

The Gosnells Community Men's Shed News



Lewis Homestead

April 2023

Vol. 11 # 10

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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)

28th April FREE End of Month BBQ at the Shed;

17th May Volunteers Lunch;

25th May Cancer Council "Australia's Biggest Morning Tea"

End of Month Social BBQ Friday 28th April

Come for a feed some good fellowship at the Social BBQ lunch being held at Lewis House on Friday 28th April commencing at 11:30am.

This month it will be a Hamburger 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 \$5 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.

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The Gosnells Community Men's Shed News

From the Chairman's desk: April 2023

Another month has gone and we have said goodbye to another member, who has passed away.

We express our condolences to Lynne Cairns and family.

The City of Gosnells have been good to us and have contributed to our income with another community BBQ. These are a great opportunity for us to be seen in our local community and a good chance for members to socialize off campus

Congratulations to the Social Committee for a very successful, Wine and Cheese night with 52 tickets sold. A special thanks to Graham Hughes, who organized the supply of wines and arranged a large party of guests. It was disappointing that out of 162 members, there were only 17 at the function.

A big thanks to our team of gardeners, as the site is looking magnificent at the moment.

Ted and his little team of helpers have done a splendid job in extending the cover over the entrance to the Wiltshire room.

Only 3 months to go until the A.G.M., so I am expecting a rush of nominations for the Committee from all those who have been most vocal about how the shed should be run.

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.

Robert (Rob) Cairns.

Rob was a founding Member of GCMS. Having joined on 7th March 2012, Rob was the Interim Secretary on the first Committee when the Shed was being established and Editor of a number of the first Shed Newsletters.

Rob was a member of the Musical Groups, also active in the Model group. Until recent years was active around the Shed. In recent times Rob had been troubled by ill health and passed away on 4th April in Fremantle Hospital Rob was born in 1937. Funeral arrangements have not yet been announced.

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



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.

Our grant application through Matt Keogh's office to the Stronger Communities fund for the shed fencing has been unsuccessful.

The Gosnells Community Men's Shed News

HEALTH & SAFETY REPORT:

Unfortunately we have lost another member of the shed recently and our thoughts are with the family of Rob Cairns who passed away early April. ((04/04/2023))

At this present time I have not been made aware of anybody who has been away from the shed due to illness and as always if any members suffering from ill health that keeps them away from the shed we wish them a speedy recovery and would like to see them at the shed as soon as possible even if it's just for a chat and a coffee.

With winter approaching it would be advisable for all members to obtain a flu vaccination.

Also the Covid issue has not gone away and there is still quite a number of people in the Perth community coming down with Covid. I've been made aware that the 5th Covid vaccination for the new strain is now available from some local pharmacies.

Members should check with their doctor and continue to be Covid safe while attending the Shed.

I am in discussion with several organisations and hopefully will start talks at the Shed once again by July.

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

Facilities Management

Progress continues with covered area between the Annex and the Patio. This project expected to be completed in next week or so.

Now looking at repairing existing fence around the shed. We have received a quote of \$950.

MEMBERSHIP:

There are 164 members as at 10th April, 2023.

A shed display will be held at the Forrest Lakes Shopping Centre on Saturday, **6th May** from 8am to 5pm. Volunteers will be required to man this display.

SHED MANAGEMENT:

Workshop Report:

The following report was received from the Workshop Manager:-

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

We have two members who are going through the new induction and safety instruction.

The mosaic board has been picked up and paid for.

We have had about a dozen small and larger jobs in the last four weeks giving a total turnover of over \$400. Donations by members is around \$60 and laser work of \$230 plus \$1400 still to come in. a very successful month.

It is reminded that Shed Policy is that members using the workshop are expected to make a reasonable donation for the use of machinery and materials when undertaking private projects.

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

The Tormek sharpening system has been delivered and five members have been trained in its operation. Many thanks to Graham from Carbatec for his very thorough instruction in its usage. He has offered to return for further instruction if we require it.

NOTE: *A limited number of Shed Members have been trained and are the only persons permitted to use this piece of equipment. If you require any item sharpened then see Chris who will arrange to have the work carried out by one of the trained persons.*



Chris I'Anson
Workshop Manager

SOCIAL SCENE

SOCIAL ACTIVITIES:

End of Month BBQ: The next End of Month BBQ will be held on Friday 28th April. This month it will be a hamburger in a roll with salad etc. and **will be free to members**.

Please let Geoff Bowra if you are attending so we have the correct numbers for catering purposes. Eating at 11.30 am.

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

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 commencing from 1st May. Tickets 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.

We have a grant to stage a ‘**volunteer’s lunch**’ on Wednesday the 17th May. Volunteers Week. We will have capacity of 90 attending, 50% members, 50% invited volunteers. Friends of the Community will cater at a cost Of \$1,089. Members are reminded that we are all ‘Volunteers’!

The Committee is looking at the possibility of staging another Open Day in October/November. Discussion ensued regarding issues involved, planning which would need to start in May. Exposure to the community is important in attracting members and displaying product. It was indicated that the number of other community groups would be reduced on what occurred previously.

Wine and Cheese Night, Friday 31 March – 18 Shed Members plus family and friends made up the numbers to make this a successful event-
The wineries on show this year were Oakover Wines and Nikola Estate, both from the Swan Valley.

The Gosnells Community Men's Shed News



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.

Your Neighbourhood Events.

The Shed has agreed to provide a sausage sizzle for the City of Gosnells as part of the 'Your Neighbourhood Events' Program. We have already done this three times for the City.

The next event will be held at **Wilkinson Homestead Museum** on Thursday, 20 April from 10.00 am to 1.00 pm.

These events are great fundraisers and provide promotion opportunities for our Shed. It is also an opportunity as members to spend some time with a few of your Shed mates.



Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

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.

We currently only have ten volunteers for Bunnings Sausage sizzles!

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



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.

17 Apr 23	Ray Smith	David McLean
24 Apr 23	Chris Brown	Colin Sears
01 May 23	Ken James	John Millar
08 May 23	Andre Hoareau	Rob Shewan
15 May 23	Warren Standing	Graham Robinson

ACTIVITIES

CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

No news is good news!

COFFEE CHEETAHS BIKE MOB

Not too much to write about this time, but one highlight which come to mind happened two weeks ago, when the City of Gosnells dignitaries, along with politician Chris Tallentire who is an avid cyclist like ourselves, all attending the 'Opening' of a long awaited cycling infrastructure, being the brand new Principal Shared Path along 'The Crescent' in Maddington, making it a far more pleasurable and safe place for cyclist to ride, rather than put ourselves at risk, when sharing the road with motor vehicles, on quite a narrow and busy road.

Our most recent ride last Thursday was to Jandakot Airport, quite a lengthy ride, where we had our refreshments in the cafe at the Royal Aero Club, overlooking the many aircraft taking-off and landing etc. I believe Jandakot has the most 'aircraft movements' in any Australian airport. I'm sure if this statement is incorrect, our astute editor of this very newsletter will 'put me right!' *(This was*

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

probably correct pre the pandemic say 2018 but China Southern pilot training no longer operates and Singapore Airlines Training facility appears to be less active than pre pandemic days! GH Ed.)

We rode home a different route, to the Roe Hwy for our outward ride, by following Robbo, via Jandakot Road, Piara Waters, Southern River etc., to clock-up a distance of 45 kms. We've had a few 'absentees' recently, with holidays getting in the way, one couple away in South Australia and Kangaroo Island, one of our riders in Brisbane, one away for a few months in his caravan, and unfortunately one unfortunately not too well.

Winter will be here before we know it, bringing weather not conducive for outdoor activities. Until next month!

David Gardiner 0417 174 893

Photos Graeme Gurney



It is a hard life with this Cycling Group!



CGMS Walking Group:

Walk from the Shed every Monday and Wednesday mornings at 08:00.
All members welcome to join in!

GOLF NEWS March / April 2023.

No News is good news!

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The Gosnells Community Men's Shed News

Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling.

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 was learning how to use the internet which included all the different way you can do a search and efficiently sort the results. Searches can be done by text, images or voice. You can also do searches using Google Scholar for information which has been peer reviewed. This information is not the ill-informed rubbish you find on Facebook or Twitter.

We also covered how to use the various searches and filters that you find on sites like Bunnings or Repco to save you looking through hundreds of results. I demonstrated how to use tabs within the browser so that you can easily compare multiple items that you may be interested in.

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

Computers for Sale

The shed have upgrade some of the computer systems and now have two desktop computers and one laptop for sale to members. Any questions, speak to André.

Desktops \$50.00 include:

- Intel processor with 8 Gb RAM, Hard disc and CD Drive.
- LCD monitor
- Keyboard and mouse
- Windows 10 and variety of free software like LibreOffice

Laptop: \$50.00 includes:

- AMD processor 8 Gb RAM, Hard Disc
- Windows 10 and variety of free software like LibreOffice
- This laptop is slow to start and is not best performer.

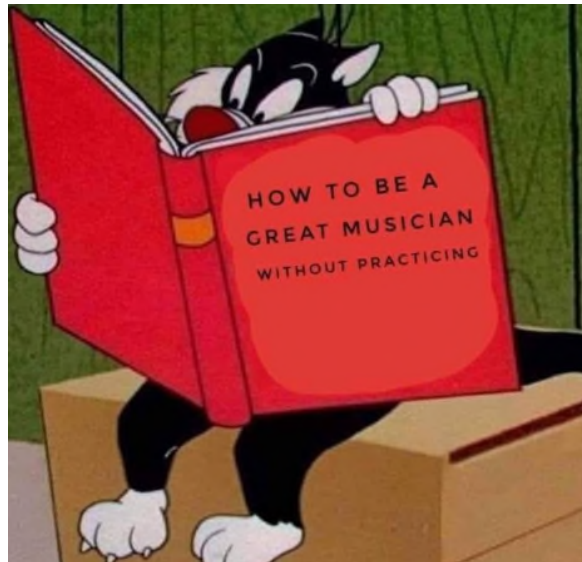
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The Gosnells Community Men's Shed News



André

MUSIC GROUP:



No News is Good News.

MODEL GROUP:



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The Gosnells Community Men's Shed News

TABLE TENNIS:

We've been getting good numbers at our Monday Table -Tennis recently, with seven players on more than one occasion. It's good when we have at least 4 players, then we can play 'Doubles'. Everyone welcome , including those who haven't played in years, as we were one of those folk , a year or two ago , but it's like 'riding a bike ' !

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.

David Gardiner.



Recipe **Sesame crusted snapper**

Preparation time 10 minutes; Cooking Time 8 minutes; Makes 4

Ingredients

4 x 200g snapper fillets, skinless; 4 tbsp sesame seeds;
1 tbsp olive oil; Salt & pepper

Method

Season each snapper fillet with a pinch of salt and pepper. Place the sesame seeds on a plate and lay a fillet on the seeds, pressing down to ensure an even coating. Flip and coat the other side. Repeat with remaining fish.

Heat the olive oil in a large non-stick frypan over a medium-high heat. Place the fish in the pan and cook for 3-4 minutes on each side or until seeds are golden and the fish is cooked through.

Serve with our carrot salad with orange and ginger.

Tips

- For lunch, flake into a salad or wrap.
- Try this coating with chicken strips.

Do you have a recipe to share??

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FREEBIES TABLE

Recently I picked up 2x tennis racquets from the freebies table with the school holidays in mind.

Holidays are here and we have our grandson over looking for things to do with him. The racquets were a god send. We played in the paddock, dodging what the dog had left behind, and on the driveway where we had to compete with a ball eating grapevine. We played until we were both in need of a shower from running around. So thanks to whoever donated them. They have done a good job.

Jim Ridgwell



Thomas and Jim enjoying a game

Some Life Lessons from Jim!

4 Things I didn't know:

Last week I got bitten by a stray dog!

That was a new experience for me and one I will avoid in the future.

I however did learn a few things.

The Council Rangers don't work after 5pm on a weekend. This occurred at 6pm on a Sunday.

When I called the after-hours ranger's number a fellow suggested I take him to the council depot and put the dog in the cage there which caters for just this type of event. Good in theory.

Once there, I put my hand in near the dog and he took exception to that. So, there I was leaning on the bonnet of my car, bleeding, in shorts and T shirt in the cold. The dog still inside my car. I had slammed the door shut after he bit me, and now he had possession of the car with keys in the ignition. I wasn't going back in there any time soon I can tell you.

So there I was wondering what to do now.

Call an ambulance? I didn't class this as an ambulance issue.

More contemplation without many options.

I know I'll call the police!

To be told "we don't do dogs."

Well, that wasn't helpful! Fortunately, I did end up speaking with a police officer who stayed in contact with me until a resolution was found. At least I didn't feel so abandoned. Sunday evening was a demanding time for the police.

My son heard about my goings on and called me. I assured him I was fine and to stay home with his family.

He came anyway and tended to my wound. He assumed the "adult role" which relaxed me. It turns out I was in shock. I was as very grateful and proud he was that thoughtful.

Finally the dog was removed from my car and placed in the pound. Now what to do?

I found out there is a medical facility called 'St John Urgent Call' Cannington. Albany Highway opposite Nicholson Road. I would recommend it as an option to waiting in a hospital emergency, (provided that is appropriate for your complaint.)

There is a bit of a wait, but far less than my other option, Hospital Casualty. St John have a charge, but that was offset by Medicare somewhat and I didn't have to wait for hours to be seen and stitched up.

This saga commenced at 5:30PM and I finally got home at 10:30 that evening.

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

Stiches out 7 days later!

ED's NOTE: Turns out Jim's stray dog is a 'Bull Arab' an Australian breed specifically for pig hunting! Certainly a good looking dog.

Look it up on the internet!

Everyone seems to be in such a hurry to scream 'racism' these days.

A customer asked, "In what aisle could I find the Guinness?"

The shop assistant asks, "Are you Irish?"

The guy, clearly offended, says, "Yes I am. But let me ask you something, if I had asked for Italian sausage, would you ask me if I was Italian?"

Or if I had asked for German Bratwurst, would you ask me if I was German?

Or if I asked for a kosher hot dog would you ask me if I was Jewish?

Or if I had asked for a Taco, would you ask if I was Mexican?

Or if I asked for Polish sausage, would you ask if I was Polish?"

The shop assistant says, "No, I probably wouldn't."

The guy says, "Well then, because I asked for Guinness, why did you ask me if I'm Irish?"

The clerk replied, "Because you're in Bunnings."

Something for the younger generation to ponder..... if that's possible.....

The founder of Dubai, Sheik Rashid, was asked about the future of his country, is reported to have replied, "My grandfather rode a camel, my father rode a camel, I ride a Mercedes, my son rides a Land Rover, and my grandson is going to ride a Land Rover...but my great-grandson is going to have to ride a camel again."

Why is that, he was asked?

And his reply, "Hard times create strong men, strong men create easy times. Easy times create weak men, weak men create difficult times. Many will not understand it, but you have to raise warriors, not parasites."

And add to that the historical reality that all great empires...the Persians, the Trojans, the Egyptians, the Greeks, the Romans, and in later years, the British...all rose and perished within 240 years.

They were not conquered by external enemies; they rotted from within. America has now passed that 240 year mark, and the rot is starting to be visible and is accelerating. We are past the Mercedes and Land Rover Years....the camels are on the horizon.

The greatest generation consisted of 18 year old kids storming the beaches at Normandy. And now, two generations later, some 18-year-old kids want to hide in safe rooms when they hear words that hurt their feelings. They also want free stuff from the government because they think they are entitled to it.

The "camels are on the horizon" for sure. Something to ponder? History has a way of repeating itself.

Good thing we have plenty of camels in Australia!

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

WANTED!

**Ken James and his wife are seeking donations of #8 ply knitting wool.
This they turn into 'Beanies' which in turn are donated to needy people.**

Any colour wool will be very acceptable and appreciated!

Wool can be dropped off at the GCMS for Ken to collect.

THANK YOU IN ANTICIPATION.



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