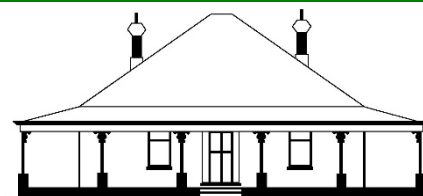


The Gosnells Community Men's Shed News



Lewis Homestead

Jan 2024

Vol. 12 # 07

Editor: Gordon Hamilton hamilton_g@bigpond.com

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Rotary Club
of Southern Districts
in 2012

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PATRON: Teresa Lynes – Mayor City of Gosnells.

Office Bearers

Chairman *Scott Henderson*

Vice Chairman *Robert Wood*

Secretary *Phil Measday*

Treasurer *Ted Evans*

Committee members: *Geoff Bowra, John Mitchell, Jim Ridgwell 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)

26th Jan Australia Day – Shed is open

07th Mar City of Gosnells event – Shed providing the sausage sizzle – Volunteers required.

From the Chairman Jan 2024:

Hello All,

The New Year has started sadly with the passing of our close friends Phil Scott and John Bowler. Our sincere condolences go out to Phil and Johns families.

We've had a couple of slip ups on the steps around the shed lately, thanks to the lads in both the workshops who have started to install 5 top quality handrails. Please if you're still uncertain use the incline and flat access paths.

The Garden deck has reached its near completion with the last stage now being the surrounding paving and an access ramp. Well done to all involved, again our members have stepped up to assist the needs of others.

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We've had to replace the Hot water unit that services the indoor kitchen and washrooms. Unfortunately, the sacrificial anode hadn't been replaced which allowed the unit to corrode. A reminder will be set up in the shed management calendar to help prevent this happening in the future. A big thanks to our Social Group for arranging the Christmas Sundowner and for setting up the premises for the Southern Districts Rotary Clubs Christmas gathering.

Unfortunately, David McLean has had to withdraw from Management Committee, thanks for your efforts and time David, it's been appreciated. Thanks to Jim Ridgewell who has put his hand up to take David's place.

Stay safe and take care with the heat, keep the fluids up.

All the best for 2024.

Scott

See Shedlight # 115a for the current Committee Members.

Health & Wellbeing

Sadly two shed members passed away over the festive season.

Covid has been on the news and we all need to be very aware particularly when socialising, also the vaccination booster is available and I would suggest everyone gets a vaccination not only to protect themselves but also to protect shed members.

It would really be appreciated at the start of this year if any members are not well and cannot make it to the shed because of illness 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.

With the hot weather that we are having in Perth at the moment members should remember to keep up their water intake on a regular basis so that dehydration does not occur.

The next presentation will be early February with the topic to be advised. If anyone has a suggestion of a topic for a talk please let me know.

Social Activities

Arrangements are under way for our shed members to visit Bindoon Men's shed on Tuesday 20th February, more details will be advised. *The Amaroo 20 seater bus has been booked, a sign on sheet will be in the house passageway adjacent to the kitchen.*

Any off site visit needs to have member participation to make them worthwhile.

The Christmas sundowner at the shed was successful and the 25 members that came along with partners enjoyed some fun and entertainment with heaps of raffle prizes and door prizes. Thank you to The Gosnells Hotel for \$50 dining voucher and Blue Rock Butchery Thornlie for \$50 meat voucher.

I would like to take this opportunity to wish everybody a happy new year and best wishes for 2024.

Kind regards

Graham Hughes

Welfare Officer 0419 514 631

email grahamchrishughes@bigpond.com

Social and Membership Group

The 2023 Christmas function was enjoyed by about 30-40 members and partners on a beautiful summer evening at the Shed.

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We tried something a bit different this time and while number were a little disappointing, those who did come along seemed to have a pleasant time. 'Elvis' paid us a visit and crooned his way through a bracket of old favourites.

See Shedlight # 116 for a selection of photographs.

A survey seeking input and ideas from members for future social functions will be distributed in the near future and this will be your opportunity to have a say in future plans.

Another way to become involved is to step up and join the small Social and Membership Group who meet as required to plan the year's activities. New members to this group will definitely be welcome. If interested, please see Phil Measday in the office.

MEMBERSHIP:

The Secretary reported that there were 159 members as at 15th January, 2024.

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

Paul Hackford:

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!



Paul Hackford



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.

| | | |
|-----------|------------------|-----------------|
| 22 Jan 24 | Andre Hoareau | Rob Shewan |
| 29 Jan 24 | Warren Standing | Graham Robinson |
| 05 Feb 24 | Patrick Bartlett | Charlie Fasolo |
| 12 Feb 24 | Phil Measday | Jim Ridgwell |
| 19 Feb 24 | 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!!

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ACTIVITIES

Shed Fund Raising Activities

Community BBQ for the City of Gosnells. There will be four this summer. The third will be held on the **7th March** at Regent Park 63 Chamberlain St Gosnells from 3pm to 6pm. We require Volunteers to assist on the day for preparation etc.



CGMS Walking Group:

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

All members welcome to join in!

GOLFING:

Golf News Dec/Jan.

It was with great sadness that we heard of the passing of Phil Scott who passed away after a short battle with cancer on 31st Dec. Phil had played with the group almost from its inception and was always an entertaining playing companion. We will all miss him on the course.

ED's Note:

Phil's Funeral Service was held on Friday 12th January.

It was attended by a number of GCMS Members and Golf mates.

Phil had joined the GCMS in 2016 and was active around the Shed.



On 15th Dec nine of us teed off at Armadale with Ron Sutton the clear winner and Steve Ferguson nearest the pin. On 22nd Dec only five of us fronted up at Hillview Heritage with Bill Davis having a return to form, being winner on the day and nearest pin. On 5th Jan it was back to Armadale and some very impressive scores. Mark Tucker had a near clean sweep, being winner on the day, closest to the pin and he also scored a birdie. Bill Davis sunk the longest putt.

On 15th Dec we held our Christmas get together at the Gosnells pub. Lloyd Dungey was recognised as being the winner on the day the most times during the year, and Chris Banting was closest to the pin most times. Frank Moloney had his name engraved on the Cup as Clubman of the Year. Well done Frank!



We are back at Hillview this week teeing off at 8.04. New players always welcome.

Warren Standing

CYCLING GROUP / TABLE TENNIS:

Hi Everyone! This newsletter is without doubt the most difficult one I've ever had to write, in the six or seven years I've been doing them. Last Wednesday about 8-00am I had a call on my mobile, and as it wasn't a number I know, and didn't have the name of the sender, I ignored it. Each day I

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get at least 3 or 4 calls from someone who wants to sell me something, so rather than risk being 'scammed', I very rarely answer the callsthen, about five minutes later, the same number called, and as I was 'half-expecting' a call from a tradie, I took a chance, then a lady spoke, saying her name was Marion.....she gave me the sad news that her Dad, John Bowler had died. We've all had 'these calls', so you can imagine how I felt. She couldn't give me any details, apart from telling me, my number was the only one she could find.

I was in total shock, and felt I had to tell 'somebody'the first person, a Shed member had a voicemail, so I left a message, but the second person I called, Geoff Wiltshire, answered my call. Geoff explained he knew John well before our Shed was formed, and fortunately Geoff had plans on going to the Shed that morning for a meeting, where he relayed the tragic news.

John has been riding bike 'all his life' and has ridden in some incredible countries, but only joined our small cycling group about three years ago, as our Shed's 'slower' riding group wasn't enough of a challenge for him. Several months ago, John stopped coming-out with us, as he'd had a fall, 'denting his confidence', but did join us a month ago, which we thought.... 'great'he's back with us!... but sadly that turned out to be a 'one-off'. *'See picture below Jon's last outing with the cycle group.'*

I was aware of John's absence from our Monday morning table tennis games last week, but never thought too much about it, but, he would often text me if he was not going to be playing.

David Gardiner



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Editor's Note:

Back in April 2014 **John Bowler** gave me an article for the Newsletter (Vol. 2 #10) about a bicycle ride he made in the UK in April 2012 when he rode from one end of the UK to the other, about 1500 km. while on holiday! In the article he touches on some other long distance rides he had accomplished. In January 2019 John provided another article for the Newsletter about his 2001 bicycle journey / adventure through Morocco and Spain. If anybody is interested in reading John's stories I can provide you with a copy. A few years back I was involved with the WA Oral History Group specifically in assisting with training beginners in Oral History. One of the things we always told these new enthusiasts was to remember you may be looking at an "Old" person but that person was once young and some did absolutely amazing things. We all have a story or two to tell.



Apart from John's cycling activities he was a man of many talents and evidence of his handy work are all around our shed complex. He was in the Art Group and the painted cross cut saw hanging outside the front door of Lewis House is an example of John's handiwork. He could be regularly found working in the garden or fixing up the brickwork around the veranda posts. The structure at the entrance gate from the Market carpark – a 'Lychgate' was mostly constructed by John.

He along with many other members was physically involved from day one in site cleaning and work on the brick workshop and then around the Wiltshire room as it came into existence. John was one of the original members of the Shed and was on the Management Committee back in 2016. The document known as "the Shedlight" was John's handiwork created mainly using photographs he had taken to capture events in the history of our Shed. If you think about it, a lot of us are going to miss John around the Shed.

Table tennis:



ART GROUP:

As convenor of the Art Group, I have in the past tried to encourage members to stretch their talents into drawing, painting, sculpture, carving, metal work etc. As such – this Year, I shall be running a 10 week "Beginner's Course" so that those who say "I can't even draw a straight line" realise their hidden talents. I shall introduce this with a lecture about the life of Leonardo da Vinci who also could not draw a straight line. He did however invent the ball bearing, helicopter, gears, levers and demonstrate his thought process of his "flying machine". Universities world- wide now require students to study an introductory art unit whether they intend to enter Science, business, engineering, medicine, chemistry or the humanities degrees. This is because art teaches you to think "outside the square" and enables you to solve many problems in life... This is a challenge for all members of the Shed to give it a go and see the world differently. I shall set up dates for these activities early in the New Year.

Tony Taylor

Workshop Report:

Workshop Managers Report

There are no accidents to report since the last meeting.

The workshop has been very quiet over the Christmas and New Year break with very few jobs coming in from the public. Several members have been busy with their own projects.

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We have had a few problems with the table saw blocking up. Small slivers of wood fall down around the saw blade and block up the dust chute. This will be sorted out by cleaning the sawdust each week. The drill press will be screwed in the floor shortly. *Has now been bolted down under instructions from the Management Committee – This was a safety issue.*

Chris I'Anson

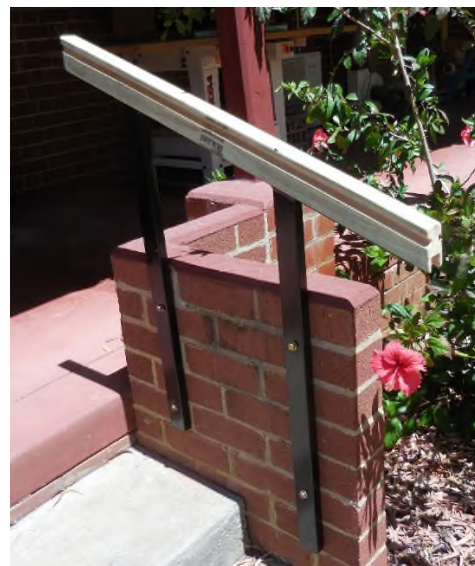
Workshop Manager.



Chris I'Anson has installed wooden rails on the metal hand rails manufactured and attached by Glyn and his team in the Metal shop, to the five sets of steps around the house. Another safety issue resolved! Thank you. Somebody (one of the comedians) did express concern about the member who has to descend the steps backwards! Personally I appreciate the hand rails.



Work in progress



awaiting a lick of paint!



A coffee table converted to a games table.

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The 'Quiet Area' is almost complete, paths and ramp to be made.

Computer and Technology Group:

Technology Help Desk

Friday 9:30 – 12pm

Help in any area of technology including PC's, laptops, tablets, iPads, phone, camera, TV's, photography and any software package (Windows, Apple IOS or Android).

Book a time slot:

Put your name down for the next available Friday's time slot and describe your problem on the whiteboard in the computer room. Consults are up to two and a half hours. No House calls!

I will require you to wear a face mask. No mask, no help.

Free to all shed members.

Windows 10 / 11 Beginners Classes

Mondays at 9:30 – 12pm

Starting Monday 5 February

This Windows 10 / 11 class is designed to help shedees who have no or limited skills in using a Windows desktop or laptop.

Enrolment: Please put your name and contact details in the folder in the hallway

We will cover:

Hardware Basics: What are the parts of a Computer including keyboard, mouse, buttons and ports? What's inside that box?

Software Basics: Understanding Windows Operating System, applications and how they work together. Accessing the menu and your files.

Using the Internet: Connecting to the Internet to get online. Using a browser to do a variety of tasks. Reading and sending emails. Listening to podcasts, music and watching videos.

Part of the time is also allocated to answering any technology questions where everybody can learn something new. This class is very flexible and you will set the pace.

I will require you to wear a face mask. No mask, no class.

André

Free to all shed members.

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Recipe

San choy bow, Chinese lettuce wraps

These Chinese lettuce wraps are easy to make, filled with flavour and a great appetizer.

Prep Time 10 minutes mins. Cook Time 10 minutes mins. Total Time 20 minutes mins

Servings: 6 approx., or less if more of a meal

Ingredients:

For sauce

1 tablespoon oyster sauce; 1 tablespoon Shaoxing wine; ½ tablespoon soy sauce;
½ teaspoon sesame oil:

For rest of dish:

450 g ground pork; 60g water chestnuts strained weight, approx. ½ can; ½ onion small;
1 spring onion; ½ tablespoon fresh ginger grated/minced; 1 clove garlic grated/minced;
30g shitake mushrooms (optional);
1 iceberg lettuce small, may not use all; 2 teaspoon vegetable oil:

Instructions:

1. In a small bowl, mix together the oyster sauce, Shaoxing wine, soy sauce and sesame oil. Set aside for later.
2. Drain the water chestnuts and chop the slices into small pieces. Dice the onion relatively finely and slice the spring onion. Have your grated or minced ginger and garlic ready to go as well. Break off pieces of lettuce to make cups (they can be whole, smaller leaves or parts of big leaves - you just want them a good size and shape to hold the meat and eat from). You'll need approx. 12 or maybe more to use all the filling. Chop the shitake relatively small, if using.
3. Warm the vegetable oil in a wok or skillet/frying pan then add the onion and cook for a minute or two before adding the ginger and garlic. Cook for a couple minutes, stirring regularly, until the onion is softened.
4. Add the ground pork and cook for approx. 5 minutes, stirring regularly, until the meat is cooked through. Add the shitake mushrooms, if using, and cook a minute or two more. Add the water chestnuts and mix through.
5. Add the sauce you mixed earlier and cook a minute as you mix it through then remove from heat. Spoon the mixture into your lettuce cups and top with the chopped spring onions then serve.

Do you have a recipe to share??

Saturday morning 13th Jan a bloke wandered into the Shed to check us out. Joined us for a brew and a chat. Turned out to be Wayne Tuckfield who is the President of the Pambula Men's Shed in NSW. Wayne and wife Betty are on an extended caravan trip around Australia. They are presently the caretakers at the old Bennetts Hardware premises in Gosnells. The place is being converted for 'Sam's Spares' which has outgrown their space at Jacaranda House for the computer repair business. It was good to meet up with Wayne who will hopefully stop by again before they head off on their caravan journey.

*If Adam and Eve were Cajuns, they would have eaten the snake instead of the apple and saved us
all a lot of trouble.*

*We celebrated last night with a couple of adult beverages Metamucil and Ensure.
You know you are getting old when, friends with benefits, means having someone who can drive at
night.*

Weight loss goal: To be able to clip my toenails and breathe at the same time.

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Men's Shed Triptique:

With a favourable weather window, we lifted anchor and set our sails west towards the Abrolhos Islands, our first stop on our return to Cairns, North Queensland. That was February last year and my wife, Sue and I had just finished preparing and provisioning our 39-foot sailing catamaran that had been in Geraldton safely tucked away for the cyclone season.



A week spent in the windy Abrolhos Islands was all we could afford and soon we sailed into Denham, Shark Bay where we met up with our daughter, son in law and the two grand kids for a week cruising around Dirk Hartog Island and Shelter Bay.

Deadlines loomed. We had to be in Exmouth for the start of Gamex 2023, as I was part of a 4-man game fishing team that we had entered in a mate's small boat. As first-time entrants, we were green and struggled, but I got my marlin, a 3.5kg queenfish on 2kg line, a 1kg spangled emperor on 1kg line and dropped a large mahimahi on 2kg line. Not doing well, (the locals are very good) we switched to Tag & Release Shark, tagging sharks on 1kg, 2kg, 3kg, 4kg, 5kg, 6kg, 8kg, 10kg, 15kg, 24kg and 32kg line, winning us the Highest Point Scoring Tag & Release Shark prize as well as Highest Point Scoring First Timers.



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After 7 days of hard fishing, I was exhausted and we spent a few days recovering, anchored in a calm bay of the beautiful Serrurier Island. Fishing was good and we experienced close up encounters with turtles on the beach.



My bucket list destination, the Montebello Islands was only a day's sail away and we found extraordinary calm secluded anchorages amongst the labyrinth of channels and islands that abound there. Luckily, we were there for a rare total eclipse that was forecast to put Exmouth on the tourist map. We were able to experience this event from the top of a nearby hilltop amongst the debris of the British nuclear test detonation that these islands are known for. Just then we discovered a very late cyclone was forming and heading our way. Forecasts showed it would cross inland at the 80 Mile Beach, which was good, but if not, it would come right over us. We moved location to a very well protected area and waited it out. The cyclone crossed 25 miles off and 12 hours later than the weather report showed 10 days prior! I thought that was pretty good forecasting!



With fresh food running very low we set our sails for Dampier, where we re-provisioned and bought StarLink Satellite Communication. Now, what a game changer! We could get 5G internet anywhere we went, and cheaper than our clunky slow Iridium Sat phone!

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Broome was next and the Kimberley's. Now this is remote. However there were still quite a few other yachts and tourist boats around and the social life was good. Very friendly anchorages and we spent many evenings having sundowners on other yachts or hosting others back on ours. We viewed the magnificent rock art, the deep river gorges, Horizontal Falls, Montgomery Reef, 6 metre tides, currents, crocodiles, mud flats, mosquitos, mangroves and sand flies. It's a wild, remote place.



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After 2 months we arrived in Darwin and did a major fresh food resupply. We had been eating lots of easily available fresh fish, but fresh vegetables are a premium! From Darwin we worked our way across Arnhem Land to Elcho Island, a dry aboriginal settlement where my son in law's brother and wife were working. Not a normal stop for yachts unless one is invited, so we were a bit of a novelty to the local kids.



We were invited to go with a few locals to collect mangrove worms. We arrived at a thickly forested mangrove area at low tide and walked through thick mud. Using an axe, the dead mangrove logs would be hacked open revealing long thick worm shaped molluscs that they either ate on the spot or collected in containers for later. I think, according to my taste buds, the best part was the mud flavoured intestines!

In Gove, a delightful anchorage, quite a few of our friendly yacht neighbours that we met in the Kimberly, were also there at the same time; we waited for a decent weather window to make the 3-day crossing of the “Confused Seas” of the Gulf of Carpentaria. It's a bitch of passage as the wind blows easterly and the tide/current flows north/south and the waves don't know which way to go other than up and down making it very uncomfortable most of the time. After waiting for a couple of weeks we decided to make our way down to *Groote Eylandt*, another bucket list location for me, while we waited, and to give us a better wind angle for the crossing.

Before we got to *Groote Eylandt*, the weather turned perfect and the seas were glassy for 3 days, leaving us no option but to motor-sail for 3 days across the gulf to the small town of Seisia on the Queensland west coast just south of Cape York.

Cape York is an interesting place and from our protected anchorage we could see a continuous trail of people scrambling along a rough track to the sign that is erected at the tip notifying the adventurer of the significance of the spot as the most northern point of mainland Australia.

By now it is early October and, according to the wind conditions, still a bit early to be heading south along the Great Barrier Reef, but it must be done as we had an appointment date to meet our youngest son in Cairns in early November; we were treating him to a 10-day cruise out to the reef. We battled against tide and winds making short hops when we could and got held up for 10 days in Bathurst Bay, sheltering from 35 knot howling winds. When the weather settled, we set off again towards Lizard Island for an overnight sail.

Disaster strike around 6.30 pm when one of the water level hatches blew out leaving a gaping hole letting volumes of water into the hull. We immediately dropped sails and heaved to. While the bilge pumps struggled to keep up, I set about a repair with some heavy plywood and screws from the inside, securing the gaping hole. However as soon as we motored forward to find a safe anchorage, the wave pressure ripped the screws out with more water pouring in. Five times I attempted a repair with no

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luck and eventually resorted to holding the board closed with my foot while my wife drove the boat 3 miles at 3 knots to a safe anchorage at 2.30am.

Next morning, and thanks to Starlink, we had phone communication to the outside world from our very remote anchorage. 000 got me in touch with water police, and I explained our situation. They said they would get back to me. Later I got a call from a Cape Flattery Silica Mine, 11 miles away, who sent a full sheet of 15mm marine ply, 6 tubes of underwater setting silicone and a box of extra-large gauge tech screws that I had requested; a life saver! The following morning, we gingerly set off for Cairns and found that the silicone and screws were holding well!

In Cairns we permanently fibre glassed over both hatches and painted to a professional finish. That was not going to happen again!

My son arrived on schedule as we relaunched into Trinity Inlet and by chance the weather was perfect for the next 10 days. We showed him the tourist sights at Fitzroy Island, Vlasoff Cay, Sudbury Cay, Arlington Reef, Low Islands, Double Island and eventually back to Cairns. We had great fishing, snorkelling, beach walking, rainforest treks and experienced close encounters with turtles, fish and seabirds.



With the season at an end, we decommissioned the boat and left her on a hardstand in Cairns and returned to Perth just ahead of a cyclone heading that way, to spend time with our daughter, grandkids and the Men's Shed, until we return in April for our next adventure to New Caledonia.

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Thank you to GCMS Member Laurie Malton for the above interesting travel report.



Do you have a story to tell to our Members of your adventures in your past life or planned?

Dr. Colinee Kornmehl was a world-famous cardiologist who earned his undergraduate, graduate, and medical degrees in his home town and then left for Manhattan where he quickly rose to the top of his field. Soon he was invited to deliver a significant paper, at a conference coincidentally held in his home town. He walked on stage, placed his papers on the lectern, but they slid off onto the floor. As he bent over to retrieve them, at precisely the wrong instant, he inadvertently passed wind. The microphone amplified his mistake resoundingly through the lecture room and reverberated it down the hall!

He was quite embarrassed but somehow regained his composure just enough to deliver his paper. He ignored the resounding applause and raced out the stage door, never to be seen in his home town again.

Decades later, when his elderly mother was ill, he returned to visit her. He reserved a hotel room under the name of Cohen and arrived under cover of darkness. The desk clerk asked him, "Is this your first visit to our city, Mr. Cohen?" Dr. Kornmehl replied, "Well, young man, no, it isn't. I grew up here, received my education here, but then moved away."

"Why haven't you visited?" asked the desk clerk. "Actually, I visited once, many years ago, but an embarrassing thing happened and since then I've been too ashamed to return."

The clerk consoled him. "Sir, while I don't have your life experience, one thing I have learned is that often what seems embarrassing to me isn't even remembered by others. I bet that's true of your incident too." Dr. Colinee Kornmehl replied, "Son, I doubt that's the case with my embarrassment."

"Was it a long time ago?" "Yes, many years."

The clerk then asked, "Was it before or after the Kornmehl episode?"

Now that Covid has everyone washing their hands correctly...next week...Turn Signals.

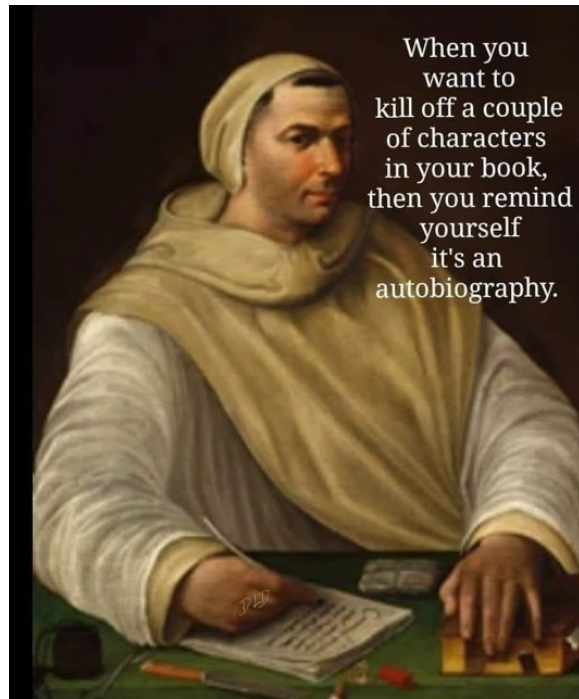
Someone said, "Nothing rhymes with orange." I said, "No, it doesn't."

Reading gives us someplace to go when we have to stay where we are.

My idea of a Super Bowl is a toilet that cleans itself.

The pessimist complains about the wind. The optimist expects it to change. The realist adjusts his sails.

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A lot of people don't know this but this is how planes are born



Top tip: Never hold your hands behind your back when posing for a photo with the police.

