

The Gosnells Community Men's Shed News



Lewis Homestead

July 2023

Vol. 12 # 01

Editor: Gordon Hamilton hamilton_g@bigpond.com

70 Lissiman Street, Gosnells, WA. PO BOX 330, Thornlie, WA 6988. ABN 38 030 506 750



Founded by the
Rotary Club
of Southern Districts
in 2012

Community Bank · Canningvale
Bendigo Bank

Proud sponsors of
Gosnells
Mens Shed



Proud partner of Act Belong Commit,
supporting good mental health
in our community.

Mentally Healthy WA actbelongcommit.org.au

Proudly supported by Amaroo Village, Lotterywest, City of Gosnells, Department of Veteran Affairs' Community Bank Canningvale (Bendigo Bank) & Act Belong Commit.

PATRON: Terresa Lynes – Mayor City of Gosnells.

Office Bearers

Chairman	<i>Ray Smith</i>	Vice Chairman	<i>Geoff Wiltshire</i>
Secretary	<i>Phil Measday</i>	Treasurer	<i>Ted Evans</i>

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)

18 th July	Cancer Council Talk Partners welcome. 10.00am Wiltshire Room;
16 th Aug	AGM followed by free BBQ;

From the Chairman's desk: July 2023

Only 4 weeks to the AGM, at the time of writing 70 members have renewed their membership and three new members have joined.

I would like to thank Margaret McLean who for some time has been making homemade jam for members to purchase and supplement our income for the shed.

We have a new sign on the top carpark fence, made by Bill Hughes and attached to the fence by Glyn and Buster.

We are proudly flying the Australian flag on our flag pole which is now illuminated at night

I would also like to thank those members who have been supporting our fund raising efforts by supplying cans and bottles for the blue Scouts recycling bin just inside the gate. This year we have

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received \$2,176.60 from your efforts, keep up the good work. It seems we are not drinking as much as last year because for 2021/22 we received just under \$3,000.

We have for several years been receiving a dividend from the gaming machine at the Thornlie Tavern, this year it was \$814.10

The Management Committee on the recommendation of the Social committee have decided to discontinue the end of month BBQ due to lack of numbers attending and will now hold them once each quarter.

There will be a BBQ at the conclusion of the AGM on Wednesday 16th August

Ray Smith
Chairman

A siren for evacuation had been installed and demonstrated to members.

NOTICE TO MEMBERS - MEMBERSHIP FEES FOR 2023/2024 WERE DUE FOR PAYMENT 1st July, 2023

The Committee of Management has determined that the membership fee for the year commencing 1st July 2023 will be \$95 per annum. Amaro residents will receive a discounted rate of as per the attached invoice. (*See last page of this Newsletter.*)

Payment methods are by EFTPOS, bank transfer, cash or cheque.

Cash and EFTPOS payments will need to be made in person to the Shed Office. Cash payments should be placed in a sealed envelope clearly marked with the members' name and addressed for the attention of The Treasurer. Please note cash must not be posted.

All cash and EFTPOS payments must accompany a completed copy of the Tax Invoice.

Very Important - Please ensure that you include your last name and first initial as a reference (e.g. Jones W)

On the bank transfer to ensure your payment is recorded correctly!

Cheques are to be made payable to 'Gosnells Community Men's Shed Inc.' and attached to the completed copy of the Tax Invoice, then either posted to P.O. Box 330, THORNIE WA 6988 or delivered to the Shed Office and marked for the attention of the Treasurer.

To complete the membership renewal invoice add your name and date of payment to the invoice. Select your eligible membership category and add the amount you are paying and tick the method of payment.

Please note to ensure voting eligibility for the Annual General Meeting, membership must be renewed by the 31st July, 2023.

The Annual General meeting will be held on 16th August 2023.

Thank You.

Phillip Measday - Secretary
Gosnells Community Men's Shed Inc.

AGM NOTIFICATION:

To All Members (Email notification 14th July 2023)

*This advice is to formally notify all members of the arrangements for the **Annual General Meeting and General Meeting to be on Wednesday, 16th August 2023 at 10.30am** in the Wiltshire Room at the shed.*

The AGM and General Meeting will be followed by a BBQ.

Information in this package is important and it is a requirement of the Rules of Association that it be sent to all members.

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The following points are relevant:-

1. *Signing in—all members must sign the attendance register to ensure their financial membership status for administrative and insurance reasons and receive an entry slip to obtain a voting ballot.*
2. *Quorum—the Rules stipulate that a quorum for the AGM and General Meetings is 30 % of the financial membership at that date. Members are urged to attend this important event in person to ensure that we achieve a valid quorum rather than having to postpone the meeting to a later date.*
3. *Voting Rights are restricted to confirmed current financial members of the Gosnells Community Men's Shed Inc.*
4. *Proxy Voting—as per the Rules, proxy votes can be accepted from financial members who are unable to attend in person. These votes must be in writing on the prescribed form (available from the Secretary), addressed to the Secretary at the official address for the Shed and received before the commencement of the meeting. A financial member may be appointed the proxy for not more than five members.*
5. *Nominations for Committee positions must be received by the Secretary not later than Tuesday, 1st August 2023. Members interested in nominating may collect a nomination form and information pack on duties and responsibilities of Committee from the office.*
6. *All positions on the Committee of Management will become vacant and available for nomination. Members interested in becoming involved through nomination are urged to discuss the options with the Secretary, Vice Chairman or Chairman.*
7. *If sufficient nominations are received prior to and at the Annual General Meeting, those nominated will be deemed elected. If more nominations are received than vacancies then elections will be required*
8. *All nominees will be given the opportunity to address the AGM. Once this is completed ballot papers will be given out in return for the AGM meeting entry slip.*
9. *Motions for the General Meeting –The Rules require that 14 days' notice of any motion be given (in writing) to members in order that they may be informed of the matter. **Motions can therefore only be received up until Tuesday, 1st August 2023.***

*Phillip Measday
Secretary
14th July 2023*

To All Members – AGM Business.

Please find following a schedule of proposed amendments to our **Rules of Association** to be voted on at our Annual General meeting on Wednesday 16th August, 2023.

The attached amendments include the following:-

- Altering the period in which membership should be renewed from three months to one month.
- Changing the period of nomination for the committee from seven days to fourteen days.
- Correction of a reference to a section of the rules that should read rule 9(4) not rule 5(4) which does not exist.
- Further the Secretary must not less than 14 days' give notice to members of the Annual General Meeting.
- Finally members entitled to vote at Annual General Meeting must be financial members 14 days prior to the AGM.

The amendments will bring us into alignment with the current requirements of the Associations Incorporation Act.

These amendments will be presented to financial members present at the Annual General Meeting and requires 75% of the members present to vote in favour of these changes. All of the amendments will improve the organization of the shed to the benefit of all.

*Phillip Measday,
Secretary*

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Editors comment:

Now is the time for you to throw your hat in the ring and stand for election to the Management Committee! Don't just sit around over mugs of coffee declaring what should be done, or how the Shed should be managed! Stand for election to the Committee. This is a democratic Organisation in which every financial member has the right to have a go at managing the Organisation providing they can convince enough of the Members to vote them in!

GH Newsletter Editor

Membership of Committees

As members are aware, the Shed is managed by a committee of 8 members, including an executive of four. To assist the management in dealing with various issues a number of sub committees or working groups have been operating for the last few years. This provides an opportunity for members to participate in the decision making process and better understand some of the issues that arise from time to time.

Currently additional members are needed on most of those committees, including Social, Membership and Projects and Grants.

If you are interested in becoming involved, please let the Secretary know.

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.

Grant for Deck

A grant of over \$8,000 has been received from the Australian Government through AMSA for the establishment a 'quiet area' under the large tree near the garden sheds. This will involve building a decent sized deck complete with hand rails and furniture as well as associated works.

The purpose of the 'quiet area' is to provide a space and encourage members who wish to have some quiet time or a personal discussion on health or other issues to do so in a private and pleasant area.

We are grateful to AMSA and the Commonwealth Department of Health for this very welcome funding.



Grant Funding

Since our inception in 2012, the Gosnells Community Men's Shed has benefited from many grants from a wide range of organisations as well as all three levels of Government. Most of these have been contributions towards the cost of projects associated with the development of our wonderful facilities while a few others have been for specific events such as our successful Open Day in 2021.

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The total in grants, excluding donations, is a significant amount of other people's money or community funds that have been invested in our facilities, hopefully wisely.

It is now incumbent on the members to make best use of the facilities while acknowledging that we are a community facility.

Health & Wellbeing

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 here it would be advisable for all members to obtain a flu vaccination if they have not already done so and if any member has any signs of a flu or cold they must stay away from the shed until they get over the symptoms.

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 have organised a Healthy Lifestyle presentation with the Cancer Council Western Australia for **Tuesday 18 July at 10am in the Wiltshire Room**. This will be the first talk at the shed for some time and I'm looking forward to having a good turn out.

The next talk at the shed will be presented by Sam's Spares about e-waste, a date will be advised in the near future.

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



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Proposed New Activities

Consideration is being given to commencing several new activities at the shed, including indoor carpet bowls, bocce on the back lawn and an exercise group. The intention of all of these 'thought bubbles' is to encourage members to be more active and participate.

More details in the next newsletter.

Act, Belong, Commit

Our shed was the first in WA to become a partner in the Act Belong Commit program in 2021.

The Act Belong Commit program is part of a state wide mental health campaign to encourage people to take action to improve and protect their mental health and wellbeing. As such, it is very much in line with what sheds generally and ours in particular are about.

The program is based on the simple truth that saying active, connecting with others and doing something meaningful are powerfully protective and provide the foundations for mental health and wellbeing.

So get on with it guys, stay active – age is only a number, become connected – literally not physically and do something really meaningful.



Facilities Management:

Evacuation siren has been installed. Light for Flag Pole has also been installed. Regarding cracking in walls of office in Lewis House, the ceiling cavity needs further investigation to determine best approach to resolving issue.

With successful grant from AMSA, the construction of the quiet area can proceed. A team will be formed and construction materials obtained.

Further work on gutters is required.

MEMBERSHIP:

There are 166 members as at 30th June, 2023. As of the last Committee meeting 70 members had renewed their membership.

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

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.

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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

SHED MANAGEMENT:

Workshop Report:

There are no accidents to report since the previous Committee meeting.

We have had a steady month of small jobs through the workshop. John Bowler has stretched a large canvas for the City of Gosnells. A trophy shop has approached us to make a large number of trophies, we are having difficulties with the staining of the timber. Tom is building an American army style foot locker for a customer.

I would like to see more members making use of the workshop. Instruction can be given to anyone who wants it. It was mentioned we need to look at chasing up more community work.

Chris I'Anson
Workshop Manager



SOCIAL SCENE

SOCIAL ACTIVITIES:

End of Month BBQ's

It has been decided to try quarterly BBQs as from now!

The next EOM BBQ will be on **Friday 29 September**. NO EOM BBQs in July or August. We will, however, have a BBQ after the AGM on Wednesday 16 August. This decision has been taken as a result of the poor attendances at most of this year's BBQ's.

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

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off somewhat but is still very worthwhile. This year we have received \$2,176.60 from your efforts, keep up the good work.

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.

17 th July	Andre Hoareau	Rob Shewan
24 th July	Warren Standing	Graham Robinson
31 st July	Patrick Bartlett	Charlie Fasolo
07 th Aug	Phil Measday	Jim Ridgwell
14 th Aug	Alan Gordon	Mick Atkinson

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.

ED Note: *I did receive a number of suggested group names but am still waiting on 'The Group' to let me know what they want to known as!!?*

COFFEE CHEETAHS BIKE MOB

Hi Fellow Shed members and undoubtable spouses and others!

We are in shock after hearing of the 'passing' of a past 'Coffee Cheetah'....Gordon Thornton. We knew he was in hospital at the time and was not at all well, but the news came with great sadness to us all, just as our wee Thursday cycling group had arrived at Perth Airport T3 & 4 for a coffee, after cycling from our Shed in Gosnells. When I looked at my phone, after Martin T had called me earlier to say he wouldn't be riding, I suspected the worse. Our condolences to Gordon's wife and

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Family and his many many friends, as Gordon was such a likeable bloke, a past SES Volunteer, never having a 'bad word' about anyone, and a wonderful infectious smile, with those flashing white teeth!

Several weeks ago, as our bike group were planning on a coffee stop near Gordon's Canning Vale home, we called him to see if he'd like to join his old mates for a drink, so we all had a good catch-up. Gordon looked and felt better than he had for a long time, and even said he'd join us for table tennis on Monday, and true to his word....he was there, AND the following Monday as well!.....Sadly, that was the last time we saw Gordon.

All this comes four years after we lost another Shed member and fellow bike rider, in Phil Peterson, also an SES volunteer who was awarded an Australian medal for his services to the community.

David Gardiner 0417 174 893

Photos Graeme Gurney



This photograph was taken 26th November 2022

GOLF NEWS May / June 2023.

Warren is on holidays and his nominated scribe has not made the cut!

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:

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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

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:



BYE FOR NOW,

GEOFF BOWRA

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MODEL GROUP:

GREETINGS ON AND ALL!!



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.

Recipe

Chilli chicken noodles in broth

20m prep

15m cook

4 servings



Ingredients:

1/2 cup sweet chilli sauce; 1/4 cup soy sauce;
500g chicken breast fillets, halved lengthways; 2 tbsp peanut oil;
1 litre chicken style liquid stock; 440g packet shelf-fresh flat Thai noodles;
2 green onions, finely sliced:

Method:

Combine 1/3 cup sweet chilli sauce and 2 tablespoons soy sauce in a medium glass or ceramic bowl. Season with pepper. Add chicken. Toss to coat. Set aside for 10 minutes.

Heat oil in a medium non-stick frying pan over medium heat. Add chicken. Cook for 5 to 6 minutes on each side or until cooked through. Transfer to a chopping board. Cover to keep warm.

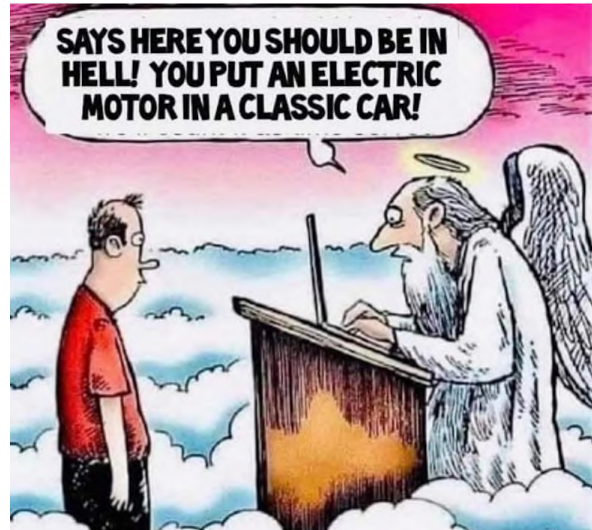
Meanwhile, place stock and 2 cups cold water in a medium saucepan. Bring to the boil over high heat. Add noodles. Cook for 1 to 2 minutes until just tender. Using a fork, gently separate noodles.

Add remaining soy sauce to stock. Season with salt and pepper. Divide broth and noodles between bowls. Slice chicken and arrange on noodles. Drizzle with remaining sweet chilli sauce. Sprinkle with green onion. Serve.

Do you have a recipe to share??



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GOSNELLS COMMUNITY MEN'S SHED

PO BOX 330, THORNHILL WA 6988

ABN 38 030 506 750

Phone: 08 9398 4064

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TAX INVOICE

Date: ____ / ____ / ____

Name of Member: _____

PLEASE PRINT CLEARLY IN CAPITALS

Please complete the details below

Membership Fees

For the membership year commencing 1 July 2023

		<u>Amount</u>
ANNUAL MEMBERSHIP	\$95.00	\$.....
NEW MEMBERSHIP (after 31 December, 2023)	\$50.00	\$.....
AMAROO RESIDENT	\$85.00	\$.....
(Membership fees include GST)		
Donation (GST Free)		\$.....
Total of This Payment		\$.....

Gosnells Community Men's Shed Inc. is endorsed by the Australian Taxation Office as a Deductible Gift Recipient. Donations of \$2.00 and over are tax deductible.

Payment Method:

EFTPOS	<input type="checkbox"/>	
BANK TRANSFER	<input type="checkbox"/>	
CASH	<input type="checkbox"/>	
CHEQUE	<input type="checkbox"/>	Date of Bank Transfer _____

Please use your last name and first name initial (e.g. JonesW) as the transfer reference.

Gosnells Community Men's Shed - Bank Account Details - BSB 633 000 A/C 145776431

Please place a copy of this invoice in the Treasurer's tray in the Lewis House office, or mail it to the above PO address, together with your payment, if paying by cheque. Do not mail cash.

An official receipt will be issued on request and will be available for you to collect from the office. Receipts will not be mailed.

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