members just where they are **located**.

Our original unit is that red thing hanging on the wall in the house hallway just outside the kitchen.



The second unit is in a locked weather proof box attached to the outside wall of the Wiltshire Room facing the Amaroo Hospice. In the event of an emergency requiring the use of this unit you do not have to run around like a chook with its head cut off looking for the key!

All that is required is a mobile phone. Stand facing the front of the box. Dial "000" on the phone and quote the cabinet # which is located in the top left hand corner of the cabinet.

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The operator will give you the access code to unlock the cabinet. At the same time an ambulance will be dispatched to shed. Open the cabinet, remove the defibrillator and proceed to the person in need.



Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

I'm getting tired of being part of a major historical event.

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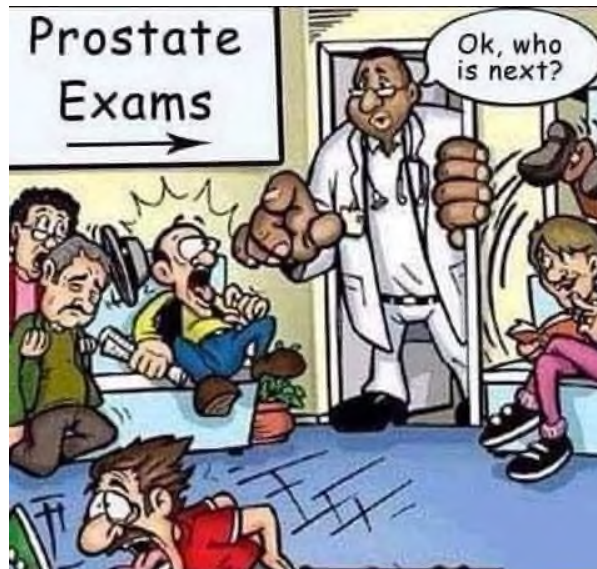


Always remember



When buying gifts for women,
the most important thing is
to keep the receipt...

So that she can change it!



**It's hard to buy
your husband
something for
Christmas when
he got everything
when he married
you.**