

The Gosnells Community Men's Shed Christmas Function



Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

Open and Closing days at shed - Christmas/New Year

Monday 23rd December - Open

Tuesday 24th December - Open

Wednesday 25th December (Christmas Day) - Closed

Thursday 26th December (Boxing Day) - Closed

Friday 27th December - Closed

Saturday 28th December - Closed

Monday 30th December - Open

Tuesday 31st December - Open

Wednesday - New Year's Day - Closed

From Thursday 2nd January - back to normal.

The Gosnells Community Men's Shed News



Lewis Homestead

November 2024 Vol 13 #06

Editor: John Vannereau jamv2903@hotmail.com

70 Lissiman Street, Gosnells, WA. 6110 ABN 38 030 506 759



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)

My wife told me, "Take \$30 and buy a Christmas nativity scene. The rest you can spend in beer."



Merry Christmas



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GCMS Xmas Function Friday 13/12/24

A good turn out for the Xmas Function, with convivial company & good food.

Some lucky members went home with prizes from the raffle, whilst others missed out by not being present when drawn. Multiple prize winners donated their additional prizes for redraw, very unselfish.

Following is a collage of photos taken by our ever present lurking paparazzi photographer, Geoff.



As always, the majority feasted & made merry, whilst in the background a few organised & set up the venue for the night.

The part that everybody hates is the cleaning up afterwards, again the stalwarts stepped in & efficiently put the place back to normal.

The roving camera managed to capture a couple of the 'cleaner uppers' in action & those pictured were only two out of those who pitched in to help. Congrats on a job well done.



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Golf Group

Honours were shared around with Bill D winning on a countback from Rob with 22 points. NTP was Warren and Chris won LP.

Nov 8th at Armadale 9 players.

Despite losing two strokes off his handicap from last week, Bill D was again successful with 21 points. When confronted with a choice of taking a drug test with World Anti Doping Agency or losing another two strokes off his handicap, Bill chose the second option.

NTP was Ross and LP was Frank.

Nov 15th at Hillview Classic 8 players.

On a day where all but two players played to their handicap Lloyd and Barrie tied on a massive 25 points. On a countback overseen by Lloyd, he declared himself the winner which was then followed by loud shouts of fraud. Mark was NTP and LP was Chris. Under extreme pressure, Lloyd agreed to accept a 3 stroke reduction in his handicap.

Nov 22nd at Armadale 9 players

(Rumour had it that Lloyd was missing because he had gone interstate until things settled down) The runaway winner on 24 points was Frank. Ross won NTP.

There was no LP. An independent enquiry concluded that the "no result" was not a result of foul play but simply "there was not a single putt worthy of the prize money on offer".

Nov 29th at Hillview Lakeside 13 players

The large attendance was a result of all players hoping to win and move up in the world rankings. But it was the 25 to 1 outsider Tom who stormed home in the last group and took the honours. His 25 points just pipping Mark and Bill H who both finished with a meritorious 24 points. Tom's prize was 3 points off his handicap. Mark won NTP. LP was Ron.

Play of the month was performed by Bill D on the Heritage 8th hole. Barrie and Bill both teed off and finished short of the fairway bunker. Barrie had his second and went in the bunker. Bill lined up the flag and put extra effort into the shot. He sent the ball roaring into the bunker where it collided with Barrie's ball before clearing the bunker and finished on the fairway. Barrie went into the bunker to play his shot and discovered it was not his ball sitting there.....it was Bill's.....Bill's ball had not deflected off Barrie's as appeared to the naked eye but transferred all its momentum into Barrie's which was enough for it to clear the bunker!!

Bill wins the "I will never do that again in my life" award for November.

Cheers
Lloyd Dungey

1960's men's golf
fashion. Anybody
daring to wear
Plus Twos or Plus
Fours?



The Gosnells Community Men's Shed News

Membership

Welcome to the following new Member



Joseph McNamara

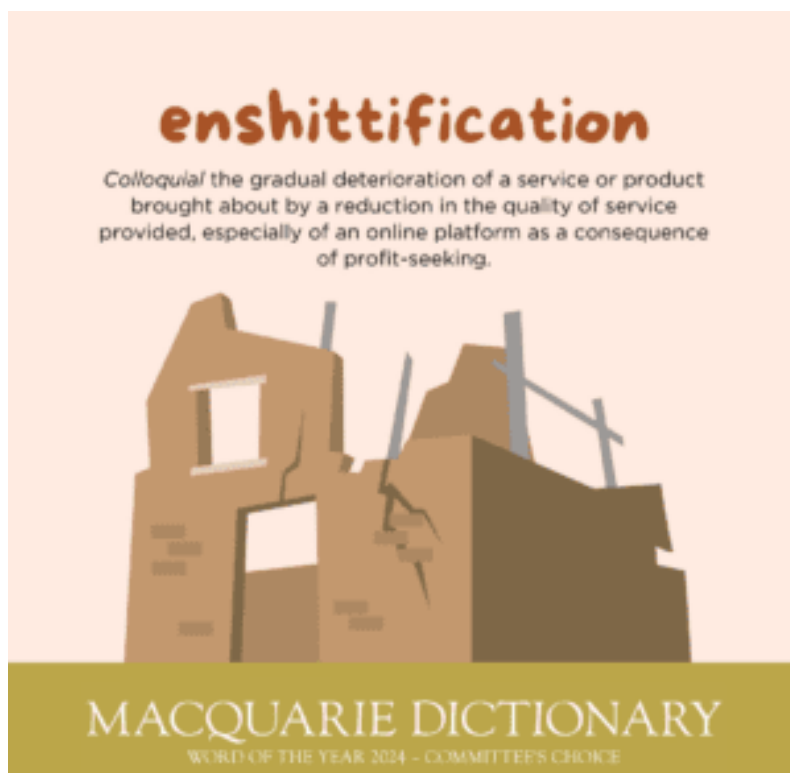
Word of the Year 2024

For all those Members who are avid readers, creators of stories/books etc & generally love the English language & its nuances, WotY has been announced.

Each year, the Macquarie Dictionary calls together a selected Committee to discuss the new words and definitions that have entered the Macquarie Dictionary over the year. The aim of this is to select one of these to be awarded the Committee's Choice Word of the Year.

As part of this process, our editors create a longlist of words across 13 categories which over the course of a few hours are whittled down into a shortlist. And from this, a Word of the Year is chosen.

The shortlist is also opened to the public to register what you think the Word of the Year should be. The word with the most votes is awarded the People's Choice Word of the Year.



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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.

I haven't been at the shed much over the past two weeks because I fell over and ended up in Armadale Hospital and had 18 staples to stitch my scalp back together, and I also scraped my leg.

My head is healing but my leg became infected needing antibiotics. It's nice to help friends move house but sometimes as I get older my balance is not what it was, and thanks to a stroke and being on anticoagulants this is what can happen.

There won't be any more talks this year but plans are underway for the first three months of 2025.

The Wellness Wheel



Social Activities

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

I'd like to take this opportunity to thank everybody a safe & merry Christmas and all the best for 2025. Also thank you to the members that assisted me throughout the year, it was much appreciated.

Kind regards,

Graham Hughes

Welfare Officer 0419 514 631



Christmas Social BBQ

Come for some good fellowship at the Social BBQ
lunch being held at the shed

Friday 20th December at 11:00am

Menu is Hamburger and Salad

Also included tea, coffee, cake and juice

There will be a raffle

Three tickets for \$5

The BBQ is FREE

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Computer and Technology Group: - I'm Back

Technology Help Desk

Friday 9:30 – 12pm

Mondays at 9:30 – 12pm (until classes start again)

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!

These sessions will end 31 August and recommence early December.

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 session has turned into a discussion where we cover both Windows your PC and Android on your phones. The final session was held on Monday 30 July. I hope we all learnt something and I enjoyed conducting these sessions.

The Windows and Android Classes will return in January 2025. So keep an eye out for notices in the newsletter and notice board.

André

Free to all shed members



"Your computer keeps freezing, dropping offline and closing down on you? Sounds like my love life!"

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Model Group



Eyes down & concentrate. Why is it that that screwdriver is not where I left it?



Music Group - As no report submitted, I will make my own up news!



The Ocarina

It can be traced back 12,000 years, making it the oldest musical instrument on our list the Ocarina is a small 'flute vessel' made of clay or terracotta with multiple finger holes.

Ocarinas are capable of playing a full chromatic scale and produce a sound redolent of bird song. They're ornate, compact and, weird in a delightful way!

Ocarina-type instruments have been of particular importance in Chinese and Mesoamerican cultures. There are many different styles of ocarinas varying in shape and the number of holes. It is professionally made from kiln-fired ceramic with a beautiful and durable glaze. The ocarina is easy to learn, The way of playing the ocarina is very similar to that of the recorder, but the ocarina has a more beautiful tone and unique shape.



Gardening

The Gosnells chainsaw massacre.

Never let a man loose in the garden with a chainsaw!

Others effect the more genteel therapeutic method to keep the garden visually attractive.



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Cycling Group

Hello Everyone ! Although our 'old' newsletter editor Gordon Hamilton is gone , our new editor John Vannereau is just as insistent, probably more so?, as Mr Hamilton always gave a 'deadline date', of a week or a tad more, but John believes if our contributions are not in within a 'few days'.....that's it !!the newsletter is published with OR without the various group's news ! This is why I'm sitting down now , racking my brains, trying to think or remember where we'd been to on our bikes, what cafes etc. Must go and get my jotter where I write every thing down (old school way!) to see where we've beenand looking back in my wee note book, we've been to Waratah cafe in Canning Vale, not far from the new Ranford railway station for the new line from Beckenham to Cockburn. Another ride was to Curtin Uni, one of our favourites, then the following week to the Dome Cafe in Forrestfield.....oooops !....I'd forgotten one outing, when we rode to the Jull St Cafe in Armadale, the day one of our riders was almost home to Gosnells, when he discovered he didn't have his 'decent sized' back pack on, and must've left it behind, BUT, the bag also contained his wallet and house keys!! When this discovery had occurred, we frantically searched our phones for the cafe contact details, as none of us knew the official name of the fine place. Between the four of us, we found it and thankfully, the owner had see the bright orange bag and took it in.....phew !!! The shed member who I'd rather not name, turned around to ride back the way we came and thankfully was reunited with his valuable possession!

Some shed members may have worked out who I'm talking about ?.....'large orange fluoro bag', 'blue bike' and also likes to play golf from time to time .

Thur 12/12

We lived up to our name. As it was a 40 C day, we left our bikes at home and acted like cheetahs, straight to the Blue Butter Cafe in Canning Vale for our coffee. And a most pleasant morning of convivial chatter it was. It was mentioned that the last time we there for coffee it was thundering and raining ... what a contrast.



Thur 5/12

Our first 8.00 am start for the summer, to Dome at Forrestfield. Only 4 riders turned up, the missing having injuries, on holiday or other inane excuses!

That's all folks !

David Gardiner



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Cleaning Roster for next 6 weeks

Week Commencing	Name	Contact #	Name	Contact #
16-Dec-24	Chris Brown	9459 2086	Arpad Pratsky	0437 801 570
23-Dec-24	Ken James	9398 7189	John Millar	9429 813 960
30-Dec-24	Andre Hoareau	9458 1499	Rob Shewan	9459 5610
06-Jan-25	Warren Standing	0429 932 825	Graham Robinson	0455 499 771
13-Jan-25	David McLean	9490 4536	Charlie Fasolo	0417 903 584
20-Jan-25	Phil Measday	0439 824 565	Jim Ridgwell	0429 939 823

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



Pool

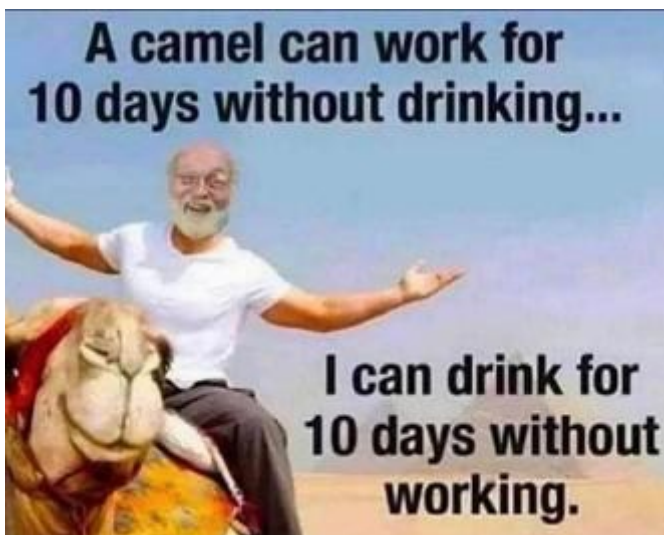
The Inaugural Men's Shed competition was completed on 28th Nov.

The Finals playoff for Shed Champion, was between Carlton D'Souza and John Grace, with John emerging the winner, earning a \$20 Bunnings voucher for his efforts.

This monetary gain will of course be reported to the ATO for the appropriate tax treatment of earned income!



Food & Drink



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Table Tennis

The past month has seen a good roll up of aspiring TT players, with both tables being in constant use.

Carlton is still dominating with his dreaded spin. Is most disconcerting when on trying to return serve, the ball conforms to some obscure form of Theoretical or Quantum physics & expected trajectory of return is hijacked to randomness of direction. It's another way of getting fit, collecting stray balls!



Art Group

I couldn't draw a response from this group!



History repeats itself from 1620

2025 :	Jan 1 Wednesday	} = WTF
	Jan 2 Thursday	
	Jan 3 Friday	

IKEA is now selling Christmas trees. It's gonna be a long night...



Recipe Corner

CHRISTMAS CAKE RECIPE

Ingredients

- 1 cup of water
- 1 tsp. baking soda
- 1 cup of sugar
- 1 tsp. salt
- 1 cup of brown sugar
- lemon juice
- 4 large eggs
- nuts
- 2 cups of dried fruit
- **1 bottle Whisky**



Instructions

1. Sample the whisky to check quality.
2. Take a large bowl, check the whisky again. To be sure it is the highest quality, pour one level cup and drink.
3. Repeat.
4. Turn on the electric mixer. Beat one cup of butter in a large fluffy bowl.
5. Add one teaspoon of sugar. Beat again.
6. Make sure the whisky is still OK. Try another cup.
7. Turn off the mixer.
8. Break 2 leggs and add to the bowl and chuck in the cup of dried fruit.
9. Mix on the turner.
10. If the fried fruit gets stuck in the beaterers pry it loose with a drewscriver.
11. Sample the whisky to check for tonsistency.
12. Next, sift two cups of salt. Or something. Who giveshz a shit.
13. Check the whisky. Now sift the lemon juice and strain your nuts.
14. Add one table.
15. Add a spoon of sugar, or something. Whatever you can find.
16. Greash the oven and piss in the fridge.
17. Turn the cake tin 350 defrees.
18. Don't forget to beat off the turner.
19. Throw the bowl through the f**king window.
20. Check the whisky again and go to bed.

Sober up before you decorate the cake!



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Alcohol: The Effective Solvent

Following on from the humorous recipe utilising Whisky as an ingredient & the increased consumption of grog at Christmas.—a cautionary tale.

I am in no way a wowser or modern day temperance adherent, but my body will no longer process alcohol like it used to, so I imbibe far less but still enjoy a good rum!

The below written by Ann Landers, a pen name created by Chicago Sun-Times advice columnist Ruth Crowley in 1943 and taken over by Esther Pauline "Eppie" Lederer in 1955 encapsulates the effects of overconsumption & the after effects.



- It will remove stains from designer clothes.
- It will also remove the clothes off your back.
- If used in sufficient quantities:
- It will remove furniture from the home.
- It will remove rugs from the floor and food from the table, lining from the stomach, and vision from the eyes - as well as judgment from the mind.
- Alcohol will remove good reputation, good jobs, good friends, and happiness from children's hearts.
- Alcohol will remove sanity, freedom and spouses' relationships.
- It will remove a person's ability to adjust and live with others.
- Alcohol will remove life itself. As a remover of things - alcohol has no equal!



Socialising with Gen X compared with Gen Z

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Etymology—The Study of the origin and evolution of words

How is your grasp of the English Language?

Ever come across a word whilst reading & think WTF & reach for the dictionary?

The word for this month is **Cyanthropy** :

- (medicine) A delusion in which a person believes he or she is transformed into a dog.
- (anthropology, folklore) A shape-shifting ability between human and canine forms.

Mobility Scooters & Gopher Scooters for the Elderly & Seniors

Having just been to the local shopping centre & witnessed the weekly outing of the gopher tearaways, this got me thinking, how did they evolve?

Needless to say I zeroed in on Google & keyed in Gophers & was presented with a furry animal!

Mmm, wrong gopher, so had to refine my search criteria & was then presented with the item Sought.



The Past: Beginnings of Mobility Scooters

Mobility scooters first appeared in the 1960s in the UK, when the concept of personal mobility for those with disabilities was starting to be recognised as a fundamental need. These early scooters were quite simple and had rather crude designs. They were typically three-wheeled, driven by a battery-powered motor, and featured basic controls for starting, stopping, and steering.

In the 1980s, these scooters underwent a significant transformation. Manufacturers recognised the need for more comfort and additional features, leading to the production of four-wheeled models which offered greater stability. The scooters became faster, and innovations like swivel seats, head and tail lights, and even on-board battery charging were introduced. As society gradually embraced disability rights and equal access, the demand for these improved scooters grew exponentially.



The Future: Looking Ahead

Looking ahead, the future of mobility scooters seems incredibly promising. As we step into an era of autonomous vehicles and artificial intelligence (AI), it is reasonable to anticipate these technologies becoming prevalent in mobility scooter design.

Firstly, autonomous navigation technology could be applied to mobility scooters, making them capable of self-navigation. This would be particularly beneficial for individuals with severe mobility issues, as the scooter could take over most of the navigation duties.

Secondly, integration with AI and the Internet of Things (IoT) could provide personalised user experiences. For example, an AI could learn the user's daily routes and preferences, and then adapt the scooter's behaviour accordingly. Additionally, IoT connectivity could enable the scooter to interface with other smart devices, like home automation systems or medical devices, providing an integrated approach to care and accessibility.



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There is also scope for development in green technologies, with the possibility of solar-powered mobility scooters becoming a reality. This would be an important step in reducing the environmental impact of these devices, aligning with global efforts towards sustainable solutions.

Lastly, ongoing advancements in materials science promise even lighter and more durable scooters. Innovations in battery technology, particularly solid-state batteries, could offer even greater energy efficiency and range.

Conclusion

The journey of mobility scooters has been remarkable, from simple aids in personal mobility to sophisticated devices that empower individuals with disabilities. As we look ahead, the intersection of AI, IoT, and green technologies with mobility scooters promises a future of increased.

For the extroverted:-



I cannot really say that I can't wait to get old, because I'm already there!....but....if the time comes that I need one of these (Mobility Scooters) hopefully I can age disgracefully.



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SURPLUS SHED ITEMS FOR SALE

TWO FORMAL CIRCULAR TABLES AVAILABLE

1200 X 1200 X 750 high

PHOTOS:



DARK BROWN TABLE 1800 X 900 X 800 High

PHOTOS:



BUYERS : MAKE AN OFFER

To arrange pick up contact : Secretary.gcms@gmail.com (Ph. 9398 4064)

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GOING....GOING....GONE

The bottle brush gracing the lawn in front of the building is no longer.

It provided shade & a habitat for misc. fauna/insects but most importantly, a prop for the cycling groups various velocipedes.

What to do now but lean our machines against unyielding brick walls, with the potential of adding additional scars to the already gained road warrior battle markings!



Now that's out the way,
time for the robotic
lawnmower!

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