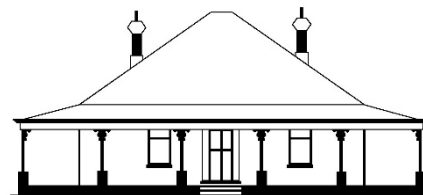


The Gosnells Community Men's Shed News



Lewis Homestead

July 2024

Vol. 13 # 01

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

Proud sponsors of
Gosnells
Mens Shed



Proud partner of Act Belong Commit,
supporting good mental health
in our community.
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)

26th Jul Edmund Dutt will be providing one of his delicious curry lunches, **Limited numbers**;
14th Aug **AGM** / General Meeting;
29th Aug Father's day event Bunnings Maddington – some volunteers required;
25th Oct Wine & cheeses function – Wiltshire room.

NOTICE TO MEMBERS - MEMBERSHIP FEES FOR 2024/2025 ARE DUE FOR PAYMENT BY 31st July, 2024

IF YOU HAVE ALREADY RENEWED YOUR MEMBERSHIP FOR 2024/2025 PLEASE IGNORE THIS NOTICE

The Committee of Management has determined that the membership fee for the year commencing 1 July 2024 will remain at **\$95 per annum**.

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Amaroo residents will receive a discounted rate.

Payment methods are by **Bank transfer, Eftpos or Cash.**

For **Bank Transfers** the details of our bank account were detailed in the Secretary's email to Members, check with the Office for details if required.

Very Important - Please ensure that you include your **last name and first initial as a reference** (e.g. **JonesW**) on the bank transfer to ensure your payment is recorded correctly.

Cash and Eftpos payments will need to be made in person to the Shed Office. Cash payments should be placed in a sealed envelope clearly marked with the members' name and addressed for the attention of The Treasurer

Please note cash must not be posted.

Please note to ensure voting eligibility for the Annual General Meeting, membership must be renewed by the 31st July, 2024. The Annual General meeting will be held on 14th August 2024.

Thank You.

Phillip Measday - Secretary
Gosnells Community Men's Shed Inc.

AGM.

AGM / General Meeting will be held on Wed 14th August in the Wiltshire room commencing at 10:00am. Meetings will be followed by a BBQ lunch. Details regarding voting eligibility were communicated to Members by an email from Secretary Phil on Friday 12th July. Members must be financial to be eligible to vote.

As usual all Positions on the Management Committee are open. For those of you who believe they can do a better job than the existing Committee please step up and throw your hat in the ring and stand for election don't just sit back and snipe!

G C H. NL Editor (retiring)

NOTE:

1. **Nominations** for Committee positions must be received by the Secretary not later than **Thursday, 1st August 2024**. Members interested in nominating may collect a nomination form and information pack on duties and responsibilities of Committee from the office.
2. All positions on the Committee of Management will become vacant and available for nomination. Members interested in becoming involved are urged to discuss the options with the Secretary, Vice Chairman or Chairman.
3. If sufficient nominations are received prior to and at the Annual General Meeting, those nominated will be deemed elected. If more nominations are received than vacancies then elections will be required. All nominees will be given the opportunity to address the AGM. Once this is completed ballot papers will be given out in return for the AGM meeting entry slip.
4. Consideration of **Amendments to our Rules of Association** will also be dealt with at the AGM. Formal notice will be sent to members in coming days.

If you will not be renewing your membership this year, please advise the secretary by email at secretary.gcms@gmail.com or contact the office on 9398 4064. This will ensure that your name is removed from follow up contact and mailing lists.

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Amendments to our Rules of Association:

This has been an ongoing project by Graham Cooper who has been diligently reviewing our existing document against the legislation and Government guidelines to ensure our Rules of Association are compliant. The suggested amendments will be presented to the Members at the AGM for acceptance.



NEWSLETTER EDITOR POSITION:

As indicated in the June Newsletter I have decided to retire after 12 years as the dubious editor of this Newsletter. Expressions of interest in taking on this role should be submitted to the Secretary. The Management Committee will confirm the appointment. I will provide a “template” in MS word to the lucky person. This is not an elected position – just a willing volunteer.

On the whole I have enjoyed creating the monthly epistle for the members. To those who have queried as to whether there is an underlying health reason for my retirement decision the answer is not that I am personally aware of. I just decided that 12 years is a reasonable contribution to the GCMS in this role. Thank you to all those who have been supportive and appreciative of my efforts. I hope I have not offended too many with my weird sense of humour. To those who, over the years, have asked if various cartoons / jokes were having a go at them the individual, the answer is no but as they say if the shoe fits wear it! Thank you to the few members who have shared their stories / experiences with us. Every one of you have a story about your past that is of interest to the other members. When assisting with training interviewers with the WA Oral History Association we would say to the trainee interviewers “You see an elderly person but remember they were young once and did amazing things and visited or lived in interesting places.” None of us think of ourselves as having an interesting story to tell. For most people it was just what we did for a living or where we lived or were stationed. However other people are interested!

Regards *Gordon*

SCAM WARNING:

I thought I was pretty wary but recently I allowed myself to be well and truly sucked in and actually allowed the scammers access into my computer. I was definitely not switched on at the time and was about to conduct a Covid test when my wife who was also suffering from the flu and feeling unwell answered a phone call and passed it on to me. The person spun a yarn about being from NBN and as a result of numerous complaints about computer download speeds there was a federal government programme to upgrade the NBN modem. They asked for a convenient day in the following week for the NBN Technician to do the replacement. They gave a name and an ID number for the Technician. The story was a package would be received the day preceding the technician's visit containing the

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modem and replacement fibre optic cables etc. They rattled off serial numbers for the items in the package. The caller queried if I knew what download performance of my system. I said no and he said this is how you check. He then said that is slow and we can improve that by downloading some software. Now this is where I let the bastards into my computer. It all went downhill from there on!

Workshop Managers Report

A member had a fall from a chair in the timber storage container while using it to retrieve timber from a higher shelf. Only minor injuries were sustained. The incident was recorded.

A laundry cupboard has been built for one of our members and only requires a coat of paint to finish it. We recently quoted on a job for a local primary school. They want three tepees, a large picnic table, a small picnic table and another small table. The framework to be timber and covered with composite decking.

Robert and Ken restored a very old rocking chair and done an excellent job. The chair is now for sale at a very reasonable price. *Has now been sold!*

A rollout drawer to hold a picnic stove has been constructed for a new member.

A bed for the van that Robert built has been fitted and collected.

A round coffee table is being constructed for another member.

There have been quite a few small jobs through the door as well.

John and Bill have been very busy over the last month or so.

Safety and Risk Management Committee

The Safety and Risk Management sub-committee is no longer meeting. Safety and Risk Management will be dealt with by the Management Committee. Latest defibrillator has been received and will be installed soon. Along with the defibrillator we have received access to an online course for ten members. Ted and Scott will test the course. There is a probability that other members rather than current first aid officers will do the online course.

The right hand stop button on the small table saw has limited access and requires looking at. Dust extraction is also not working from this machine. Regular cleaning is required.

The large panel saw machine has an issue when cutting large sheets (e.g. 2.4mx1.2m) where access to stop button is blocked. Look at a pendant stop/start button to be considered.

It was mentioned that all workshop machines require regular cleaning. The current machinery dust extraction system is not working effectively.



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.

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

Condition of Tony Taylor after his fall was reported, he suffered multiple injuries. Recovery will take some time. Graham Hughes and Al Gordon have organised fire wood for Tony.

Social Activities

The presentation on **Tuesday 9 July** regarding Personal Safety Awareness conducted by The City of Gosnells with WA Police & Neighbourhood Watch was attended by 19 members & partners. Mel Griffiths from the City of Gosnells & her team did a very informative presentation with lots of handouts to take home to read including things from City of Gosnells, WA Police & Neighbourhood Watch.



Our next talk took place this week on **Tuesday 16 July** by Department of Fire & Emergency Services with Luke Smith & members of the Maddington Fire Station. The talk was about home fire & safety, bushfire plans, the importance of smoke alarms, dangers around Lithium Ion batteries and general information about DFES & roles within the community.



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.

A member approached me about having a talk regarding what to do if a spouse passes away at home. I have made contact with Seasons Funeral Homes in Canning Vale and am arranging a presentation hopefully for August. Notification will be forthcoming.

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

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Membership, Social and Events

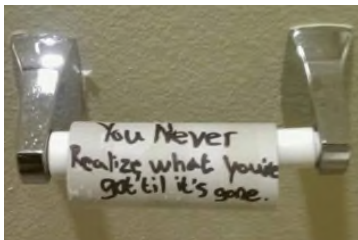
Edmund Dutt will be providing one of his delicious curry lunches on Friday, 26th July for **20 members**. Cost to members of \$10 each.

We have ordered a RUOK Community Event pack for ongoing use by the shed. Official RUOK day is on Thursday 12th September. Events committee to look at what we may do on the day.

As reported previously three or four members will be required to cook BBQ for Bunnings on Thursday, 29th August from 5pm to 7pm.

MEMBERSHIP:

The Secretary reported that there were 168 members as at 30th June, 2024. Four new members had joined since the 1st July and two previous members have re-joined the shed. Total membership as at 9th July is 174. Since the 1st of July, 66 members have renewed their membership for 2024/25.



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.

22 July	Warren Standing	Rob Shewan
29 July	David McLean	Charlie Fasolo
05 Aug	Phil Measday	Jim Ridgwell
12 Aug	Alan Gordon	Mick Atkinson
19 Aug	Martin Troy	Colin Sears
26 Aug	Chris Brown	Arpad Pratsky
02 Sept	Ken James	John Millar

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

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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 Group is being looked after in Tony's absence.

GOLF GROUP REPORT:

Our golf group has been lucky with the weather over the last few weeks with sunny days on each Friday although teeing off at 8 o'clock it has been cold and windy on some days but once the sun starts to rise it soon warms up.

The numbers have been down over the last month as we have four regulars away on trips some within Australia and one travelling around the UK and Europe but we have still managed to have two groups playing.

We played Armadale on June 21st with the winner being Lloyd, Ross had a birdie on the 7th hole. June 28th we played Hillview with the winner being Tom and on the 5th July played Armadale the winner Bill Hughes.

We have a great bunch of guys now playing regularly and the games are very enjoyable especially as with all of us getting on in life still being able to play the game and I'm sure the exercise and company are more important than the golf so long may it continue.

If any new members would like to join just let us know we play 9 holes every Friday teeing off around 8 am



CYCLING GROUP:

Hi All, Once again, our participant numbers have been down a bit, mainly with riders of our small bunch away on holidays, with only two of us one Thursday, but we seem to have gained a new mate in the way of Berend T, who has graced us with his presence at table tennis for many months now, so my constant pestering may have paid dividends for once? John V should be back soon, or so he tells us, as he's been away for a few months 'over east', which included a trip to Norfolk Island, then if that wasn't enough, he made us more envious with having a cruise up and down Australia's Eastern coast, plus a few exotic islands!! I can't complain too much, as I've had a couple of weeks in New Zealand myself, visiting my sister, who's just very recently moved into a 'retirement home' in Christchurch, so I had a very pleasant and fulfilling time with her. Re our ride destinations, one was to our (.....well, MY favourite bakery) in Carlisle, where we had an interesting time 'taking in' all the

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construction of the new elevated railway line to Perth, which should be finished in another year, but we all know these targets are rarely met! Closer to Gosnells, we notice all the existing steel railway lines which were laid in 1949, are being replaced, and this is occurring the whole way to Armadale, then naturally, new lines also to Byford. Our most recent ride was to another favourite at a cafe at Burswood, not far from the Crown complex, with 6 of us enjoying the outing, including Graeme G, Graham R, Berend T, Greg D and myself.

I realise this meagre contribution will be my last one to our current Editor Gordon Hamilton, who has been doing such an incredible job for 12 years, long before I joined our shed, with my stories, being for only about half of that time, so our 'rag-tag' bunch of cyclists thank Gordon, and wish him the happy retirement he so richly deserves!

The cool easterly breeze was somewhat off-set by the lovely warm sun, on our ride along the rail. We headed to the great little cafe in the Burswood Circus, where the coffee and food always go down a treat. Our return included a tour around the Burswood complex before retracing our path along the old rail. The work progresses on the raised concrete beams that block out the view. But our ride was relaxed and most pleasant. On their bikes today were David G, Greg D, Carole D, Martin T, Berend T and Graeme G.

Cheers, Graeme G.

David Gardiner

Photo *Graeme Gurney*.



The Toure De Gosnells team in training!

Table tennis:



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

MODEL GROUP REPORT:

GREETINGS ONE AND ALL!!,

Over the past few months WE have had varying attendance for multiple reasons..e.g. Sickness, family, holidays etc.

BUT this month has seen Good numbers at our Thursday afternoon meet - up!!

Lots of varying projects are "On the Go" and of course OUR afternoon Tea Food is the Envy of many other Shedders!!

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We would ALL like to thank Gordon Hamilton [our Newsletter Editor] for his tremendous efforts for MANY YEARS ... and for NOT Giving US any stick but leaving that for the Music Group. ALL THE BEST GORDON and thanks for your efforts.

Bye for Now,
GEOFF BORA

MUSIC GROUP: HI FOLKS,

This is the first time for a while that I have reported the "Goings-On" in the Music Group. Various circumstances e.g. Sickness, Holidays, Moving House etc. etc. have resulted in varying numbers able to attend our sessions on a Wednesday and Thursday.

IAN (Johnson) has left the Group due to his failing Eyesight and we Miss him but wish him ALL THE BEST in the future!!.



ALAN has just returned from a lengthy visit to his Home Country SCOTLAND. CARLTON [our New Bass Player] .. has been attending when he can. JOHN-T had a stint in BALI and has been busy packing up as he has sold his house.

At times we have had only 2 or 3 onsite. But we have prevailed.

I want to take this opportunity to thank our outgoing Newsletter Editor GORDON HAMILTON for his fine efforts over the past 12 years [even though he has given US Musicians some CURRY at Times] ... THANKS AGAIN GORDON!!

Cheers,
GEOFF BOWRA

Amaroo have re-commenced bringing over residents for visits to the shed on Thursdays. Members will endeavour to make their visits more social. Safety issues regarding wheel chairs in the Workshop/machinery area to be closely monitored.

Note to Self:

**Do not sit on the floor
without a plan on how to
get back up.**

Travellers Report:

ALASKAN & CANADA ADVENTURE.

Well it was a long and tiring journey to get to Vancouver and then find our accommodation. Although Vancouver is a lovely city there is a lot of homelessness there, it is a pitiful sight in such a nice surroundings. Anyway we hired electric bikes and toured all over the city, especially Stanley Park and Grenville Island. Then it was off on a cruise through the inside passage stopping at the Ports of Juneau, Skagway, Ketchikan and Sitka, all pretty good in their own way. Took a day tour over the Rockies into Canada, impressive, great scenery. On the return cruise stopped at the same ports.

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Hired a car in Vancouver on our return and headed for Jasper National Park, purchased a 1 year pass for \$135 Canadian which covers you for all national parks within Alberta, cheaper than paying each time you go into the parks whilst in Jasper, Banff, Canmore and Whistler. Spend two weeks exploring the aforementioned places and ascending up Mount Sulphur by gondola and the same in Whistler. A little expensive but worth it. See both grizzlies and black bears, didn't see any Moose, as they are pretty elusive. All in all a great trip but a little exhausting. The cost of drinks on the cruise is quite expensive at \$7.50US for a small can of Bud Light (330 mls) No hassles at the airport in Vancouver but a crap transfer at Sydney Airport.

Alan Gordon

Recipe Prune and Orange Cookies.

Prep time – 20 mins; cooking – 15 min

Ingredients

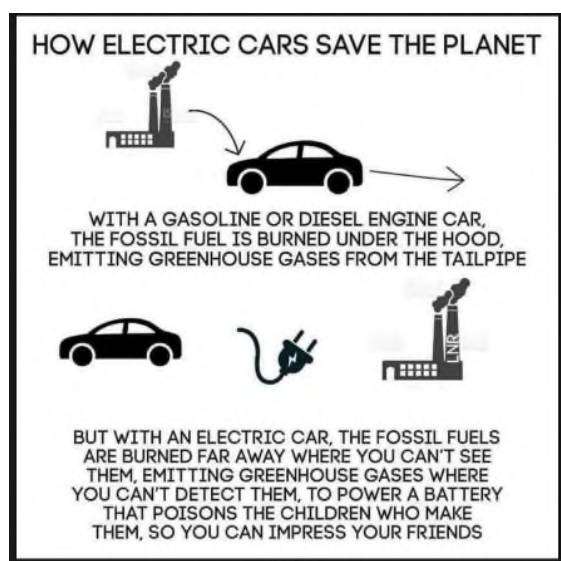
90g Butter; ½ cup Icing (powdered) sugar; Zest of 1 orange;
½ cup plain flour; ¾ cup pitted prunes, chopped; 50g dark chocolate:

Method:

1. Preheat oven to 180°C. Lightly butter an oven tray;
2. Cream together the butter, sugar and orange zest, then blend in the flour. Stir the prunes through the mixture;
3. Roll the mixture into small balls and place on the tray. Flatten with a fork, then bake for 12 – 15 minutes;
4. Cool on the tray for 5 minutes before removing to a wire rack to cool completely;
5. Melt the chocolate in a bowl over a saucepan of simmering water. Decorate the cookies with the melted chocolate.

Makes 24.

Do you have a recipe to share??



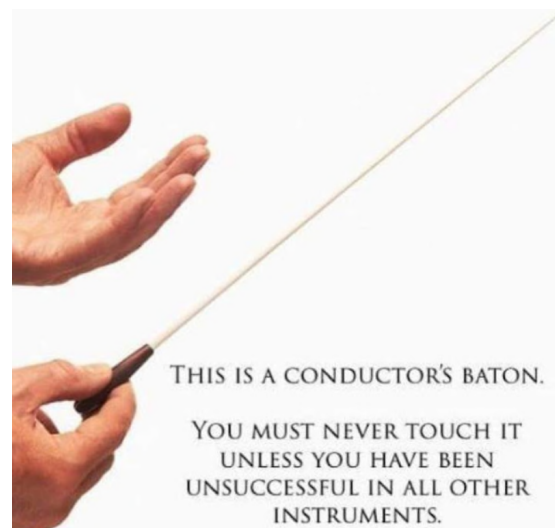
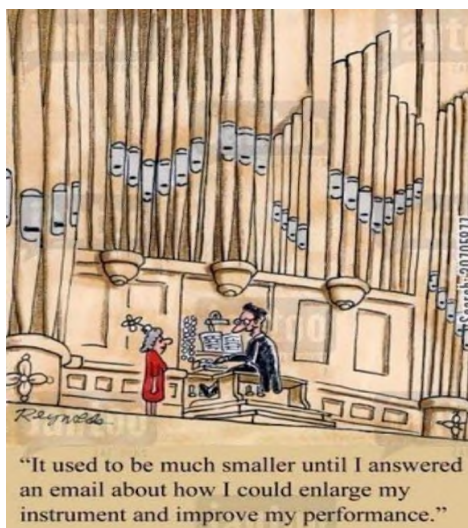
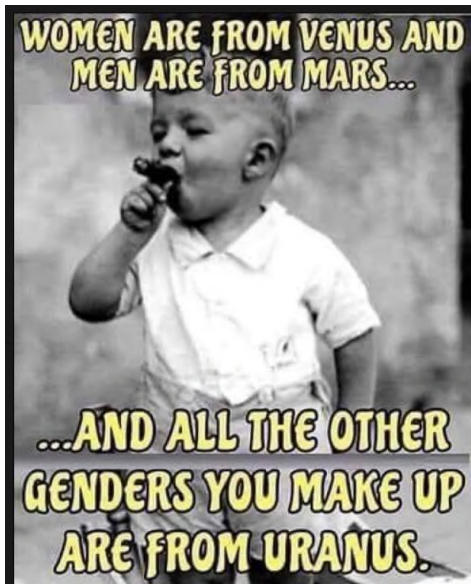
Electric charger powered by diesel generator. We are the stupidest species on the planet...

Rate this translation



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Ultracrepidarian~

somebody who gives opinions about topics they know nothing about.

**Do you ever
just wanna grab
someone by the
shoulders,
look them deep
in the eyes
and whisper,
"no one gives a
shit."**

**HAVE YOU DATED OR
BEEN INVOLVED
WITH A MUSICIAN?!**



Just a few cartoons I had to use up in my final Newsletter. Thanks all. GH

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