

The Gosnells Community Men's Shed News



Lewis Homestead

Nov 2023

Vol. 12 # 05

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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)

01 st Dec	BBQ at the Shed – rescheduled from last Friday in Nov. Free
21 st Dec	Proposed Christmas 'Sundowner' at the Shed. Details later:

From the Chairman Nov 2023:

Hello to all,

The first yearly business quarter has passed with some very enjoyable events organised by our social group mentioning just a few the visit to the Jarrahdale Veterans Transition Centre, the Melbourne Cup Day and putting on a display at the ActiveAGE Expo which allowed us to present our Shed to the community and show a lot of our works. A well done by Ted Evans and his crew with the progress of our garden decking.

Thanks to the Workshop lads with all the projects you've managed to complete with high quality and such a short turn around.

A very special mention goes out to Rob Wood with his Football shaped carving that he made at home along with some finishing touches at the shed. This project was for a young Kelmscott lady who

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tragically lost her partner who was a keen footballer in Kelmscott. All Rob's time and materials were donated.



Thanks to all the helpers with the City of Gosnells Community BBQ at Sorbello Circuit Reserve, it was a very warm day, but our mob stuck it out.

The lease for the Amaroo loan bus has been signed and can now be utilised. Planning will be done through our secretary, hopefully many enjoyable events can be had.

We've been informed of our success with a grant via Matt Keogh for \$2000, we have planned to purchase a 3d printer, gazebo and 4 x 1st aid courses. A big thank you to Geoff Wiltshire for his administration of the application and Matt Keogh with the Federal Government.

Congratulations to our Patron Teresa Lyons being elected as Mayor for the City of Gosnells, we look forward to another 4 years of valued community guidance.

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

Health & Wellbeing

This month there have been two members that have come down with Covid that we know about, also I had a week off with gastroenteritis and I would not recommend this as a weight loss program to anybody. Covid has been on the news and we all need to be very aware particularly when socialising coming up to the Christmas period.

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.

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.

Social Activities

There may be another off site visit coming up but to make any off site visits worth the effort we 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.

Remember to save the date of Thursday 21 December as this year's Christmas function will be held at the Shed.

Kind regards

Graham Hughes Welfare Officer 0419 514 631
email grahamchrishughes@bigpond.com

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Social Activities

The City of Gosnells held their ActivAGE Expo celebrating Seniors Week on **Friday 17th November 2023** from 9.30am to 12.30pm at Mills Park, Brixton Street, Beckenham. A number of members manned our 'stall' to promote the Men's Shed to increase membership. Thank you to those members who attended.



Graham Hughes
Welfare Officer

MEMBERSHIP:

The Secretary reported that there were 155 members as at 14th November, 2023. 27 members did not renew as at the cut-off date of the 30th September. 21 new members have joined or re-joined the shed since the 1st July.

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

EXPRESSIONS OF INTEREST

Mick (Membership Clerk), who is responsible for maintaining the membership records of the Shed, is seeking the support of one or two members to be trained in this role. He is not going anywhere any time soon, it is to provide backup when required.

The role is not onerous. It is busy at the start of the membership year leading up to the AGM and then tapers off.

The role involves recording new members into the database, updating members' details, including payment of fees, printing ID badges, recording members in the visitor management system (GuestTrack), maintaining member access to the members' only area of the website, and an administrator of the website.

It is important that those interested have a general working knowledge of computers, in particular, Microsoft Excel and Microsoft Word.

If you are interested please contact Mick on 0415 962 754.

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

Murray (Muz) Sharpe:

Peter Tutt & Alan Smyth still to front the cameraman!

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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!



Peter Tutt



Alan Smythe



Muz Sharpe.

SHED MANAGEMENT:

Extension of Workshop Hours:

As published in last month's Newsletter: 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:

Workshop Managers Report

We have two accidents to report since the last meeting. One of our members cut his finger and thumb when a bowl he was turning on the lathe splintered and split. He required a visit to the doctor with one stitch and a bandage. Another member fell backwards walking down stairs. No first aid required. We have completed several large jobs in the workshop during the past month. Three hall tables were constructed and metal legs welded together for one client. Several large planter boxes, three small boxes, two workbenches, a tool rack and a truck stop were constructed for Langford Primary School. A chest that had been attacked by termites was repaired. Also we have been quite busy with jobs brought in by the public. We have almost finished constructing a recycling cupboard also. It requires a coat of white paint to be completed. John Mitchell has been busy with the laser cutter, having completed a large job for the City of Canning.

Chris I'Anson

Workshop Manager



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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.

SOCIAL SCENE

SOCIAL ACTIVITIES:

End of Month BBQ's

The next EOM BBQ will be on **Friday 01st December** because three monthly would have it clashing with the Christmas / New Year period and Geoff (Master Caterer) will be away on 24th November..

Shed Fund Raising Activities

Community BBQ for the City of Gosnells. There will be four this summer. The second was held on the 2nd November at Sorbello Circuit Reserve, Southern River from 3pm to 6pm. Thank you to the Members who volunteered on the day.

Melbourne Cup:

A small group of Shed Members enjoyed the event held in the Wiltshire Room thanks to the efforts put in by Phil Measday and Geoff Bowra. There were two sweeps and a good spread of finger food. A small raffle was also held to defray the costs. Due to preferences 1st prize became 2nd and 3rd became 1st, everybody happy in the end!



CGMS Walking Group:

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

For those of you that don't want Alexa or Siri listening in on your conversation, they are making a male version....it doesn't listen to anything.

There's a fine line between a numerator and a denominator. Only a fraction of people will find this funny.

Apparently exercise helps you with decision-making. It's true. I went for a run this morning and decided I'm never going again

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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.

20 th Nov	Andre Hoareau	Rob Shewan
27 th Nov	Warren Standing	Graham Robinson
04 th Dec	Patrick Bartlett	Charlie Fasolo
11 th Dec	Phil Measday	Jim Ridgwell
18 th Dec	Alan Gordon	Mick Atkinson

Please check the roster on the Notice Board to confirm dates!

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

ACTIVITIES

GOLF NEWS Oct/Nov 2023.

We have been blessed with great spring weather for the last month and have enjoyed great Friday golf games. We have a terrific group of golfers who enjoy each other's company every Friday plus a bit of exercise thrown in, I think in many ways the golf comes secondary although there is a fair amount of swearing after some shots but nobody gets upset with their score at the end of the day.

This last five weeks we played Hillview on 13th October the winner on the day was Tom Seaman, the 20th October at Armadale the winner was Steve Ferguson, the 27th October at Hillview the winner again Tom Seaman, the 3rd November at Armadale the winner Ron Sutton and 10th November the winner was Barrie Russell so our handicap system seems the work ok as everyone has been a winner during the year.

We still have a couple of players away on trips but we still have 8 to 10 players each week and we always have a coffee or drink after the game and reflect on how we have had a better game and how unlucky we were.

If any new members fancy a hit on a Friday you are more than welcome.

Chris Banting

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!

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COFFEE CHEETAHS BIKE MOB

Hello Everyone! Usually before beginning to 'put pen to paper' after the dreaded email from GH (our 'Newsletter Man') comes through every month, it takes me a few days to overcome the shock, before 'getting my brain into gear'! I believe I've been writing our reports for 6 or 7 years now, but it doesn't get any easier for me, then I think of the mammoth effort GH has to put in each month, without whinging..... at least, not to his readership!

Luckily, I keep my own diary of my outings, whether they be our Thursday cycling mornings, my Tuesday evening kayak racing on the Canning River I do, the Saturday morning Park runs every week, the wonderful games of table tennis I participate in, plus any other physical outings, including any bike riding in the hills, bush walks with my family.....it's all down in writing !.....oh, I forgot to mention my Masters Athletics on Thursday evenings and Sunday morning road-races in dozens of locations all over the Perth region.

I believe our small bunch of riders, who currently meet at our Shed for an 8-30am start, rode to the cafe at Riverton Bridge, the 'Lo Quay', but although that doesn't sound like much of a ride to some, our 'leader' Robbo doesn't just lead us from 'A' to 'B',we ride along a plethora of roads, laneways etc. most of our readership will seldom see in a lifetime. The same happened the following Thursday, when we visited a cafe in Kensington, a nice little cafe usually patronised by locals, as it is 'tucked away' off the main traffic roads, but when we asked a cafe client if she would kindly take one or two photos of our group for us, she displayed a degree of snobbery when we mentioned where we'd cycled from!

After recovering from this encounter with one of the Kensington locals, Robbo (when he'd picked himself up from the floor) once again led us through a maze of roads, even through a massive aged-care/ elderly complex, to come out to the road opposite the huge Curtin University campus, where we'd been through several times in the past, to familiar territory alongside the Canning River shared bike path, Riverton Bridge then riding south to the intersection of Spencer & Nicholson Roads, then along Spencer to home, around mid-dayAnother great day to be alive!

David Gardiner 0417 174 893

Photos Graeme Gurney



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Table tennis:

Our Monday mornings at the shed are becoming more popular than ever, with increasing numbers of players joining us, with 11 blokes wanting a go last week, and if we get any busier, we may need to request another table! Seriously.... we have a great time, starting at 9-00am, play for about an hour, the stop for 'smoko', then most seem to wander off, as they have 'more important' things to do than enjoying themselves, but a few, including myself, go back into the 'Geoff Wiltshire Room' to have a few more 'feisty' games, trying to beat our opponents, usually in 'singles', as we usually haven't got enough players for 'doubles' after our coffee & biscuit stop.

With the large numbers of players, we only play to '11 points' to win, rather than the more common '21 points', as each game is usually over in 3 to 4 minutes, unless we are level on points, then a few more minutes are required to pick the victors!

Sorry I haven't got any photos to publish, as our 'illustrious editor' requires me to send the photos I've taken on my 'smart phone', in a particular way, but sadly, the phone's owner isn't smart enough to get the pictures to him, the way that's needed!

If you want a laugh, if you've not played 'TT' for years, it doesn't matter! It's just like 'riding a bike' you never forget! Come along every Monday at 9-00am! Make new friends, if that's what you want..... AND, it keeps you active, in both 'Mind and Body'!

David Gardiner

I had to use 'Spellcheck' on the word 'feisty', as I'd never ever written that word, and kept seeing that 'wee wiggly red line' below, as I had the 'e' and the 'i' the wrong way around!We learn something new every day!



NOTE from ED: I value busy David's input each month for both the Cyclists and the Table Tennis as I am sure do the readers of this newsletter. It would be great if others could be as productive as David. On the subject of photographs it is just I find it easier to work with ones attached to the emails rather than ones inserted in the email. I also confuse the issue by calling the email a document!

Random thoughts to ponder

*Still trying to get my head around the fact that 'Take Out' can mean food, dating, or murder.
Threw out my back sleeping, and tweaked my neck sneezing, so I'm probably just one strong fart
away from complete paralysis.*

*Do paranoid people who check behind their shower curtains for murderers, have a plan, for when
they find one?*

*The older I get, the more I understand why roosters just scream to start their day.
Being popular on Facebook is like sitting at the 'cool table' in the cafeteria of a mental hospital.*

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MUSIC GROUP:

GREETINGS ONE AND ALL!!,



KEEP ON ROCKIN',
BYE FOR NOW,

GEOFF BOWRA

MODEL GROUP:



I am not sure what he is telling the person with the camera!!?

I have many hidden talents. I just wish I could remember where I hid them.

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Recipe



Lemon Chicken Pasta

- Easy. 0:10 Prep 0:20 Cook 4 Servings

Ingredients

300g tagliatelle; 2 chicken breasts; 40g butter; 1 tbs olive oil;
1 clove garlic; 450ml cream; 1/4 cup lemon juice;
1 tbs lemon zest, finely chopped; 1 tbs parsley, finely chopped;
Parmesan, grated *to serve; 1 pinch salt and pepper *to taste

Method

1. Cook tagliatelle according to packet instructions.
2. Cut each chicken breast horizontally into two thin escalopes. Season well with salt and pepper. Melt half the butter with half the olive oil in a large frypan. Cook chicken for 1-2 minutes on each side until golden brown (it doesn't need to be cooked through). Remove from pan and set aside.
3. Melt remaining butter and oil and cook garlic, stirring, for 1 minute. Add cream, bring to the boil, then reduce heat and simmer for 2 minutes. Add lemon juice and lemon zest and stir to combine. Return chicken to pan and simmer for a further 5 minutes until cooked through, and the sauce has reduced slightly. Remove chicken and keep warm.
4. Drain tagliatelle and add to cream sauce in saucepan. Toss to coat. Check for seasoning. Return chicken to pan. Sprinkle over parsley and parmesan, and serve.

NOTES:

Serve with a hearty green salad and some crusty bread.

Add extra lemon juice to suit your taste.

Escalope - A thin slice of meat without any bone, typically a special cut of veal from the leg that is coated, fried, and served in a sauce.

Tagliatelle is a type of pasta with wide, flat noodles made with wheat flour and egg. It is classically served with Bolognese sauce, a popular meat sauce.

Do you have a recipe to share??

ON DRINKING WATER.....

How many people do you know that says they don't want to drink water before bed because they have to get up at night because of it?

Answer from the cardiologist:

When you stand up, gravity holds water in the lower body and swelling of the legs appears.

When you lie down and your lower body is at the kidney level, the kidneys remove fluids because the body is easier in a horizontal position.

The body needs a certain minimum of water to remove toxins from the body.

Drinking water is also very important.

Drinking water at a certain point maximally affects the function of the body:

2 cups of water after waking up - helps activate internal organs;

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1 glass of water 30 minutes before eating - helps digestion;

1 glass of water before bath - helps lower blood pressure (anyone know about this?);

1 glass of water before bed - prevents stroke or heart attack (good to know!);

In addition, water before bedtime also helps prevent leg cramps at night.

The leg muscles need fluid because they contract, and due to lack of fluid, they wake up with a muscle spasm.

The cardiologist said that if each person passes this message to 10 people, it is possible to help many people. CHEERS! 

Blood Pressure Monitor

A reminder to all members that the Shed has a portable blood pressure monitor available for use on site. Members who have not had regular checks or are feeling 'a bit off' might consider using this facility. (*Check the batteries!*)

The monitor is simple to use and access can be requested through the Shed office.

It is important to follow up any concerns with your own GP as soon as possible.

Ageing Well

A recent national survey has found that the three core components to ageing well are:

- Financial security;
- Staying active; and
- Good relationships.

Other key components were health, independence, location, hobbies, knowledge, travel and giving back.

For 'ageing well at home' the top needs are independence, security and location.

In regard to mental health issues, the important issues identified were loneliness, dementia, depression and anxiety followed by post-traumatic stress disorders.

The country's top health priority was considered to be social isolation with almost half of those surveyed ranking it as something to be urgently addressed.

The Men's Shed movement has recognised social isolation as a key issue in ageing and in many ways that is the reason for our existence.

We also endeavour to make a difference in areas such as staying active, a focus on mental health issues and providing an avenue for giving back.

Undoubtedly, as a Shed we could do better in all these areas. With a little more effort we could make a much greater difference to many lives. For now, however, we are making a difference and long may it continue.

Fixing the 'Ageing Problem'.

Members are probably aware of the current debate about the cost of the ageing population and the calls for action to 'solve the problem'.

It seems our society is split in two: the young and the old.

It has been estimated that our average life expectancy is expected to increase with the number of Australians aged 65 and over to more than double and the number aged 85 and over to triple in the next forty years.

Many would expect this trend to be greeted warmly, with Australians living healthier, longer lives. Not so.

The dominant narrative around these projections is a negative one. An ageing population is seen as a problem that needs to be fixed. A burden for future generations, rather than a remarkable achievement. Younger generations are depicted as the poor recipients of this almighty burden, as if they will never grow old themselves and require health and care services.

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We, the older generations have paid our taxes and contributed to the development of our health system. We continue to contribute to our community and the economy.
Ageing is not a problem we need to fix, it is an opportunity to be embraced and valued.

Scam Seniors Card Site

WA seniors are being warned about a scam WA Seniors Card website which attempts to charge applicants a fee in exchange for a senior's card.

The bogus address is www.seniorsportal.au, claims to be officially approved and charges a fee of \$29 per card.

Seniors (and that includes most of our members) should be aware the legitimate WA Seniors Card is always free of charge and applicants are never requested to disclose their bank or credit card details in exchange for membership.

The official WA Seniors Card site is www.seniorcard.wa.gov.au

The bogus website has been reported to the Australian Cyber Security Centre. If any member has provided information to an unofficial website they should contact WA Consumer Protection on 1300 304 054.



For many in the community, now is an appropriate time to remember those people of Gosnells who served in the Australian Defence Forces.

Remembering a friend or family member's service need not be restricted to Anzac and Remembrance Day. The City of Gosnells has a Heritage Listed landscaped living memorial at the Community Wall of Remembrance at 70 Lissiman Street in Gosnells.

The Rotary Club of Kenwick Wall was constructed in 2015 with the aid of the Men's Shed and a Centenary of Anzac Grant.

It was built particularly to acknowledge the service of residents of Gosnells who served in World War II.

The club's plan was to mount 100 plaques acknowledging local residents' WWII service, has achieved 98 plaques and requires two names to complete that portion of the wall.

The Rotary Club of Kenwick has increased membership with a new name – **Rotary Canning River**. The club is seeking assistance from the City of Gosnells community to complete this project.

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The Club will fund two WWII service plaques for two Gosnells residents.

Rotary has also opened an area on the Wall dedicated to Gosnells residents who served in later conflicts, such as Korea, Malaysia, Vietnam, Timor, Afghanistan and Iraq.

If you know someone who served Australian Defence Forces in later conflicts and you would like to acknowledge their service by buying a plaque for \$20, contact Barbara on ambasa@iinet.net.au for an application form.

2nd Edition.

Ideal Christmas Gifts

Get in early for these Unique Pepper Grinders: Selling fast

From \$45 to \$100: All proceeds to shed.

See Allen Holloway 0408945683



Get one of these to light up your table!

How did doctors come to the conclusion that exercise prolongs life, when... the rabbit is always jumping, but only lives for around two years, and the turtle that doesn't exercise at all, lives over 200 years. So, rest, chill, eat, drink, and enjoy life!

I too was once a male trapped in a female body...but then my mother gave birth.

If only vegetables smelled as good as bacon.

When I lost the fingers on my right hand in a freak accident, I asked the doctor if I would still be able to write with it. He said, "Probably, but I wouldn't count on it."

I woke up this morning determined to drink less, eat right, and exercise. But that was four hours ago when I was younger and full of hope.

Anyone who says their wedding was the best day of their life has clearly never had two chocolate bars fall down at once from a vending machine.

We live in a time where intelligent people are silenced so that stupid people won't be offended.

The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot.

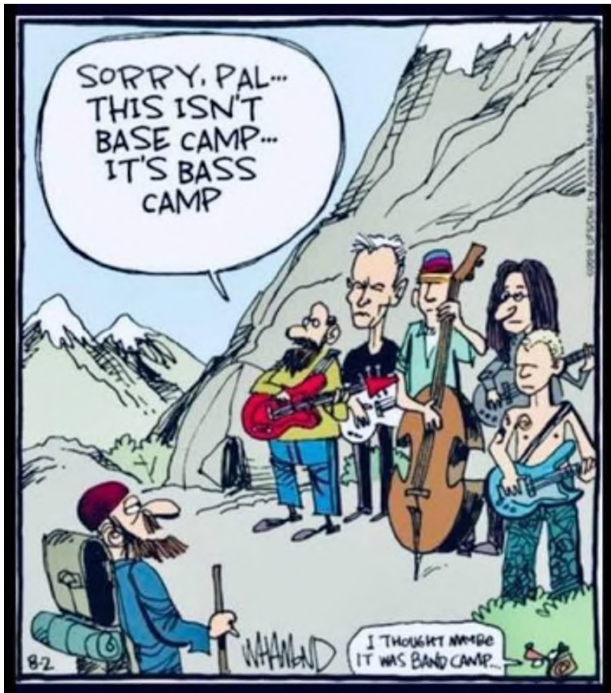
When a kid says "Daddy, I want mommy", that's the kid version of "I'd like to speak to your supervisor".

It's weird being the same age as old people!

After watching how some people wore their masks, I understand why contraception fails.

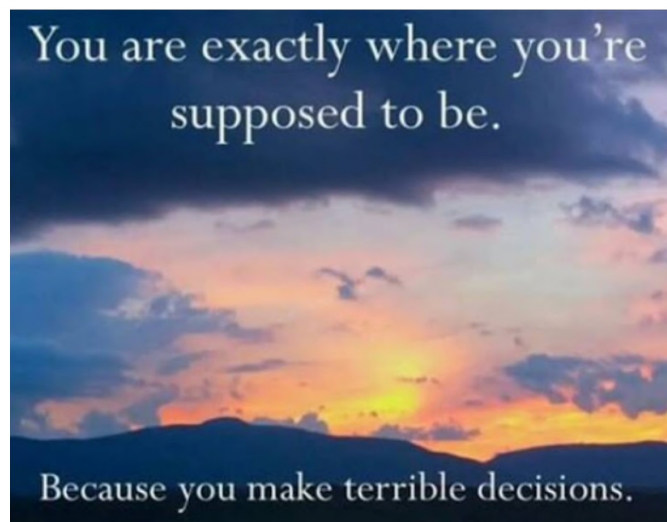
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Mom, you are not funny
you can't make jokes

I made you



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