

The Gosnells Community Men's Shed News



Lewis Homestead

Mar 2023

Vol. 11 # 09

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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)

- 15th Mar ~~Big Breakfast at the Shed; CANCELLED!~~
31st Mar FREE End of Month BBQ at the Shed;
31st Mar Wine & Cheese tasting evening at the Shed, not free get a ticket!;
25th May Cancer Council "Australia's Biggest Morning Tea"

End of Month Social BBQ Friday 31st March

Come for a feed some good fellowship at the Social BBQ lunch being held at Lewis House on Friday 31st March commencing at 11:30am.

This month it will be a sausage in a roll with salad and **will be free to members.**

Assistance required, as always, with preparation cooking and clean up.

There will be a 3 tickets for \$2 raffle.

For catering purposes please let Geoff Bowra know if you are attending.

It is important to note that **COVID 19** rules will need to be followed, including maintaining physical distancing and practicing good hygiene procedures.

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

From the Chairman's desk: March 2023

The last month has been a quiet one, with attendance down a little in the workshop.

Most of the committees have had their meetings with work continuing on improvements around the place.

We are still getting a steady stream of enquires for membership and have taken on a couple of new members this last month.

It was disappointing that it was considered necessary to cancel the Big Breakfast due to lack of interest.

We have been allocated two Community BBQ by the City of Gosnells and thankfully several members have come forward to help out. These are a good source of income for us and we have a second one in April, they are also a good social occasion for the members participating.

While the proposed wine & cheese night is not intended to make money it is an ideal opportunity to use our excellent facility for a pleasant social event.

We are mostly at that age where visits to hospitals are becoming more frequent. There are several members who are either in hospital or going into hospital before the next newsletter, so to all of you best wishes for a speedy recovery.

Ray Smith
Chairman

The Secretary advised the next WAMSA Foothills Zone Meeting will be held at the Foothills Mens Shed, 24 Anderson Road, Forrestfield on Monday, 17th April. It was decided Ray Smith, Phil Measday and Graham Hughes would attend.

Committees. An old definition of a committee has resurfaced.

"A Committee is a group of incompetents appointed by the unthinking to determine the non-essential".

No wonder we can't get members of this organisation to contribute to our various committees, sorry, working groups.

Projects and Grants The Shed has had a Projects and Grants group for several years to advise on suitable projects and seek suitable funding through grants. This process has been particularly successful and is ongoing as we always seem to find additional needs (not wants).

The group seriously **needs** a few additional members to participate. It is an opportunity to contribute ideas and learn about the process involved.

Members interested can contact Geoff Wiltshire on 0407 995 895 or gelowi@bigpond.com.

HEALTH & SAFETY REPORT

Health & Wellbeing

Unfortunately we have lost another member of the shed recently and our thoughts are with the family of **Chris Beckett** who passed away late February.

I arrived back at the shed after a month long break and have been informed that several members are recovering from surgery and major illness and doing their best and our thoughts are with them and their families to wish them a speedy recovery and we're all hoping to see them at the shed in the near future.

Do not forget that Covid is still out there and so the 5th jab is going to be available in couple of weeks so if you are eligible make it your priority to get it. The latest version of the Covid vaccination will be available after April 10th.

Please continue to be Covid safe at the shed.

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Please let me know if you are aware of any member who has not been to the shed and may be ill or hospitalised.

Kind regards

Graham Hughes

Welfare Officer 0419 514 631

Chris Beckett.

Chris was a long time member, well known to most Shed Members. He joined GCMS back in December 2013 He mostly attended the model Group on a Thursday, helped out at various Sausage Sizzles and other fund raising activities and was a Committee Member.

Chris was a keen local Historian and responsible for a number of Newsletter articles about "Lewis House" and the Lewis Family. Although one of our younger members (68), he had a number of health issues

In keeping with his instructions there was no funeral.

Yet another valued Member gone to his maker ... R.I.P. Chris.



KITCHEN RENOVATION

The renovations of the kitchen has now been completed.

These works have been funded by Men's Shed WA and Lotterywest, to whom we are extremely grateful. Thank you to the Members who carried out this work.



MEMBERSHIP:

There are 162 members (including the 10 life members) as at 14th March, 2023.

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

Leslie Teale; Brad Hayden and Mohammad Halidi;

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!



Leslie Teale



Brad Hayden



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.

20 Mar 23	Warren Standing	Graham Robinson
27 Mar 23	Patrick Bartlett	Charlie Fasolo
03 Apr 23	Phil Measday	Jim Ridgwell
10 Apr 23	Alan Gordon	Mick Atkinson
17 Apr 23	Ray Smith	David McLean

SHED MANAGEMENT:

Workshop Report:

Workshop Managers Report

The following report was received from the Workshop Manager:-

There have been no accidents in the workshop to report since the last meeting.

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We have started our new induction and safety instruction to new members. We have had two members requesting to start it.

The mosaic board has been completed and we are awaiting payment and pick up.

The grant for the Tormec Sharpening system has been approved and ordered from Carbatec and should be delivered in the next few days. Four members have been selected to receive training in using the Tormec machine and these will be the only people permitted to use it.

We have had a few small jobs come in from the public. These have included forty skipping rope handles turned by Ken James, repairs to a table top, building a small box for a member and a set of steps for another member. We have also completed dog trophies.

Bill Hughes has advised there are problems with the CNC router. John Mitchell is methodically investigating what the issues are. Other members may assist John in resolving the issues. John will advise outcome and possible repairs/modifications that may be required.

Chris I'Anson
Shed Manager
Gosnells Community Men's Shed

SOCIAL SCENE

SOCIAL ACTIVITIES:

End of Month BBQ: The next End of Month BBQ will be held on Friday 31st March. This month it will be a sausage and onions in a roll with salad etc. and **will be free to members.**

Eating at 11.30 am.

Assistance required, as always, with preparation cooking and clean up!

Big Breakfast – unfortunately this event was cancelled due to a lack of support. To those who did purchase tickets, thank you. The numbers just did not make it a worthwhile exercise. We will not be trying that event again. (Numbers need to be known well enough in advance so appropriate quantities of food can be ordered! So no good putting off getting a ticket until last minute.)

It is also appreciate that not everybody can have the early morning start due to other commitments.

Wine and Cheese Night, Friday 31 March – ticket sales for this event have also been slow. We have a target of 50 + people to make it worthwhile for the suppliers. This event is an opportunity to enjoy some fine wines, lots of cheese and crackers and some pleasant company at the Shed, all for only \$20 pp. **Cut-off date for ticket sales is 24th March. This is also decision time for this event to happen!!**

Friends and family are very welcome to attend but must have a pre-purchased a ticket.

The wineries on show this year will be Oakover Wines and Nikola Estate, both from the Swan Valley.

Cancer Council “Australia’s Biggest Morning Tea” is happening again on **Thursday, May 25**. Members, partners, family and friends are all welcome to attend. Ticket sales will commence from 1 April. Tickets will cost just \$5 pp. Please ‘bring a plate’ laden with the best you can manage, bring your friends and neighbours and see what we can do to raise funds for this most worthwhile cause. Please advise Geoff Wiltshire on 0407 995 895 or gelowi@bigpond.com if you are able to assist.

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FUND RAISING:

Containers for Change The Shed has been collecting containers for over twelve months now and makes a few dollars while helping the environment. The initial flush of containers has dropped off somewhat but is still very worthwhile. However we did get off to a good start for the New Year and the return from recycling cans etc. via Scouts was \$345 this month which is higher than average.

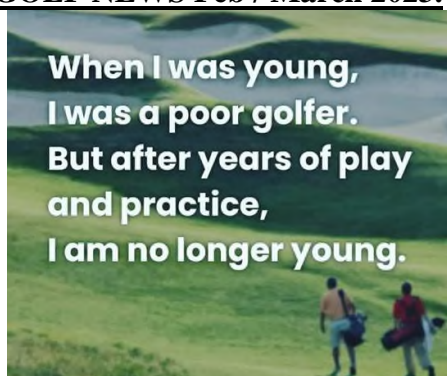
We have two City of Gosnells BBQ coming up. The first this week and another in April (20th). Thank you to all those Members who assisted with the preparation on Wednesday and the event on Thursday. The light drizzle did not dampen down the enjoyment

Bunnings Sausage Sizzles In a similar vein, the Shed is considering a return to Bunnings to do the sausage sizzles as a fund raising activity. Bunnings have made the activity a little more attractive by increasing the price and returning to the front entrance where there is more pedestrian traffic. We would possibly endeavour to secure 3-4 Sausage Sizzles per year which would greatly assist our fundraising efforts. That will depend on Bunnings and how keen we are as a group. It will require a few committed volunteers to make it work. It is suggested that members who might consider being involved place their names on a folder in the Lewis House passage. If we get sufficient interest, a meeting will be arranged to discuss the matter further.

Other events planned include a possible evening of 'Golf Croquet' at the Gosnells Croquet Club and a visit to the SAS Museum at Swanbourne.

ACTIVITIES

GOLF NEWS Feb / March 2023.



From The Chief Handicapper

For the uninitiated – to win a pink ball, the player's drive must not reach the Ladies' tee. This is usually a distance of less than 10m!!

On 3 Feb we had 11 starters at a very windy Hillview with Phil winning on countback from Lloyd. Nearest to pin was Warren, with Chris winning a pink ball and Bill Davis the unluckiest golfer.

On 20 Feb we were down to eight starters at Armadale. Warren had a lifetime best score to be the winner on the day

and was also nearest to pin. This score most likely never to be repeated. Unluckiest golfer on the day was Phil with no pink balls won and no birdies scored. Lloyd sunk the longest putt.

On 17 Feb only seven players at Hillview. Winner on the day was Frank with Warren nearest to pin. Bill Hughes sank the longest putt but was also the unluckiest golfer. Again no birdies scored or pink balls won.

On 24 Feb we had a change of scene down at Point Walter. A very picturesque course even if a bit on the energetic side. Winner on the day was Lloyd with both nearest to pin and longest putt going to Phil. Tom was unluckiest golfer and again no pink balls or birdies.

I visited Whaleback Course after this game to find out if it was practical to play there again. This is the closest course to most of us and in very good condition these days. Unfortunately payment at time of booking is required for all bookings made more than 48 hours in advance. This may turn out to be a thing of the future at most courses.

On 3 March it was back to Armadale with ten starters. Steve was our winner as well as sinking the longest putt. Kevin was nearest to pin with Warren winning a pink ball and Chris the unluckiest golfer. Again no birdies sunk.

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Back to Hillview on 10 March with ten starters. Ron won on a three way countback from Frank and Barrie. Nearest to pin was Kevin with the unluckiest golfer Bill Davis, back for the first time after an extended absence. No pink balls, birdies or longest putt recorded. Numbers have been a bit down on a couple of occasions over the past two months, with some away on holidays, but are creeping back up again.

Warren Standing

CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

No news is good news!

COFFEE CHEETAHS BIKE MOB

Hi All! For the mass of us who don't know the definition of 'velocipede', my online dictionary says..... 'A human powered vehicle of one or more wheels'.....so there!

Well, our dedicated group of cyclists keep turning-up each Thursday, except for the odd occasion when we decide to go to the beach instead! (An 'in-house' joke, sorry!) Which most of us found rather funny.

On a very rare occasion, this past month, we welcomed a new member to our wee bunch, a certain Wayne F. Great having you ride with us Wayne.....shows what a bit 'badgering' can do? Wayne also enjoys a game of table tennis on a Monday, so great having you there as well!

Various rides included 'Lo Quay' cafe at Riverton, which was meant to be a nice short easy ride, with a forecast high of 36°C, but instead our venerable leader Robbo decided to double the distance going there. by taking us on the most convoluted 'twisty' route imaginable, but luckily for us, we rode home the sensible shortest way, managing to reach our homes just as the thermometer got up to 34°C!Thanks for that Robbo!

Other rides included a cafe near Burswood, Peninsula Farm Tearooms and the 'Muffin Man' at the western end of the Mt Henry Bridge, after we'd cycled around the Canning River and Canning Bridge.

David Gardiner Photos Graeme Gurney



It is a hard life with this Cycling Group!

Your Shed! Our Shed! Our Future!

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 Windows 10 class has moved on to using the File Explorer program to manage your information on your computer. I explained which folders you as a user can mess with without worrying that your computer will stop working properly. These include: Desktop, Documents, Pictures, Music, Videos and 3D objects. There are some folder which you must not touch as it will only end in grief. These include: Windows, Program Files, Program Files (x86), Boot and Users. We did an exercise n using USB stick and how to organise a variety of files.

This week we started on using the internet.

Part of the time is also allocated to answering any technology question where everybody can learn something new.

André

Free to all shed members.

computing.gcms@gmail.com

Don't panic it's just your phone

I am now being regularly being approached by shed members and friends about unwanted phone calls or SMS scams on their mobile phone. They are concerned that their phone has been hacked and are literally scared to use their mobile.

Please remember your phone is a critical communications device which may save your life and someone else's one day. You never known when someone you know and love may urgently needs your help. They call using someone else's phone or the hospital phone etc. This will be an unknown number to you.

Just answer the call and be prepared to manage your device. Do not live in fear of it otherwise every time it rings or beep your stress levels will rocket. This fear will only lead to silly mistakes.

Generic Calls or SMS

Just remember your phone number is just a random number that your phone provider gave you. Most scam calls or SMS are generated by a computer dialling the next number on the list. 0409 xxx 001, 0409 xxx 002 and so on. That's why this types of calls does not mention your name. They are very generic.

Calls or SMS with your name

Some of us have had our data leaked for example by the latest Optus and MediBank data breaches or the scammers buying names and phone numbers off the dark web. They then use these lists to call and ask for you by name.

Who contacted Who?

A really simple rule to follow is “**Who contacted Who?**” If you phoned Telstra, your bank, a business or Centrelink they are going to ask you for some identifying information. Basically prove to me you are one of my customers. You contacted them!

When Mr Dodgy contacts you which all of the above will not do unless you asked them to do something for you and they are returning the call, you need to make the default assumption it is a scam call. If you have relationship with them get them to prove who they are. If necessary ask for a name and reference number and say you will call them back. Do not use any contact details they gave you, go find the businesses details on the internet and call using that if you think it's legit. Don't be lazy about this. Any pressure hang up and block the number on your phone.

The take home message is:

1. Learn to manage your device, don't live in fear of it.
2. Who contacted whom?

If you need help, find me at the shed or book a Friday consult session.

André

Free to all shed members.

EDITOR COMMENT:

A couple of weeks back I received a text message on my phone, It read “*Hi Mum. I have dropped my phone in the toilet. Please call me on this phone # xxx xxx xxx I have borrowed this one so don't call my phone as it no longer works.*” I realised it was a scam and later showed the message to my wife. Her immediate reaction was to have called the displayed number assuming it was from our Daughter to have a crack at her for dropping her phone in the toilet! SO JUST BE WARY!

I blocked the sender and deleted the message! If / when our daughter texts me she refers to Dad.

In discussing this with André, his advice was that I should have at least called my daughter on her mobile phone which is listed on my phone contacts. This would confirm the hoax.

MUSIC GROUP:

No News is Good News.

True words have been spoken



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MODEL GROUP:



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TABLE TENNIS:

The competition at the table tennis has been keen of late with up to seven players battling our some great games. If you are at all interested, come and join us on Monday mornings at 9.00 to about 11.00 am. No equipment needed, minimum skill levels acceptable.

Geoff Wiltshire.



CGMS Walking Group:

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

Recipe

Super crispy chicken fingers

Preparation time 15 minutes; Cooking Time 20 minutes; Makes 4

Ingredients

1¾ cups panko breadcrumbs;	Olive oil spray;	1 egg;
2 tbsp reduced-fat milk;	1 tbsp mayonnaise;	1½ tsp Dijon mustard
2 tbsp plain flour;	500g chicken tenderloins;	Salt & pepper

Method

- Preheat oven to 200°C. Spread breadcrumbs onto a baking tray. Spray carefully with oil and bake for 3 to 5 minutes until light golden. Transfer to a bowl.
- In a medium bowl, add the egg, milk, mayonnaise, mustard, flour and a little salt and pepper. Whisk with a fork until well combined. Add a chicken tender to the batter and toss to coat. Toss in the breadcrumbs and press gently into the chicken. Place on a lined baking tray. Repeat with remaining chicken.
- Spray carefully with oil and bake for 10-15 minutes or until cooked through and golden brown.
- Serve with a fresh garden salad.

Do you have a recipe to share??

What a Sardonic Senior Might Say:

My tolerance for idiots is extremely low these days. I used to have some immunity built up; but obviously there's a new strain out there.

It's not my age that bothers me; it's the side effects.

I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on garbage day.

As I've gotten older, people think I've become lazy.

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The truth is I'm just being more energy efficient.

*I haven't gotten anything done today.
I've been in the Fruit & Veggi department of a supermarket trying to open this stupid plastic bag.*

Turns out that being a "senior" is mostly just googling how to do stuff.

I want to be 18 again and ruin my life differently. I have new ideas.

I'm on two diets. I wasn't getting enough food on one.

I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.



Your Shed! Our Shed! Our Future!

Australian History

Did you know?

An interesting piece of trivia for those of you who think you know a lot about Australia's great men. Not many have even heard of this one.

George Hubert Wilkins was born in country South Australia on 31 October, 1888, the last of thirteen children. In no particular order, the following is a list of his adventures and accomplishments in his 70 years of life.

- 1906 became an accomplished, keen photographer and cinematographer in his late teens and was involved in early motion picture making in Australia by the age of 18.
- 1912, employed as newsreel photographer for a UK newsreel company and travelled around the world filming.
- 1912, learned to fly a wooden framed biplane at age 24.
- 1912, appointed a free-lance war correspondent covering the Balkan war, (Turkey versus Greece, Serbia, Bulgaria and Montenegro). Still only 25 years old, he proves to be an outstanding war photographer, albeit filming for the losing Turkish side.
- 1912, filmed 'Santa Claus' arriving on a hot air balloon that went awry over south east England on Christmas Eve, 1912.
- Participates in the 1913-1916 Stefansson Arctic expedition as photographer and cinematographer and becomes the leader during the latter part, aged 27.
- 1917, appointed official photographer with Captain Charles Bean serving on the Western Front, WW1 with Australian troops. Wilkins has more WW1 photographs in the Australian War Museum than any person.
- 1919, enters a plane in the Great Air Race from England to Australia, only to crash on Crete early in the journey.
- 1920, participated in the British Imperial Antarctic Expedition as photographer, supposedly using aircraft to explore the southern continent. The expedition was a dismal failure.
- 1922, recruited by British Government to visit Russia as a spy and spends seven weeks photographing life in the Soviet Socialist Republic.
- 1923, returns to Australia to photograph and collect rare and endangered species in northern Australia on behalf of the British Museum.
- 1925-26, leads an expedition to explore the Arctic using aircraft.
- 1927, another expedition to the Arctic using aircraft, starting from Canada flying across the 'roof of the world' to finish in Norway.
- 1928, knighted by King George V.
- 1931, leads expedition to take a renovated US submarine under the Arctic ice pack in an attempt to reach the North Pole underwater. The attempt fails as the 'Nautilus' is not an adequate vessel for the task. Subsequently two US submarines were successful in 1951.
- George Hubert Wilkins passed away in 1958, aged 70, as one of the greatest explorers, photographers and men. Sadly very few Australians have even heard of him.
- Wilkins died in Framingham, Massachusetts, on 30 November 1958. The US Navy later took his ashes to the North Pole aboard the submarine USS *Skate* on 17 March 1959. The Navy confirmed on 27 March that, "In a solemn memorial ceremony conducted by Skate shortly after surfacing, the ashes of Sir Hubert Wilkins were scattered at the North Pole in accordance with his last wishes."

Geoff Wiltshire.

The Gosnells Community Men's Shed News



"I wish you'd let me know you were coming in here. I had to throw away a perfectly good frozen dinner."



The Olives are ripening!

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