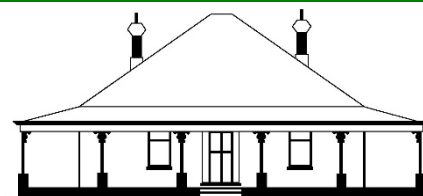


# The Gosnells Community Men's Shed News



Lewis Homestead

Mar 2024

Vol. 12 # 09

Editor: Gordon Hamilton [hamilton\\_g@bigpond.com](mailto:hamilton_g@bigpond.com)

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*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](mailto: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)*

19<sup>th</sup> Mar Leonardo da Vinci talk by Tony Taylor;  
11<sup>th</sup> Apr City of Gosnells event – Shed providing the sausage sizzle – Volunteers required;  
23<sup>rd</sup> Apr Presentation will be about Scams conducted by Consumer Protection:

## From the Chairman Feb / March 2024:

Hello All,

Thanks to both Workshops for the constant output to the community. Of note Al Holloway along with John Mitchell's assistance, Your Evacuation indicator program at Arcadia Waters plus sign work has brought in a few thousand dollars income for the shed. The restoration of a rather large dog kennel was good to watch progress along with the building of the school outdoor library. I got a very grateful call from Alf at the GosSamba Seniors Drumming Group, he was extremely happy with the Drum stands that the Metal shop Lads built, it has made it so much easier for them.

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## ***The Gosnells Community Men's Shed News***

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Peter Liron an independent Worksafe OH&S representative visited our premises a few weeks ago to assist us in the OH&S area, As I mentioned last month Peter kindly offered his services Pro Bono. Peter assessed the entire GCMS complex and gave us an A+ result with an added comment that we are ahead of a lot of business industries, he gave us a couple of items to address LPG storage which required signage and containers of flammable fluids in the workshop.

We also have a St Johns complimentary no-obligation first aid safe assessment for our premises on Friday the 5<sup>th</sup> of April at 10:00, hopefully we'll get a good indication of how prepared we are for a 1<sup>st</sup> Aid requirement.

Thanks to Dave Mclean for auditing all our 1<sup>st</sup> Aid kits, a very tedious job. You've done us well mate. We had a community BBQ event at Regent Park in Gosnells last week thanks to all the Lads that turned up and served our customers along with Doug and Martin our master chefs plus those back at base who chopped onions and those who went and got the bread rolls. Packing the trailer setting up the site and of course cleaning up afterwards.

You may come across a snibbed front screen door on Lewis House this is an attempt to stop some undesirable intruders that we've recently had. On the occasions that the screen is snibbed, please leave via the back door. Note it's not going to be locked so you can still exit in an emergency.

Finally, even with all the hot weather we've had the gardens are looking tremendous, thanks to all involved.

Stay safe and enjoy the coming autumn.

**Scott**

### **Health & Wellbeing**

#### **Welfare**

Only a few things to report this month as I was away for two weeks down south with my family.

I have made contact with several members who have not been seen at the Shed for several weeks to see if they are okay.



Jerry

Jerry van Bruggen has been ill and has been in Armadale Hospital for nearly three weeks and is now back home and coping quite well and hopefully come back to the Shed in April some time.



Andrew

Andrew Farbey has sent me an email which is below & explains in detail his condition:

*"Hi Guys. As you may know I've been a bit busy lately having been diagnosed with mesothelioma (asbestosis). It's a form of cancer which in my case affects the pleural cavity of my right lung. They started off by stabbing me in the back with a temporary tube with which they drained off two litres of muck. When I recovered from that they put a tube in my chest which they drain twice a week. They're not getting a lot out of it now, hopefully because I'm doing my own work on it but they are talking about using immunotherapy in a couple of months. I'm feeling reasonably well but I do get a bit tired. Overall I'm pretty happy, I'm 77 and they've given me about 3 years to live. I've had a pretty good life with few complaints and all of our bodies have to fail at some point. I will still pop into the shed when I can and see you guys. Cheers, Andrew"*

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I have tried to make contact with two other members and have left messages on their phones and waiting for call backs. As mentioned in previous newsletters it would be really appreciated if members are away from the shed for a period of time to please send an email to me [grahamchrishughes@bigpond.com](mailto:grahamchrishughes@bigpond.com)

When I go to the Shed, members do come up to me and explain they haven't seen certain members around and as soon as I'm aware of this I endeavour to make contact with these members whose names are mentioned to me.

I would like to thank Al Gordon & Geoff Bowra for updating me on my return from holidays.

### **Health & Wellbeing**

The Tuesday 27th February talk presented by the Disaster Resilience and Recovery team of Red Cross with a preparedness workshop was attended by 23 members and partners and it was good to see a good turnout and the feedback has been very positive from the members attending.

The next talk will be on **Tuesday 19th March** presentation will be by one of our shed members Tony Taylor on **Leonardo da Vinci**. The flyers have been put around the coffee tables so once again a good turnout for this presentation would be appreciated to show support for a fellow member who is giving this talk.

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. More information to follow.

### **Social Activities**

The shed members visit the Bindoon Men's Shed on Tuesday 20th February was well attended by 18 members and extremely positive feedback from all who attended and from the Bindoon Men's Shed. *See following photographs.*

Kind regards,

**Graham Hughes**  
Welfare Officer 0419 514 631  
email [grahamchrishughes@bigpond.com](mailto:grahamchrishughes@bigpond.com)



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## *The Gosnells Community Men's Shed News*

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### **Social and Membership Group**

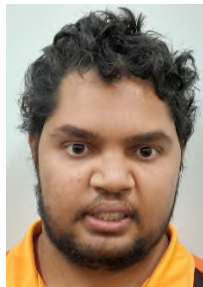
#### **MEMBERSHIP:**

The Secretary reported that there were 164 members as at 11<sup>th</sup> March, 2024.

*Welcome to the following Shedder who have recently joined GCMS:-  
Robbie Bulloch; Jesse Quick-Simms; Charlie Ranieri & Hafiz Sultan:*  
**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!**



Robbie



Jesse



Charlie



Hafiz

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## The Gosnells Community Men's Shed News



### 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.**

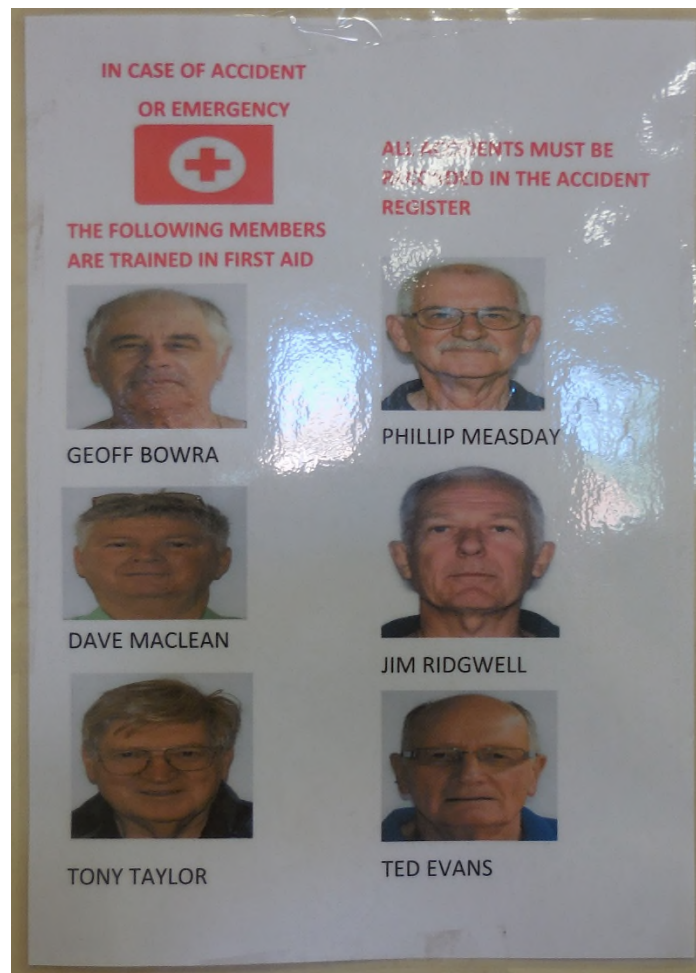
18 Mar 24	Ken James	John Millar
25 Mar 24	Andre Hoareau	Rob Shewan
01 Apr 24	Warren Standing	Graham Robinson
08 Apr 24	David McLean	Charlie Fasolo
15 Apr	Phil Measday	Jim Ridgwell

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

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

### **OUR FIRST AIDERS:**

You will notice a revised poster showing our recently qualified or re-qualified First Aiders has been posted around the premises. Should you require first aid then these Members may be able to assist you.

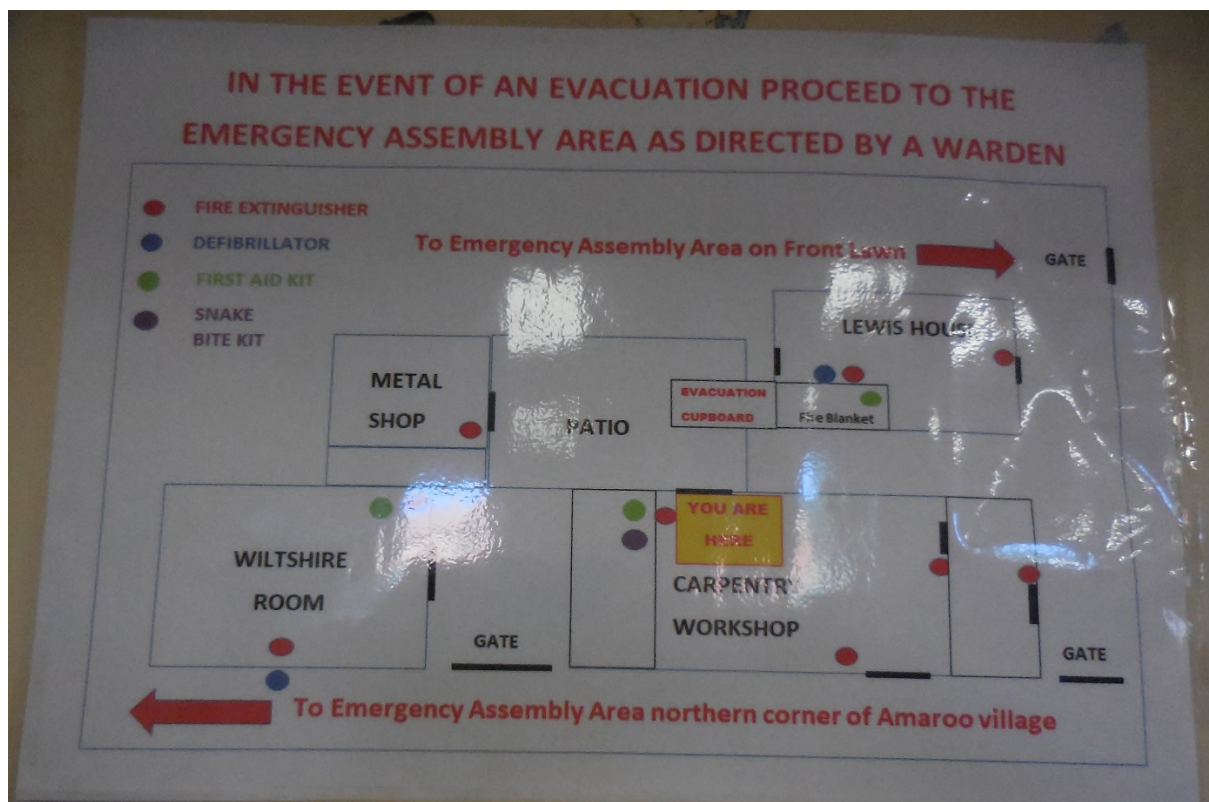
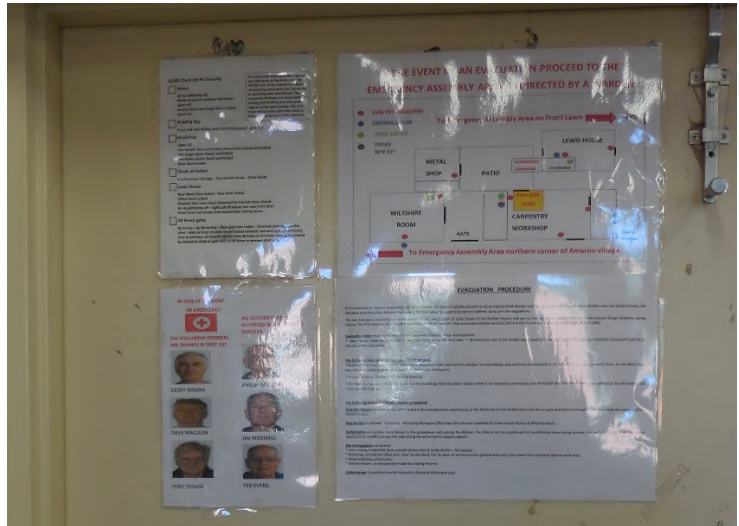


Emergency Procedures have been revised along with a revised evacuation plan have also been placed in strategic locations. You will notice a cabinet has been located along the back wall of the house containing various items associated with **Emergency Evacuation Equipment**. The Warning Siren has been replaced because of its shortcomings and now the “Chief Warden” in a white helmet will use a megaphone which is located in the cupboard to alert all members and visitors in the event of an emergency.

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## The Gosnells Community Men's Shed News



### ACTIVITIES



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

## ***The Gosnells Community Men's Shed News***

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### **Shed Fund Raising Activities**

**Community BBQ for the City of Gosnells.** There will be four this summer. The fourth will be held on the **11<sup>th</sup> April** at Partridge Way Reserve Thornlie from 10am to 1pm. We require Volunteers to assist on the day for preparation etc. Photos below from our recent Community BBQ in Gosnells.



### **GOLFING:**

#### **Golf News Feb/Mar.**

*Numbers have been a bit variable this past month, with Ron Sutton recovering from surgery, Barrie Russell has had a bout of Covid, and Lloyd Dungey has done a bit of touring and cricketing in India. On 16<sup>th</sup> Feb seven of us fronted up at Armadale, with Barrie the winner on the day and Ross nearest the pin. Barrie also sunk the longest putt.*

*On 23<sup>rd</sup> Feb six of us turned out on a very windy morning to play Hillview Classic. Frank with a day to remember was our winner and was also nearest pin, whilst Mark sunk the longest putt.*

*On Mar 1<sup>st</sup> just five of us showed up at Armadale where Bill Davis was our winner and Steve was nearest the pin. I managed to sink the longest putt.*

*We had our best turnout for some time on 8<sup>th</sup> Mar when ten of us showed up at Hillview Lakeside. We welcomed Bill Hughes back after a long break caused by knee surgery. Tom was a clear winner on the day whilst also sinking the longest putt. Bill Davis was nearest pin.*

*We are off to Kwinana for a change this week and hope to be able to have a meal there after the game. New players always welcome!*

*Finally, a word of advice for all golfers. If you drink, don't drive – and don't even putt!*

***Warren Standing***

### **CYCLING GROUP / TABLE TENNIS:**

Hi Everyone! Another month, so another report, and thank you to the folks who actually read this, and not just look briefly at the 'header' photo!

We think, and hope we've seen the last of the almost unbearable cycling weather for another summer, but as it's only the middle of March, we're sure to get a few more hot days, before the month of May, where we can be almost certain the cooler days are with us..... I'm sure I'm not the only whinging old bugger who dislike the heat?.... Am I.

After several Thursdays with only three riders, the last three weeks have seen 6 of us on our bikes, so things have been looking up! We've had several rides up the Principal Shared Path (PSP) mainly to see the tremendous changes to the Perth - Armadale (soon to be 'Byford') railway corridor, as we watch with amazement at the massive cranes lift pre-fabricated bridges into place etc. This work, plus all the other new railway works, is certainly the largest construction undertaking ever done at the one time in our 'fair state'!

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Another incentive are our visits to the terrific 'Carlisle Bakery' in Archer St, Carlisle where you find the best 'mouth-watering' cakes of all sorts, best pies, sausage rolls etc. you will ever find, at incredibly reasonable prices!

We still start our rides at 7-30 am, getting home 'about' 11-00, but as the cooler days arrive, we'll probably change to a later start. Our rides always include up to an hour's stop for 'refreshments'!

**David Gardiner**

The new Armadale rail line is progressing, and continues to give us an idea of the finished project ... one day. Our ride today took us to the Lo Quay (low key) cafe at the Riverton Bridge in Wilson, where we spent a most pleasant hour chatting about practically everything. We even had an inquisitive Willy Wagtail on the table looking for crumbs, and quite happy to have Rob hand feeding him while Graham R took his picture. Our return journey was along the south side of the Canning River, then through Ferndale before again joining the river. The last stretch was along Spencer Road where each rider broke off for their respective trip home. On bikes today (7<sup>th</sup> March) we had David G, Graham R, Greg D, John V, Rob S and Graeme G.

See you next week.

*Cheers, Graeme G.*



Construction at intersection where the Beckenham Railway Station WAS at William & Sevenoaks Streets. A new 'overpass' is planned for that location, as the railway will be elevated to go above the road! .....As the old saying goes.....'You gotta break a few eggs, if you want an omelette!'.....How true?

Photo: **Graeme Gurney**.



## *The Gosnells Community Men's Shed News*

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### Table tennis:



Hi All! Our Table Tennis on Monday mornings from 9-00am are increasingly popular, with us having a discussion recently whether we'll need to start turning people away?!.....thankfully, jus' kidding!!

Recently we've been having 8 or 9 players (even without one of the initiators of us playing the wonderful game....John Bowler R.I. P.).

We 'have a ball', (pardon the pun!) with the evident shrieks and shouts etc. coming from the Geoff Wiltshire room, with us being told on more than one occasion to 'Keep the noise down!' from the sedentary 'coffee sippers' gathered around the various outside tables!

If you want a 'larf', or just a sociable hour or so, why not come along, even though you haven't played since you were a teenager in short pants?

9-00am Mondays....Be there!!

*David Gardiner*

### 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*

This coming **Tuesday 19<sup>th</sup> March at 10am**, a lecture by Tony Taylor on **Leonardo Da Vinci** will be delivered in the Wiltshire Room and ALL are welcome. Bring your partners as they will also, no doubt, enjoy Da Vinci’s talented and flamboyant nature. He was 400 years ahead of time in his thought processes and whether you are interested in art, woodwork, metalwork, patchwork quilting or just design, you will benefit from being exposed to many of his inventions.



Lateral thought Processes – Leonardo Da Vinci

## *The Gosnells Community Men's Shed News*

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### **Workshop Report:**

#### **Workshop Managers Report**

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

Jobs coming in from the public have increased. In the last month we have rebuilt a dog kennel, repaired and painted a display stand, varnished two signs and we now have a table to be repaired and painted and four chairs to be prepared.

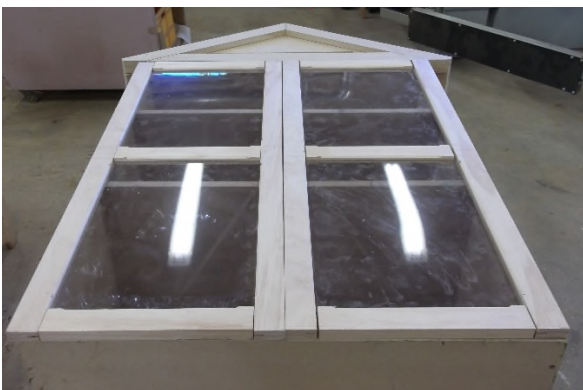
Alan has been very busy making 153 emergency evacuation slides for a local retirement village.

John and Bill have been very busy with various jobs on the CNC and laser machine.

We have built another outside library which only requires a coat of paint to be finished.

The pool table that was donated will be scrapped as cost of repairs is too expensive.

**Chris I'Anson**                      Workshop Manager.



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*Having plans sounds like a good idea until you have to put on clothes and leave the house.  
I see people about my age mountain climbing; I feel good getting my leg through my underwear  
without losing my balance.*

*An elderly husband and wife were in church and the husband whispers to his wife "I've let out one  
of those silent farts...What should I do? She replied replace the batteries in your hearing aids dear"*

### **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

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Free to all shed members.

### Recipe

#### Scrambled Eggs with Mushrooms



YIELDS 2 Servings   PREP TIME 5 mins   COOK TIME 10 mins   TOTAL TIME 15 mins

#### **Ingredients:**

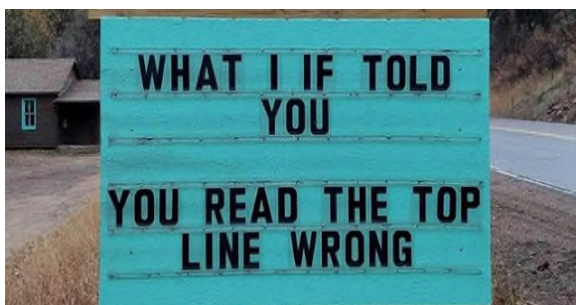
125 g Button or Cup Mushrooms – sliced;                      2 Eggs;                      1 tbsp Milk;  
1 ½ tbsp Thyme - leaves picked;                      ½ tbsp Butter (or olive oil for a healthier dish)  
2 Slices of sourdough - toasted

#### **Instructions:**

1. Melt butter in a non-stick frying pan over medium heat until sizzling. Add mushrooms, cook, stirring often until light golden.
2. In a medium bowl whisk eggs, milk, herbs and pepper together until well combined. Pour over the mushrooms, shake the pan to allow the egg to run to the base of the pan. Cook, without stirring for 30 seconds.
3. Use a flat-topped wooden spoon or spatula to gently push the egg mixture from the edges to the centre. Remove the pan from the heat and allow to stand for 1 minute (the heat in the pan is enough to cook the eggs through).
4. Serve immediately with toast.

Do you have a recipe to share??

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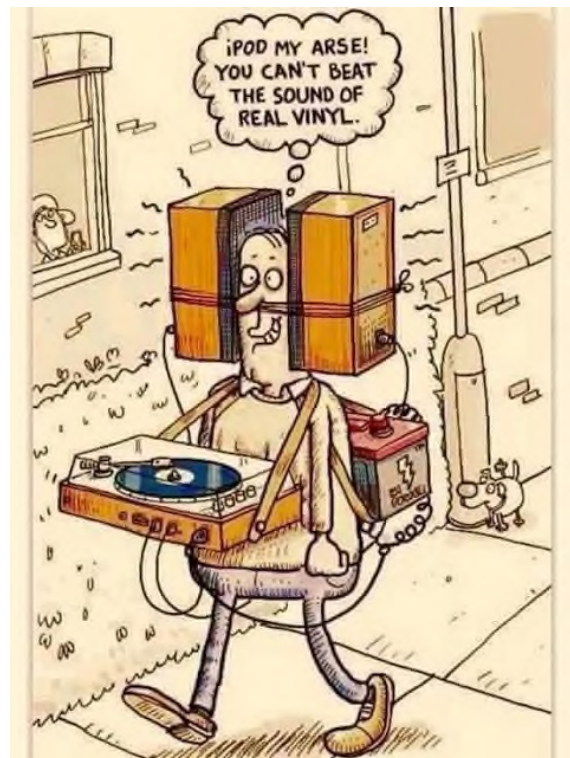
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### Did you know?



If you drink a gallon of water per day, you won't have time for other people's drama because you'll be too busy peeing.

**Stay hydrated my friends.**

