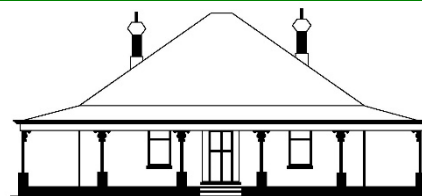


The Gosnells Community Men's Shed News



Lewis Homestead

Oct 2023

Vol. 12 # 04

Editor: Gordon Hamilton hamilton_g@bigpond.com

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



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Rotary Club
of Southern Districts
in 2012

Community Bank · Canningvale
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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)

02 nd Nov	Council event– Sorbello Circuit Reserve, Southern River - GCMS doing sausage sizzle 3.0pm-6pm Volunteers required;
07 th Nov.	Melbourne Cup event at the Shed, sweeps and finger food;
17 th Nov.	ActivAge expo Mills Park Beckenham 09-30am – 1-00pm Volunteers required;
21 st Dec	Proposed Christmas 'Sundowner' at the Shed. Details later:

From the Chairman Sept 2023:

Hello to all,

Thanks to all the helpers with the City of Gosnells Community BBQ at Sutherlands Oval, 'twas a fine body of men Geoff Wiltshire, Doug Hardman, Glyn Hart, Chris Brown, Mick Atkinson, David McLean, Hugh Cromie and Me who mainly got in the way and got severely reprimanded for having an Ice Cream.

Very soon the lease for the Amaroo loan bus is due to be signed, it's planned at this stage to start 1st November 2023. We are extremely grateful for the thoughtfulness Amaroo has offered.

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We've had a couple of faults in our alarm systems, for now all is operating correctly. Regular testing is now planned. We will also need to do further upgrades due to the decommissioning of the 3G mobile network.

A big thanks to John Bowler for fixing the front patio post on Lewis House, neat job mate.

It was good to see a large turnout for our recent Shed BBQ. Thanks to Ray "Willesee" Smith for his fine episode of this is your life to Geoff Wiltshire. (*See below*)

Take care and all the best **Scott**.

For our newer Members and those who have forgotten:



Who is Geoff Wiltshire!

Born 1946;

Went to Perth Modern School;

Graduated from Curtin University with a Master's Degree in Public Administration;

Geoff comes from a State Public Service background;

Working for the Premiers Department;

Chief of Staff to two Deputy Premiers;

Admin Officer for the Royal Commission into WA Inc.;

Managed the Constitution Centre for WA;

Rotarian for over 20 years and was President of Southern Districts Rotary Club 2010/11;

Chairman of Citizen Advocacy – South Metro, which is a provider of assistance to people with Disabilities;

After having completed his term as President of the Southern District Rotary Club in 2011, Geoff saw a need in this area for some type of facility to provide activities for men;

He had some knowledge of men's sheds as his brother had been a member of the Kalamunda Shed;

Geoff set up a steering committee to examine the feasibility of such a place in Thornlie / Gosnells;

Geoff spent many hours communicating with any organisation that he thought maybe able to help;

He and his Steering Committee travelled hundreds of kilometres visiting existing Sheds to determine what we needed to do;

After the success of a public interest meeting Geoff applied for Incorporation of the Gosnells Community Men's Shed in 2012;

They say timing is everything in business, after fruitless enquiries with Commonwealth Departments, State Departments and Local Government Geoff happened to be at a (Rotary) meeting with David Fenwick, CEO of Amaroo. David offered the very derelict, Lewis House and surrounding land to the Men's Shed for their use. Geoff grabbed the offer and set about organising many busy bees to clear the land and repair the house to what we see today;

While this was happening Geoff (Million dollar man) was busily applying for grants from anyone he could think of, such as Lottery West, DVA, Rotary, Gosnells Council;

As the word got around about the good facilities we had, membership increased and we ran out of space for our activities, so Geoff who is a pretty good scrounger heard about a condemned school classroom which was scheduled for demolition. Geoff believed we could do something with this building, so he convinced the Committee to agree to buy the building. Several of us thought he had lost his marbles, but we agreed to trust his judgement and purchased the building, which after much hard work has turned out to be a valuable addition to our assets;

During this period Geoff experienced two major health events, but he was soon back in the thick of things;

A large number of the activities outside the workshop have been initiated by Geoff;

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Geoff has been honoured with a Life Membership, presented to him by Premier Colin Barnett at the opening of the workshop and the annex has been named the Wiltshire Room in his honour.

ED: *This is a copy of the address given by past Chairman Ray Smith at the end of month BBQ on 29th September 2023, when Geoff and his wife Loraine were presented with tokens of our appreciation for the efforts both have put in establishing this facility.*

Hi Scott,

Just a short note to thank you and the Committee for the effort put into today's BBQ and presentation. It was very nice and greatly appreciated.

Thanks, *Geoff Wiltshire*



Geoff has right of reply!

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Health & Wellbeing

No news is good news, however 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.

Motorcycle Men's Shed talk on 3 October had a good turn out for the mental health presentation on dementia with 18 members attending and 6 Motorcycle Men's Shed members there to chat to us. Bianca Briggs who did the presentation is going to contact me with more topics that they can offer.

Being close to the end of the year I believe the next presentation will happen in the new year unless members would like another presentation before Christmas, please let me know your thoughts and any ideas so that I can make the arrangements.

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.

Social Activities

I'd like to give special thanks to the members who came along to the Special Air Service Historical Foundation visit on 20th September in Swanbourne. There was an extensive guided tour with excellent commentary of the inside workings of the SAS from selection and training through to covering all the conflicts Australia has been in since World War II. The feedback from these members has been extremely positive, however, to make these off site visits worth the effort we do need members to participate and if anybody has any ideas for future visits please let me know.



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 City of Gosnells is having an ActivAGE Expo celebrating Seniors Week on **Friday 17th November** 2023 from 9.30am to 12.30pm at Mills Park, Brixton Street, Beckenham. We will be having a stall to promote the Men's Shed to increase membership and will be looking for volunteers to man the stall, more information to follow.

Kind regards

Graham Hughes

Welfare Officer 0419 514 631

email grahamchrishughes@bigpond.com

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Proposed New Activities

Looks like the time slot for the Darts will be Wednesday mornings in the Wiltshire room.

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, for details.**

SHED MANAGEMENT:

Extension of Workshop Hours:

Following representations from members who use the workshop it has been decided to extend the hours it is open. The Shed is open currently on Wednesday afternoon for the music group and Thursday afternoon for the modelling group.

The option will now be provided for the workshop to be open to 4pm on both of these days.

Members using the workshop are reminded that normal safety protocols will apply with a minimum of two members must be present at all times.

Workshop members present will also ensure the workshop is secured prior to leaving the Shed.

Workshop Report:

There have been no injuries in the workshop during the last month.

There has been a steady stream of small jobs going through the workshop during the last month. We have repaired several garden benches for one client.

An airless spray gun has been purchased and a bamboo seat has been sprayed white and it has improved the look of the chair.

Two 3D printers have been disposed of as they are not working. Funding is required for a new 3D printer.

Chris is working on a project to make two tables from bamboo floor boards that will have glass inserts.

John Mitchell is working, along with a number of helpers, on a project for the City of Canning.

Chris I'Anson
Workshop Manager



Before



After!

The Gosnells Community Men's Shed News



SOCIAL SCENE

SOCIAL ACTIVITIES:

End of Month BBQ's

The next EOM BBQ will be on **Friday 24th November(?)**, because three monthly would have it clashing with the Christmas / New Year period.

Shed Fund Raising Activities

Community BBQ for the City of Gosnells. There will be four this summer. The second will be on the **2nd November** at Sorbello Circuit Reserve, Southern River from 3pm to 6pm.

Volunteers are required, some to start at the Shed to load up the equipment and then set up ready to start cooking at 3:00pm. It is a pretty easy day and a good way to meet other shed members.

Melbourne Cup:

A social event will be held at the Shed for the Melbourne Cup event at THE SHED on CUP DAY/**7th Nov.** Race starts about midday WA Time.

Two SWEEPS will be on offer. Nibbles, Dips and some Finger food will be available.

FOOD ALL FREE!!

Bunnings Sausage Sizzles

The Management Committee, taking into consideration the age of our active members, have decided that at the present time we are not pursuing the matter.

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Containers for Change:

This is an ongoing project at the Shed. The Shed has been collecting containers for well over twelve months now and makes a few dollars while helping the environment. Please keep up the good work. Hopefully we are now working up towards increased consumption in the warmer weather and empty those containers!



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.

23 rd Oct	Martin Troy	Collin Sears
30 th Oct	Ray Smith	David McLean
06 th Nov	Chris Brown	Arpad Pratsky
13 th Nov	Ken James	John Millar
20 th Nov	Andre Hoareau	Rob Shewan

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

ACTIVITIES



CGMS Walking Group:

Walk from the Shed every Monday and Wednesday mornings at 08:00.

All members welcome to join in!

GOLF NEWS Sept/Oct 2023.

From the Tenth Hole

Player numbers have been more back to normal these past few weeks, with the weather warming up and many back from holidays.

On 1st Sept we had 10 players at Hillview. Bill Hughes was the clear winner and was also nearest to pin. He also sunk the longest putt for a most successful day. Barrie was the unluckiest golfer.

On 8th September 7 of us headed back to Armadale. Ron was the clear winner this time with Steve nearest pin. I was the unluckiest golfer but managed to sink the longest putt. Tom and I both won a pink ball.

On 15th Sept seven of us braved the Heritage nine at Hillview with the day resulting in a well-deserved win for Barrie who was also nearest pin whilst also winning a pink ball! Tom brightened his day by sinking the longest putt.

On 22nd Sept it was back to Armadale with Bill Davis the winner playing his first game after some weeks away. He was also nearest pin and also managed a birdie. His holiday apparently did not upset his game! Barrie was the unluckiest golfer and Bill Hughes sunk the longest putt. I managed a very rare birdie on the day.

On 29th Sept nine of us teed off on the Lakeside nine at Hillview. Lloyd was the winner on a day of close scores. He also managed a birdie. Tom was nearest pin whilst being the unluckiest golfer and Ron sunk the longest putt. Robbo was awarded a pink ball.

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On 6th October nine of us fronted up at Armadale with Ron the winner and Rob Shewan nearest the pin. Lloyd was the unluckiest golfer and Tom sunk the longest putt.

Good to see Robbo back on the course after a long absence. He has a habit of brightening up the day. Phil Scott has been absent for some weeks due to illness and we all wish him well and hope he is back on the course again soon.

Chris will take over from me for the next six weeks or so as will be away.

Chris has also been good enough to book a Christmas lunch for us at the Gosnells Hotel at midday on 15th December.

New players welcome at any time.

Warren Standing

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.

CYCLING GROUPS:

GOS GARBAGE CYCLING GROUP

ED: No news from this group this month!

COFFEE CHEETAHS BIKE MOB

Our ride last Thursday was to the 'Lo Quay' cafe at Riverton Bridge and we were blessed with great weather, before the 'warm' weekend set in, with more high temps due! We never know how many riders will be with us each week, as holidays, medical appointments etc. take precedence, but we've always kept up our 'many years long tradition' of our weekly outing, which I certainly feel proud of!

Recently, we've not had any particular ride planned, with the weather being very changeable, but we've yet to be disappointed, and Robbo, our 'Ride Leader' doing us proud is often taking us on new roads I know I've never cycled in the past.

One week soon, we intend a long-awaited trip down to Mandurah on the train again, as it must be at least two years since our last visit. We could alight at the new Lakelands station, then ride the 8kms or so, into Mandurah, and visit one of my favourite places....'Cicerellos'!

What a splendid day for a magic ride. The trip today took us along the rail to Wharf St, thence to Kent St, and on to Fern St to Riverton Bridge for our coffee and conversation. After our sustenance we headed over the bridge, over High Rd, through Willetton, and somehow ended up on Willeri Dr heading to the Roe. I'm glad I just follow the leader as I'd never be able to retrace our path. We followed the Roe to Nicholson Rd, down Yale, through Thornlie to Spencer Rd ... and home. It wasn't that long a ride but it was certainly interesting and enjoyable, thanks again to Robbo. On their bikes today were Dave G, Graham R, Greg D, Carole D, Martin T, John V and Graeme G. I believe tomorrow Greg goes in for his cataract surgery, and we wish him the best. Also tomorrow Martin flies to Melbourne, have a great trip, mate.

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Is this Defib machine appropriately located?

David Gardiner 0417 174 893

Photos Graeme Gurney

During the Great War (WW1) The German Military made numerous bombing raids on British City's using Zeppelin Airships. An interesting aside of this was that sausage skins made from animal intestine made perfect Zeppelin gas-bags. Intestines became so important to the German war effort that for a while sausage-making was banned in Germany. That must have been the wurst decision!

MUSIC GROUP:

GREETINGS ONE AND ALL!!,



Accidents and ill health and holidays have struck down the numbers!

KEEP ON ROCKIN',
BYE FOR NOW,

GEOFF BOWRA

When you get a bladder infection, urine trouble.

I'm reading a book about anti-gravity. I just can't put it down.

MODEL GROUP:

Lots of activity within the Model Group builders. Not sure about the builder of the Notre dame Cathedral, bit too late for redemption. Quite a broad spectrum of models from vehicles to historic buildings and everything in-between. Following are a few examples of the builders work.

Ed.

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"Where does this bit go Geoff?"



MEMBERSHIP:

The Secretary reported that there were 151 members as at 30th September, 2023. 28 members did not renew as at the cut-off date of the 30th September. 20 new members have joined or re-joined the shed since the 1st July. Our membership data base officer has also recently audited member's access to the members section of our website

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

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

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

Alex MacLachlan; Mark Eastaugh; Bruce White & Phil Wilson.

Carlton D'Souza has been a member and now retired so he can visit us at the Shed.

Peter Tutt & Alan Smyth still to front the cameraman!

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!



Alex MacLachlan



Mark Eastaugh



Bruce White



Phil Wilson



Peter Tutt



Alan Smyth



Carlton D'Souza

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. If you have not yet returned your ballot papers you may hand deliver them to the City of Gosnells before 21st October!

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

I got some batteries that were given out free of charge.

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Recipe

Easy Curried Devilled Eggs



Ingredients

6 hard boiled eggs; 2 tablespoons mayonnaise preferable homemade mayo, or to taste; ½ to ¾ teaspoon curry powder - hot or mild; salt to taste optional, depending on type of curry powder. paprika for garnish:

Instructions

1. Slice the boiled eggs in half, scoop the yolks into a small bowl and set whites on a plate.
2. Add mayonnaise and curry powder to the yolks (start with the smaller amount of curry and increase according to your taste) and mash together well. Add more mayo, if needed and taste to decide if it needs salt.
3. Fill egg halves with mixture (I like to fill a small baggie, cut a corner and pipe the filling into the holes - it's easier and a lot less messy than the spoon-and-finger method).
4. Sprinkle with paprika and serve.

Variation: This also makes the most delicious **curried egg salad sandwiches** - just mash whites and yolks together with the mayo and curry!

Do you have a recipe to share??

*There are two statues in a park; one of a nude man and one of a nude woman. They had been facing each other across a pathway for a hundred years, when one day an angel comes down from the sky and, with a single gesture, brings the two to life. The angel tells them, "As a reward for being so patient through a hundred blazing summers and dismal winters, you have been given life for thirty minutes to do what you've wished to do the most." He looks at her, she looks at him, and they go running behind the shrubbery. The angel waits patiently as the bushes rustle and giggling ensues. After fifteen minutes, the two return, out of breath and laughing. The angel tells them, "Um, you have fifteen minutes left, "Would you care to do it again?" He asks her. "Shall we?" She eagerly replies, "Oh, yes, let's! But let's change positions. This time, I'll hold the pigeon down, and you s**t on its head."*

MAJOR CHANGES TO TRAIN SERVICES:

This will impact on all of us even though we may not use public transport!

The **Armada/Thornlie Line** will close from Monday, 20 November 2023 until mid-2025 as part of METRONET's Victoria Park - Canning Level Crossing Removal, Byford Rail Extension and Thornlie-Cockburn Link projects. During this time there will also be rail revitalisation works happening between Kenwick and Sherwood.

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During the shutdown, there will be **no train services** between **Armadale/Thornlie and Victoria Park**. Trains will continue to operate between Victoria Park and Perth stations, with seven new and five enhanced bus routes introduced to the bus network to support existing timetabled services. Passengers are encouraged to plan ahead as travel times will increase during the shutdown.

[Armadale and Thornlie Line Shutdown \(transperth.wa.gov.au\)](https://transperth.wa.gov.au)

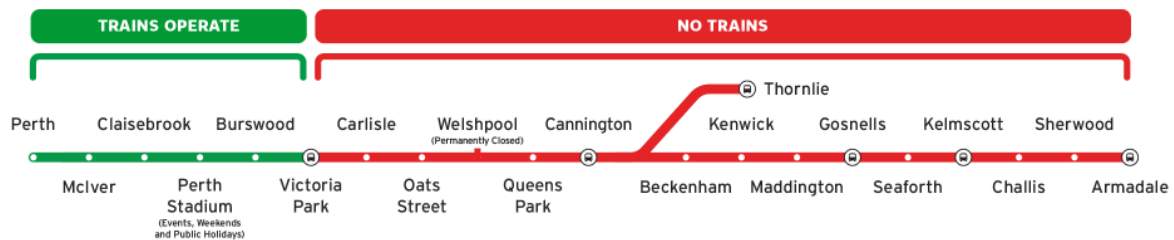
From 20 November services on the Armadale/Thornlie Line will operate as follows:

Full Line Closure – Monday 20 to Wednesday 22 November.

The shutdown will commence with a three-day full line closure to undertake the infrastructure works required for passenger trains to turn at Victoria Park. During this time train replacement services will operate between Victoria Park and Perth, as well as the new and enhanced bus services that are being introduced.

Part Line Closure – Thursday 23 November until mid-2025

From first service on Thursday 23 November, services will operate as follows:



- Train services will be cancelled between Armadale/Thornlie and Victoria Park stations
- Train services will operate between Victoria Park and Perth stations
- Existing bus services will be supported by seven new and five enhanced routes
- There will be changes to Optus Stadium special event services.

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See Allen Holloway

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