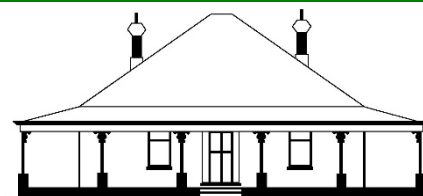


The Gosnells Community Men's Shed News



Lewis Homestead

June 2024

Vol. 12 # 12

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



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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

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)

- | | |
|-----------------------|--|
| 13 th July | Shed display in Maddington Shopping Centre – Volunteers; |
| 29 th Aug | Father's day event Bunnings Maddington – some volunteers required; |
| 25 th Oct | Wine & cheeses function – Wiltshire room. |

Annual Fees:

This was communicated to members by an email on 1st June 2024 (edited.):

Your management committee has considered the following matters when reviewing the fees:-

1. Membership fees should keep up with inflation each year rather than large jumps every 2-3 years. The Perth CPI for the last 12 months being 3.4%
2. The fees should cover the base cost of running the organisation. Based on a number of different scenarios, this is being achieved, if income includes all monies being directly paid by members.
3. Being cognisant of the fees being charged by similar organisations within our area.

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The committee concluded that there will not be an increase in fees for 2024/25 and will remain at \$95. Information regarding payment of Membership fees will be advised to members in late June. Payments will be accepted from the 1st of July.

*Secretary
Gosnells Community Men's Shed Inc.*

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 14 May** regarding Seniors Cards was conducted by Department of Communities and was extremely well attended by members, partners and visitors with a total of 38 people attending this talk with many obtaining updated Seniors Cards.

Photo of Brooke Stafford with Graham Hughes.



Our next talk will take place on **Tuesday 9 July** regarding Personal Safety Awareness conducted by The City of Gosnells with WA Police.

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It is very pleasing to see the last two talks held in the Wiltshire Room were well attended. This makes it worthwhile for the presenters.

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

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

Graham attended the Wellbeing conference on Friday 14th June in Scarborough.

Social and Membership Group Report

On the Thursday evening prior to Father's day – 30th August. Bunnings having a pre Father's Day event, Will require volunteers to assist with the BBQ and serving. Remember for your own celebrations Sunday 1st September is the day!

End of Quarter BBQ Lunch;

Held on Friday 31st May was well attended but it would have been better to see more members attending this free lunch. All you have to do is let Geoff B know you are coming so he can adjust the catering. You are expected to partake in the raffle.



The Cancer Council Morning Tea was held on Wednesday 12th June.

52 people attended and \$835 was collected. A number of members who could not attend donated the entrance fee towards the charity.



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MEMBERSHIP:

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

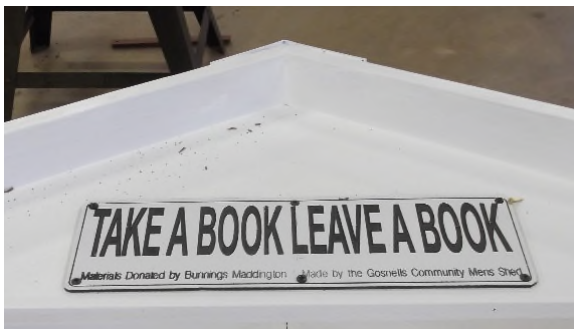
24 June	Martin Troy	Colin Sears
01 July	Chris Brown	Arpad Pratsky
08 July	Ken James	John Millar
15 July	Andre Hoareau	Rob Shewan
22 July	Warren Standing	Graham Robinson
29 July	David McLean	Charlie Fasolo
05 August	Phil Measday	Jim Ridgwell

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

Workshop Managers Report

There are no injuries to report since the last meeting.

The outside library that we have built for the Gosnells Primary School, and that was donated by Bunnings Maddington, has been delivered to the school.



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Esther Hendriks of Bunnings Community Involvement & Activities Organiser presented GCMS (Graham) a certificate for the involvement in making the outside library.

Tom and Bill have built a chocolate wheel for the Ashburton Primary School has also been delivered



Matt has built a rocking horse for small children and has done an excellent job.

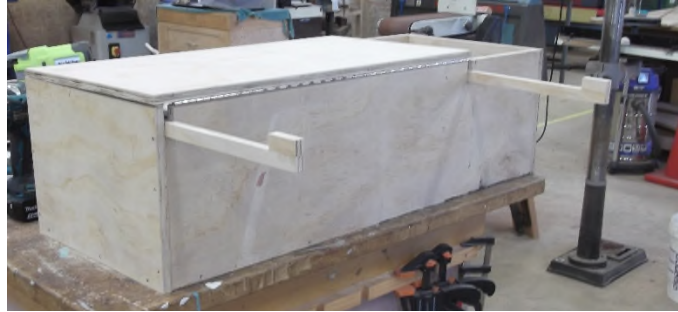
Ken and Robert have rebuilt and restored a very old rocking chair.



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We have received several new commissions lately. Robert is building a bed with drawers for a van and I am helping a new member build a sliding drawer for his stove in his van.



We are waiting for the Riverton Primary School to get back to us. They are looking for prices on a small picnic table a large square picnic table and also a small table and tepee.

The CNC Router guys have manufactured trophies for Dogs West.



Some ladies from the Gosnells Women's Collective came to the Shed Workshop on Thursday and Saturday to build benches / tables for their Shed some of our members, Chris & Bill assisted them.



Chris I'Anson

Workshop Manager.

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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!

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; our usual scribe is enjoying an overseas holiday.

CYCLING GROUP:

G'day Coffee Cheetahs,

Yep, hail rain or shine, on our bikes it's always fine! (Um, sorry about that).

Turned out a great ride today (30 May). Okay, so there was a little precipitation, but that's what rain jackets are for.

With thanks to Graham Robbo our sojourn took us through Gosnells, Huntingdale, Southern River and Harrisdale, to end up at the Timber Cafe in Wright Rd Harrisdale. On their treadlies we had David G, Graham R, Greg D, Carole D and Graeme G, it was great to have Martin T join us for coffee. Coffee was good, eats were good, company was good and conversation was good, so I guess that means the day was good. So that's good.

There'll be a few missing next week, with Greg going in for a skin cancer repair, Martin away to Japan for a holiday, and Graeme for a cataract fix. So good luck to everyone.

See you whenever.

Cheers,

GG.

Hi Everyone! Although I was away on holiday for more than two weeks, rather than bother my 'Lieutenant', to do a wee write-up, thought I'd manage something myself. We've had, and still have a few regular bike riders who are either away on hols, or couldn't ride due to medical issues, and only last Thursday, I believe we had our lowest ever number of participants.....TWO, yes, only Robbo (Graham R) and myself, but we had a really great time. Spending quite a while watching two massive 200 Tonne Cranes lifting a pre cast concrete bridge section into place, on the new Armadale to Byford railway extension. I realise some folks out there would rather spend their time watching a yacht race, or even a cricket match, or possibly 'grass grow'?, but we found it intriguing, as it took about an hour for the teams of riggers in cherry-pickers, place the multiple hooks in place, then slowly....slowly, the increasing 'revs' of the cranes assured us the bridge was 'inching-up' at a snail's pace, before lowering the section onto the concrete pillars already in place. Robbo told me the cranes have 'wind-speed' indicators so lifting can be halted until the wind speed declines to a safe workable speed.

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One of our regular bunch is currently in Japan, cruising around the country, and another will hopefully return from adventures in the Eastern States and Norfolk Island..... not bad for some?

David Gardiner Photos Graeme Gurney



Table tennis:



Rain, hail or sunshine - Same place each Monday all welcome!

Computer and Technology Group:

**Shutdown of the 3G Phone network
Alarms Systems and Medical Devices**

I forgot to mention last month to check if you have an alarm system or medical device which contacts a monitoring service in emergencies that the auto dialer is 4G compatible.

**Technology Help Desk
Friday 9:30 – 12pm**

Another interesting month tackling issues mainly with members phones. This included how to manage the endless notifications, backup of photos and videos, locking down FaceBook privacy and checking 4G compatibility.

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**

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This session has turned into a discussion where we cover both Windows your PC and Android on your phones.

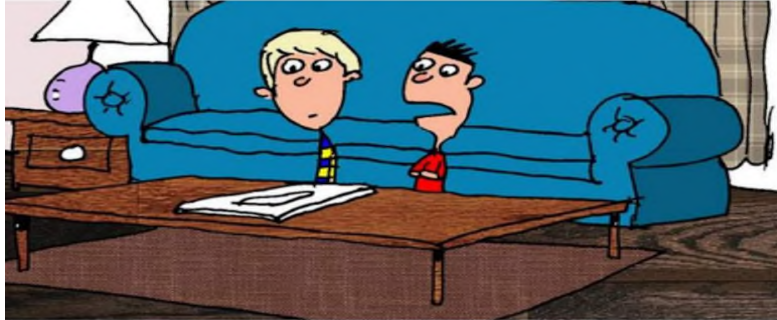
Part of the time is also allocated to answering any technology questions where everybody can learn something new. This class is very flexible and you will set the pace.

You can still join the class now.

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

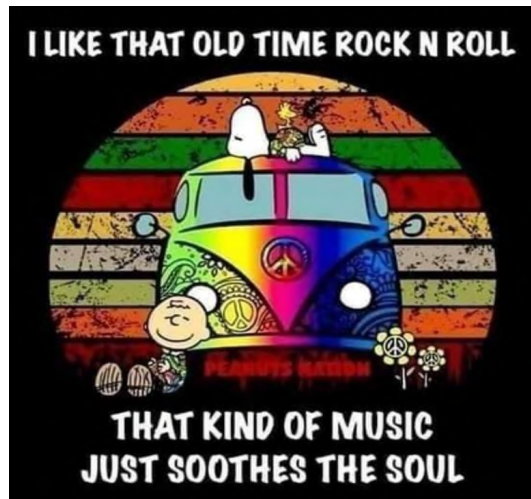
André

Free to all shed members.



*"It's a picture book that teaches basic technology.
It's not for me. I got it for my parents."*

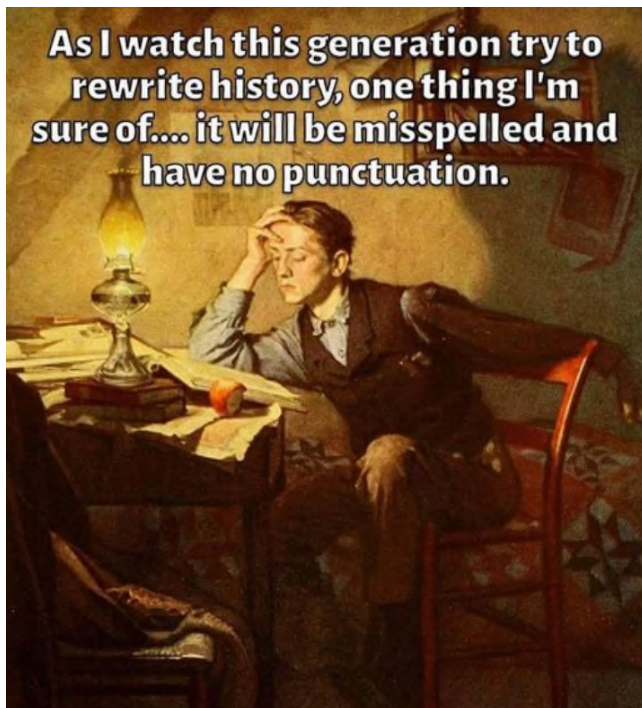
MUSIC GROUP:



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MODEL GROUP:



And, after all the
dust settled, they
suddenly realized
America had been
saved by a porn star.

The End



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Recipe

Cheap and Easy Spinach and Ricotta Pasta



Easy; 0:10 Prep; 0:15 Cook; 4 Servings:

Ingredients

250g fettuccine uncooked; 2 tbsp olive oil; 2 cloves garlic crushed;
1/2 cup milk; 300g full fat ricotta; 125g frozen chopped spinach thawed and
drained; 1 x pinch of salt and pepper:

Method

1. Bring a large saucepan of water to the boil, and cook the pasta as per the packet instructions or until al dente.
2. In a large (deep) frying pan over medium heat, add the garlic and olive oil. Cook for 2 minutes, until golden. Add in the ricotta and milk until it forms a sauce. Add in 1/2 cup of water from the pasta pot if you want to smooth it out more. Turn the heat to low, and let simmer.
3. Drain the pasta once cooked, and add to the frying pan with the ricotta sauce. Squeeze any excess liquid from the spinach, and then add to the frying pan. Stir to combine and coat the pasta.
4. Serve immediately.

Do you have a recipe to share??

The saga of the 'Bee Hotel'

This started with my wife showing me a picture and saying this is what I would like for my birthday present!



Inspiration!



What Chris created!



Project so far!
Awaiting tenants!

Situation vacant:

It is time for GCMS to have a new Newsletter Editor.

Anybody interested in this position should contact the Management Committee.

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