

The Gosnells Community Men's Shed News



Lewis Homestead

May 2023

Vol. 11 # 11

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PATRON: Teresa Lynes – Mayor City of Gosnells.

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)

17th May Volunteers Lunch (FREE);
25th May Cancer Council “Australia’s Biggest Morning Tea”;
26th May FREE End of Month BBQ at the Shed:

End of Month Social BBQ Friday 26th May

Come for a feed some good fellowship at the Social BBQ lunch being held at Lewis House on Friday 26th May commencing at 11:30am.

This month it will be an egg and bacon burger (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.

Your Shed! Our Shed! Our Future!

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From the Chairman's desk: May 2023

From the Chairman

Another month rolls on and we are still getting a steady stream of enquires from prospective members. The boys at the end of the workshop John and Bill have contributed to our income through trophies for Dogs West for \$1,400 and 15 laser cut boxes for Inner Wheel for \$200

Chris and his crew earned \$800 for the fit-out of a van with cupboards and a project for the City of Gosnells for \$445

The sale of a small wood lathe for \$500 has also helped to booster the result for the month.

Congratulations to Ted for his design and construction of the cover over the entrance to the Wiltshire room it has passed the test of some serious wet weather with flying colours

At the time of writing this the numbers for the volunteer's lunch and the Cancer Council morning tea are a bit disappointing I hope they will pick up to make both events worth the effort that a few people have put into planning them.

Ray Smith
Chairman

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:

We have lost another member of the shed recently, the member who passed away had only been a member since March this year, even so this is very unfortunate.

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 have organised a Healthy Lifestyle presentation with the Cancer Council Western Australia, this will be the first talk at the shed for some time and I'm looking forward to having a good turn out. A date in early July will be announced in the next couple of weeks.

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

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I will be away from the shed for several weeks and in my absence Al Gordon will be the contact for any Health and Wellbeing issues.

Kind regards

Graham Hughes

Welfare Officer 0419 514 631

MEMBERSHIP:









There are 166 members as at 11th May 2023.

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

James Bishop; Damon Bliss; “Bundy” Graimes; Andy Hahn & Steve Vauth:

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.

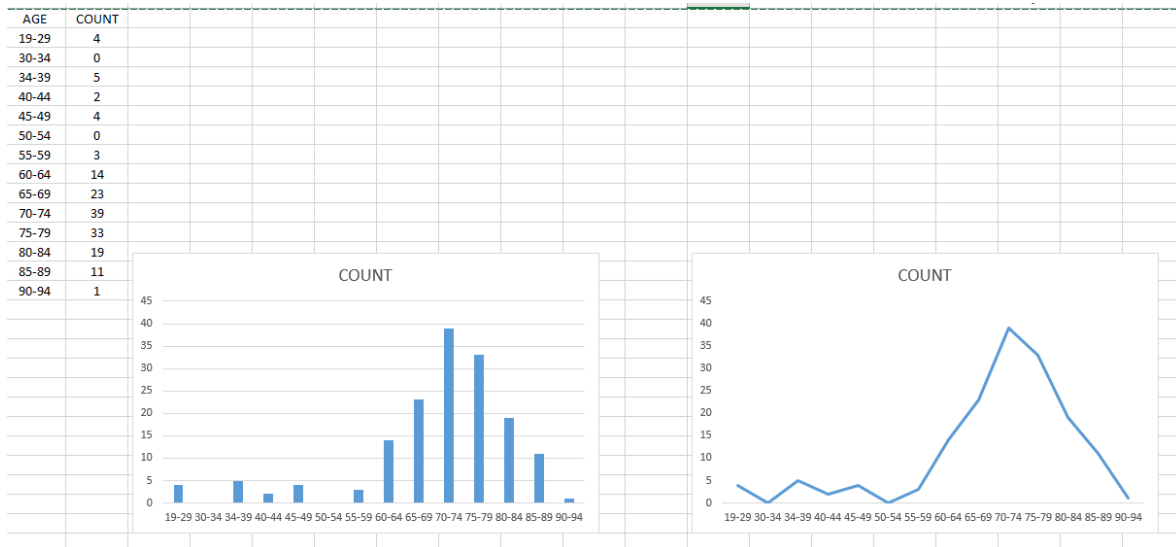
Members below all recently had their photographs taken – Thank you!

			
James Bishop	Damon Bliss	Bundy Graimes	Andy Hahn
			
Steve Vauth			

The following is a graphical presentation of the ages of our Members.

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A shed display was held at the Forrest Lakes Shopping Centre on Saturday, **6th May** from 8am to 5pm. Volunteers manned the display in 2 hour shifts. Inquiries were steady, mainly from people interested in purchasing items on display. Unfortunately the agreement for us being there did not permit us selling items. However people were directed to the Shed if they wished to proceed with purchases. A few blokes took information sheets and so did a few ladies interested in getting husbands out of the house. In one conversation GB offered one lady that he would teach her husband vacuuming and dish washing on his first visit! GB knows how to win friends and influence people! Thank you to those Shed members who gave of their time on the Saturday to promote the Shed.

Bicycle Recycling:

With help from Ted & Alan twenty five bikes were delivered to Bicycles for Humanity in Midvale on 21st April. When restored by volunteers at this facility, these bikes are shipped to Africa, up to four hundred at a time. People who need this transport are the recipients.

If this project is to continue is there someone (at the Shed) interested in taking it on?

Please contact Graham at the Shed on Tuesdays and Thursdays.

Graham Bartley-Smith

SHED MANAGEMENT:

Workshop Report:

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

We have had quite a successful month. Donations were received for small jobs and materials 130.

Four cheeseboards and repairs to a garden gate. Sale of other items. Pickle ball dollies made for the Addie Mills Centre (Gosnells Council). Refit camping interior of Hiace Van.



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John and Bill in the CNC/Laser Department have sold some small boxes and a sign for Kennels. We have received a large invoice for the resetting of the Thicknesser of \$500. The members who have undertaken training on the Tormek sharpening system have been practising and sharpening (honing) their skills. A wet tile cutter has been donated to the workshop and is available to members to do that tile cutting project for short periods for a donation.

Chris I'Anson
Workshop Manager

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SOCIAL SCENE

SOCIAL ACTIVITIES:

End of Month Social BBQ, Friday, 26 May.

Members are encouraged to come and enjoy some great fellowship at the Social BBQ lunch on Friday, 26 May commencing at 11.30 am.

This month it will be an egg and bacon burger (in a roll).

There is no charge for the burger.

Raffle tickets will be on sale again at 3 for \$5.

Assistance with preparation, cooking and clean-up is always very welcome.

Volunteer Lunch, Wednesday, 17 May, from 11.00 am

A reminder all members are welcome to attend the **free lunch** on Wednesday 17 May celebrating Volunteers Week. The Shed was fortunate to receive a small grant to put on a lunch catered by Friends of the Community. Visitors from other volunteer groups have also been invited.

If you wish to attend, it is important that you place your name on the file located in the foyer of Lewis House as numbers are limited.

This is NOT a partner's event.

Cancer Council Biggest Morning Tea,

Our shed is conducting another fund raising Biggest Morning Tea for the Cancer Council of WA on **Thursday 25 May from 9.30 am**, at the shed.

Members and partners are encouraged to support this very worthy cause. All of us know somebody who has been taken by this horrible disease and this is as good an opportunity as any to assist the great work done by the Cancer Council.

Entry is \$5 per person and please bring a plate to share.

A list of suggested food items is in the office and has been emailed to members previously.

This is an event that is open to the public and members are urged to invite family, friends and neighbours to join with us on the day.

Tickets are available from the office or may be purchased on the day.

Shed Fund Raising Activities

Bunnings Sausage Sizzles

Thanks to those members who have indicated they will assist with Bunnings Sausage Sizzles if and when we are offered some weekend dates. At the moment we are not pursuing the matter as winter is not a great time to be doing sizzles in the carpark. Members will be advised when we have a date.

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 City has relied on our Shed to arrange sausage sizzles at 6 or 7 events at different locations over the last twelve months and the income from these has been very helpful in balancing our finances.

Thanks to all those merry men who have assisted at different events over the last year.

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

You never
appreciate what
you have till it's
gone.
Toilet paper is a
good example.

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.

15 May 23	Andre Hoareau	Rob Shewan
22 May 23	Warren Standing	Graham Robinson
29 May 23	Patrick Bartlett	Charlie Fasolo
05 June 23	Phil Measday	Jim Ridgwell
12 June 23	Alan Gordon	Mick Atkinson

ACTIVITIES

CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

The short ride group will no longer be known as Gos Garbage. Apparently some feel that it is not a polite name. Ideas for a better name are being canvassed.

The group is still riding on Thursday mornings with numbers dwindling a little. Anybody with a bike and two legs is welcome to join the group.

Start time is 8.30 am from the Shed, returning usually within the hour for a much needed coffee.

COFFEE CHEETAHS BIKE MOB

Hi Everyone, I reckon most of us who are asked to write something about our little groups, sigh, when the dreaded email from Mr Hamilton arrives, as I certainly do! Not dissimilar to going to the mailbox to see the envelope you recognise but wish it had never arrived!

Where do I start? I try to write something interesting, something readers won't be bored with, and go onto the next contributor's article.....Maybe I've already lost you?

Our numbers have once again been down, with holidays being the main culprit, but not the sole reason. Our oldest rider.....let's call him John B, has missed a few of our Thursday rides, and we miss his company, but he's doing the 'correct thing', and 'listening to his body' and decided to take it easy for the time being. Age wise, he's indeed 'got a few years on most of us' so at least he has an excuse? Another 'John', John V is still on holiday, and as I sit at my computer typing this, he is most probably lying back on a lounge, on the deck of a luxury cruise liner! He drove his caravan to Sydney then a few days ago, teased us by saying he was about to board the liner visiting the South Pacific Islands! We're lucky to have Rob S ride with us now, as Rob likes to visit his family in far-off places, and has recently returned from a visit to his native New Zealand, a holiday which included Stewart Island, the country's 'Third Island' at the base of the South Island, and a place not many Kiwis have been to! Also, we'll miss our most recent 'new rider'. Wayne Fallows, as he and his good lady, are moving to Jindalee, a new suburb 'way north' of the river (40K North of the Perth CBD), to start a new life in the coastal suburb only a few minutes from the Indian Ocean. Wayne has seldom missed a ride with us, since he joined our shed 6 months ago or so, with him also coming to play table tennis (and beat us) on most Monday mornings! He's become 'an integral' part of our small bunch of bike

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riders.....so we wish Wayne well, and hope he keeps his word to see his mates down here every so often!

Our Thursday rides have included the cafe in East Perth next door to the ABC studios, a nice cafe in Jull St. Armadale, on the day of the Solar Eclipse, with 'strange sunlight' as we were riding home, the only difference here so far away from Exmouth. Tomato Lake was the destination the following week, then 'Robbo's Round the 'Burbs' ride last week with us ending at a cafe at 'Waratah' a developer's name of a part of Canning Vale, where we met Gordon T, a past rider who is considering riding with the 'Other Group' along with Jim Ridgewell, his friend. We all wish Gordon well, and he's even promising to have a go with his table-tennis skills every Monday morning at our shed! We'll wait and see!!

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 / May 2023.

From the Chief Handicapper

Generally good turnouts the past few weeks with the notable exception of March 31 when only three of us played due to rain – in the end we waited an hour to tee off and we had a rain free round. On 17 March we had 14 players at Armadale. Winner was Chris, with Frank nearest pin and Lloyd the unluckiest golfer. Wayne confessed to winning a pink ball and Bill Harris sunk the longest putt. On 24 March eleven of us headed off to Hillview playing Lakeside 9. Lloyd won the day and was also nearest pin. Phil was the unluckiest golfer and also won a pink ball. Chris sunk the longest putt.

On 31 March three of us braved the weather at Armadale but by teeing off a bit later remained dry all the way around. Lloyd was winner with Bill Davis both nearest pin as well as unluckiest golfer.

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We did not play on Good Friday but played on 6 April at Armadale. Winner on the day was Tom and he also sunk the longest putt. Nearest to pin was Warren and Barrie was the unluckiest golfer. On 14 April it was off to Hillview on the Classic nine. The day was won by Phil, who was also nearest pin. Ron earned a pink ball and Warren sunk the longest putt, Bill Hughes was unluckiest golfer.

On 21 April, twelve of us fronted up at Armadale. Chris was winner on the day and was also nearest pin. Phil had a reversal of form to be unluckiest golfer with both Tom and Barrie earning the pink ball.

There were only eight of us at Hillview on 28 April playing Lakeside nine. Warren won on this occasion on a countback from Bill Davis with Kevin nearest pin. Rob was unluckiest golfer.

Back to Armadale on 5 May with eight starters. Bill Hughes was the clear winner with a record low net score, not just for him but for any of us. Barrie was very unlucky in scoring a personal best but not good enough to win on the day. Bill Davis was nearest pin and Rob unluckiest golfer. Bill Hughes sunk the longest putt and Warren, Barrie and Rob earned a pink ball.

On May 12 it was back to Hillview playing the Heritage nine for a change. Bill Hughes was again the winner with Chris nearest pin. Barrie and Chris were unluckiest golfers and Frank sunk the longest putt.

Hillview is a very suitable course for us and we will continue to play the three nine hole courses in rotation. The fairways and greens at Armadale golf course are in the most excellent condition at present and probably as good as you would see anywhere. It is a pleasure to play there.

New players welcome at any time.

Warren Standing

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 is 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

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ANYBODY interested in doing a bit of data entry to practice or keep up their computer skills please contact our Secretary Phil at the office.

MUSIC GROUP:

GREETINGS EVERYONE!!,

Well..[As you all know] we lost our Harmonica Player with the Passing of Rob Cairns and a good turnout from THE SHED for his funeral was much appreciated!! Guitarist Allan Boyle is in Europe on a well-deserved Holiday and the other relatively New Guitarist John Taylor has settled in nicely albeit that MY JOKES are heard repeatedly. Quite a few NEW SONGS have been presented..[And to my surprise!!] Have been accepted and added to our song list.

John Greenaway's SHREDDER has had a Rest.. [For now!!]

Ian Johnson has been inputting some lovely "Riffs".. [We think he is secretly having lessons??] .. ha-ha.

SOOOOO!!! Pop in and test out your Hearing Aids Anytime!!

Keep on Rockin',

GEOFF BOWRA

MODEL GROUP:

HI FOLKS!!,

The Model Making Group has had varying attendance so far this year due to Holidays, Illness and other unforeseen circumstances. BUT This Month we have filled the room with avid modellers. We welcome Lesley and his carer and Lesley has already completed an Aircraft Carrier and is now well on the way to completing a lovely Kenwood Prime Mover Truck.. WELL DONE!! Michael Corti has returned to the fold after a long illness and operation.. Welcome back Mate!!! ALL the chaps have Pumped-Out some awesome creations and our display cabinets are Bulging with examples.. So pop in and have a Gander!!!

Our afternoon teas are getting better and better and the food on offer is Fabulous.. [We may ALL have to get new clothes soon??]

That's it from ME for this Month,

GEOFF BOWRA

TABLE TENNIS:

If you often wonder what the hilarity in the Wiltshire room is on Monday mornings, it is our local table tennis champions warming up for the World Championships in Gosnells at a yet to be announced date.

If you have two working legs, at least one arm that works and can see to the other end of the table you are very welcome to come and join us for fun and games. Professional players are NOT welcome.

We play table tennis every Monday morning at our shed beginning at 9-00am Lately we've had 'good numbers' with 7 players on a few occasions, which we play 'Doubles', that always raises our heartbeat rates, with all the 'dashing about' required! A few players are still on holiday, namely John V and Doug H, plus Brian still puts in a few hours a week working at Carousel Bunnings, so he's not always around. We only play to '11' to win, as the regular game I believe, plays to '21' before a winner

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is declared, but I'm sure our 'Senior Player' John B will correct me if I'm wrong! My mate John and I, are 'sticklers' for the rules, with John always wanting to 'take a point' off me when I reach over the table to get a ball back, when I've put my hand 'ON' the table, which is strictly forbidden!

Our good mate Wayne F is leaving us 'for new pastures', as he and his wife have bought a home in the very northern of Perth suburbs after living in Thornlie for decades. Wonder if he'll find a men's Shed as good as ours up there??

Why not come along one Monday for a trial game or two, and if its years since you last played....they tell me 'It's like riding a bike'!

David 0417 174 893

Official Rules of Table Tennis

- GAMES ARE PLAYED TO 11 POINTS. ...
- ALTERNATE SERVES EVERY TWO POINTS. ...
- TOSS THE BALL STRAIGHT UP WHEN SERVING. ...
- THE SERVE CAN LAND ANYWHERE IN SINGLES. ...
- DOUBLES SERVES MUST GO RIGHT COURT TO RIGHT COURT. ...
- A SERVE THAT TOUCHES THE NET ON THE WAY OVER IS A "LET" ...
- ALTERNATE HITTING IN A DOUBLES RALLY.

Cards and Board Games

The numbers playing games has sadly decreased due to 'circumstances beyond our control'. In an effort to increase participation we are looking at starting lessons in a few new games, possibly Whist first. Members interested in joining with this group can place their name on the sheet in the foyer rack.

Otherwise just rock up on a Thursday morning from 9.00am in the library and join the boys playing whatever is on that day.

Council on the Ageing (WA)

The Council on the Ageing, WA, produces a very informative newsletter each month updating seniors, like us, on a wide range of issues that are relevant to our group. The newsletter is titled ***COTA Connect*** and is well worth subscribing to. It is free and very readable. From time to time excerpts are included in our newsletter where the article appears to be particularly relevant to our lives.

If interested look up the website at COTAWA.org.au

Vaccine Warning

This happened yesterday and is important information for our age group, especially those of us over 65.

A friend had his 5th dose of the vaccine - the "booster" at a Pharmacy, after which he began to have blurred vision on the way home. When he did get home, he immediately called the pharmacy for advice about seeing a doctor, or to be hospitalised.

He was told NOT to go to a doctor or a hospital, but to immediately return to the pharmacy and pick up his glasses.

Australia is home to 21 of the world's 25 most venomous snakes.

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Recipe **Cheat's minestrone soup.**

10m prep; **12m** cook; **4** servings



When it comes to cooking, it's okay to cheat - especially when it results in this delicious minestrone soup.

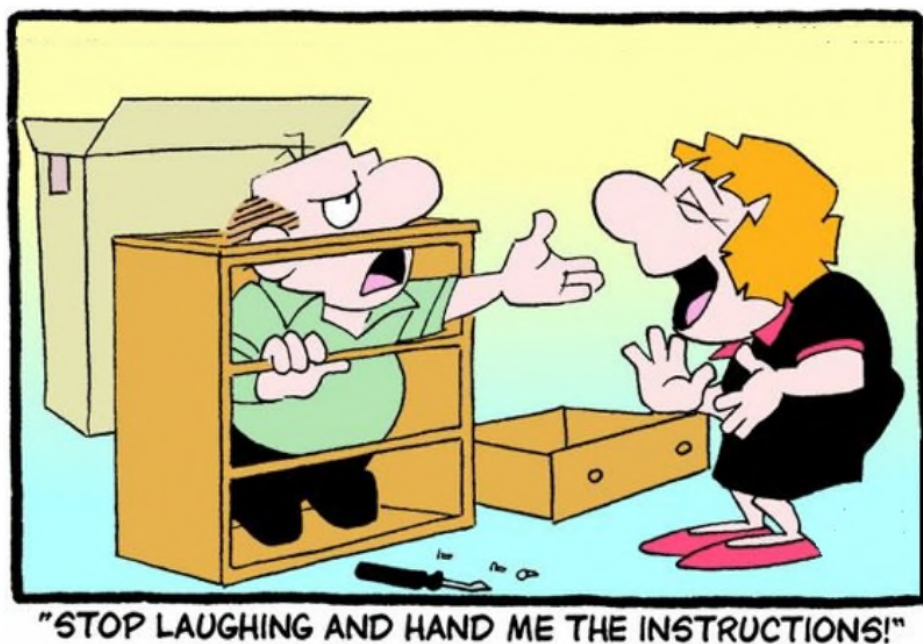
Ingredients

820g can tomato soup; 1 cup short pasta (such as macaroni or mini penne);
250g frozen mixed vegetables (such as corn, peas, carrots and broccoli);
400g can Borlotti beans, rinsed, drained; Shaved parmesan, to serve (or vegetarian hard cheese);
2 tbsp chopped parsley.
Crusty bread, to serve

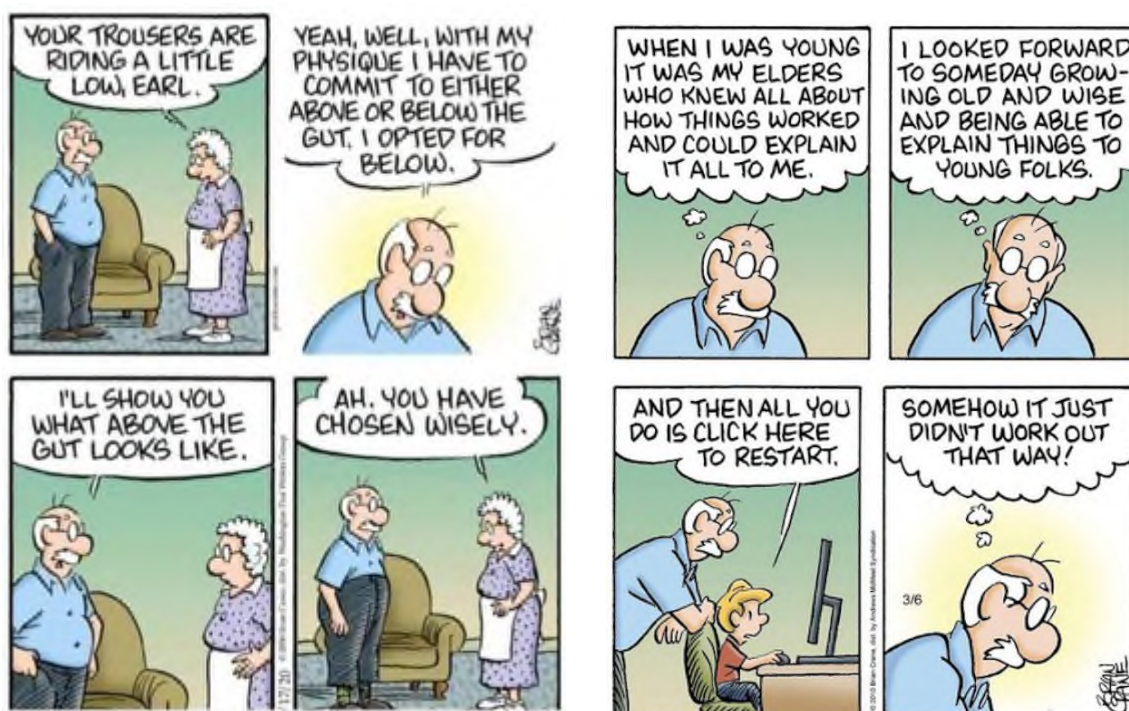
Method:

1. Empty soup into a saucepan and add 1 1/2 cans of water. Bring to the boil. Add pasta and cook for about 8 mins, stirring occasionally to prevent pasta from sticking, until almost tender.
2. Add vegetables and beans, then return to the boil. Cook for another 3-4 mins, to heat through.
3. Serve topped with parmesan and sprinkled with parsley, with crusty bread on the side.

Do you have a recipe to share??



"STOP LAUGHING AND HAND ME THE INSTRUCTIONS!"



Let's learn from Dennis's experience:

I asked Dennis to give us a short story about his recent caravanning outing!

Hi Gordon, it all started with preparations for our Exmouth trip.....

As usual, I left the packing to the last minute on Saturday as we were leaving Gosnells the next day. I was rushing around like a headless chook "have I got everything – fishing gear, enough fuel, water, caravan gear and of course, beer" as we were camping out at Cape Range National Park.

When I sat down in the afternoon to watch the footy, I had sudden chest pains - just like someone sitting on my chest. I said to Diane (my wife) to phone an ambulance. While we were waiting for the ambulance, the operator told Diane to give me Disprin. The ambos were fantastic and transported me to Armadale Hospital and a lot of questions were asked about health, and history. Hours later I was transferred to Hollywood Hospital and another round of questions and finally admitted to a room. I felt like a caged lion hooked up to monitors and machines with umpteen blood tests. On Monday night I had an angioplasty and stents were inserted into a blockage in one of my arteries.

After the procedure, there were more blood tests and I was given the all clear to go home on Tuesday with more meds. Cardiologist said that we could still go to Exmouth which I was really happy about. We were to see in him when we got back.

On Friday I was feeling fine and we took off and I was happy as Larry to be on the road! The first night in Dongara, I had a disturbed sleep from itchiness on both my forearms and the next morning woke up to a bloody mess in bed from all the scratching. Both my forearms were swollen with huge blood blisters and welts on them. The next day we had a pit stop in Northampton for a coffee and my arms were no better, if not worse. We went to Northampton Hospital where the nurse had a telehealth call with a doctor - possibly an allergy to something (new meds?). I was prescribed some day and night antihistamines and we decided to stay in Northampton at True Blue Caravan Park for a couple of days and just watch and hope it didn't get any worse.

Also I had some trouble with my new compressor and Phil and Jane (owners of Caravan Park) were fantastic help. Can highly recommend this Caravan Park. It's lovely place to stay and owners really go over the top to make your time with them enjoyable as possible

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I had been feeling really tired and felt that the previous week had finally caught up with me. The thought of the long drive still go wasn't appealing so Diane and I made a sensible decision to head home.

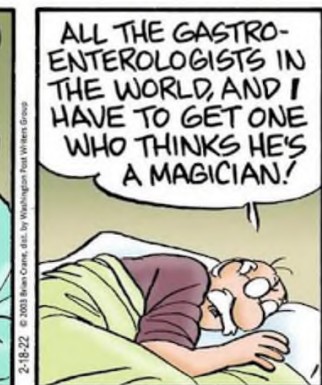
I'm booked into a cardiac rehabilitation appointment which I hope will lead to better health, including giving up smoking!

Exmouth will always be there and I am sure we will make that trip another time.

It is a good idea to always have Disprin / Aspirin on hand at home and follow ambo operator' advice.



Dennis!



I'm not sarcastic.
I'm just intelligent
beyond your
understanding.

I HAVE A SMART PHONE, SMART
TV, SMART FRIDGE AND A SMART
THERMOSTAT... I'M ESSENTIALLY
THE DUMBEST THING IN MY
HOUSE.

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Marc Anthony to guard: I'm here to see Cleopatra.

Guard: I'm sorry, but she's in bed with Laryngitis

Marc Antony: Damn those Greeks!

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