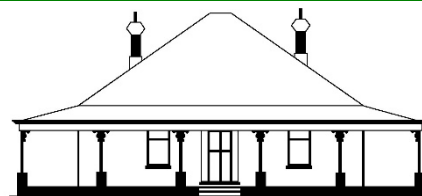


The Gosnells Community Men's Shed News



Lewis Homestead

Aug 2023

Vol. 12 # 02

Editor: Gordon Hamilton hamilton_g@bigpond.com

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PATRON: Teresa Lynes – Mayor City of Gosnells.

Office Bearers

Chairman	<i>Scott Henderson</i>	Vice Chairman	<i>Peter Crake</i>
Secretary	<i>Phil Measday</i>	Treasurer	<i>Ted Evans</i>

Committee members: Geoff Bowra, John Mitchell, David McLean and John Podolan.

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)

29 th Aug	Cancer Council Talk Partners welcome. 10.00am Wiltshire Room;
16 th Sept	Membership drive Thornlie Sq. 09am to 3 pm – requires volunteers;
20 th Sept	Visit SAS Museum Swanbourne;
28 th Sept	Council event Southerland Park – GCMS doing sausage sizzle 10am–1pm Volunteers;

Management Committee 23-24

At the Annual General Meeting of the Gosnells Community Men's Shed, held on Wednesday 16th of August 2023, the following committee positions were filled for the 2023/2024 year.

Executive Members:

Chairman	Scott Henderson	Vice Chairman	Peter Crake
Treasurer	Ted Evans	Secretary	Phillip Measday

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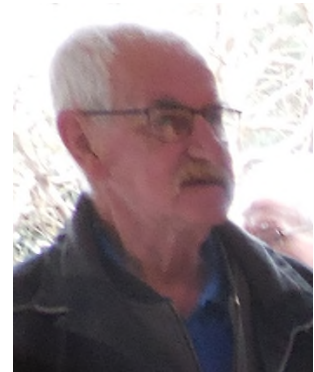
Scott Henderson



Peter Crake



Ted Evans



Phil Measday

Non-executive Committee Members:

Geoff Bowra, John Mitchell, David McLean and John Podolan.



Geoff Bowra



John Mitchell



David McLean



John Podolan

Thank you to those members who had nominated for Committee positions. No voting was required as there were only the required number put their hands up to serve on the Management Committee.

Thank you to the 54 members attended the AGM / GM. City of Gosnells Mayor **Terresa Lynes** also attended as our Patron.

Thank you for your effort to the outgoing Management committee who have stepped down this year. *Ray Smith, Geoff Wiltshire, Graham Hughes and Jim Ridgwell,*

To All Members – AGM Business.

The following amendments to our **Rules of Association** were voted upon and unanimously accepted.

- 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 give less than 14 days' 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.

The amendments will improve the organization of the shed to the benefit of all.

Buster McMeikan was announced as “Shedder of the year”. Certainly well deserved.

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Outgoing CHAIRMAN'S ANNUAL REPORT - 2022/23

It has been an honour to be the leader of the Gosnells Community Men's shed, in this the 30th anniversary year of the formation of the first Men's Shed at Goolwa, South Australia.

I wish to thank all members for helping to keep our Shed Covid safe during the past 12 months. The Committee have agreed that Covid is here to stay and we have to learn to live with it. The Committee has also agreed to remove the mandatory requirement for proof of vaccination from new applicants for membership. Even though we have removed this requirement, members are urged to continue to be cautious and not come to the shed, if they are not feeling well.

My thanks to the Committee members this year for their support:

Treasurer Ted, has taken our accounting to another level with the detailed reports we receive each month.

Secretary Phil, has kept us on track with his record keeping and preparations for meetings.

John Mitchell, has added another string to our bow with his development of the Computerized Router and the Laser.

Graham Hughes, has delivered a couple of enjoyable social events and several guest speakers. We had two successful functions where we invited people from outside the Shed, one to raise funds for cancer research and the other to celebrate volunteer week.

Catering Officer, Geoff Bowra, has done his best to increase our waist measurements, with all the food he keeps producing.

The million dollar man, Geoff Wilshire, continues to achieve the impossible and get blood out of stone with all the grant applications he is successful with.

We ran 4 community BBQs for the City of Gosnells and they have come back and requested us to do another four this coming year.

There were 12 Committee Meetings this year, the attendance figures were:

Phil Measday and Ray Smith - 12

John Mitchell and Geoff Bowra - 11

Ted Evans and Geoff Wilshire - 10

Graham Hughes and Jim Ridgwell - 8

Our retired Administration Officer, Fred Howe is missed and thanks to Kevin Munt for doing the weekly count of the morning tea money.

The gardens are a delight to see and certainly enhance the feel of the place.

With our median age of 75 years, it is not unexpected that we have had to say goodbye to a few members, who have deceased over the past 12 months.

My best wishes to the new Committee for 2023/24

Ray Smith
Chairman 2022/23

At the August Management Committee meeting it was agreed to drop the requirement for members (joining members) for Covid-19 vaccinations. It served its purpose protecting, in general, our Members and allowed the Shed to keep on functioning during that period. Some members still picked up the virus during their everyday activities. (Family, friends, shopping etc.) The virus is still alive and well in the boarder community. So in practice the message to all members is, if you are unwell (Covid 19 or the Flu or any other contagious disease) do not come to the Shed! We value your friendship but do not wish to share your germs! Stay away until you are well. This policy change was notified to Members by email on 13th Aug 2023.

Western Australia – Covid Report Aug 2023.

WA Health has recorded 677 new COVID-19 cases in the week to August 10.

The state has 59 people in hospital with three in intensive care.

This week's report includes 10 deaths of people aged from 60 to 81 years.

[Source: Federal Department of Health and Aged Care](#)

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City of Gosnells Mayor **Terresa Lynes**, Past Chairman **Ray Smith** & Chairman **Scott Henderson**.

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 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. 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.

The Gosnells Community Men's Shed News

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.



Health & Wellbeing

As from today (AGM) I have stepped away from being on the Management Committee but am still continuing to be the Welfare Officer. Recently I was advised by a member that they didn't know how to contact me when they were unwell. My mobile number is 0419 514 631, my email address is grahamchrishughes@bigpond.com,

so if any members have any health issues or know of somebody with issues please don't hesitate to contact me. As always if any member is 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.

The next talk at the shed is going to be a Healthy Lifestyle presentation by Alycia Simmonds from the Cancer Council Western Australia on **Tuesday 29 August at 10am** in the Wiltshire Room. Members and partners are most welcome and I would really like to see a good turn out because this is our first talk for several months.

There are a few social events coming up within the next couple of months and these will be advertised with an expression of interest form placed in the hallway opposite the kitchen and more details about these events will be advertised shortly.

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.

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



Think about this.... What does this say to you?

The first police officer reaches under the one-ton bale of hay and attempts to lift it off of me. Of course, it doesn't budge. He grabs his flashlight and shines it under the hay into my face. I blink. He yells over his shoulder to his partner, "He's alive! He's alive! Help me move the hay."

Even working together two officers can't move it – not a fraction of an inch. A thousand pounds each? Of course they can't move it.

"Cut the strings," I whisper. My voice is weak. They can't hear me.

I am not going to last much longer. If they will just cut the strings, the bale will break apart, and they can drag me out of here.

"Lift, Joe, lift!"

"Just cut the strings," I mumble, "Please cut the strings."

"C'mon harder."

"It's too heavy! We can't lift it. We gotta go for help! Hang on Chad, we'll be right back!"

I am alone again in the growing darkness. Wonderful painless, peaceful, irresistible sleep beckons. I struggle to remain conscious. One. Two. Three. Four... Where are they? How long does it take for police, fire, ambulance, to arrive? Where is the Coast Guard? Where are the Marines? Where is that one old farmer with enough common sense to just cut the strings?

The desert air grows chilly as the sky darkens. I grow weaker. Dizziness overcomes me and I begin to drift off into that grey space somewhere between the living and the dead.

Help finally arrives. One of the police officers bends down so I can see his face. "Hold on! A fire engine is here. There are six men aboard."

I do the math. Two big, strong cops and six burly firemen must move a ton of dead weight off me. That's two hundred forty five pounds each. No way can they possibly do that – but somehow, miraculously, they do. A couple of neighbours who have arrived at the scene stand by to catch me. They lower my limp body to the ground where I lie in a broken heap.

Why didn't they cut the strings? They could have saved a long, tortured hour.

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How heavy is hay? A piece of hay is about the weight of a feather. How many pieces of hay does it take to make two thousand pounds? Lots. That package of sixteen bazillion individual pieces of hay wrapped in a gigantic bundle is a crushing weight. But separated, it would have been nothing. I feel bad saying this, because it makes me sound ungrateful – and I am very grateful to the guys who saved my life that night – but there is a point to be made here, isn't there?

Is it too big? Is it overwhelming?

Cut the strings – just cut the strings!

Are you buried under crushing burdens? Projects that are too huge? Schedules that are too complicated? Maybe you are trying to do too much at once – trying to do everything instead of doing something.

Cut the strings and cut yourself free. Do one thing at a time – and get it done.

Move “out of the strain of the doing into the peace of the done.”



If you have been wondering why you have not seen Edmund's smiling face around the shed, this email I received a few days back explains why!

Hi Gordon

This is to inform the shed that I have not attended since end of April till now. The reason is I have been in RPH for the last 4 months due to a dangerous bug that I had ingested whilst was travelling the Kimberley. I had 3 operations since, lost 22 kgs in body weight and now in Armadale Hospital for rehabilitation and to regain my mobility and weight. Not sure when I will be discharged as rehab is slow it's like learning to walk with a Zimmerman frame literally. Say hello to all at the shed.

Cheers

Edmund Dutt

Hopefully Edmund will soon be recovered from his ordeal and able to return to the Shed!

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 later newsletters.

There is some discussion about having a dart board in the Wiltshire room.

This reminded me of a friend who got a dart board and really did not have anywhere for it so he had it mounted on the ceiling. Apparently this was no good as it made him throw up!

MEMBERSHIP:

There were 166 members as at 30th June, 2023. As of the AGM GM 141 members were paid up and we have had 12 new members so far this financial year. These new members along with photographs will be in the September Newsletter.

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

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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



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

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

Visit by Amaroo Board Members

Members will be well aware that Amaroo is our landlord and has been a significant factor in the establishment of our Shed and its wonderful facilities.

Recently we arranged a visit by members of the Amaroo Board to discuss a few matter of mutual interest. Unfortunately, only two Board members were available on the day, however, the meeting was useful and will be repeated later in the year.

The visitors were Tony Italiano, Chairman, Amaroo, Zenith Zeeman, Director and Rita Freijah, General Manager Governance and Company Secretary.



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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 (Pictured below), two steel framed buddy benches have been manufactured and one made from pine is under construction. Both for local primary schools funded by Rotary and by one via the Gosnells Lyons Club.

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

Pictured below is some of the work coming out of the workshop.

The steel frames for the 'buddy benches' cut and welded by the blokes in the metal shop.



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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**.

This decision has been taken as a result of the poor attendances at most of this year's BBQ's.

SOCIAL OUTING:

A tour of the **SAS Museum Swanbourne** is planned for Wednesday **20th September**, 10-30 to 1300. Partners welcome and car sharing to be arranged with the possibility of a meal at the OBH. There are some security issues that need to be complied with whilst on site such as **no** cameras and no large bags permitted. Names on the list in the Lewis House hallway please. ASAP.

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. It would be nice to see some more members add their names to list in the folder in the hallway. At the moment we are not pursuing the matter as winter is not a great time to be doing sizzles in the carpark. However spring is almost here and 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. This year we have received \$2,176.60 from your efforts, keep up the good work. Hopefully we are now working up towards increased consumption in the warmer weather.

Other events planned include a possible evening of 'Golf Croquet' at the Gosnells Croquet Club.

Law of Logical Argument

- Anything is possible IF you don't know what you are talking about.

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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.

21 st Aug	Martin Troy	Colin Sears
28 th Aug	Ray Smith	David McLean
04 th Sept	Chris Brown	Arpad Pratsky
11 th Sept	Ken James	John Millar
18 th Sept	Andre Hoareau	Rob Shewan

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 Everyone! The last month or so, in fact most of winter, hasn't been affected too much by inclement weather this year, and our little 'band of warriors' has had some pretty good 'days in the saddle'! For those new to our shed, we cycle every Thursday, usually leaving our shed at 8-30 am, and most days home around 12noon, which includes up to an hour at a cafe along our route. We seem to average about 6 riders, with a low of 4, and occasionally 8 or 9 (but rarely!) as one or more of our wee group are either away on holiday, or recovering from surgery / injury etc. When the days get longer and warmer, we'll change our start time to 8-00am, so we'll shorten our time in the intense heat and sun of summer.....in fact I personally missed our ride last Thursday, as I was having a couple of skin cancers operated on, but these cancers were from my years in the sun many decades ago, when we were totally unaware of the damage the sun can do to most of our skins, myself in particular, as I was meant to live in my native Scotland, where we seldom see the sun for weeks on end! Now, every day, summer and winter, I cover-up and apply ample 'SPF 50 ' sun screen to my fair 'Celtic' skin!

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Our rides this past month included a trip to Harrisdale where we 'coffeed' at what was Jamaica Blue, but same owners, now with a different name (can't remember!). A 'new' cafe at Kelmscott, which we'll certainly go back to, plus a ride to Perth, planning to visit a place at Fraser Point, just over the Causeway, but found it was closed, so we cycled along the riverside to Elizabeth Quay to a place near the Bell Tower, but that was rather 'ordinary' so we probably will give that establishment a miss! I wasn't impressed at all the food, sandwiches, cakes etc. being wrapped tightly with 'Clingfilm' which made the food look rather unappetising!

If you can ride a bike, why not come along and gives us a go? We usually ride fairly steadily, but if our group is a little too much for you, we have another bunch of blokes who also ride on a Thursday morning, who ride more sedately and not so far! They also will welcome new riders.

Until next month!

David Gardiner 0417 174 893

Photos Graeme Gurney



GOLF NEWS July/August 2023.

Firstly I want to thank all members of the Golf club for renewing your membership of the Men's shed for another year. The Golf club has seventeen members and we are now in our ninth year of playing (unfortunately my game has stagnated for the whole time but the company on a Friday plus the exercise is more important than the game).

At the present time there are a number of players away following the sun but as summer approaches the number of players will increase.

On August 4th we had 8 players and played at Hillview on the Heritage course with the winner on the day being Rob Shewan just back from a month or so in Kununura I think he may have been secretly practicing up there.

On 11th August we had 8 players again and played at Armadale with the winner on the day being Tom Seaman who was also back from down south with the Caravan club, the handicapper has already reduced their handicaps after their wins. This week we will be at Hillview on the Classic course and hopefully another fine weather day we have been lucky with sunny days for the last 2 games.

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I would also like to welcome back Ross Evans to playing again it's great to see him able to enjoy a game with us once more

If there are any new shed members that play golf you are more than welcome to join us, we play every Friday playing 9 holes and tee off around 8 am just let us know at the shed

Cheers

Chris Banting



"He chose to go golfing on his wedding anniversary. As you can see by the golf club, his wife wasn't too happy with his decision."



MUSIC GROUP:

GREETINGS ONE AND ALL!!,

This Month "MURPHY" has paid us a visit!!!

We had to CANCEL last weeks meet-up as Myself, John-G and Ian-J ALL had a Head Cold and a Runny Nose is very hard to "BLOW" when you're playing an Instrument!!

Then Alan-B Broke his arm and is in Plaster ... so NO PLAYING FOR HIM!!

John-T is away in Ireland on a Holiday ...[Lucky Bugger!!]

ANYHOW.. We have persisted and decided to CANCEL Wed/16th as it is the AGM. BUT WILL BE BACK SHAKING THE FLOORBOARDS IN THE WILTSHIRE ROOM on Thursday 17th.

KEEP ON ROCKIN',
BYE FOR NOW,

GEOFF BOWRA

MODEL GROUP:

HI FOLKS,

We have had some NEW Members join our group recently.. [Some with a disability] However they are enjoying the company and doing well in their Model Making activities!! ... Keep up the Good Work guys!!

OUR Lotto Fund has had a few WINS recently so come Christmas I think we might ALL be off to BALI instead of a lunch at the Gosnells Hotel???

ALL SORTS of Models are being constructed and LEGGO and Meccano have had a Resurgence!!

WINTER seems to stimulate Production so if you're interested in joining our group OR just wish to see what we do then Pop-In on a Thursday between 1p.m and 4p.m. and say hello.

Cheers for now,

GEOFF BOWRA

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TABLE TENNIS:

Lately our number of players have swelled, having 8 on more than one occasion. We play every Monday morning from 9-00, until close on 11-00am, but with a decent break for coffee and biscuits etc. We usually all have several games of 'singles', then once we've all played each other, the 'doubles' begin, plus all the extra huffing and puffing, as our aging bodies, attempt to dart around the table, as in our mindswe're still in our twenty's!

So if you want to have fun, and a bit of a laugh, why not join us for a few games?they say playing tennis after decades of absence from the game, is like 'riding a bike'....you never forget, but it may take a few weeks of playing to refine your past skills!

Even if it's just for a knockabout, hit a few balls, smash a few balls and give us a go!

Remember, 9-00 every Monday morning! You'll know where we're playing by the screams and screeches coming from the Geoff Wiltshire Room!!

David 0417 174 893

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.

COMMANDMENTS FOR SENIORS.

#1 - *Talk to yourself. There are times you need expert advice.*

#2 - *"In Style" are the clothes that still fit.*

#3 - *You don't need anger management. You need people to stop pissing you off.*

#4 - *Your people skills are just fine. It's your tolerance for idiots that needs work.*



Recipe

Easy chicken and chorizo rice



Preparation time less than 30 mins. Cooking time 10 to 30 mins. **Serves 2**
Save on effort and washing up with this one-pot wonder that is packed with flavour.

Ingredients

1 tbsp olive oil; 85g chorizo, halved and sliced; ½ large onion, sliced;
200g chicken thigh fillets, chopped into 2½cm pieces; 1 Garlic clove, finely sliced;
1 green pepper, sliced; 110g basmati rice;
200ml chicken stock (½ stock cube dissolved); salt and freshly ground black pepper

Method

1. Heat the olive oil in a large saucepan with a tight fitting lid and fry the chorizo over a high heat for 1 minute. Add the onions and fry for a further minute, then add the chicken and garlic and cook for 5 minutes.
2. Add the pepper and basmati rice and stir well to combine. Pour in the chicken stock and stir, then turn the heat down as low as it will go, put the lid on and leave for 12 minutes.
3. Turn the heat off but do not remove the lid and leave for a further 12 minutes, then remove the lid and give it a good stir with a fork. The water should be absorbed. Season to taste and serve straight away.

Do you have a recipe to share??

Perspectives on Ageing

Our membership is largely made up of retirees. Our members have an average age of about 73 or more, yet none of us are 'old'. Not yet. Maybe next year. Or next birthday.

Getting old is a privilege. It is not something to shrink from. With age comes wisdom, benefits both financial and otherwise.

When you think about it, to reach the ripe old age of 70 was rare fifty years ago. A hundred years ago a male was extremely lucky to reach 60, hence the pension age was initially set at 65, back in 1908, as a ploy to limit the financial burden on Government. Not many were expected to reach the pension age or stay on the benefit for long.

Another way to look at ageing is that we are privileged to achieve these high numbers. There are many who have not reached 60 years, let alone the high 70's and beyond.

So embrace your age, make the most of the years left and stop whinging about those aches and pains, pills and potions, loud music and motor bikes. Just enjoy life!

***Remember this: - Any person 15 years older than you, at any time during your life, is 'Elderly'!
Although, as we get more mature (?) maybe this 15 could be reduced to 10 years!***

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Dementia Support

If you have dementia, or you are caring for someone living with dementia, it is normal to experience a range of good and bad feelings. Dementia Australia says 'you are not alone'.

Confidential, professional counselling for individuals, families, couples and professional carers is offered by Dementia Australia, at no cost, at all stages of the journey.

Counselling is important as it can help you understand what you, or someone you care about, is going through. It can be helpful to talk to a professional about things like emotional reactions, living arrangements, dementia symptoms, changed behaviours and family impact.

Dementia Australia Helpline is a free call 1800 100 500.

A woman, cranky because her husband was late coming home again, decided to leave a note, saying, "That`s it I've had enough and I have left you. Don't bother coming after me, I won`t be coming back!"

Then she hid under the bed to see his reaction.

After a short while, the husband comes home and she could hear him in the kitchen before he comes into the bedroom.

She could see him walk towards the dresser and pick up the note.

After a few minutes, he wrote something on it before picking up the phone and calling someone.

"She's finally gone...yeah I know, about bloody time, I'm coming to see you, put on that sexy French nightie.

I love you so much ...can't wait to see you...we'll do all the naughty things you like."

He hung up, Whistling a happy tune, grabbed his keys and left.

She heard the car drive off as she came out from under the bed.

Seething with rage and with tears in her eyes

She grabbed the note to see what he wrote...

I can see your feet you silly old bugger. We're outta bread: be back in five minutes.

Why is 'abbreviated' such a long word?

Why is it that Doctors call what they do 'practice'?

Why is the man who invests your money called a broker ?

The Psychiatrist and the Proctologist

Best friends graduating from medical school at the same time decided that in spite of two different specialties, they would open a practice together to share office space and personnel.

Dr. Smith was the psychiatrist and Dr. Jones was the proctologist;

They put up a sign reading: Dr. Smith and Dr. Jones: Hysterias and Posteriors. The town council was livid and insisted they change it. The docs changed it to read: Schizoids and Haemorrhoids. This was also not acceptable so they again changed the sign to read Catatonics and High Colonics - no go. Next they tried Manic Depressives and Anal Retentives - thumbs down again. Then came Minds and Behinds - still no good. Another attempt resulted in Lost Souls and Butt Holes - unacceptable again! So they tried Nuts and Butts - no way. Freaks and Cheeks - still no good. Loons and Moons - forget it. Almost at their wit's end, the docs finally came up with:

Dr. Smith and Dr. Jones - Specializing in Odds and Ends.

Everybody loved it.

The Gosnells Community Men's Shed News

Grievance Procedures

From time to time disagreements can arise between members, with the committee, or with management practices.

Several years ago Grievance Procedures were drafted and agreed by the Management Committee.

It is recognised that disagreements need to be dealt with immediately and not allowed to fester and breed discontent.

The procedures that are in place are underpinned by the principles of the Shed's Code of Conduct, including mutual respect for the views of each member.

Copies of the Grievance Procedures are available from the Secretary and members are encouraged to pick up a copy.

Bullying and Harassment Policy

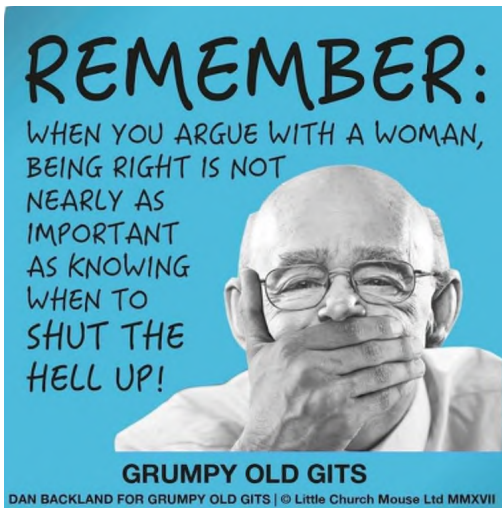
On a similar note, in 2021 the Management Committee agreed to a Bullying and Harassment Policy. The policy includes definitions of what is and what is not bullying and harassment, management of issues, procedures involved, appeal rights and other matters.

While it is not a known problem at our Shed that is not to say it will not be the case at some time in the future.

Members need to be aware that there is a policy and defined procedures for dealing with such issues. Copies of the policy are available from the Secretary.

Office Assistance Required

For a number of years Fred Howe provided much needed assistance in the office, handling cash, taking calls and greeting visitors. Unfortunately Fred is unable to continue due to illness and we are looking for volunteers to help with these tasks. Anybody with some spare hours during the week can contact the Secretary.



If flying is so safe, why do they call the airport the terminal?

Law of Mechanical Repair

After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Your Shed! Our Shed! Our Future!