

The Gosnells Community Men's Shed News



Lewis Homestead

Jan 2023

Vol. 11 # 07

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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)

26th Jan Australia Day Morning Tea;
27th Jan End of Month BBQ at the Shed;
31st Jan Sharpening Demonstration at the Shed;

End of Month Social BBQ Friday 27th January

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

This month fare is egg and bacon rolls, \$3 each including tea, coffee, cake and juice.

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: January 2023

2023 started out quietly enough but has gone haywire with a break-in last week.

The attendance at the Christmas Eve BBQ was a great finish to the year with an attendance of 41 members.

We have several members who are still suffering from long Covid.

Kevin Munt has got off to a rough start for the year with an injury to his shoulder. We wish you a speedy recovery Kevin and look forward to seeing you back at the shed.

Chris and a few helpers including Glyn and Chris Brown from the metal shop have been working on some benches and seats for Thornlie Primary School.

The renovations to the Lewis House kitchen are progressing thanks to Phil Scott Geoff Wiltshire and Ted

Ray Smith
Chairman

END OF MONTH - CHRISTMAS BBQ



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Sharpening Demonstration

A representative from **Carbatec** will visit the shed on **Tuesday 31st January at 10.30am**. He will conduct a sharpening demonstration.

This will include sharpening chisels, knives, wood turning chisels and plane blades.

Members are welcome to attend this informative session.

HEALTH & SAFETY REPORT

No news is good news, hope everyone had a safe and happy Christmas & 2023 brings good things to all.

No talks organised as yet as it's still early in the year.

In my absence Alan Gordon will be covering any Welfare queries so if any members are aware of any fellow members having health issues please do not hesitate to contact Al.

Please continue to be Covid safe at the shed.

Kind regards
Graham Hughes
Welfare Officer 0419 514 631

COVID AND YOUR HEART

While some people may have become COVID 19 complacent, for those who value their heart health, or have a chronic condition, there is every reason to stay informed.

Research at the University of Queensland has found that COVID 19 damaged the DNA in cardiac tissue, unlike influenza.

This research has categorically shown COVID 19 is 'not just the flu' and may have serious after effects, including organ damage.

For more information go to www.uq.edu.au/news.

IS IT OK TO MAKE JOKES ABOUT DEMENTIA?

We have all heard jokes about dementia. But are they funny or hurtful?

It is not 'just a joke'. Humour can be a fantastic coping mechanism and many people impacted by dementia try to find moments of joy to share with their loved ones.

Due to the lack of understanding of the condition and the stigma associated with it, however, some people still make comments about dementia that, for many, land as tasteless, unkind and misinformed. It is not 'just a joke'. Attempts at making jokes about dementia often focus on people with dementia forgetting to do or say something. Ageist jokes also often include dementia themes, as do jokes based on misinformation and misconceptions around the disease.

As most of our members are elderly (even if they don't think so) many have exposure to family and friends who suffer from dementia.

There are plenty of other topics to joke about, *but not dementia*. It is hurtful and tasteless.

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FUNERAL COSTS

Did you know that new regulations are now in place that will result in funeral costs being clearer? Funeral companies operating in Western Australia will be legally required to publicly display prices, enabling funeral organisers to access information upfront, compare costs and avoid the need to meet with a representative of the funeral company to obtain this information.

The Funeral Pricing Code of Practice ends unscrupulous sales practices relating to so called 'bundled packages'.

More information on the Funeral Pricing Code of Practice is on the Consumer Protection website.

POST CHRISTMAS FITNESS

Feeling a bit tight in your clothes after the Christmas feasting? We all enjoy the good things at Christmas and pay for it when we stand on the scales afterwards (those of us who are game).

We seniors need to keep active and that is part of the function of our Shed.

Keeping active helps you stay physically and mentally strong. We are told that we should all aim for 30 minutes of moderate intensity physical activity on most days, but any amount of exercise is beneficial, even just a few minutes.

So when members come down to the Shed for a cuppa, a chat and a biscuit or two, consider doing yourself and the Shed a favour by picking up a broom and doing a bit of sweeping, clean up some of the mess that is constantly blown in by those horrible easterly winds.

When you do, you are looking after yourself as well as our facility. Food for thought?

Information and Technology:

If you have any enquiries or problems logging into the "Members Only" area of the Facebook page please contact me (Phil) or Membership Clerk (Mick).

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

KITCHEN RENOVATION

Members are advised the kitchen in Lewis house is closed temporarily while renovations are in progress. We are adding additional storage and bench space, a double sink and hand washing facilities to bring our facility 'up to scratch' for food handling.

The works should be completed by late February and members are requested to use the outside facility in the meantime.

These works have been funded by Men's Shed WA and Lotterywest, to whom we are extremely grateful.



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MEMBERSHIP:

There are 156 members (including the 10 life members) as at 9th January, 2023.
19 new members have joined the shed since the 1st July, 2022.

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

Colin Sears; Mark (Tucks) Tucker; Peter (Pete) Steel

**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!**



Colin Sears



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 5 weeks.

16 Jan 23	Andre Hoareau	Rob Shewan
23 Jan 23	Warren Standing	Graham Robinson
30 Jan 23	Patrick Bartlett	Charlie Fasolo
06 Feb 23	Phil Measday	Jim Ridgwell
13 Feb 23	Alan Gordon	Mick Atkinson

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SHED MANAGEMENT:

Workshop Report:

The Workshop Manager, Chris I'Anson!

We have had no health incidents to report for the last two months.

The two double decker bunk beds have been built and were picked up. (Photographs in December Newsletter!)

Currently we are constructing eight tables and eight bench seats for the Thornlie Primary school.

Many thanks to Glynn and Chris from the metal shop for cutting, welding and painting these steel frames for this job. These are to be delivered on the 25th January when school reopens.

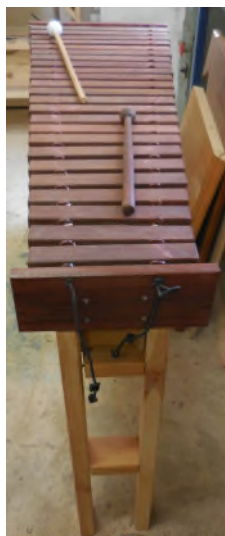


We have two more jobs coming up in the near future. Building a 1800x1200 back board for a mosaic to be hung in the council chambers for the mosaic group. The other job is making trophies for the dog club.

The middle storeroom in the workshop has almost been cleaned out with Geoff Bowra taking all the old non required tools to a swap meet.

A mobile drying rack has been built. This will save a lot of space when painting timber for seats and tables etc.

Robert Wood and Ken Jones have constructed another Marimba and are currently in the final tuning stage.



John Mitchell and Bill Hughes have been making many different items with the laser machine to great success.

The issue of selling items produced at the shed was raised. An area of the tool shop has been allocated to display these items. After discussion it was determined that the items be advertised on

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Facebook with a contact telephone number. The items will be priced and made available for sale by arrangement between 8am and 12noon on Saturday mornings.

SOCIAL SCENE

SOCIAL ACTIVITIES

Australia Day Morning Tea:



The Shed will be conducting an Australia Day morning tea for members and partners on **Thursday, 26 January**, from **10.00 am**. Come along and enjoy a fabulous Aussie morning tea at the Shed 'Coffee Club'. Normal charge of \$1 will apply.

Big Breakfast at the Shed

On **Wednesday, 22 February**, the Shed will be hosting a Big Breakfast, commencing at 8.30 am. Members and partners are invited to come and enjoy a sumptuous Aussie cooked breakfast, coffee, tea and juice, all for \$5 per person. Let's celebrate Australia Day together.

Tickets available from the office. **No ticket, no breakfast!**

Explore the Rail

If you haven't tried it already, come and enjoy a trip on the new rail extension to the Perth Airport. On **Tuesday, 14th March** a trip is planned for members and partners to explore the new rail line, starting from Gosnells Rail Station at 10.00 am and travelling to Claisebrook. We will change trains to catch the High Wycombe service from Platform 6, getting off at the Airport Station for a look around the renovated terminal before heading back to the Bayswater Hotel for lunch, or home if that is your preference. Details available at the Shed.

Cancer Council Biggest Morning Tea

On **Thursday 25 May**, the Cancer Council will be conducting its '**Australia's Biggest Morning Tea**' fund raising event and the Shed is planning to participate by conducting an event on that day at the Shed. This will be the second such event we have conducted and will be open to members, partners, family and friends. More details closer to the date.

Other events planned include another Wine and Cheese tasting (at the Shed), probably in late March or early April, a possible evening of 'Golf Croquet' at the Gosnells Croquet Club and a visit to the SAS Museum at Swanbourne.

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!

ACTIVITIES

GOLF NEWS December 2022 / January 2023.

No 'Golf news' as we are seeking a new Golfing columnist.



CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

No news is good news!

COFFEE CHEETAHS BIKE MOB

Can't think of too much to write about today! Luckily I keep a note of where we've been and who was riding, but after doing this for 5 or 6 years I tend to run out of ideas. I left school in Kirkcaldy, Scotland just after turning 15, and wasn't the brightest of kids at school, so putting 'pen to paper' like this is a bit challenging at times! Last Thursday, we had an interesting wee ride to the 'Dome' cafe in Jull St, Armadale. We had a forecast day of about 37 °C, and we now have a reasonably early start of 8-00am, and with the strong 'easterly' winds, the temp, most of the morning was quite 'acceptable'. We hadn't been to the Dome for a couple of years, instead favouring another nice place further along Jull St. so it was a nice change. Our ride home was a 'breeze', and a lot of it 'downhill as well ', so most of us were home before 11-00 am. Riding today were Graeme G, Graham R, John V, Martin T, Greg D and myself.

Funnily, on checking my records....the previous week was also to a 'Dome', this time, the one at Forrestfield, and on that occasion, we had 8 riders. Tomorrow, Thursday the 12th of January, we'll be missing a few mates, as Greg D. and his good lady are up at Shark Bay, and Graham R. will be over in Melbourne to see his Grandson represent WA in a football (the 'round ball' type) tournament..... Congratulations from us all Graham!

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We always welcome new riders to our little group. We seldom ride too far, but have a good social outing, so maybe one Thursday at 8-00am we might see a few new faces to our group?

Editor's NOTE: The origin of 'Football' is that when the 'Sport' was invented it was not played on horseback!

David Gardiner photo: **Graeme Gurney**



Riding today we had Dave G, Graham R, Greg D, John V, Martin T and Graeme G. Missing from the picture is Greg, who took the photo.



CGMS Walking Group:

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

All members welcome to join in!

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.

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Windows 10 Training
Classes start again Monday 6 February
Mondays at 9:30 – 12pm

The Windows 10 classes will be customised depending on the skills of the guys. It is a small class and offers a relaxed setting to learn new skills.

The class will be limited to three people.

If you use a laptop please bring it to the class.

You will be required to wear a face mask in class.

I will put up enrolment form in the hallway, just add your name, mobile number and your skill level.
André

Free to all shed members.

André Hoareau

0457 680 489

computing.gcms@gmail.com

Photography Group:

The Photography Group ceased to operate as of December 2022.

Thanks to those who participated over the years.

André Hoareau

TABLE TENNIS:

Hi Fellow Sheddors! Thought I'd write a short report on our wonderful weekly table tennis games on Mondays at 9-00am.

Today, we had our largest turnout of willing participants....SIX! Usually having four players is a 'full house', as we can then play 'Doubles', which is really exciting and shakes-out any lingering cobwebs after the weekend!

Our Monday morning games have been going for 3 to 4 years now, after I was listening to one of our guest speakers at our regular 'talks', I noticed a table-tennis table which I'd never seen being used, so one or two of us opened the table up, had a few games, and we were 'hooked', with it now being a regular part of our lives.

We've seen a few players 'come & go', some good players, and some 'not so good', but it's all about the fun we have! I probably lose more games than I win, but I have lots of enjoyment in the process! Johns V and B, Doug H and I have been there the longest most probably, with Brendan now a regular fixture as well hopefully.

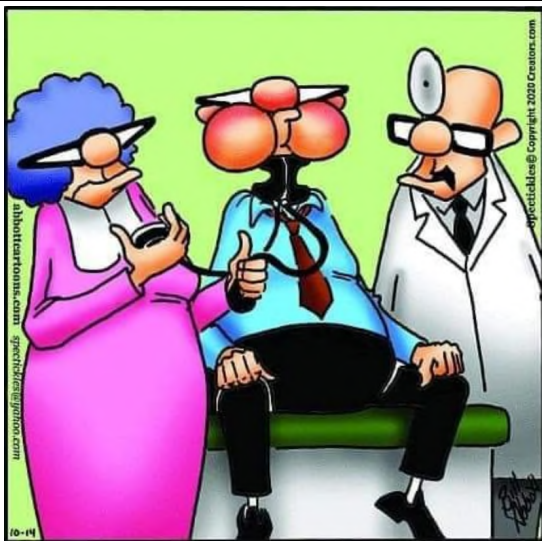
Today, Monday the 16th, we had Dennis join us, who will only improve, after many years not playing. 'They say', playing 'TT' is like 'riding a bike'....you never forget! An official game 'goes to' 21 points, but to get as many games in as possible, our winners only need 11 points to be the victor, with most games lasting 5 minutes or less!

If you feel like having a laugh, some fun, a wee bit of exercise, and a blether (Scots for a chin-wag), why not come and join us? Even the bloke, our room is named after, Geoff Wiltshire, loves to play a game or two, when he's not busy with other more important duties!

David Gardiner

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"As a general rule, we try to apply the blood pressure cuff around the arm."



"I'd say it's your gall bladder, but if you insist on a second opinion, I'll say kidneys."

*Great Minds Discuss Ideas. Average Minds Discuss Events.
Small Minds Discuss People.*

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Recipe

Baked Breaded Garlic Mushrooms!

Coated in a crisp, garlicky breading, these Baked Breaded Garlic Mushrooms are a healthier alternative to deep fried versions. These baked mushrooms are great as snacks for parties and you can serve them with whatever dip you choose.



Ingredients:

1 cup plain breadcrumbs; 3 tbsp Parmesan cheese – grated; ½ tsp Paprika;
½ tsp salt; ½ tsp black pepper; 2 eggs; 3 cloves Garlic – minced;
20 white button mushrooms – cleaned (not washed); ½ cup all-purpose flour;
More salt and pepper to season flour; cooking spray.

Method:

1. Preheat oven to 200°C. Line a baking tray with non-stick foil and set aside.
2. In a shallow dish combine the breadcrumbs, Parmesan cheese, Paprika, salt and black pepper.
3. In a separate shallow bowl whisk the egg together with the minced garlic.
4. In another dish, add the flour and season with salt and pepper to taste.
5. Make sure the mushrooms are completely dry.
6. Coat each mushroom with a light coating of flour.
7. Dip each mushroom first in the egg mixture, then fully coat with the breadcrumb mixture and place on the prepared baking sheet.
8. Repeat with the remaining mushrooms.
9. Lightly coat the breaded mushrooms with the cooking spray.
10. Bake mushrooms for 12 – 16 minutes or until golden brown. Serve warm with a dip of your choice. Usually, a sour cream and chive dip, but you can serve them with whatever you choose.

Recipe Variation

- Substitute plain breadcrumbs with panko breadcrumbs for extra crispiness.
- Parmesan can be substituted with Pecorino Romano.
- Use Smoked Spanish paprika for even more depth of flavour.

Tip:

Cleaning the mushrooms: only ever rinse mushroom if they're going into a salad or soup. If you're pan-frying, frying or coating, just rub them down with a slightly damp paper towel or brush them clean with a pastry brush.

Do you have a recipe to share??

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MODEL GROUP:



GEOFF BOWRA

MUSIC GROUP:

**“Don’t grow up.
It’s a trap!!
Become a musician
and you can stay a
kid *forever*.”**
www.musiciansunite.com



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While on a road trip, an elderly couple, stopped at a roadside restaurant for lunch. After finishing their meal, they left the restaurant, and resumed their trip.

When leaving, the elderly woman unknowingly left her glasses on the table, and she didn't miss them until they had been driving for about forty minutes.

By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turn around, in order to return to the restaurant to retrieve her glasses.

All the way back, the elderly husband became the classic grouchy old man.

He fussed and complained, and scolded his wife relentlessly during the entire return drive.

The more he chided her, the more agitated he became. He just wouldn't let up for a single minute.

To her relief, they finally arrived at the restaurant.

As the woman got out of the car, and hurried inside to retrieve her glasses, the old geezer yelled to her,

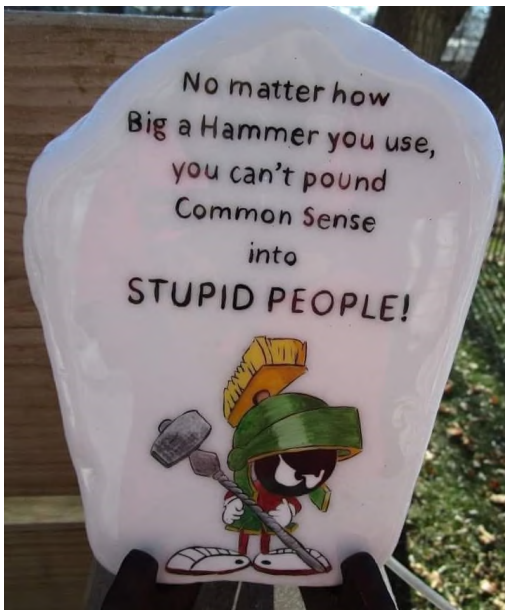
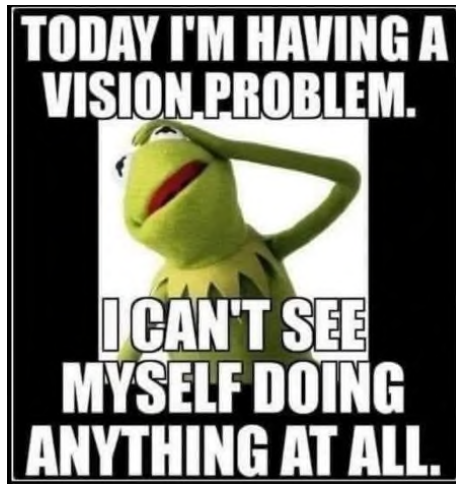
"While you're in there, you might as well get my hat and the credit card!"

This coming week is National Senior Mental Health Week.

You can do **YOUR** part by remembering to contact at least one unstable Senior to show you care...

...I have now done **MY** part.

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**POOL (Pond) PUMP AVAILABLE FOR FREE
IF INTERESTED PLEASE CONTACT BRIAN BEECH
ON mob. 0438277208**

