

The Gosnells Community Men's Shed News



Lewis Homestead

April 2024

Vol. 12 # 10

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70 Lissiman Street, Gosnells, WA. 6110. ABN 38 030 506 750



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PATRON: Terresa Lynes – Mayor City of Gosnells.

Office Bearers			
Chairman	<i>Scott Henderson</i>	Vice Chairman	<i>Robert Wood</i>
Secretary	<i>Phil Measday</i>	Treasurer	<i>Ted Evans</i>
Committee members: <i>Geoff Bowra, John Mitchell, Jim Ridgwell and John Podolan.</i>			
Workshop Manager: <i>Chris I'Anson,</i>			
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)

11 th Apr	City of Gosnells event – Shed providing the sausage sizzle – Volunteers required;
23 rd Apr	Presentation will be about Scams, conducted by Consumer Protection:
25 th Apr	ANZAC Day
12 th May	Mother's Day

From the Chairman March/April 2024:

Hello All,

Well, we are about a fortnight away from having a Utility at our shed thanks to Trevor Close one of our fellow members who has decided to sell his. Once the paperwork and servicing are cleared you'll have the opportunity to give it a wash.

We had St Johns visit our premises for a first aid safe assessment on Friday the 5th we received an excellent general assessment of 95/100. We've also setup an Ambulance activation plan that helps expedite the arrival of an ambulance to our premises.

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Thanks to Buster and Michell for fixing up the annex garden also thanks to the lads that have been cleaning out the roof gutters. We'll only be doing the ones that are within safe reaching distance, the remainder will be done by professionals.

We had a community BBQ event at Partridge Way Reserve in Thornlie on Thursday thanks to all the Lads that turned up and served our customers along with Doug Hardman again our master chef and Paul Rea our roaming marketing guru 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 involves a fair bit and we appreciate the help. The GosSamba Seniors Drumming Group was in action nearby at the park with their drums resting on the stands that the Metal shop Lads built. Chocolates if you're first to pick the character in the green hat.



The Management committee has agreed to the request from several members to investigate purchasing a Pool table. Once we find one suitable it will be setup in the library.

Mentioned in the last newsletter that 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. **Please...Please** don't open the door and key look it from the outside as you're potentially trapping fellow members inside. Please exit via the back door.

Stay safe and well.

Scott

The Committee has decided to honour past Member John Bowler by naming the lychgate at the Shed entrance from the market car park after John who had been the person responsible for its construction.



Lychgates consist of a roofed porch-like structure over a gate, often built of wood. They usually consist of four or six upright wooden posts in a rectangular shape. On top of this are a number of beams to hold a pitched roof.

Health & Wellbeing

Member, Peter Crake, has been absent from the shed in recent months due to health issues. Result being Peter is unable to attend due to not being permitted to drive. Peter is still undergoing medical tests but may appreciate if anybody who is able could give him a lift to the shed. Would need to

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check with him. If you are aware of any of our members who are unable to attend due to poor health please let Graham Hughes know.

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

Social Activities

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. Tuesday May 14th talk will be about the Seniors card.

Kind regards,

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

From the Librarian:

From the Librarian to the reader/s who may have forgotten to return the "James Patterson" books he/they borrowed.

Please return ASAP so other Members may borrow the books and enjoy their stories. Thank you.

Bruce Coleman

Social and Membership Group Report

Fundraising

Looking at Father's Day, Sunday 1st September for a BBQ at Bunnings.

MEMBERSHIP:

The Secretary reported that there were 168 members as at 10th April, 2024.

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

Bevan Russell; Glenn D'Cruz; Gavin Dempster & Mathew Powell:

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!



Bevan



Glenn



Gavin



Mathew

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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 7 weeks.

15 April	Phil Measday	Jim Ridgwell
22 April	Alan Gordon	Mick Anderson
29 April	Martin Troy	Colin Sears
06 May	Chris Brown	Arpad Pratsky
13 May	Ken James	John Millar
20 May	Andre Hoareau	Rob Shewan
27 May	Warren Standing	Graham Robinson

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

THANK YOU to the "Blokes" who keep our facilities clean!!

Safety and Risk Management Committee

At this stage our Chief Warden for emergency evacuation will be the Workshop Manager, Chris. More members will be asked to assist as wardens.

We have received the St John First Aid assessment conducted last Friday, 5th April. We rated well at 95/100. Two items of consideration were Mental Health training and First Aid drills. An Ambulance Activation plan has been completed for our premises. Copies have been posted at appropriate sites on the premises.

A suggestion has been made that first aid drills be conducted and articles on basic first aid procedures be included in the newsletter. Here is the first:

Burns and Scalds

- 1 Cool burn for a minimum of 20 minutes using cool running water.
- 2 If burn is extensive or in a sensitive area seek medical help or call **000**.

Red Cross Essential First Aid Guide

The Emergency phone number is **Zero, Zero, Zero!**

A new solid door will be installed in the Wiltshire room with direct access to the defibrillator mounted on the outside wall. A rapid unlocking system will be fitted on the inside of the door.

Happy Anniversary: Just booked a table for our wedding anniversary for me and the wife. Bound to end in tears though; she's lousy at snooker.

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ACTIVITIES



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

Shed Fund Raising Activities

Community BBQ for the City of Gosnells. There were four this summer. The fourth was held on the 11th April at Partridge Way Reserve Thornlie from 10am to 1pm. Thank you to all our members who volunteered to assist on the day for preparation etc. Photos below from a recent Community BBQ in Gosnells.



ART GROUP:

Tuesday 19th March, a very interesting talk by Tony Taylor on **Leonardo Da Vinci** was delivered in the Wiltshire Room and all 27 members who attended enjoyed the presentation.

The 'beginner's' group meet in the Wiltshire Room every Tuesday afternoon at 1pm. It is not too late for further members to join in and dabble their fingers in paint and produce some lovely effects. Those attending have produced some excellent works and are enjoying the experience of producing lovely works of art. Access is via the rear Lissiman St. entrance as the Market access will be locked. We meet at 1pm every Tuesday afternoon and no need to bring any utensils such as brushes, paints or paper. Art raises the horizon to the sky and puts a new perspective into our lives. Come and try it.

Tony Taylor

GOLFING:

Golf News Feb/Mar.

This past month has seen some perfect weather to be on the golf course. Ron Sutton is back after a bout of surgery, and it's good to see Robbo out hitting a ball again. Lloyd has had a few weeks off after a bruising encounter with a cricket ball. We hope to see him back this week.

On 15th March eight of us travelled down to Kwinana for a change of scene. Rob Shewan had a great day being both overall winner and was also nearest pin. We all enjoyed quite a good meal in the clubhouse after the game.

On 22nd March it was back to Armadale where Bill Davis had another win, this time on countback from Bill Hughes. I was nearest the pin and Barrie sunk the longest putt.

We did not play on 29th March, it being Good Friday, but eight of us teed off at Hillview Classic the following week. Bill Hughes got his revenge with a win, and Robbo was nearest the pin.

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Numbers will probably be up a little in the next week or so with some holiday makers back. No doubt we will be in for a few wet games in the near future.

New players always welcome.

Warren Standing

CYCLING GROUP:

G'day Everyone! Have you ever seen weather like we've been having recently? Yesterday (Friday 12th) we had our first 'proper rain' in months, with my rain- gauge here in Gosnells recording 17mm. I believe we in this area had some rain a few weeks ago, but just enough to produce a few green shoots from my arid front 'lawn'!

We've pushed our starting time for our bike riders back 30 minutes now, to 8-00am, then we'll probably do the same come winter, as Martin T, one of our riders takes 40 minutes to cycle from his Canning Vale home, plus, John V lives in Kelmscott. Occasionally it works in 'their favour' depending which general direction we ride! I must live the closest to our shed....3 minute downhill ride....how easy can that be?

Two memorable rides we had, were to Duncan St Cafe, in Vic Park, going via the railway bike path, then coming home via Curtin Uni, and Riverton Bridge etc., and the following Thursday, we visited a favourite refreshment stop at Burswood, at a road with the unusual name of 'Burswood Circus', only a 'stone's throw' from the palatial Crown Casino complex, and with it being John V's 79th Birthday, he did as we all have begun to do on our birthdays.....treat everyone! I believe Greg D started this when he turned 80, so thank you! After we'd 'had our fill', Robbo took us along the Swan River foreshore to have a 'sticky beak' at the new pedestrian / bike bridge being built over the river, from Vic Park side across to the Perth side, going over Heirisson Island to near Point Fraser. This bridge will alleviate the congestion of the narrow path we all have to negotiate currently, on the Causeway, which was built back more than 70 years ago, between 1947 and 1952.

Just as we thought the long hot days were behind us for another few months, I heard the forecast for the coming week, to include a 33°C and a 34°C, a bit unusual for this time of year, but not unheard of, with memories of a 34°C day on the 21st of April 1978, the day my own daughter was born.

One of our regular riders, John V will be away until end of July, taking his caravan 'over east', plus taking a flight over the Tasman, to visit Norfolk Island, so we all hope he has a great time, with tales to tell on his return.

David Gardiner



'New pedestrian & cycle bridge under construction, only 250 metres 'downriver' from the Causeway.'
Photo: **Graeme Gurney**.

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Workshop Managers Report

We have had only one minor accident to report since the last meeting. A member put a finger a little too close to a spinning router and cut said digit fingernail. A note was made of the incident and the finger has healed.

The kitchenette (my parents would have called this unit a 'dresser') is all but finished. We are waiting for the owner to supply suitable hinges and door handle to complete the job. We are also working on a sewing box which is taking longer than expected.

We have had several inquiries for outside libraries but no orders placed at this time

Chris I'Anson Workshop Manager.



Positive 'feedback'!

Just wanted to pass on our thanks for the wonderful job your metalwork team (Glyn Hart & Chris Brown) did with the drum stands for our GosSamba group.

Please see the attached photo of the group making use of them in the ensemble.



Many thanks again for your time and attention to detail in creating these items, they will be hugely helpful!

Warm regards,

Shannon Reid

Seniors Development Officer Senior Services City of Gosnells.

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Computer and Technology Group:

Technology Help Desk Friday 9:30 – 12pm

It's being an interesting month helping people migrating to new phones or computers. We transferred all their emails and contacts out of a variety of programs including Outlook and Winmail into new apps like Outlook 365, Windows Outlook or Thunderbird. We have transferred all their documents, photos and videos. I've also assisted in setting up new phones.

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

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 have been learning about how to use your internet browser more effectively including using multiple tabs, better search terms and spotting dodgy web sites.

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.

You can still join the class now.

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

André

Free to all shed members.

This might be my last
pun of the day. I wanted
to go out on a high note
and then give it a rest.

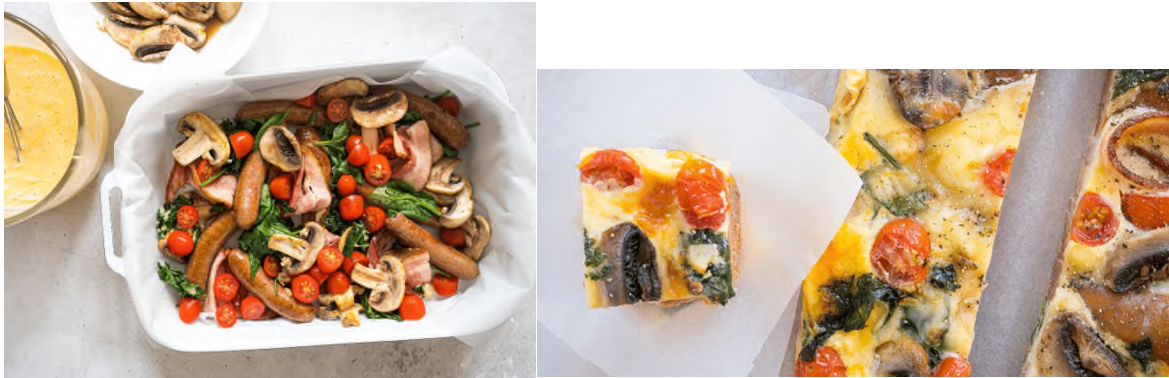


*I look at people and sometimes think. "Really? That's the sperm that won?"
Some things are just better left unsaid. And I usually realize it right after I say them.*

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Recipe

Big Brekky Frittata



YIELDS 6 Servings PREP TIME 15 mins COOK TIME 45 mins TOTAL TIME 1 hr

Ingredients:

6 cup mushrooms, 1cm sliced; 200 g bacon rashers; 6 thin sausages or 8 chipolata
sausages; 4 cloves garlic, crushed; 120 g baby spinach
1 punnet cherry tomatoes, halved; 8 eggs; ½ cup cream;
Cracked pepper; ½ cup cheddar cheese, grated:

Instructions:

1. Preheat the oven to 200°C and line a baking dish with greaseproof paper.
2. In a large frying pan over medium-high heat, add the bacon and sausages. Cook for 3-4 minutes or until seared and lightly browned. Remove from the pan and set aside in the prepared baking dish.
3. Return the frying pan to the heat. Add garlic and cook for 1 minute. Add mushrooms and cook for 2-3 minutes then add spinach and cook for a further 1-2 minutes or until wilted. Remove from the heat and transfer to the baking dish with the bacon and sausages. Add cherry tomatoes to the baking dish.
4. Place eggs and cream in a large bowl and whisk to combine. Add grated cheese and season with pepper.
5. Pour the egg mixture over the ingredients in the baking dish.
6. Bake for 30-35 minutes or until golden on top and set in the centre. Remove from the oven and allow to cool for 10 minutes in the dish before removing and slicing.

Do you have a recipe to share??

Household power failure – trouble shooting!

Sometime around Christmas / New Year, one morning, my wife commented as she left the house that the numbers were not showing on the electric clock.

The lights were still on in the family room so I assumed a failure in a power circuit. Without really putting the brain into gear I then assumed the fault was caused by the evaporative air condition which I had just turned on. (Being a stinking hot day.) A check in the meter box revealed the RCD had operated cutting off the power. There are two power circuit CB's but neither had tripped.

There is no separate CB for the evaporative air conditioner so it could not be easily isolated. In the old installation there was an external switch and socket under the roof mounted unit and easily accessible. So I went up onto the roof to check. (I am banned from going on the roof these days!) Not in this installation. So I called a local electrician who had done some work for us. Fortunately as it turned out, he could not come, neither could the AC maintenance man. A friend on my Daughters came around and unplugged the air conditioner inside the roof cavity.

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RCD's



Power CB's

In the meter box attempting to reset the RCD did not work, so it was not the A/C. Switching both CB's off allowed the RCD to be reset. One power CB could be reset OK. But when the other was reset the RCD immediately disconnected the power.

The CB causing the problem is for the side of the house which is the kitchen etc. So rethinking the problem we disconnected all those electrical devices in the kitchen. One at a time they were reinstalled. Problem turned out to be the electric kettle. So our fix was to go and buy a new electric kettle for about \$40 and to bin the dead one, after I had cut the power cord from its base so it could not be used. Defect was probably within the kettle its self.

But that was cheaper than having a visit from the electrician.

A calmer approach to the trouble shooting in the first instance rather than assuming it to be the A/C would have meant less stress and a quicker resolution of the problem and me not getting in the shit for going up on the roof!

Why I am banned from going up on the roof!

We all have a ladder /roof story. This, for what it is worth is mine!

Can't remember the year but it was before Fiona Stanley Hospital was built but that is immaterial.

My wife Jen was away visiting her Sisters in Balingup so I decided to clean out the gutters using the electric blower which is quite effective. My ladder is an old one I got from my father, who passed about 40 years back, and is an extending wooden type which I keep on a couple of hooks at the side of the house behind the tool shed. I had successfully completed cleaning the gutters and had lowered the blower onto a bench at the side of the house. I then started to descend the ladder and when my shoulders were about level with the gutter the ladder started to slide sideways. I probably should have just stayed on the ladder because in hindsight I think it would have only slid until the shed stopped it. Anyway I decided I had to dismount the ladder and drop to the concrete slab area below, probably less than 2 metres. Back around the year 2000 I had undergone surgery on my spine to fix a problem and decided that I could not just land on my feet because I did not want to jar my spine. So I figured I had to absorb the impact by just crumpling to the ground. Good theory but as part of this process I stuck my left arm / hand out to support myself as I crumpled onto the concrete slabs. Result being I felt I had broken my wrist! The neighbours, I think, learnt some new words! In addition I had a pair of garden secateurs in a leather holster on my left hip on which I landed. That was a deep bruise!

I figured I need to go to hospital and get my wrist checked out. So how to achieve that. I did not think I would be able to, or should drive. Daughter Caroline lives the closest but it was a Saturday afternoon and an Eagles home game. She is a long time Eagles member so would not be home. Justin, eldest Son, lives next closes but he was doing Crowd control / Security working in Subiaco so that was not the answer. Probably should have called 000 but did not want that sort of fuss. So phoned other Son, Alistair who lived the furthest away. Asked if he was doing anything as I felt I needed to visit a hospital emergency department. He did have a blind date to go to dinner that evening but put that off and earned brownie points for his excuse. He took me to Murdock Hospital emergency department.

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Probably should have gone to Armadale Hospital. I could not believe it but on a Saturday afternoon Murdock did not have anybody on duty who could take an x-ray. But they plastered up my left wrist 'just in case' and told me to come back Monday for an x-ray. Bit hard to conceal the plaster cast on my arm so eagle eyed wife spots it when she arrives back home on the Sunday afternoon. So the depth of the crap I was in became very deep and I have been banned from getting onto the roof. I do not remember much sympathy!

Added to that is an age component as I go OBE shortly. Problem is the body is knackered but the mind still has delusions of being 40 years younger!

My old wooden ladder probably should be in a museum. It is a family heirloom!

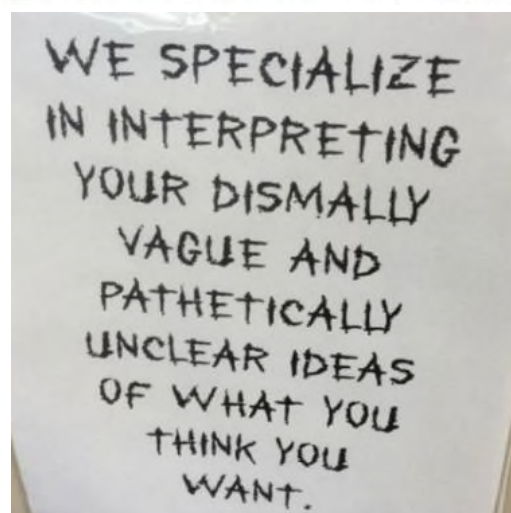
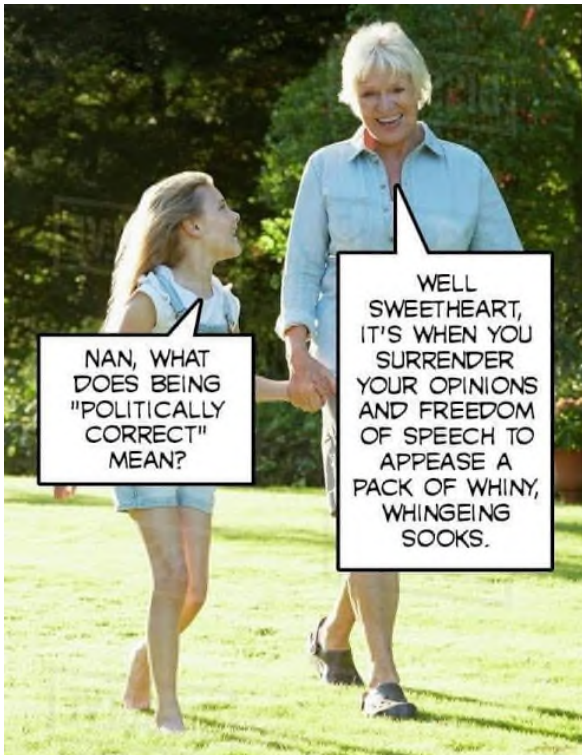
We now pay to have the gutters cleaned!

Gordon Hamilton

If your ladder story is worth publishing (as a warning to others) in our Newsletter please email it to the Editor.

You may even use a *non de plume* to protect the innocent if not proud of your effort!!

If you need a contact for a person who cleans gutters for a living contact me for details.



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