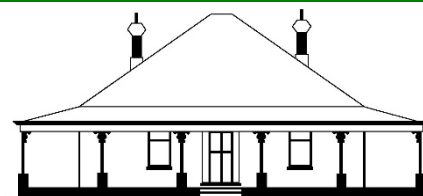


The Gosnells Community Men's Shed News



Lewis Homestead

May 2024

Vol. 12 # 11

Editor: Gordon Hamilton hamilton_g@bigpond.com

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



Founded by the
Rotary Club
of Southern Districts
in 2012

Community Bank - Canningvale

Bendigo Bank

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Proud partner of Act Belong Commit,
supporting good mental health
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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: Terresa 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)

12th May Mother's Day;
14th May Seniors Card Information session 10:00am;
31st May End of ¼ BBQ lunch;
12th Jun Cancer Council Biggest Morning Tea - Fund raising event:

From the Chairman April /May 2024:

From the Editor: Because I am going on holidays I did not give our Leader time to produce his usual "Chairman's Report" for this Newsletter. However as Scott would say – “- “Stay safe and well!”

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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.



Health & Wellbeing

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

It's that time of the year again to get your annual flu vaccination to help protect yourself and your community.

Social Activities

The presentation on **Tuesday 23rd April** about Scams conducted by Consumer Protection was extremely well attended by members, partners and visitors with a total of 42 people attending this talk. The message was ***'Be an anti-scam warrior- Don't click the link'***



On **Tuesday May 14** at 10am in the Wiltshire Room the presentation will be regarding The Seniors card and all the benefits available some of which you may not be aware of. Members and partners please bring along your current Seniors Card and identification to obtain an updated card.

It would be appreciated if any members would like a specific topic to be talked about please do not hesitate to contact me.

On **Friday 31 May** there will be the end of quarter BBQ at the shed starting late morning with a new menu including chicken and beef burgers. Please put your name on the attendance sheet in the hallway for catering purposes.

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

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VACCINATIONS:

A new version of the Shingles Vaccination is now available. You may be eligible for the 'new' vaccination if it is more than 5 years since any previous shingles vaccination.

The new version is a two shot treatment. The second shot is given three months after the first.

If you are interested in taking up the 'new' shingles vaccination just speak to your doctor.

The Shingrix® vaccine is free under the [National Immunisation Program \(external site\)](#) for eligible people. A 2-dose course of Shingrix® will be available for:

- Aboriginal people aged 50 years or over; and
- people aged 65 years and over:

While the Shingrix® vaccine is free, your immunisation provider may charge a consultation fee for the visit.

See the following web site for details: https://www.healthywa.wa.gov.au/Articles/S_T/Shingles-vaccine

VALE



Fred Howe had been a member of GCMS since 2013 and spent most of his time working in the front office, He was also a keen golfer playing in the Friday morning games.

Frederick HOWE

Fred's funeral service was at Seasons Funeral chapel on Friday the 26th April 2024 with approximately 80 friends and family present. It was also very heartening to see a large contingent from the shed amongst the mourners, which the family much appreciated.

Fred was a very accomplished man and was responsible for some major projects within WA since his arrival in Perth in 1968. Initially employed by Taylor Woodrow on the installation of the large Iron Ore crusher at Mount Tom Price and subsequently some of the major tall buildings along St. George's Ter. over the ensuing years as the main project manager for Multiplex.

He was well thought of within the major building companies in WA and went to build a large hotel in Burma for Multiplex.

What an accomplished man Fred was, he was driven by his desire to succeed and without any University qualifications (which at that time his parents could ill afford) he achieved the pinnacle of being a very successful project manager for a worldwide Construction company that is now Multiplex.

We will all miss Fred and hope he now is at peace. So long old mate.

The committee and all members of the Gosnells Community Mens Shed

Social and Membership Group Report

Fundraising

Cancer Council Biggest Morning Tea. **12th June**. Entry \$5.00 / head plus. please bring a plate of food to share.

Check out these web site for recipe ideas for goodies to make and bring along!

<https://www.biggestmorningtea.com.au/tools/recipes> or

<https://www.taste.com.au/baking/galleries/16-recipes-bake-australias-biggest-morning-tea/raSEWI7x>

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Looking at Father's Day, Sunday 1st September for a BBQ at Bunnings. Will require volunteers to assist with the BBQ and serving.

MEMBERSHIP:

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



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.

13 May	Ken James	John Millar
20 May	Andre Hoareau	Rob Shewan
27 May	Warren Standing	Graham Robinson
03 June	David McLean	Charlie Fasolo
10 June	Phil Measday	Jim Ridgwell
17 June	Alan Gordon	Mick Atkinson
24 June	Chris Brown	Arpad Pratsky

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

The National 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.



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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 on the day for preparation, cooking, serving packing up etc. Photos below from a recent Community BBQ in Gosnells.



ART GROUP:

The “beginners” sessions at the Art Group have begun and all are enjoying the exposure to dabbling their fingers in paint. Their efforts are truly excellent and all enjoying the exposure with creative works. It is not too late for members to come along on Tuesday afternoon's with access to the Wiltshire Room from the rear car park via Lissiman St Entrance at 1pm. Let Tony Taylor know on 0418 945 047 if you are coming and there is no need to bring paints, brushes or paper. Art lifts the horizon to the sky and gives one a different perspective.

Tony Taylor

GOLFING:

Golf News April/May:

Another month of perfect weather to be out on the golf course. As predicted last month, player numbers have mostly been up this month.

On April 12th seven of us turned out at Armadale with Rob Shewan having another win. Chris was nearest the pin and he also managed to sink the longest putt.

On April 19th ten of us teed off at Hillview Lakeside. Tom Seaman had a memorable day being a very clear winner. Steve was nearest the pin and Ron sunk the longest putt.

It was back to Armadale on 26th April when ten of us teed off resulting in a win for Robbo. Tom was nearest the pin but still needed five putts to get the little white ball down the hole!! Mark sunk the longest putt.

It was back to Hillview on May 3rd for twelve of us to play the Classic nine. This was our biggest turnout for some time. Ross Evans was winner on the day with Barrie nearest the pin and Bill Davis sunk the longest putt.

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It's back to Armadale this week and hope the rain holds off. It's that time of year so expect a few players will head north for some warmer weather.
New players always welcome.

Warren Standing

CYCLING GROUP:

Hi All , Our news is required a good week earlier than normal, as our illustrious editor is off on holidays soon, and I'm away myself in a couple of days, so just have time to 'jot down' a few lines, which hopefully is in front of a few eyeballs right now?

Weather is certainly far more conducive for cycling, as we leave the shed at 8-00am each Thursday, and before we know it, we'll probably change to a wee bit later, to give us more time to decide if that dark cloud in the distance is really as wet as it looks! One of our regular riders, John V is away with his caravan to the 'Eastern States', and won't be home until mid-July, plus he's going to a place I've always been fascinated in.....Norfolk Island! I believe it's a couple of hours (or a wee bit less) flight from either Sydney or Brisbane, so we look forward to John's photos and updates from the 'island paradise'!

I'll keep this newsletter short, as I'm about to start packing for my own visit to my sister's home in Christchurch, but I reckon our most memorable outing was only last Thursday, when we all met in Fremantle, near South Beach, then cycled the 14 kms down to Woodman Point, where we had refreshments, and thanks to Martin, who was turning 70 on the weekend, he treated us all, (as is our custom!). We couldn't have asked for a better cycling day, as we pedalled past the many 'several \$m' homes in Port Coogee, all with their luxury cruising boats at their own berthing facilities just outside their back-doors, a slight difference to most of our shed members if I'm not mistaken?

David Gardiner Photos Graeme Gurney

G'day Coffee Cheetahs,

Who said it was gonna rain? The ride from South Beach down through Coogee to Henderson and Woodman Point was just magic. A gentle NW breeze, no burning sun (In fact no sun), a perfect temperature, and 22 rain drops were the conditions up with which we had to put. Enjoying this ride, and a great coffee at Henderson were David G, Graham R, Greg D, Carole D, Martin T and Graeme G. Bewdiful.
GG.



Workshop Managers Report

The kitchenette (my parents would have called this unit a 'dresser') is all but finished. We are still waiting for the owner to supply suitable hinges and door handle to complete the job. Two Cray boxes have been constructed. A 'Bee Hotel' was manufactured from scratch and delivered for the

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new owner to fill with suitable 'stuff' in which the native bees can construct their nests. A derelict garden bench has been resurrected to very presentable state with the rust treated and new timber slats cut and installed. We have had an order for another 'Mud kitchen'.

Chris I'Anson

Workshop Manager.




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Computer and Technology Group:

Shutdown of the 3G Phone network

If your phone is 3G only or 4G without VoLTE compatibility when the networks shutdown you will not be able to **dial 000**. This will happen as follows: Telstra 31 August 2024, Optus September 2024. So you need to check your phone. Most phone will show **VoLTE** next to the battery symbol  which will confirm you are most likely will have a 4G VoLTE compatible phone. Telstra recommends that you still check!

How to check:

Telstra customers: To find out if your mobile phone is impacted SMS 3 to 3498 and Telstra will then send you a message confirming your status.

Optus and other providers: Call your provider and find out your status.

Technology Help Desk Friday 9:30 – 12pm

Another interesting month tackling virus infected PC's, helping members with their phones, upgrading the Laser / CNC / 3D printing laptops to Windows 11 and installing their specialise design programs.

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 and Android Classes Mondays at 9:30 – 12pm

This class has turned into a class where we cover both Windows your PC and Android on your phones. The theme was how to back-up your data including documents, photos, videos and music from both your PC and phone to a portable hard drive. Think, what happens if you lose your phone which contains seven years of your holiday and family snaps?

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

All iPhone Users

Apples warning about Mercenary Spyware Attacks

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If you have received the following email or iMessage from Apple, **please take this seriously**.

“Apple detected that you are being targeted by a mercenary spyware attack that is trying to remotely compromise the iPhone associated with your Apple ID -xxx-,

“This attack is likely targeting you specifically because of who you are or what you do. Although it’s never possible to achieve absolute certainty when detecting such attacks, Apple has high confidence in this warning — please take it seriously.

“We are unable to provide more information about what caused us to send you this notification, as that may help mercenary spyware attackers adapt their behaviour to evade detection in the future.

“Mercenary spyware attacks, such as those using Pegasus from the NSO Group, are exceptionally rare and vastly more sophisticated than regular cybercriminal activity or consumer malware.”

Apple offers the following advice to all users to help protect themselves against all types of malware:

- Update devices to the latest software, as that includes the latest security fixes.
- Protect devices with a passcode.
- Use two-factor authentication and a strong password for Apple ID.
- Install apps from the App Store.
- Use strong and unique passwords online.
- Don’t click on links or attachments from unknown senders.

This is not a spam message please follow the above recommendations.

This was my source about the warning.

<https://support.apple.com/en-us/102174>

<https://www.techrepublic.com/article/apple-threat-notifications-mercenary-spyware/>

Stay safe.

André

MUSIC GROUP:

Recently performed at a function for the City of Gosnells held at the Gosnells Museum. Thanks Geoff.



They say that sex is the best form of exercise. Correct me if I'm wrong, but I don't think 2 minutes and 15 seconds every 3 months is going to shift this beer belly.

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Recipe

Cheap and Easy Vegemite Spaghetti



Easy; 0:05 Prep; 0:15 Cook; 4 Servings

Ingredients:

400g spaghetti; 50g butter; 1 tsp of Vegemite; 2 tbs of grated parmesan:

Method

1. Fill a large pot with water, and bring to the boil.
2. Place the spaghetti into the pot and cook for 8 minutes or until al dente. Turn off the heat. Drain water, and return the spaghetti to the pot, toss in the butter and Vegemite and stir until the butter has melted.
3. Serve onto plates and sprinkle parmesan cheese over the top.

NOTES

Feel free to add more cheese if you like.

Note from ED: My wife detests vegemite and does not and would not ever serve this dish!

Do you have a recipe to share??

MODEL Group:

One of the most active Groups. Would appreciate a scribe to let us all know what the various projects are that members are constructing.



If you get an email telling you that you can catch swine flu from tins of ham then delete it. It's spam.

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Bruce goes to the doctor with two burnt ears. The Doctor asks Bruce "What happened?" Bruce says "Well I was ironing my shirt when the phone rang and I accidentally picked up the iron and put it to my ear!" The Doctor replies "And what about the other one?" Bruce says "The bastards phoned back!"

BIG BROTHER HAS ARRIVED!!

Another step on the slippery slide!

What's next?

- 💰 A cashless society means no cash. Zero.
- 🗑️ It doesn't mean mostly cashless and you can still use a 'wee bit of cash here & there'.
- 💻 Cashless means fully digital, fully traceable, fully controlled.
- ☐ I think those who support a cashless society aren't fully aware of what they are asking for.
- 🧐⚠️ A cashless society means:
 - * No more tuck-away cash for those preparing to leave domestic violence.
 - * No more purchases off marketplace unless you want to risk bank transfer fraud.
 - * No more garage sales.
 - * No more cash donations to hungry homeless you pass.
 - * No more cash slipped into the hands of a child from their grandparent.
 - * No more money in birthday cards.
 - * No more piggy banks or tooth fairy for your child.
 - * No more selling bits & pieces from your home that you no longer want/need for a bit of cash in return.
 - * Less choices of where you purchase based on affordability.

What a cashless society does guarantee:

- * Banks have full control of every single cent you own.
- * Every transaction you make is recorded.
- * All your movements & actions are traceable.
- * Access to your money can be blocked at the click of a button when/if banks need 'clarification' from you which could take weeks, a hundred questions answered & five hundred passwords.
- * If your transactions are deemed in any way questionable, by those who create the questions, your money will be frozen, 'for your own good'.
- * The real kicker is that Big Brother Governments will know your every move and transaction.

I'm sharing it because maybe we all need to take off our blinkers.

✗ Forget about cash being dirty. Cash has been around for a very, very long time & it gives you control over how you trade with the world. It gives you independence.

✓ If you are a customer, pay with cash. ✓ If you are a shop owner, remove those ridiculous signs that ask people to pay by card.

💰 Cash is a legal tender, it is our right to pay with cash.

😬 Banks are making it increasingly difficult to lodge cash & that has nothing to do with a virus.

● Please stop believing everything you hear on the TV.

✗ Almost every single topic in today's world is tainted with corruption & hidden agendas.

✗ Politics & greed is what is wrong with the world; not those who are trying to alert you to the reality.

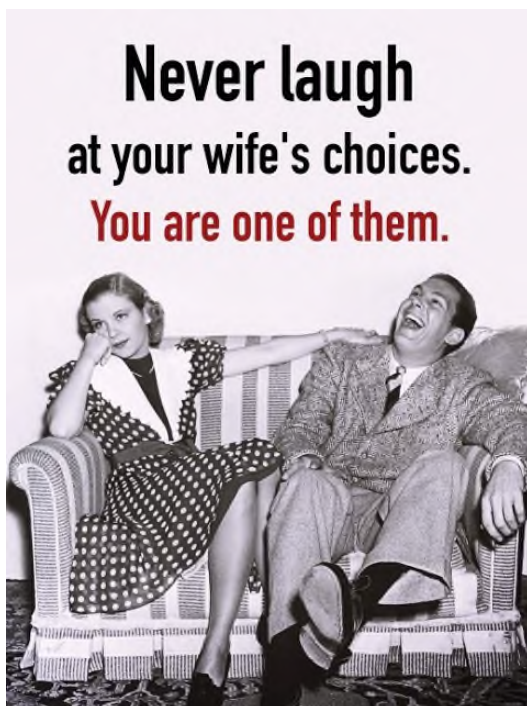
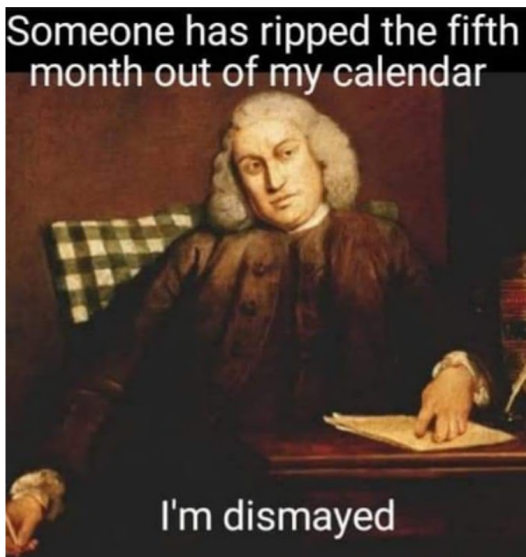
✓ 💰🗑️🗑️ Please pay with cash & please say no to a cashless society while you still have a choice.

A wise man once said nothing.

Respect your elders; they graduated school without the internet.

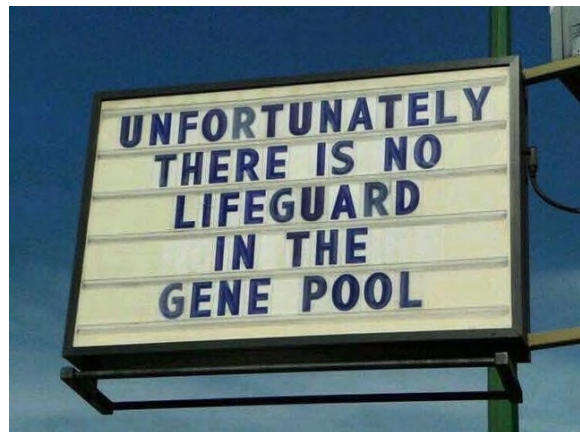
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*Behind every angry woman stands a man who has absolutely no idea what he did wrong.
Instead of "single" as a marital status I prefer "independently owned and operated".*

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I CAN TELL BY YOUR
SARCASTIC UNDERTONES,
RUDE COMMENTS, AND
SHEER LACK OF COMMON
DECENCY THAT WE
SHOULD BE FRIENDS.

I thought getting old would take longer.

We have enough gun control; what we need is idiot control.

Patience: what you have when there are too many witnesses.

Vegetarian: ancient tribal name for the village idiot who can't hunt, fish or light fires!

If guns kill people, then pencils misspell words, and spoons make people fat.

My decision-making skills closely resemble those of a squirrel when crossing the road.

Camping: where you spend a small fortune to live like a homeless person.

If my body is ever found on a jogging trail just know that I was murdered somewhere else and dumped there.

In my defence I was left unsupervised.



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