

The Gosnells Community Men's Shed News



Lewis Homestead

September 2024 Vol 13 #03

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Founded by the
Rotary Club
Of Southern Districts
in 2012



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	<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, Colin Sears, Doug Blair, Neil Kenneady and Carlton D'Souza</i>			

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

(See details further on in NL)

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*.

Thank You.

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

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.

GOLF GROUP

We want you.....to play golf with us.

Do you say "I used to play", "I played a bit", "I wouldn't mind playing" or I played around when I was younger..... but not golf!!

Then you will fit perfectly into our group. We cater for all levels (well....that is not quite true. We don't cater for really good players with really low handicaps.....but we could if we had any).

We play 9 holes every Friday, teeing off at 8.00am at mainly Armadale and Hillview.

Afterwards we have a coffee, announce the winners for the day and have a chat.

The group's aims are to get some exercise, promote fellowship and tackle the impossible task of consistently playing better golf.

I encourage you to give it a go. So, give me a call, leave a message and I will call you back.

Now for a summary of the results for August:

Date.	Course.	Winner.	Score.	NTP.(Nearest the Pin)	LP (Longest Putt)
2nd.	Armadale.	Chris.	Stroke nett 32.	Warren.	Warren
9th.	Hillview.	Tom.	Stableford 26	Warren.	Bill D
16th.	Armadale.	Rob.	Stableford 20	Rob.	Steve
23rd.	Hillview.	Rob.	Stableford. 19	Chris.	Bill H
30th.	Armadale.	Chris.	Stableford. 20	Lloyd.	Frank

Note

Stableford scoring was introduced during the month.

Cheers

Lloyd

Lloyd Dungey

0423868536

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Health and 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 was really pleasing to see John Ballantyne attending the Shed. John is doing quite well at the moment.

Kevin Munt has now left Royal Perth Hospital and in Bentley Hospital for rehabilitation. At this stage Kevin's rehab is doing well but it's early days yet, he's putting on weight and will be in Bentley Hospital for at least another 3 weeks.

Tony Taylor came to the Shed for RUOK day on Thursday 12 September and his recovery is going reasonably well but still some way to go.

We wanted to acknowledge the grant from Department of Health and Aged Care for the Quiet Area at the Shed. John Mitchell made a sign up which is now in place in the area. The Quiet Area is a place for members to go and enjoy some quiet time in line with our Mission Statement – *"The Gosnells Community Men's Shed promotes and fosters men's health and well being in a friendly and Safe environment"*. It's also extremely important if any members are having mental health issues to take the time to talk to somebody.



This 'Quiet Area' was developed by the Gosnells Community Men's Shed in recognition of our role in helping with men's mental health issues. Funding was provided by the Australian Government Department of Health and Aged Care under the National Shed Development Program.

RUOK? Day is held nationally on 12th September to promote what we all can do every day. On Thursday we had a free bacon & egg sandwich at the Shed, a special thanks to Chef Dan & all his helpers. It was very pleasing to see 34 members come to the Shed for this event.

A BBQ was held at Bunnings on 29th August for Father's Day. Three \$100 gift cards were given to the Shed by Bunnings for attending, cooking & serving, thank you to all shed members involved (photos lower).

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Graham Hughes represented the Shed at an assembly at Gosnells Primary School and was presented with a plaque.



A special thank you to Chris I'Anson from the Workshop for making the bookcase for the school (excellent job, thank you Chris).



Social Activities

After a member approached me about having a talk regarding what to do if a spouse passes away at home I made contact with Seasons Funeral Homes in Canning Vale and a talk took place on Tuesday 20 August by Stacey Hewson from Seasons Funeral Homes. This was an interesting talk with many questions and answers from the 24 members & partners that attended and covered funeral costs, burial and cremation, pre-planning benefits etc.

Our next talk will be on Tuesday 8 October at 10am in The Wiltshire Room. This talk will be conducted by Nathan Hewett from Astley Care in Gosnells with a presentation on demystifying aged care. This will explain funding available to support people in their home and the types of support that can be accessed, and the types of Aged Care services they may be eligible to receive.

It is very pleasing to see the last few 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

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Model Group - Nothing newsworthy to report - just a few pictures from the past month.



Bunnings Fathers Day Sausage Sizzle 29th Aug 2024



Music Group - Nothing newsworthy to report.



Cycling Group

This is our second 'bike report' under our new Editor's 'leadership', John Vannereau, who is also one of our wee band of bike riders, with six cycling shed members considered a 'good turnout' these days, unlike the dozen or more when I first joined our shed about nine years ago. Granted, we do have another group of cyclists who prefer to ride a much shorter, and no doubt at a slower pace than usso, anyone who wishes to join either group now has a choice. Our group rides every Thursday morning, currently at the start time of 8-30, but when the hot weather arriveswhich it certainly will, we'll change to an earlier start, so we'll get back before the hottest part of the day .

Last Thursday, the weather wasn't conducive to cycling (unless you didn't mind getting wet!), so we met at a cafe at the Vale Shopping Centre nearby, with the 7 of us enjoying our coffees with a chat, while listening to the rain, or was it hailstones? on the roof, which made our decision to cancel our ride 'more valid', rather than, 'wishing we'd cycled!'



The previous Thursday, usually led by our intrepid 'human road-map'....Robbo, we had a great ride to Curtin Uni, where we relaxed at one of the many cafes in the education complex.....cycling home along the southside of the Canning River at Waterford, over the Riverton Bridge, following the river right up to Thornlie, where we all peeled off 'one by one' as we neared our respective homes, with John V, often the last one, as he rides all the way to Kelmscott (meaning, John's already done about 7 kms before he arrives at the shed), whereas, I only have a three minute ride 'downhill' to our shed!

Anyone thinking of joining us, give us a call!

David Gardiner 0417 174 893 Photo Graeme Gurney



Art Group Report.

It is good to see the progress of those attending the regular Tuesday afternoon sessions in the Wiltshire Room from 1-4pm. Just Park at back entering from Lissiman St entrance to join the group at 1pm.

No matter what area you are interested in, here is an opportunity to see the world through different perspectives and colours. Abstract or realism is catered for while drawing, carving and wood working skills will be improved by some basic understanding of what art is all about. I encourage members to come and observe what art can teach you.

Close observation of natural forms has encouraged many universities world-wide to introduce a unit of art in all courses during their first year of studies even with business, science and medical degrees. You are never too old to learn. It is untrue that you can't teach old dogs' new tricks. It's good for your mental health.

Tony Taylor

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Membership

ACTIVITIES CGMS

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

Cleaning Roster—No input provided

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

Seasons Funeral Homes Lifestyle Presentation August 2024



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Woodworking Creations in August 2024

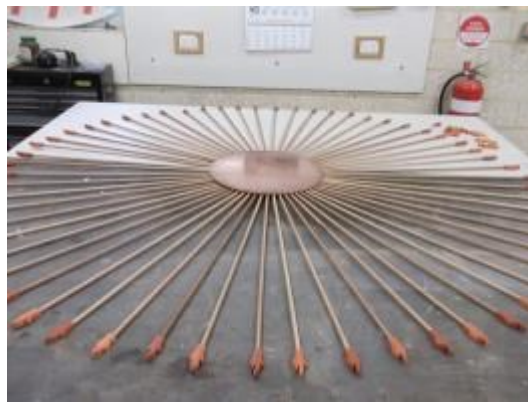




Table Tennis

Our Monday table tennis games continue to be very popular, beginning at 9-00am or earlier if you can, to assist setting-up the table, which is so easy to do!

Monday 'just gone', we had a *record equalling* 9 players. We play nearly all our games as 'Doubles', with the winning target of '11', instead of the more traditional '21'. Recently I heard that in 'Competition Tournaments' they play to '11', this way games can and usually last no more than 5 minutes. As soon as you sit down after a game we have to get-up again to play in another set!

We usually play until about 10am, then its 'smoko'. We have coffee, chat, and sometimes a biscuit, or if Geoff Bowra is feeling generous, even a slice of cake!

Everyone is welcome, and if you've not played since you were a teenager.....it's like riding a bike.....you never forget! Sometimes, before we have sufficient players for Doubles earlier in the morning, we play 'singles' games, and very rarely, if you can get the better of Carlton D'S or Brian M, you'll receive a great confidence boost, to set you up for the doubles games !

David Gardiner 0417 174 893



Brendan & Carlton in Full Flight

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How we look at Ageing – the Humorous way.

The average age of the Shed Members encompasses knowledge, wisdom & unfortunately a slowing body, replete with numerous negative physical symptoms.

How can we make light of these infirmities unwantedly thrust upon us?

The antidote – Humour.

Following are a few quotes that take a lighter look at this conundrum.

Funny Quotes

- I'm not old, I'm vintage!
- Age is just a number, but mine is unlisted.
- I'm at the age where my back goes out more than I do.
- They say laughter is the best medicine, so I guess that makes me a pharmacist.
- I thought getting older would take longer.
- I'm not old, I'm a classic!
- I'm not over the hill, I'm just on top of it.
- I'm not aging, I'm marinating.
- I'm not old, I'm well-seasoned.
- I'm getting to the age where my train of thought often leaves the station without me.

Witty sayings

- I thought I was getting old, but it turns out I was just getting awesome!
- Youth is wasted on the young, but wisdom is wasted on the old.
- Age is just a number, but if you don't like numbers, you're going to hate birthdays!
- I'm not old, I'm chronologically gifted.
- You know you're getting old when you bend down to tie your shoelaces and wonder what else you can do while you're down there.
- Growing old is mandatory, but growing up is optional.
- Age is like underwear, it creeps up on you!
- I may be older, but I refuse to be outdated.
- At my age, 'getting lucky' means finding my car in the parking lot.
- They say age is a high price to pay for maturity, but who wants to pay that bill?
- I'm not old, I'm vintage.

As I often say – I think my body is trying to reject me!

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Simpson Desert
Sign



Macdonalds Billboard at Yass



Interesting Aust Road Signs

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Recipe Corner

For those lucky enough to have a resident cook to create mouth watering meals, spare a thought for us who soldier along alone.

The late wife asked many a time "What do you want for dinner?"

My answer would be "Food".

So, for the past 9 years I have been fixated on what I will eat as soon as I get out of bed!

The criteria :-

- Minimal preparation.
- As few ingredients as possible.
- Uses the least cookware.
- Very short cooking time (if at all)
- Single plate
- 1 eating utensil

There are many options that meet the above & that can be slapped between 2 slices of bread for a nutritious snack to be consumed whilst watching Home & Away or your favourite game show!.

Peanut Butter and Pickles.

Given pickles have a vinegary bite to them and salty peanut butter is pretty robust, it makes sense to pair these two unlikely friends.



That's the main course sorted—now for desert.

Vanilla ice cream and cracked black pepper.

If you like sweet and savory, then this combination is for you! The kick of the black pepper paired with creamy vanilla ice cream is everything that is right in the world.



If you start to display the symptoms of vitamin deficiency such as brittle hair (if you have any), mouth ulcers, bleeding gums, vision problems, fatigue greater than normal, dry skin, seek medical help ASAP & consult Dr Google.

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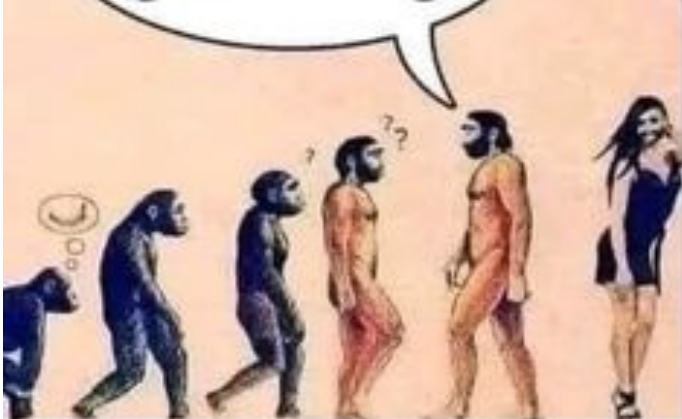
Just made my last payment.!!!! She is all mine.



AND THIS, KIDS, IS HOW WE GET CONCENTRATED MILK



Turn back,
something has
gone wrong.



To prove that people will argue about anything. This is a glass of water



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