

The Gosnells Community Men's Shed News



Lewis Homestead

Sept 2023

Vol. 12 # 03

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PATRON: Terresa 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)

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;
29 th Sept	1/4ly EOM BBQ, Sausage sizzle + at the Shed:

From the Chairman Sept 2023:

Hello to all,

The first month for our new management committee has passed very quickly. The focus has mainly been restructuring the sub committees, filling gaps with the shed open and close ups and cleaning groups. Big thank you to those that have put their hands up.

Another big thank you to Graeme Cooper for helping with the lodgement of our association rules, unfortunately two more errors have surfaced along with one poorly worded section these will be amended accordingly.

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Our first of four City of Gosnells Community BBQs for will be held 28 September at the Sutherlands "F" Oval Gay St Huntingdale from 10:00am to 1:00pm. Volunteers are needed from 8:30am to load up the equipment at the shed and setup at the park prior and post the event to pack up and return to the shed.

Dan and Doug's tasty Bacon and Egg morning teas have been a real treat, thanks for bringing these back fellas.

A new Darts group is being setup by Graham Hughes, Geoff Bowra and Alan Gordon for those with a pointy interest. See these lads for further info and opening date.

Finally, our secretary has had a massive workload lately but again he has made it look easy, thanks for your efforts and help Phil.

All the best **Scott**.

Thank You:

To those Shed Members who attended and represented our Shed at the display in the Thornlie Square Shopping Centre on Saturday 16th September. Some product was sold and hopefully interest was generated in the activities of the Men's Shed. It was a great opportunity to interact with the general public.

Membership of Sub Committees

With the change in Management Committee, changes have occurred within the previously established sub committees. Members of the existing Management Committee are to take up positions within the Sub Committees. However additional interested Shed Members are invited to join the various sub-committees.

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

Grant for Deck

A grant has been received from the Australian Government through AMSA for the establishment a 'quiet area' under the large tree near the garden sheds. The proposed deck is in the planning stage and assistance will be required in the construction of this facility. Ted Evans is the man to speak to regards your involvement! We are grateful to AMSA and the Commonwealth Department of Health for this very welcome funding.



Health & Wellbeing

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.

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The Cancer Council of Western Australia did an excellent Healthy Lifestyle presentation on Tuesday 29 August. This was attended by 18 members with some partners with a total of 21 people attending this talk which is a very good turn out and was well received with positive feedback from questions and answers.

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.

The next talk at the Shed will be on **Tuesday 3rd October**. This presentation will be conducted by Gary Pontifex who is the founder of the Motorcycle Men's Shed Perth. Gary is coming down to explain the concept of this Shed. I believe this should be well attended as around the coffee table I hear a lot of stories about old guys in their youth with Bantam BSA's.

We might get one more talk in before December as the end of the year is fast approaching and most organisations are pretty well booked up from October through to January.

If any member has any signs of a flu or cold they must stay away from the shed until they get over the symptoms.

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

Thinking About Safety!

We have all been involved in accidents at many times during our lives.

We may have slipped on a smooth wet floor, stumbled on uneven ground, or hit our head on a low hanging branch. The common features in each accident are:

Surprise What the!!!!

Pain Wow that hurt.

Recovery Sitting around at home waiting for this broken leg to heal is boring.

Regret I knew I should have cut that overhanging branch last week.

To minimize the risk of injuring ourselves, we must take a moment look around and plan each task before we start on it.

As well as complying with the Health and Safety Regulations, we can use our abundant life skills and to assess the potential dangers. Our observations may be simple such as:

... The smooth concrete floor is wet ... I should dry it to avoid a slip hazard?

... I am going to work in the yard / garden ... I need to have a work buddy?

... I am about to prepare food ... I need to get gloves and to wash my hands?

... The eye-wash basin is cluttered ... I need to clean it now

As safety-conscious individuals, we are our own personal safety officers.

Before starting any job whether it be in the shed or at home, we need to pause and think.

David McLean
Committee Member.

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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 later newsletters.

There is some action regards the dartboard in the Wiltshire room.

During the last Saturday's outing to Thornlie Square there was a general inquiry regards if we did leather work? The situation is we could if somebody within our membership is prepared to set it up and look after the activity. I am sure a time slot and space can be organised

Bicycle Recycling:

**If this project is to continue, there needs someone (at the Shed) to take it on?
Please contact Graham Bartley-Smith at the Shed on Tuesdays and Thursdays when he
returns from holidays, for details.**

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. Two steel framed buddy benches have been manufactured paid for but still to be collected. An additional order has been received for two more 'Buddy Benches) has been received and work is about to be commenced.

A thank you to New Member "Robert" for the paint job carried out on the bench made for the GLC.

Chris I'Anson
Workshop Manager

MEMBERSHIP:

The Secretary reported that there were 174 members as at 11th September, 2023. This is made up of **145** members who have renewed for the 2023/2024 financial year. 29 members are yet to renew. A recent reminder has been sent out regarding this. Graham Hughes is following up these past members to learn their membership intentions. Graham Hughes is also following up low attending members based on information for the last six months from the Guest sign on system.

The Secretary advised that the sheds activity sheet has been updated principally in regard to Group Leaders. One activity, the history group, has been removed and the exercise group added. It was indicated the dart group will be added once days and times are advised.

Shed's website - address is <https://gosnellsmensshed.org/>

The GCMS website has had 74 hits in the past month.

The Secretary indicated more back up assistance with maintaining the website would be appreciated. Please contact Phil if you have the necessary skills / talents to assist in this area

*He who hesitates is probably right.
You know you are getting old when everything either dries up or leaks.
If you think there is good in everybody, you haven't met everybody.*

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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**.

The menu is sausage in a roll plus the usual fruit juice and salads etc. There will be raffles to defray costs of this otherwise free event.

Please let Geoff Bowra know if you are attending – for catering purposes.

The decision was taken as a result of the poor attendances at most of this year's BBQ's so please support this free event.

SOCIAL OUTING:

A tour of the **SAS Museum Swanbourne** planned for Wednesday **20th September**, 10-30 to 1300. Partners welcome and car sharing 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. This was a limited numbers event so hopefully those 15 will enjoy the outing.

Shed Fund Raising Activities

Community BBQ for the City of Gosnells. There will be four this summer. First one will be at Sutherlands Park, Huntingdale on Thursday 28th September from 10am to 1pm. Volunteers are required, some to start early at the Shed to load up the equipment and then set up ready to start cooking at 10:00am. It is a pretty easy day and a good way to meet other shed members.

Sign needed for vegan sausages at the BBQ.

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 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.

GCMS Caravan Group.



Thirteen members and wives, in 7 caravans, spent a very enjoyable 4 nights at Willowbrook Farm Caravan Park from 4th to 8th September. Willowbrook Farm CP is up for sale and therefore the facilities are a little run down but that did little to distract from the beautiful surroundings and the animals including the Texas Longhorn Cattle.

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Day 1 was spent looking around Gingin, dodging the showers, and lunching at CU@Park Café.

Day 2, a trip to Moore River/Guilderton and then on to Seabird Tavern for lunch. The Tavern was cosy and food delicious, but as it was very windy that day we missed the opportunity to sit outside overlooking the ocean.

Day 3, a lazy morning with late breakfast and an evening visit to the Gravity Discovery Centre and Observatory including a light dinner. Our guide, the resident astronomer was very passionate and enthusiastic about the night skies and what could be seen using the telescopes. Darkness was essential to the viewing of the stars and night later turned very cold, down to 5 degrees. Rather like being in a refrigerator with the door shut and light off....!

Evenings were generally spent around the camp fire solving the problems of the world, to our satisfaction at least.



The next outing is to Cervantes Holiday Park from Monday 16th to Friday 20th October. The Holiday Park, Motel and Resort have alternative accommodation for those who do not have a caravan and would like to join us. For those who have not been receiving my emails regarding the Caravan Group outings and would like to get the information call me on 0413 887 880 or email fromwales1956@yahoo.com.au to give me your details so that I can include you on my list.

Happy Camping,
Ted Evans

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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.

25 th Sept	Warren Standing	Graham Robinson
02 nd Oct	Patrick Bartlett	Charlie Fasolo
09 th Oct	Phil Measday	Jim Ridgwell*
16 th Oct	Alan Gordon *	Mick Atkinson
23 rd Oct	Martin Troy	Collin Sears

“*” these blokes may be away so replacements required!

THANK YOU to the “Blokes” who keep our facilities clean!!

Recipe

Recipes in a mug:

Microwave zucchini slice in a mug



5min prep 5min cook 2 servings

It's no secret how much people love a zucchini slice so it was only a matter of time before somebody invented yet another variation! This one is made in a mug and is ready in 10 minutes flat so perfect for lunch when you're working from home or just feel like a little savoury snack.

8 Ingredients:

1 zucchini, coarsely grated;	1 shortcut bacon rasher, finely chopped;
1/2 brown onion, finely chopped;	40g butter, at room temperature;
150g (1 cup) self-raising flour;	1 egg, lightly whisked;
60ml (1/4 cup) milk;	25g (1/4 cup) coarsely grated cheddar

Method – 3 steps

- Step 1 Lightly grease two 375ml (1 1/2 cups) microwave-safe mugs.
- Step 2 Place zucchini, bacon and onion in a microwave-safe bowl and microwave on High, stirring halfway through cooking, for 2 minutes or until vegetables are tender. Drain. Return to bowl. Stir in butter until melted. Season.
- Step 3 Add flour, egg, milk and cheese to zucchini mixture and stir until combined. Divide mixture evenly between the prepared mugs. Microwave, one at a time, on High for 2 minutes or until puffed and just firm when lightly touched. Set aside to cool slightly before serving.

RECIPE NOTES

The zucchini slice will be hot so carefully remove mug from microwave and allow to cool slightly before serving.

Do you have a recipe to share??

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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.

ACTIVITIES



CGMS Walking Group:

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

GOLF NEWS August/Sept 2023.

The golf club has welcomed a few members back after their road trips, Ron and Steve back from their trip to the Eastern States and Warren back from his trip up North and Lloyd from his trip to Darwin and then through the middle on the Ghan.

The weather is starting to improve and we have had mostly sunny Fridays for our games. We started August at Hillview with Rob Shewan winning the day, Bill Hughes getting nearest the pin on a par3, the 11th Aug at Armadale the winner being Tom Seaman and Frank Mahoney winning nearest the pin. 18th Aug at Hillview winner was Frank nearest the pin Bill Davis. 25th Aug winner and nearest the pin was myself. We have had 3 groups playing each week and this should increase this month with the guys returning after their trips.

We welcome any new members that would like to join us on a Friday at around 8am for 9 holes
Cheers

Chris Banting

CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

ED: No news from this group this month!

COFFEE CHEETAHS BIKE MOB

Hi Everyone! You'll have to excuse me, if you find my newsletters a wee bit monotonous, (I had to use 'spellcheck' to see if I was correct, as I've never written this word!)....I was correct!, as each week, our small band of cyclists do the same thing....we roll-up at our shed every Thursday for an 8-30am start, and we often ride on the same roads most weeks, as there are only a limited range of 'safe road' we can use, as we try to go on routes with 'cycle specific' ability, so we look forward to the promised Principal Shared Path (PSP) from Gosnells to Kelmscott in the future, then the completion of the Kelmscott to Armadale section, then 'who knows?', we may even be able to ride to Byford 'safely' one day! Generally speaking, we find motorists are respectable, when they see a bunch pf aging 'Fluoro clad' people with grey hair and a few wrinkles on bikes, as some motorists might think....'that may be MY Grandad'!

Our ride leader Robbo, with his amazing knowledge of the roads south of the river, seldom 'fails to deliver' in interesting Thursday outings. As usual, we had a few riders missing, with holidays, caravanning, health issues/ medical appointments etc. taking precedence.

Rides this last month include our visit to a cafe/ restaurant at Murdoch Uni, which was new to us all, and after downing our coffee and cake, we had a look at a magnificent huge building, reputed to be the largest wooden structure in the Southern Hemisphere, an incredible building full of

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student facilities, conference rooms, intimate studying nooks etc., with us all leaving 'mighty impressed', with terrific views from the top storey, over the massive treed Murdoch Campus. Other rides were to 'Armadale Park Cafe' in Jull St, Tomato Lake in Belmont, Duncan St Cafe in Vic Park.....so, you can see, we certainly get 'out and about', so if this sounds interesting to you, why not come along one day, as you'll never know....you may have a great time!

David Gardiner 0417 174 893

Photos Graeme Gurney



The CCB cyclists at Murdock Uni and the magnificent “wooden” structure.

TABLE TENNIS:

Hi All! Our Mondays are increasingly having more and more players to our wonderful game, with a record 9 players turning-up today (11th Sept, and a date none of us will forget!)

We begin about 9-00am and carry on until about 11 or even later, after we've had a coffee and a slice of cake. As soon as we've all played each other in 'Singles', it's then onto 'Doubles', so we rotate players more frequently, so there's less 'down-time', BUT....sometimes we're so bugg#r*d, we welcome the few minutes rest!

At one stage a year or so ago, I reckon I could 'mix it with the best' of them on the court, but I've had to demote myself in my estimation, with the very handy players now turning up on Mondays! No matter how good you were, or how good you are today, or even if you've never played, why not come along for the fun, and a chat, while you wait your turn to have a game?


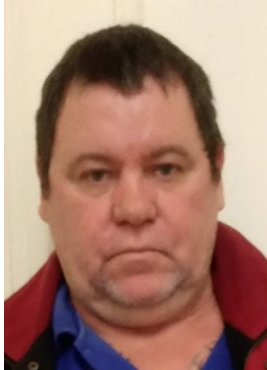
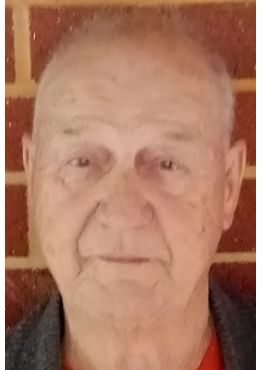



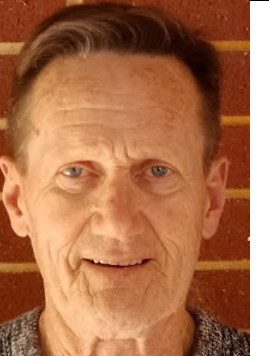









David Gardiner



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Welcome to the following Shedders who have joined GCMS since July 1st :-
Can any new members, who have not been photographed, please stop by the Office / computer room so we can arrange to take their photograph for their Name badges.
Members below all recently had their photographs taken – Thank you!

			
Chas Boland	Gary Clarke	TC Close	Ehab Elmowafy
			
John Gardiner	Guy Masterman	Russal Nodder	Mike O'Shannesey
			
Alan Smythe	Brendend Timmerman	Peter Tutt	Whitey White
			
Michael Tui	Rob Goddard	Terry Spence	

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The following may be of general interest of our Shed Members:

60 Day Prescription of PBS Medicines:

From 1 September, many patients living with long a long term health condition and who are stable on their current treatment will be able to receive twice the medication for the cost of a single prescription.

This will apply to more than 300 common medicines listed on the PBS and will be implemented in three stages over 12 months.

The first stage will include some 92 medicines and will support patients with long term conditions including cardiovascular disease, Crohn disease, gout, heart failure, high cholesterol, hypertension, osteoporosis and ulcerative colitis.

We are told the changes will not result in shortages of medicines with the overall demand for medicines remaining unchanged.

The PBS Safety Net will continue to support patients with the 'safety net' coming into play for concession holders when the cost of prescriptions reached \$262.80 for 2023 calendar year. After that spend, further prescriptions are free.

The impact of the 60 day prescriptions is expected to push the time taken to reach the safety net out depending on how many are 60 day scripts. Savings will still be made earlier due to the halving of the prescription costs.

The AMA has been successful in pushing this change, while the Pharmacy Guild is opposed for obvious reasons.

National Seniors Australia Retirement Living Study

What residents really think about Retirement Villages.

This study considered questions about how and whether to change one's lifestyle and accommodation circumstances as we get older. Something many of us shedders ponder.

The following is a summary of the key points from the study and contains some interesting insight into one of the major decisions us older folk are faced with.

The study confirmed that the industry is a mixed bag as far as residents are concerned. The level of satisfaction sees two thirds of residents (68%) rating their provider 8, 9 or 10 out of 10.

The range of satisfaction ratings goes from a high of 86% for a leading Western Australian operator to an underwhelming 39% for a South Australian organisation and everything in between.

Response Data

- Realising the house and garden were too much work to manage was the key trigger for survey respondents who made the move into a retirement village.
- Location was the number one factor when it came to shortlisting retirement villages. Then it was down to layout/floor plan, fee structure, facilities, buy-in cost, well presented gardens. Most respondents indicated they reviewed three or more sites before making a decision.
- Most residents are happy with the sense of privacy their site offers, Two-thirds like the gardens and open spaces. Well-kept gardens can certainly be representative of an organisation that wants to care for its residents.
- The three biggest bugbears across the industry are village management, facility management and adequacy of staffing.
- Barely half the respondents (54%) complement their provider for maintenance of facilities. Many said they feel the providers do not 'walk the talk.'
- Two-thirds of residents are very happy with the sense of community at their site.
- In the general population at least four in 10 say they would consider retirement/lifestyle communities as an option. In reality about 6% make the move as their needs change.

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- The industry still has a considerable way to go to improve the simplicity and transparency of contracts. The fear of hidden expenses is a barrier, as are 'bad news stories'.
- Overall six in 10 current residents would recommend their village, but it is a mixed bag.

People interested in exploring the change must undertake their own thorough research, including obtaining specialist legal and financial advice before committing.

It is also strongly recommended that interested persons speak to current residents at a village as part of the research process.

Local Government Elections (Here again)

The City of Gosnells is currently represented by 12 elected members, referred to as Councillors. The term of office for a Councillor is four years. Every two years six of the 12 Councillor positions are declared vacant, and an election is held. The next election is scheduled to take place on **21 October 2023**.

This year, for the first time, the City's Mayor will also be elected by public vote.

The City holds postal elections, which are conducted on the City's behalf by the Western Australian Electoral Commission. You will shortly receive the postal voting documents in the mail for your action.

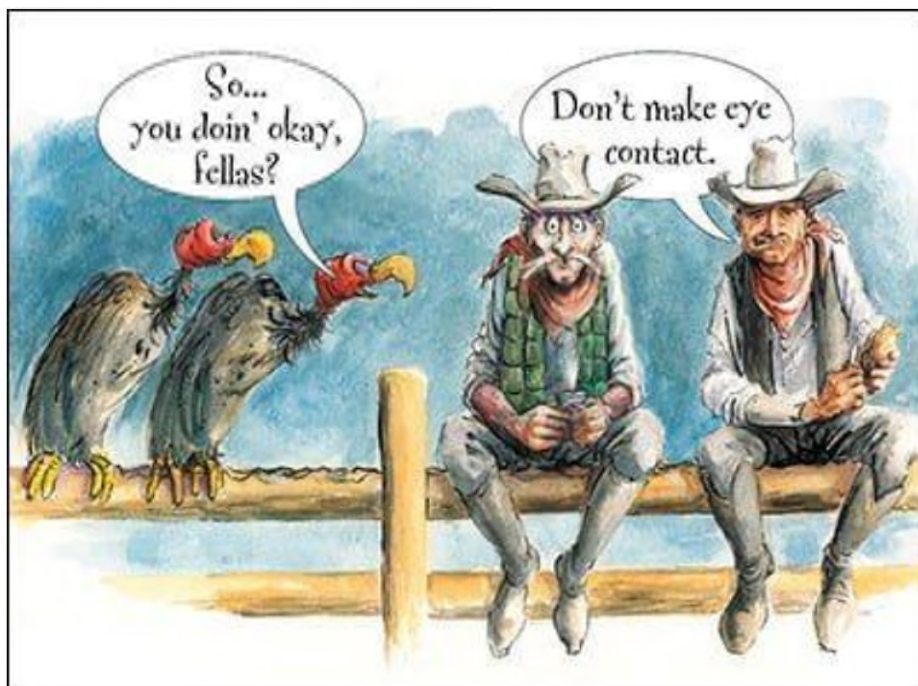
Local Government Elections are not compulsory, however my advice to you is if you cannot be bothered to vote then do not whinge about the Councillors / Mayor we finish up with!

Twenty two persons have nominated for the **six councillor** positions and there are **two** nominations for the **Mayor** position. Do your research and vote wisely!

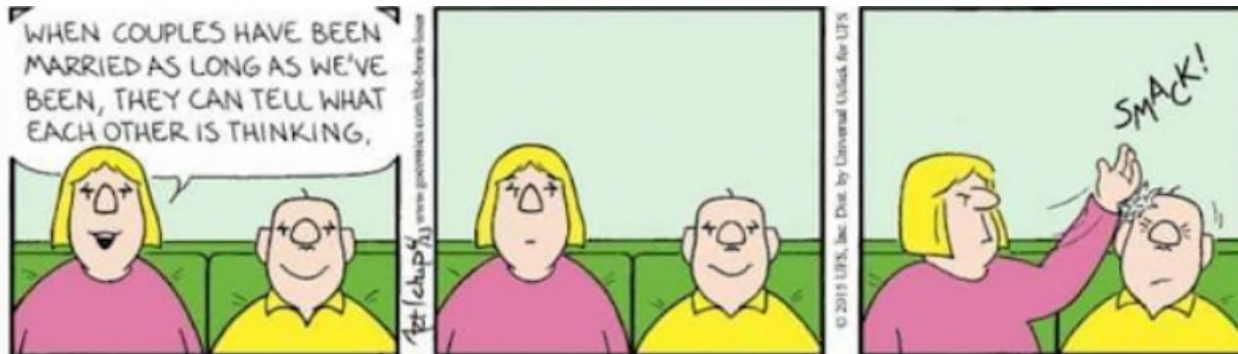
https://www.gosnells.wa.gov.au/About_us/Council/Elections/Election_candidates

Federal Referendum:

On 14 October 2023, Australians will vote on whether or not a change should be made to the Australian Constitution. **Voting is compulsory** in this referendum. So do your research and vote responsibly.



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