

# The Gosnells Community Men's Shed News



Lewis Homestead

June 2023

Vol. 11 # 12

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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](mailto: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)*

30<sup>th</sup> June FREE End of Month BBQ at the Shed:

## End of Month Social BBQ Friday 30<sup>th</sup> June

Come for a feed some good fellowship at the Social BBQ lunch being held at Lewis House on Friday 30<sup>th</sup> June commencing at 11:30am.

This month it will be a sausage in a bun 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.

## From the Chairman's desk: June 2023

It is almost the end of the financial year and preparations have started for the AGM.

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## ***The Gosnells Community Men's Shed News***

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Anyone who was at the shed on the day we had our wettest June day in 37 years would have seen the water overflowing off the roof. It turns out that the gutters had a large bucket full of rubbish blocking the down pipes.

It has been quiet in the workshop this month. We have had several enquiries about membership so we are expecting a few new members in July.

A couple of them came from people who had seen our stand at the Shopping Centre, so thanks to those members who gave up a couple of hours of their time to man the display, even if we get one new member it makes it worth the effort.

The Volunteer Lunch and the morning tea for funds for cancer were both a success thanks to the efforts of a few hard working dedicated members.

The Safety Committee are working on a revised evacuation procedure together with an emergency siren

Bill Hughes played host to a small group of boys from Kenwick Special Needs School who have a project to build a street library. They have now come back to get a quote for the project.

***Ray Smith***  
Chairman

### **Fee's 2023/2024**

The Management Committee after careful consideration of the current economic situation have agreed that it is necessary to increase fees for 2023/24 by \$5 to \$95.

This represents a 5.5% increase which is below the 7.0% CPI for the 12 months ending 31st March 2023.

The financial statements for the current year are estimated to produce a surplus which received a boost with an unplanned donation of \$5,000 from Rotary.

It is essential that we are able to cover our fixed costs. When the fixed costs are compared to membership income the results are a deficit of \$1,210 in 2021/22 and an estimated deficit of \$2,390 for 2022/23. A modest increase of \$5 for 160 members will only add \$800 to our membership income.

Invoices for the new fees will be issued on 30th June for payment by 31st July 2023

**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](mailto:gelowi@bigpond.com).

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### **HEALTH & SAFETY REPORT:**

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.

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The 5<sup>th</sup> 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.

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*

### **COMMUNICATIONS:**

You may have noticed that for some Members, last month's Newsletter was somewhat late. Specifically if you are using 'Bigpond' for your emails. As a result the Secretary has advised the Committee that a new method of sending out email notices to all members has been developed. The previous method resulted in group emails being increasingly treated as spam. We have now opened a Google Group account. So far several notices have been successfully sent out to members. The emails sent out are being recorded in the monthly correspondence report to the Committee.

### **MEMBERSHIP:**

There are 167 members as at 12th June, 2023.

### **Bicycle Recycling:**

With help from Ted & Alan twenty five bikes were delivered to Bicycles for Humanity in Midvale on 21<sup>st</sup> 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*

### **LIBRARY REMINDER**

The Shed Library which consists of 7 and a bit shelves of Fiction Novels placed in alphabetical order of author's name, and 1 shelf of Non Fiction material is there for the use of all members.

The Library operates on an honour system whereby a book or books is/are borrowed and returned within 21 days. (Exceptions are accepted if a person is ill or away caravanning).

The returns are then placed on the cabinet at the rear of the Library, for the Librarian to replace.

At present there are a number of VHS Tapes going for FREE on the table inside the Library door. If they don't go soon they will be binned.

*Bruce Coleman, Librarian*

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### **Facilities Report,**

The gardening has come to a standstill due to winter (surprise) however Buster keeps the lawns in good condition. Plans are in hand to eventually sort out the gutter problems at the rear of the house. We are just awaiting until the weather improves.

***Al Gordon***  
***Gardening Group***

### **SHED MANAGEMENT:**

#### **Workshop Report:**

There have been no injuries in the workshop in the last month  
We have had very few jobs this month only three or four small ones.  
The large lathe has been moved from the CNC and laser workshop to the main workshop.  
The small lathe has been sold to one of our members.  
John and Bill have been very busy with the laser turning out some very good work.  
We have a pool table coming in for a major repair and also a golf trophy for the Gosnells Golf Club.

***Chris I'Anson***  
***Workshop Manager***



### **SOCIAL SCENE**

#### **SOCIAL ACTIVITIES:**

##### **End of Month Social BBQ, Friday, 30<sup>th</sup> June.**

Members are encouraged to come and enjoy some great fellowship at the Social BBQ lunch on Friday, 30<sup>th</sup> June commencing at 11.30 am.

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This month it will be a sausage 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.

**Considering the number of Members, patronage of end of month BBQ is low.**

### **Volunteer Lunch, Wednesday, 17 May, from 11.00 am**



### **Cancer Council Biggest Morning Tea,**

On behalf of the Management Committee I would like to thank everyone who participated in the Cancer Council Morning Tea fund raiser **Thursday 25 May**.

It was a great success with plenty of good eats.

With your generosity, \$ 1,164.00 was raised for the Cancer Council WA at the Biggest Morning Tea.

This amount has been donated to the Cancer Council WA.



**Some of the people who attended the Morning Tea and the spread of food people provided.**

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### 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.

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

*The first Police Force in Australia was made up of the best-behaved convicts.*

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.**

|                       |               |               |
|-----------------------|---------------|---------------|
| 19 <sup>th</sup> June | Martin Troy   | Colin Sears   |
| 26 <sup>th</sup> June | Ray Smith     | David McLean  |
| 03 <sup>rd</sup> July | Chris Brown   | Arpad Pratsky |
| 10 <sup>th</sup> July | Ken James     | John Millar   |
| 17 <sup>th</sup> July | Andre Hoareau | Rob Shewan    |

### **Hon Matt Keogh MP**

### **Federal Member for Burt**

On the morning of 6<sup>th</sup> June Matt Keogh MP and his media entourage paid our Shed a visit.

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They were shown around our magnificent facilities.



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### ACTIVITIES



#### **CGMS Walking Group:**

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

### 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. **So what is the new moniker????**

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 All! With the cooler wetter weather, our numbers have been lower recently, with John V. still away in his caravan, but hopefully back soon. His long trip away to NSW and beyond, included a cruise from Sydney to 'the islands', John & his lady's first time on a cruise ship I believe. Wayne F. has moved to live in Jindalee, so we'll miss him, and our 'most senior' rider, John B. may not be riding with us again, but we all hope he'll return when summer comes around?

We've not been on many 'highlight' rides this month, but many would say that every ride we go on, at our advancing ages is a 'highlight', and I tend to agree with them! One highlight certainly included the steep steps down to the river at Aquinas College at Salter Point, where we had to carry our heavy bikes down around 1036 steps?, descending about 40 mts elevation! We'd already had our coffee stop at the 'Boat Shed' in South Perth next to the river, after cycling all the way from our shed, cycled south next to the Freeway to Canning Bridge, onto Salter Point, then



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down the 'dreaded steps', Home by Riverton Bridge, then eventually arriving in our 'home territory' after 55 hard kms!!....one of our longest rides.

They say 'You don't stop cycling when you get old, but you do get old when you stop cycling'!

**David Gardiner** 0417 174 893

**Photos Graeme Gurney**



***It is a hard life with this Cycling Group!***

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*Australia is home to more than 1,500 species of spiders.*

### **GOLF NEWS May / June 2023.**

From the Chief Handicapper

Generally good turnouts the past few weeks with the notable exception of June 9 when only four of us braved the elements at Hillview. In the end we had a bit of scotch mist for the first couple of holes, then just heavy overcast and a clear round.

On 19 May we had 10 players at Armadale. Phil won on a countback from Ron and was also nearest to the pin. Chris distinguished himself with a birdie while Lloyd sunk the longest putt. Rob confessed to a pink ball, and Frank was the unluckiest golfer.

On 26 May nine of us headed off to Hillview playing Lakeside 9. Mark won the day on a countback from the author and Ron was nearest pin. Rob was the unluckiest golfer and the author won a pink ball. Chris sunk the longest putt.

On 2 June nine of us teed off at Armadale the day resulting in a rare win for yours truly. Chris was nearest to the pin and Steve the unluckiest golfer with Lloyd sinking the longest putt.

On 9 June it was off to Hillview on the Classic nine but as stated earlier only four braved the weather. It turned out to be a very pleasant unhurried round with Lloyd the eventual winner and also being nearest to the pin. The author was back to his usual form to be the unluckiest golfer on the day.

We expect player numbers to be down somewhat for the next few months with quite a few away on holidays. Frank M and Bill Harris are not well enough to play at present and we wish them both

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speedy recoveries. With winter well and truly upon us we all hope that it rains on days other than Fridays.

New players welcome at any time.

*Warren Standing*



"I know your husband loved this golf course Mrs. Brown, but you just can't bury him here."



Herb playing on the new 'Low Frustration' golf course, specifically designed for elderly golfers.

### **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](mailto:computing.gcms@gmail.com)

**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.

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### **MUSIC GROUP:**

HI FOLKS!!,

I can't believe how FAST this year is going!! [Nearly half gone already]

The Music Group has suffered some member illness but, despite absentees, we have Soldiered - On and "The Shredder" has not been put to work as I have only managed to present ONE new song so far this month.

It's called "STOP THE WORLD AND LET ME OFF" .... quite appropriate when you watch the TV Evening News.

Thank God we have a Men's Shed to help us keep our SANITY!!

During the Severe Rain and Stormy Weather last week the Big Brick Room at the rear of My property [that I use for Model Making and as a Music Room] was Flooded and the carpet was drowned in about 2 inches of water. Everything on the floor is ruined but WORST OF ALL I had 8 Guitars [in their cases] standing Upright against a wall and the water has soaked up and severely damaged the hard and soft cases and damaged some Guitars .. [Hopefully Insurance will cover the Damage??]

ANYWAY ... enough of MY PLIGHT!! ..... We meet on a Wed. afternoon from 12 noon and a Thursday from 9a.m. so pop in and test out your Hearing Aids!!

BYE FOR NOW,

***GEOFF BOWRA***

### **MODEL GROUP:**

GREETINGS ON AND ALL!!

It has been another Very Productive month so far for the Modelling Group with MANY [and varied] creations taking shape or Completed.

A few chaps have been absent due to Health Issues but in general the attendance has been Good ... and the Afternoon Teas have been "Out -Of-This-World" .. [No need for an evening Meal after Our "PIG-OUT" sessions]

On Tuesday 6th. Federal Politician Matt Keogh visited the Shed [along with Video and Photo Cameramen and a number of others] and they were shown around The Workshop and Weld Shop AND the Wiltshire Room and He and his Group were VERY IMPRESSED with OUR Display Cabinets FULL of Model Creations done by this Group!!

YOU are ALL Welcome to Pop-In Anytime to have a look for yourselves!!

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. 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

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### **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.

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### **Recipe**

#### **Cannellini bean and chorizo minestrone**



The chorizo gives this soup a lovely paprika taste.

10m prep,      15m cook,      4 servings

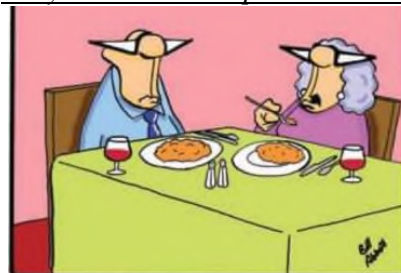
### **Ingredients (12)**

|   |   |
|---|---|
| 2 chorizo sausages, finely chopped;     | 1 brown onion, finely chopped;              |
| 2 celery sticks, finely chopped;        | 1 carrot, peeled, finely chopped;           |
| 2 garlic cloves, crushed;               | 2 ripe tomatoes, finely chopped;            |
| 2 tbsp tomato paste;                    | 400g can cannellini beans, rinsed, drained; |
| 4 cups (1L) chicken style liquid stock; | 1 cup finely shredded savoy cabbage;        |
| Store-bought basil pesto, to serve;     | Crusty bread, to serve:                     |

### **Method:**

1. Heat a large saucepan over high heat. Add the chorizo and cook, stirring, for 5 minutes or until golden brown. Use a slotted spoon to transfer to a plate. Add the onion, celery, carrot and garlic to the pan and cook, stirring, for 5 minutes or until onion softens. Add the tomatoes and tomato paste and stir to combine. Add the chorizo, beans and chicken stock and stir to combine. Bring to the boil.
2. Cook, stirring occasionally, for 5 minutes or until soup thickens slightly. Add the cabbage to the saucepan and stir until cabbage just wilts. Remove from heat. Taste and season with salt and pepper.
3. Ladle the soup among serving bowls and top with a dollop of pesto. Serve immediately with crusty bread, if desired.

*Do you have a recipe to share??*



"The recipe? From  
shutupandeatit.com."



**I asked an old man:  
"Even after 75 years, you  
still call your wife  
'Darling', 'Honey', 'Love'.  
What's the secret?"  
The old man replied: "I  
forgot her name 10 years  
ago and I'm scared to  
ask her**

### **HOW I MET MY CATTARAUGUS 225Q**

I recently found myself in the unfortunate position of helping to clear a Korean War veteran's house out. Unfortunate, because his life was changing and he was barely conscious of what was going on around him.

Clearing someone else's house out to me, is always a sad time. I have come to realise those making decisions about the contents are usually doing it with limited time which equates to lots of decisions being made quickly, often overlooking the importance an item may have to the owner. An item may appear valueless through the eyes of the person/s clearing, but in the eyes of the owner that item may have significant memories attached. It is at this time hard decisions must be made, thousands of times and in a short timeframe. That is when those items / memories often are overlooked. They are not disrespectful decisions, it is just the volume of decisions which need to be made in a timely manner. Getting back to clearing this home out. I saw a box of old tools, thingamabobs and "stuff" being thrown in the bin. The bower bird in me had me going through the box in minutes flat. One item I found was an old knife in a leather scabbard. I immediately grabbed it and threw it in my car for further investigation later. I appreciate a well-made knife that hold a good edge, regardless of its origin. This knife met both criteria.

Weeks later found me googling "Cattaraugus 225Q."

It turns out the Cattaraugus 225Q was a commando utility knife designed for U.S. Special Forces during WWII. It is also often referred to as the "Quartermaster knife." It has a 6" blade and is a full 3/16" thick. The handle is made of stacked leather rings. It sports a steel butt cap that's almost a full 1/2" thick. Besides a fighting weapon, the knife was often used to pry open crates, as well as a makeshift hammer. It has that quality "heft" feel to it. It is one tough tool and I'm so pleased to have been able to save this piece of American military history.

Going back to the beginning of this story, I pondered why this knife was in his possessions, what was its function and was it used for its original purpose, i.e. a fighting weapon? If it could talk, what stories would it tell?

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The financial value is irrelevant. Had I not rescued it, it would be gone forever, lost in the haste of yet another house cleanout!

If you find yourself clearing out someone's house take a moment to give due consideration and respect for all those items you are about to make a decision on. In the cleanout mentioned above I took and passed on items such as books, war memorabilia, tools, furniture and anything I thought someone else could use. Better to redistribute than dispose of these items in my opinion.

***Jim Ridgwell***



### **WANTED**

Looking for someone to do general maintenance and perhaps gardening around the home.

Hoping some members may know of someone they use / can recommend.

Doesn't need to be a tradesman or charge tradesman rates.

If you have anyone you can suggest please call Jim on 0429939823, or email me @

[jimc3vette@outlook.com](mailto:jimc3vette@outlook.com)

Thanks

Jim Ridgwell

*Our old Mate Rob Cairns sent this to me some time ago to go in the Newsletter. Part of the original was read out at Rob's funeral service by his son.*

### **The Confessions of an Urchin**

This is something I wrote a long time ago. I wrote it about 20/30 years after the WW11 events portrayed. It is now 60/70 years after. Lots of water has since passed under the bridge!

Subiaco, I guess, was no different from any other suburbia. The people living there also were no different from those in other suburbs. Nevertheless, it was my pad and, as such, was pretty special.

When looking back over the period now, I wonder what was so special, and there wasn't very much. But, like all other suburbia's, little boys will make hay of very little to pass the time, especially when it was during and after WW11.

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We were lucky, we lived in an area with many natural resources on tap. We had the trams, and the trains. We had, underneath the Hamilton St. railway bridge, a ready supply of yellow sand bombs, which we used to chuck at the passing trains. But our aim wasn't good, probably just as well.

We had the Perth Children's Hospital (before it was Princess Margaret) just up the hill. I saw a lot of that hospital over my childhood with my Asthma. But what drew us there was the great stacks of furnace firewood behind the hospital. We used to climb the about 15ft (4+ metre) high stacks, and then run along them. These days I shudder at the thought.

And then we had Subiaco Oval with its gates and fences presenting a challenge. And we had Kings Park, where we had space to play. I used to follow my Dad up there to practice his bugle. (He had played it in WW1). He was easy to find (bugle noise.)

Kitchener Park also deserves mention. This park was in Roberts Rd. between Mod (Perth Modern School) and Subiaco Oval. It had, at its centre, a large circle of gravel, inter joined at its centre by four paths leading to the park corners. The circle was our race track, but gravel means danger to push bikes, and we had a few spills amongst us. I didn't, because I had the heavy slow bike.

At the bottom of the "Mod" school grounds, there stood two science labs. We found one of the doors unlocked one weekend and went inside. There, many minor experiments, mostly unfinished, were in the glass/wood frame wall boxes. We never interfered with them, but I do remember filling a test tube with water, heating it on a Bunsen burner, and watching the bubbles rise from the bottom.

Closer to home, we had the 2 storey flats on either side of the semi-detached house (now called duplexes) that we lived in. Having one of my mates living in each set of flats was a distinct advantage. We had some sort of 'authority' to be there and, later on, I had my first 'bomb' car in one of the garages at the back of one set of flats.

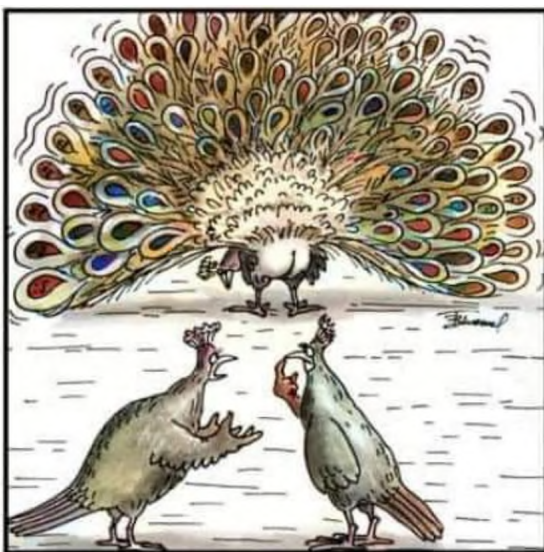
So, there is the scenario of my 'urchinhood', a normal slice of suburbia I believe. Enough to keep us occupied during WW11, and beyond, from about 1942. I can still hear those air raid sirens, on top of Bantock's Cool Stores. Only testing, thank God.

And you know, in all those years, the one policeman, stationed opposite KEMH, never had cause to visit us. We must have been the perfect urchins.

Please Note: The above article was originally written as the foreword to a much longer epistle, over 5 pages. Too long for our Newsletter, I think. I hope it is of interest to some of our members.

Cheers,

**Rob Cairns.**



"I can't tell if he's courting us, flashing us, or just mooning us again!"



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