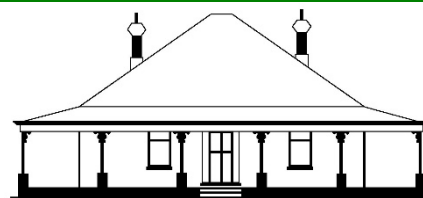


The Gosnells Community Men's Shed News



Lewis Homestead

Feb 2024

Vol. 12 # 08

Editor: Gordon Hamilton hamilton_g@bigpond.com

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Founded by the
Rotary Club
of Southern Districts
in 2012

Community Bank - Canningvale

Bendigo Bank

Proud sponsors of
Gosnells
Mens Shed



Proud partner of Act Belong Commit,
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actbelongcommit.org.au

Proudly supported by Amaroo Village, Lotterywest, City of Gosnells, Department of Veteran Affairs' Community Bank Canningvale (Bendigo Bank) & Act Belong Commit.

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)

- | | |
|----------------------|---|
| 22 nd Feb | Shed outing to visit Bindoon Mens Shed; |
| 23 rd Feb | Corporate Bowls at the Gosnells Bowling Club; |
| 27 th Feb | Emergencies Happen- Free preparedness workshop 10:00 – 11:00am; |
| 07 th Mar | City of Gosnells event – Shed providing the sausage sizzle – Volunteers required. |
| 19 th Mar | Leonardo da Vinci. – Exposé. |
| 23 rd Apr | 'About Scams' presented by Consumer Protection: |

From the Chairman Jan/Feb 2024:

Hello All,

Thank you to our members and partners who attended Phil and Johns funerals, it's hard to accept that we've lost them. Walking around the shed and attempting to take in their many projects has been quite overwhelming.

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Thanks to both Workshops and Geoff Bowra our painter for completing the safety rails on our steps, making a new letter box, and repairing Amaroo's Garden seat and Emergency Assembly Area sign located in their northern corner which they have offered to share with us for our Evacuation Plan.

Peter Liron an independent Worksafe OH&S representative will be visiting our premises next week to assist us in the OH&S area, Peter has kindly offered his services Pro Bono. We also intend to take up St Johns complimentary no-obligation first aid safe assessment for our premises, hopefully we'll get this done the week after the OH&S visit.

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

Scott



Health & Wellbeing:

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 be appreciated 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.

I have arranged three presentations, one in February, one in March and one in April.

The **Tuesday 27th** February talk at 10am in the Wiltshire Room will be presented by the Disaster Resilience and Recovery team of Red Cross with a preparedness workshop particularly covering bushfires. This is very appropriate at this time of the year as Gosnells and the surrounding areas have a lot of bushland so we hope to see many members present.

The **Tuesday 19th** March presentation will be by one of our shed members Tony Taylor on Leonardo da Vinci. More information to follow. Once again a good turnout for this presentation would be appreciated.

The presentation on **Tuesday 23rd** April will be about Scams conducted by Consumer Protection. This particular topic has been requested by several members so please put these talks into your diary.

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Social Activities

The shed members visit the Bindoon Men's Shed on Tuesday 20th February need to be at the shed by 8am ready for the bus to depart at 8.30am. I think it would be advisable for members to take a water bottle for the trip.

The Men's Shed is entering two teams of four for the Gosnells Bowls Corporate Bowls.

Kind regards

Graham Hughes

Welfare Officer 0419 514 631

email grahamchrishughes@bigpond.com

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. Please add your name to the list in the hall way of the house.

Community BBQ for the City of Gosnells



THURSDAY 7th March – 3pm to 6pm

Regent Park, Gosnells 3pm to 6pm

Social and Membership Group:

A survey seeking input and ideas from members for future social functions has been distributed and this will be your opportunity to have a say in future plans. Have you taken part in this survey?

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.

Family and Local History Group:

Consideration is being given to reconvening the above group after a lengthy break following the passing of Chris Beckett in 2023. The group previously focussed more on local history. It is proposed that the reconvened group will focus more on family history with an emphasis on hands on exploration of member's family ancestry. Access to several genealogy programs will be available.

Meetings will be held at the Shed using GCMS computers, probably on a Wednesday afternoon although the times and day are negotiable.

Many of us have wondered where we came from. This is an opportunity to find out.

If interested, there will be a folder in the Lewis House rack or members may contact Geoff Wiltshire on either 0407 995 895 or gelowi@bigpond.com

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MEMBERSHIP:

The Secretary reported that there were 160 members as at 12th February, 2024.

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

One new member (name?):

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!



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.

19 Feb 24	Alan Gordon	Mick Atkinson
26 Feb 24	Martin Troy	Colin Sears
04 Mar 24		
11 Mar 24	Chris Brown	Arpad Pratsky
18 Mar 24	Ken James	John Millar

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

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!

GOLFING:

Golf News Jan/Feb 24

As reported in the last Newsletter, we had our annual Christmas function on 15th December at the Gosnells Hotel, with the highlight being Frank Maloney winning our Golfer of the Year award. Well

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done Frank. Player numbers have been down a little this past month for various reasons; very hot weather, illness and some off on holidays.

On 12th Jan, five of us fronted up at Hillview Classic with Bill Davis the winner on countback from Lloyd, who was also nearest pin. I managed to sink the longest putt.

There was a better turnout on 19th Jan when eight of us played at Armadale. Steve was winner on the day and was also nearest pin. Robbo sunk the longest putt.

On 26 Jan seven of us teed off at Hillview Lakeside with Steve the winner on a three way countback. Steve also sunk the longest putt while I was nearest pin.

Just five of us at Armadale on 2nd Feb, with Lloyd winner on the day and Bill Davis nearest pin. We counted our number of putts on this round, with Steve and I having the lowest number.

Only four of us braved the heat at Hillview on 9th Feb at Hillview Lakeside. All of us used an electric cart, either ride on or walk behind, and the weather was no real problem. I managed a win on the day with Mark sinking the longest putt and Steve being nearest pin.

Golf is a very casual outing in pleasant company, is good exercise and not taken very seriously. New players always welcome and our handicapping system ensures anyone can win on the day. New players always welcome!

Warren Standing

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

CYCLING GROUP:

Hi Fellow 'Shedders' and interested readers!

This last month or so has been a difficult time for our shed and our loyal, smaller and smaller band of bike riders, with the 'departure' of John Bowler, whose funeral at Fremantle Cemetery was well attended by about 30 members and 'partners'. The day after, I had an email from one of John's daughters thanking us all for being there at the very sad time.

All month, we've continued our Thursday rides, even though the temperatures have been in the mid to high 30°C.....except for one week, when I was the only one available to ride, so I met-up with Graeme G for a coffee and 'chin-wag' at a Dome cafe, as Graeme was recovering from the dreaded 'skin cancer' spots. I myself have had multiple visits to my 'melanoma specialist' in Freo, but luckily he has caught them before more drastic procedures were needed, but as we all know..... It's an ongoing thing, as we wish we'd known about the dangers of too much time outdoors, in our younger days, and certainly before the invention of 'sun protection cream'!

For the last 6 weeks, we've only had three riders, but last Thursday.....we had FOUR in our 'peloton', so we decided to pay a fairly new cafe in the industrial area of Forrestdale another visit'For Purpose', a great place to go, which I believe is partially Government funded, as some of the staff have 'challenges', both physically and mentally, but we cannot speak highly enough of the

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establishment, as everything about the cafe is wonderful.....coffee/tea, really great foodand the ambiance.

The photo shows us on our visit last Thursday, with the photo taken by a lady working there.

David Gardiner

Photo: Graeme Gurney



Hi David,

Just a quick thank you to all the Mens shed people for attending yesterday and the beautiful flowers. Dad would have been so pleased to see you all there.

Please pass our thanks on to all.

Regards, Marian, Annette and our families.

Table tennis:

Same place each Monday all welcome!



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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 Classes

Mondays at 9:30 – 12pm

The class has started with only one student. Dan is not an absolute beginner so we just covering areas where he needs help. Other members are welcome to join at any time.

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

We will cover:

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.

Workshop Managers Report

There have been no accidents to report since the last meeting.

Outside jobs coming into the workshop have recommenced. Robert Wood has repaired twelve chairs for one customer. We have repaired a garden seat for another and there have been several other small jobs as well. Geoff has ordered another buddy bench with several more to follow. The drill press has been screwed to the floor as required.

Robert Wood has suggested purchasing several air recycling units for the workshop. These would clean microscopic dust particles from the air as they pump air through primary and secondary filters. This system supplements the dust extraction system.

Mundada Day care centre (Seville Grove) have gratefully received a mud kitchen and picnic bench. Delivered 14th Feb and kindly donated by GCMS.

Chris I'Anson, Workshop Manager

At the recent Management Committee meeting, Robert Wood spoke to the air recycling issue, after discussion, the issue will be referred to the Occupational Health and Safety consultant for review

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when he does his shed inspection. Recommendations may be then referred to Grants and Projects for further consideration.

What is happening in the Workshop?



Chris P'Anson is manufacturing a rocking chair from scratch. So far is looking good.



Chessmen box – Laurie Malton



Chequered bowl – Tom Seaman

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Shell collection Cabinet – Laurie Malton
Modelled on a typesetting cabinet



Two examples of the sort of outside jobs that have recently been brought to the shed by members of the public for the miracle workers in the Workshop to recover.

On the left a 'hall stand' for replacement of the wooden shelf (chipboard) which had virtually disintegrated. Still to be painted.

The above 'Kennel' was virtually only the metal bits left after white ants had done a demolition job on the structure.

Chris and his men will soon have them out the door in A1 condition.

Recipe Sausages with Onion Gravy



- Easy 0:15 min Prep, 0:30 min Cook, 6 Servings

Ingredients

800 g thick sausages cut into chunks browned; 1 tbs olive oil;
2 onions halved sliced; 2 garlic cloves crushed; 3 tbs plain flour;
2 1/2 cups Beef Style Liquid Stock *optional; 2 tbs tomato chutney;
1 tsp Worcestershire sauce; 1 tsp soy sauce;
1 tsp sweet chilli sauce; 1 pinch salt and pepper *to taste

Method

1. Heat oil in frying pan.
2. Sauté onion and garlic until golden brown.
3. Add flour and stir until golden brown.
4. Add stock and sauces, and stir until thickened.
5. Reduce heat and add sausages, then simmer covered for 30 minutes.
6. This is optional but you can add a little chopped parsley to the top.
7. Serve immediately with mashed potato and peas.

EQUIPMENT: 1 frying pan

NOTES

Any flavour sausages can be used;

Cut sausages into 2cm chunks;

If adding vegetables, add them at stage 5. You may require more stock as the vegetables will retain some of the stock:

Do you have a recipe to share??



This is the logo for the butcher at Thornlie Square Shopping Centre. They have supplied the sausages for our end of quarter BBQ and also a \$50 meat voucher for our Christmas raffle. I'd like to take this opportunity to thank Aarran Forward and his team for the ongoing support for the Gosnells Community Men's Shed and I encourage members to support the Blue Rock Butchery.

Kind regards, *Graham Hughes*

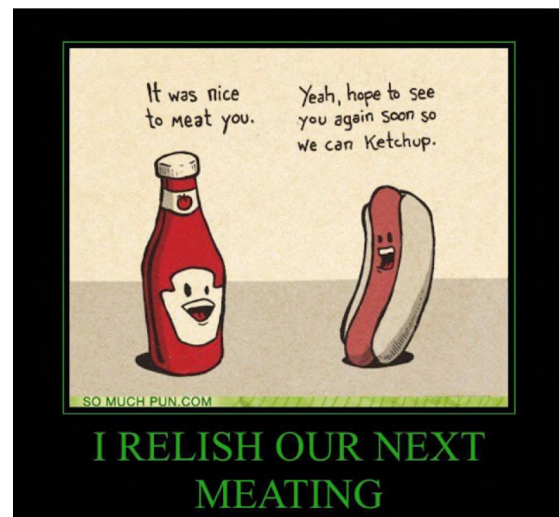
When I was a kid,
I wanted to be older...
This shit is not
What I expected.

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A small Australia Day celebration was held at the Shed on 26th January thanks to Dan, Doug & Geoff. Obviously those who attended enjoyed themselves.



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We have two teams entered in the **Corporate Bowls at the Gosnells Bowling Club**. It starts on Friday 23rd February and continues on the 1st March and 8th March. Cost to eight members competing will be \$15 each for the three nights.

Supporters welcome!

Don't forget:





EMERGENCIES HAPPEN

IT'S TIME TO GET PREPARED

Join us for this free All-Hazards Preparedness workshop

You can reduce the impacts of emergencies, big or small, by being prepared. This workshop will help guide your household to be prepared for an emergency through 4 simple steps.

**27 February 2024**
10am to 11am

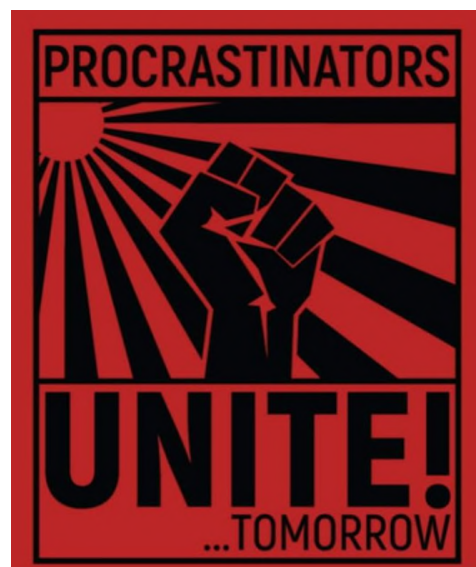
**Wiltshire Room**
Gosnells Mens Shed

www.redcross.org.au/getprepared
wa_preparedness@redcross.org.au



redcross.org.au

 AustralianRedCross  @redcrossau



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In the beginning!



Finished Product!



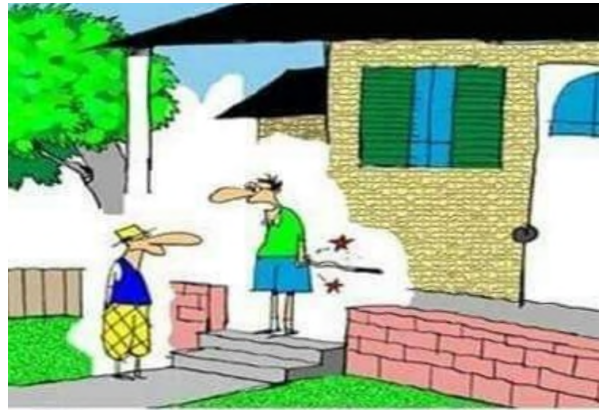
From the left: John Stockbridge; Patrick Bartlett; Susan Howlett; Cr Diane Lloyd; Malcolm Kerr; Centre Manager, Lisa Desmond; Phil Cordery; Major, Teresa Lynes; Dep Mayor Adam Hort; Cr Saiful Islam; Cr Aaron Adams; Craig Howlett; Michelle Kerr:

24th January saw the official launch of the Recycling Hub at Maddington Centro Shopping Centre. Brain child of Rotarian (PDG etc.) Phil Cordery of the **Rotary Club Southern Districts**. The unit is located to the right of the entrance to Coles Maddington. The RCSD's internal News, while praising Phil's hard work and dedication neglected to mention GCMS Workshop Manager Chris I'Anson and his team of merry men who constructed the recycling unit.

*100% of people die on or within six months their birthday!
The bloke who was killed by a shark while on his honeymoon didn't suffer for long.
He had only been married for ten days!
Never laugh at your wife's choices – You are one of them!
The worst part of spanking a disobedient child in the supermarket is having absolutely no idea
whose child it is!*

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This is called sheet music. You can show this to a "lead guitar player" to make them stop playing.



"I could be wrong, but my wife shoving a golf club up my ass is a good indication she doesn't want me golfing today."



Helicopter

[hel-i-kop-ter]
noun

1. A million parts rotating rapidly around an oil leak waiting for metal fatigue to set in.

also see:
"whirlybird"

