

The Gosnells Community Men's Shed News



Lewis Homestead

Dec 2022

Vol. 11 # 06

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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)

23rd Dec End of Month BBQ at the Shed.

02nd Jan Shed OPEN following Christmas / New Year break

End of Month Social BBQ Friday 23rd December

Come for a feed some good fellowship at the Social BBQ lunch being held at Lewis House on Friday 23rd December commencing at 11:30am.

This month fare is cost 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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From the Chairman's desk: December 2022

Well here we are, almost at the end of another year.

The last month has been a busy one for the workshop, with several large jobs going out the door.

Geoff Wiltshire has been successful in obtaining an AMSA grant of \$5,000 to cover the cost of a new printer in the office and some new computers.

The next wave of Covid has not escaped us, as several members have gone down with the disease. Fortunately, because we took a hard line and insisted everyone had to be fully vaccinated we seem to have escaped the worst of it, but the peak is not over yet.

Please note, the shed will be closed from Saturday, 24th December and opening up again Monday, 2nd January, 2023.

The laser unit is still producing some amazing products, which in turn is producing a small income for the shed.

Chris is progressing with his clean out of a lot of surplus items.

The Social Committee have decided that they wish to put on a free end of year BBQ, to thank everyone for their support during the year.

The Christmas function, held at the Gosnells Bowling Club was well attended and was voted a success. There were lots of prizes for the free raffle. Thanks to everyone, who donated a prize for the raffle.

We may have to consider another venue next year as the Bowling Club is undergoing some major re-development next year.

On behalf of the Management Committee, I would like to wish you and your families a great Christmas and a happy New Year.

The long range forecast is for some hot weather in the New Year, so the air conditioners at the shed will get some good use.

It was great to see Allen Holloway back at the Shed for a short visit this week looking fit and healthy

Ray Smith
Chairman



END OF MONTH - CHRISTMAS BBQ

Members are advised that the usual end of month BBQ for December will be held a week earlier on:-

Friday 23 December commencing at 11.30 am.

This will be that last chance to get together before Christmas as the Shed will be closed from Saturday 24 December (re-opening Monday 2nd January)

We are having a traditional sausage sizzle with a few extras.



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The lunch will be free and members may wish to bring along alcohol on this occasion.

Volunteers will be required to assist with preparation and cooking.



Christmas /New Year Shutdown.

GCMS will be closed for the period 24th December 2022 till 01st January 2023.

Open for Business on Monday 02nd January 2023.

Please enjoy the break with your family and friends.

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HEALTH & SAFETY REPORT

The Men's Shed Christmas lunch was a great success and I'd like to personally thank all the members that came along as the feedback has been very positive. The food was plentiful and the volunteer ladies in the kitchen did a wonderful job.

We had a talk at the shed on 22 November, this presentation was conducted by Sandra Finnerty & Stephen Halliwell from Niagara Therapy 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. All members that attended were given the opportunity of a free sample of Niagara's products conducted by Stephen & Sandra. Once again I'd like to thank the 22 members that came along to the talk.

On Thursday 24th November, Mike from Elevate Wellbeing did a presentation about mental health "How to not say the wrong thing" and gave tips on how we can best support each other. This was ended with discussion and questions and answers. This was followed up by a BBQ for the members that attended the function which was sponsored by the City of Gosnells and it was really pleasing to see 24 members and partners attend this talk.

Over the past several weeks we have had quite a few members come down with Covid so it is extremely important that all members are diligent in their attitude to Covid as it has not gone away from the community as yet. Please continue to be Covid safe at the shed.

I'd like to take this opportunity to wish all members a happy Christmas and best wishes for 2023 and if anybody is travelling over the holiday period please travel safe.

Kind regards
Graham Hughes
Welfare Officer 0419 514 631

The GCMS Christmas lunch:



Christmas lunch at the Gosnells Bowling Club
Friday 2 December 2022.

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Just a few of the photographs taken by Geoff Bowra on the day. I noticed that in a number of the many photographs where Geoff had managed to capture Members and their wives / partners the bloke had his eyes closed! What message does this give?

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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

SHED MANAGEMENT:

Workshop Report:

The Workshop Manager, Chris I'Anson finally despatched the pair of bunk beds!



SOCIAL SCENE

FUND RAISING:

"CONTAINERS FOR CHANGE" This is ongoing so please continue to bring in your recyclable drink containers. This time of year we should all have a few "containers" to fill the bin!

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ACTIVITIES

GOLF NEWS December 2022.

No 'Golf news' as we are seeking a new Golfing columnist. Hopefully all the golfers enjoyed their Christmas lunch on Friday 9th December. Best wishes for the coming New Year!

CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

No news is good news!

COFFEE CHEETAHS BIKE MOB

Hi All! Just realised a few minutes ago that today as I write this is already Sunday (11th Dec), and the fella who 'bundles' our newsletter together, Gordon Hamilton wants our reports in by today(?), or tomorrow, so my mind now is racing, trying to think what to put down on paper, that'll make sense and is 'half-readable! I know I've got several photos I can send to Gordon, as our resident photographer Graeme G always gets us to stand with our best sides facing the camera, which for me, can be a problem, as I've been told on more than one occasion, 'I don't have a best- side'.....they're both as bad!

Luckily, I write a quick report each Thursday on our outing....who was there, where we went, what we had to eat at the 'coffee spot', etc. so I'll just give a quick rundown on any 'highlight rides' we had. Looking at my notes, the 'premier' ride was only a few days ago, when on Thursday, we rode to Perth via the bike path which runs almost all the way from our shed, to Perth CBD, a distance of about 22 kms. We had a stop at a pleasant cafe next to the historic Perth Rowing Club's wooden building near Elizabeth Quay, which has been there since around 1900, although the club was formed in 1866.

Although we were very close to one of our city's oldest buildings, we were surrounded by several new building which were hundreds of 'feet' tall, with differing opinions among us, on the aesthetics! By the time we'd cycled home we had done 'close-on' 50 kms, with John V who resides in 'Clifton Hills' in Kelmscott doing another 13 kms all-up!.....not bad for a bloke approaching 80 years of age.....well, in a couple of years anyway!

David Gardiner photo: **Graeme Gurney**



Barrack St rest stop.



Taking a "short cut"?

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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:

The Photography Group will cease to operate as of December.

Thanks to those who participated over the years.

André Hoareau

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. Hopefully classes will restart in February 2023 depending on the COVID-19 situation.

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

Eat Alphabet soup – Have a vowel movement!

Laxatives give you a good run for your money!

Resolutions – in one year and out the other!

I am not bossy! I just know what you should be doing!

If you are in it up to your ears then keep your mouth shut!

At election time - can't get up to vote? You may have electile dysfunction!

Back in my day, 'vaping' was when Mum rubbed Vicks Vaporub all over your chest.

Velcro - what a rip off!

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Recipe

Spinach and parmesan baked salmon



Easy 0:15 Prep 0:30 Cook 4 Servings

Ingredients

4 salmon steaks; 150 g baby spinach; 350 ml cream
2 garlic cloves crushed; 1/2 cup parmesan grated; 1 pinch salt and pepper *to taste
4 large potatoes, peeled, chopped; 4 tbs milk; 2 tbs butter:

Method

1. Wash spinach leaves then cover the bottom of a deep oven dish with them.
2. Place salmon steaks on top of the spinach leaves. Season with salt and pepper.
3. Mix the garlic and cream together, pour over the salmon. Top with Parmesan cheese.
4. Bake in a moderate oven for about ½ an hour.
5. Boil or steam potatoes until soft. Drain, add milk and butter and mash well.
6. Serve the salmon on top of mashed potato.

Variation:

Add some sliced spring onions and use skinless salmon fillets rather than cutlets. Use double thick cream, use half the amount and added evaporated milk to make up the 350 ml.
Also try a squeeze of lemon juice in the sauce. 350 ml.

Do you have a recipe to share??

MODEL GROUP:

GREETINGS ALL!!,

The Model Group have had a really productive year and a number of the group are now into LEGGO and it's amazing what they come up with. [Many are on display in the Wiltshire room]

The previous Models on display have had a rotation and many new ones are now in position and NEW Group ones are to follow..e.g. VOLKSWAGEN DISPLAY and MUSTANG DISPLAY. New member Tony and myself have started assembling some wooden 3D [Laser Cut] models and it's amazing what can be put together with NO NAILS OR GLUE. [Previously Richard was the master at assembling these!!]

There has been NO Models OR Music this week as I have COVID and must Isolate at Home BUT some members from Both Groups had a get together [for pre-Christmas Lunch] at the Gosnells Hotel on Thursday 15th and I received a very Cheeky photo of ALL the Guys showing me their "Sore Finger" and saying how they missed me !! ..THANKS GUYS xx

MAY WE WISH YOU ALL A VERY MERRY CHRISTMAS AND A COVID SAFE 2023 !!

Bye for now,

GEOFF BOWRA

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MUSIC GROUP:

HI ALL,

Well it's nearly that time again!! [But be careful what you wish for].. YEP.. the Trees up and decorated and most Christmas shopping done but one has to ask : WHERE ON EARTH DID 2022 GO ???

It's been a Rollercoaster of a Year with Covid etc. and the music Group has had its fair share of Illness and I myself am Isolating due to a Positive Covid Result.. [Bloody nasty little bugger this Covid!!]

Rob Cairns has been absent for many weeks due to other illness and we wish him a speedy recovery and a returning to the fold with his harmonicas.

Despite these setbacks.. All-In-All it has been quite a productive year for us and many new songs have been added to our vast repertoire... [Sorry John-G but your Shredder will have to wait until 2023]

The two NEW GUITARIST GUYS [John Taylor and Alan Boyle] have settled in nicely!!

WE ALL WISH YOU A VERY MERRY CHRISTMAS AND A MUCH LESS TRAUMATIC 2023!!!

Cheers,

GEOFF BOWRA



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 check the roster on the noticeboard in the passageway at the Shed for the current listing.

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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!

An Aussie truck driver was drinking in a bar in Dubbo when he gets a call on his phone. He orders drinks for everybody in the bar as he announces his wife has just produced a typical Aussie truckie's baby boy weighing 15 kilos.

Nobody can believe that any new baby can weigh in at 15 kilos, but the man just shrugs, "That's about average out here ... like I said my boy's a typical Aussie truckie's baby boy."

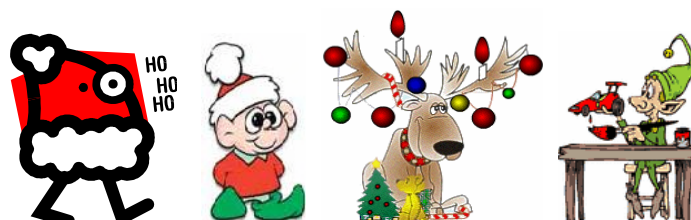
Two weeks later the man returns to the bar.

The bartender says, "Aren't you the father of that baby that weighed 15 kilos at birth? Everybody's been making' bets about how big he'd be in two weeks.... so how much does he weigh now?"

The proud father answers, "Ten kilos."

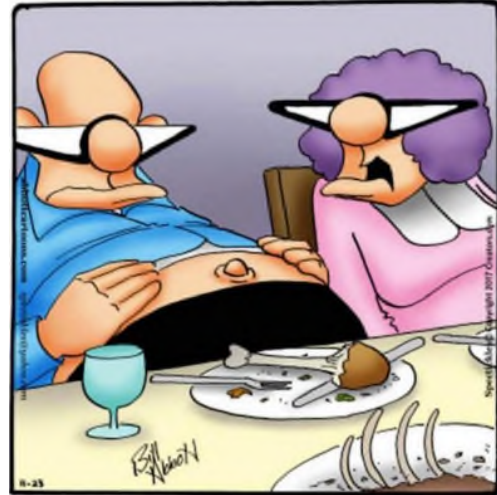
The bartender is puzzled and concerned. "What happened? You said he was 15 kilos the day he was born."

The proud Aussie truckle/father takes a slow swig of his XXXX Gold, wipes his lips on his shirt sleeve, leans into the bartender and proudly says, "Had him circumcised." □

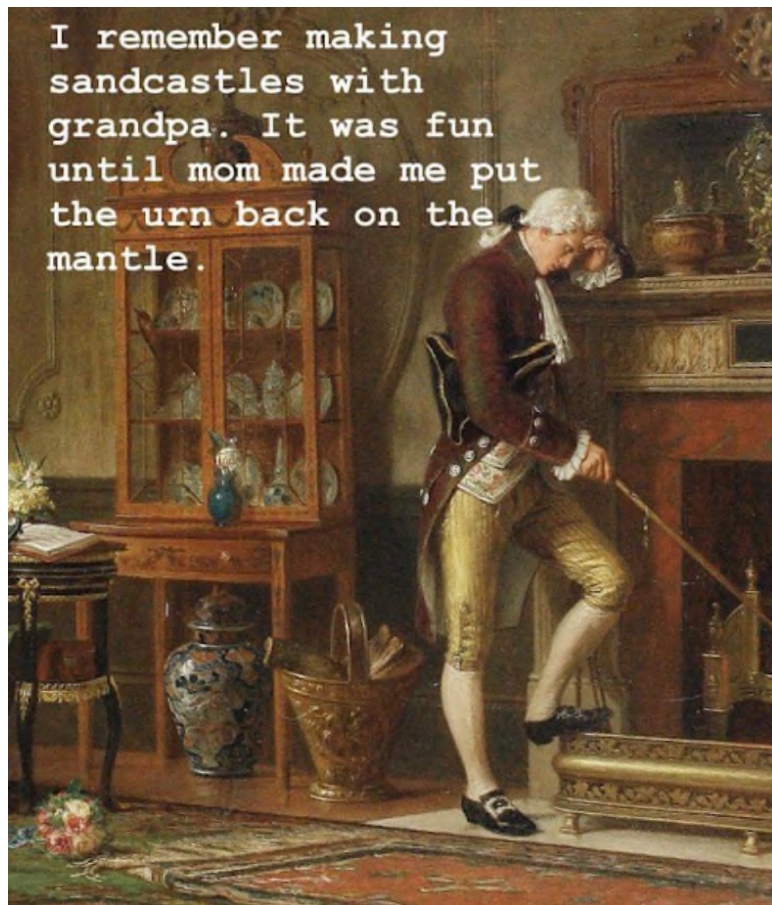


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As the year comes to an end, I urge you to take care of yourself and avoid accidents because spare parts for old models like you are no longer in stock.



"I think you're done. Your little button popped out."



I remember making sandcastles with grandpa. It was fun until mom made me put the urn back on the mantle.

Wishing all Shed Members and their families a happy Christmas and a prosperous New Year!



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