

The Gosnells Community Men's Shed News



Lewis Homestead

January 2025 Vol 13 #07

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Rotary Club
Of Southern Districts
in 2012



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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)



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Golf Group

Armadale 6th Dec. 12 players

Players turned up eagerly looking forward to the Christmas lunch. They also hoped Santa would bring them an early present in the form of their best round all year. The results indicated most players had not been "good" all year. It seems FC only gave them what they deserved - extra shots !!

The winner was Lloyd with 22 points, NTP was Bill H and Tom sank the LP.

Players then went to the Gosnells Hotel for our annual get together and presentation. This year's very worthy winner of the Golfer of the Year award was Bill H. Congratulations Bill.

Hillview Heritage 13th Dec. 10 players

The course was hosting a Corporate day and was extremely busy. Unfortunately this resulted in Frank not being able to hire a cart. Bravely he decided he would try walking the course.

Despite the trying conditions he persevered for seven holes before extreme exhaustion resulted in him deciding he could no longer continue. A tough call because he was still playing to his handicap despite struggling physically.

Winner was Bill H with 22 points, NTP was Tom and LP was Ron.

After we finished playing and were inside enjoying some fellowship (and therefore unaware of what was happening outside) lightning was detected so management sounded the sirens and cleared all players from the course. If it had been a bit earlier it may have saved a few of us the embarrassment of submitting our cards!

Armadale 20th Dec. 10 players

Not a very memorable day. Probably because I deservedly won the "Unluckiest Golfer" award. (Note: This is just a euphemism for played badly and finished last!) All but three of us played to, or did better than, our handicap. I always said the handicapper was too generous to others and too hard on himself!

The winner was Ron with 23 points and his prize was a reduction in his handicap. Warren celebrated a return to form by winning both the NTP and LP. His playing partners were grilled but confirmed it was a true result!

Steve birdied #3. The first birdie within the club for many months.

Bill H had the best Tee shot of the day on the 6th hole. His tee went 15-20 metres... and straight!!

Hillview Classic 27th Dec. 9 players

Conditions were ideal for the last game of the year. The biggest crowd of the year was also in attendance. (It consisted of a woman in a cart who was driving around the course checking up on players welfare. According to Bill H, Barrie and Ron she only stopped to talk to them because they were the youngest looking of our group. I suggest you check the attached Christmas photo at the Gosnells Hotel and draw your own conclusions about the likelihood of this being a true statement!!

Bill H was the winner on the day with a whopping 25 points. The handicapper will be checking to see if he has been taking lessons in secret or has befriended any Chinese Olympic swimmers. Regardless of the findings, appropriate action will be taken.

Warren won NTP on the par 3 third hole with his tee shot which finished just metres short of the flag. Steve's 5m won LP.

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All players scored well on the day.....but be warned.....handicaps are about to be reviewed. Just a reminder - as usual, cash is preferred but you can contact me if you have lost my bank account details. Normal rates apply to those who sent me a Christmas present. Those that did not, your rate is normal plus 20%.

A Message to Shed Members who are not members of the golfing group.

Contact me if you would like to turn your dull and boring Friday mornings into the highlight of your week.

Below is a photo of the golfers enjoying their Christmas lunch at the Gosnells Hotel.

The players are: (from bottom left going clockwise around the table):

Tom, Bill H, Steve, Chris, Bill D, Barrie, Lloyd, Frank, Rob, Ron, Wayne, Warren. Absent were Mark and Ross.

The sign on the table says "Reserved" but I can assure you, none of them possess this characteristic!!

Cheers

Lloyd Dungey

0423868536



Very colourful headwear in the photo, but what about the golfing clothes!

Imagine the impression you would make on the links wearing the following!



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Membership

No new members so far this year!

Philomena Cunk's insight on Chemistry

Atoms are mostly empty space which means technically we're almost nothing.

So if someone calls you empty headed you can say,

Thanks, I'm just being scientifically consistent"



THE MOBILITY SCOOTER TRUCKERS GET AFTER THEY RETIRE



Goonbag of Fortune



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Health and Wellbeing

Nothing to report - just hope everyone had a nice Christmas & New Year and best wishes for 2025.

Graham Hughes

Social Activities—Everybody is still recovering from Christmas & New Year.



Music Group

Why front up with a 'normal' looking guitar, when you can gain some street cred with something from left field?

What about The Rockin' Chair?

Ever wished your guitar was also a chair? Yeah, me neither!

What's incredible is that after making the bass, the builder somehow thought it would be a great idea to build a guitar version as well.

Definitely one of the most ridiculous guitars.



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Model Group

Eyes down, block out all extraneous noises & concentrate.

Does this bit go here?

No good complaining that the Wife cannot read a road map!



Model of the Titanic under construction.

Who is making the Iceberg & will the boat go for a test run, with or without Iceberg?

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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



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Gardening

Tree pruning to keep things looking nice/safe & gutters free of leaf matter.



Building maintenance or Gardening—a moot point!

Gutters clogged with leaves from the garden, so I say gardening.

After a good workout in the garden, I find a cold refreshing beer is called for.

Which reminds me that I once went to a horrible pub called 'The Fiddle'

It really was a vile Inn.



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Cycling Group

The 'Cheaters' have been down on regular riders these past few weeks, with 2 managing injuries (Dave & Martin) & another on holiday (Rob).

We have also decided not to ride on excessively hot days



One of these very hot days saw us not riding but driving, getting together for the mandatory coffee at the Blue Butter Café in The Vale (discretion is the better part of Valour)

Our Christmas café meetup (sans funny hats) at Dawsons Garden Centre, with the walking wounded also attending—we all drove in!



On 9/1 we rode into E.Perth to a favoured café, where we were joined by the injured Dave & Martin, who drove/parked & then rode to the Café. After coffee/cake they joined the group in a round the bridges (Boorloo & Matagarup) ride & then left us. The group then rode back Gosnells.



Library

It is pleasing to see that the Library has been made useable for dual purposes.

To arrange this some of the book shelves had to be relocated. The book numbers have not diminished.

1. Library
2. Pool Room

At the end of each Pool session, please ensure no furniture is left in front of any of the book shelves.

About 15 James Patterson novels are missing. Please check your book supply at home, and return those belonging to the Shed, so other members may read and enjoy them.

Bruce Coleman—Librarian

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Cleaning Roster for next 5 weeks

Week Commencing	Name	Contact #	Name	Contact #
17-Feb-25	Ken James	9398 7189	John Millar	9429 813 960
24-Feb-25	Andre Hoareau	9458 1499	Rob Shewan	9459 5610
03-Mar-25	Warren Standing	0429 932 825	Graham Robinson	0455 499 771
10-Feb-25	David McLean	9490 4536		
17-Mar-25	Phil Measday	0439 824 565	Jim Ridgwell	0429 939 823

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



Some American gangsta themed films portray pool halls as dark seedy places, where nefarious characters are prone to sudden outbursts of violence, with the pool cue as a primary weapon, before the guns are produced.

Am not insinuating that anything untoward is occurring in our venue, apart from the darkness!



In the above photos, where's the opposition?

I too can win at home, when there's only me playing!

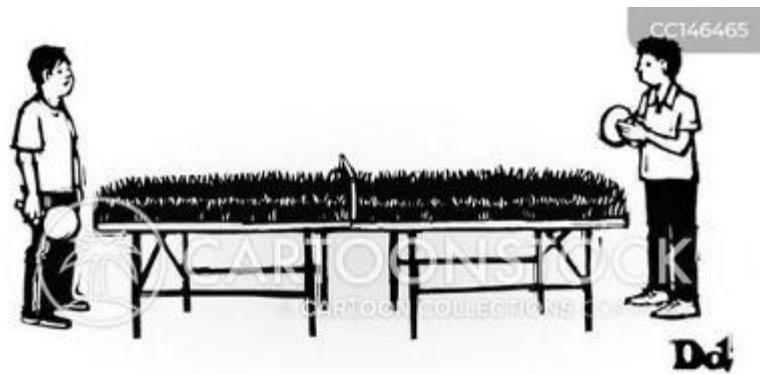
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Table Tennis

Monday's roll up of players ensures that both tables are being put to use.

There are usually enough members to enable the playing of doubles on both, with the odd game of singles for those in 'training'



"I feel like I play better on clay."



Art Group

I couldn't draw a response from this group!

Pro Hart's hand painted Rolls Royce at his studio in Broken Hill (well worth visiting)

Anybody offering up their Datsun 120Y for a paint job at the Shed?



Recipe Corner

Spanish Fried Eggs

How many ways can the humble fried eggs be prepared?

I'm not going to start counting, but this is one method.

I'll take my eggs in just about any way, shape, or form, but a fried egg has long been my favourite. Fried eggs are almost foolproof to make and can turn just about anything into a hearty meal, from a pile of sautéed greens to avocado toast.

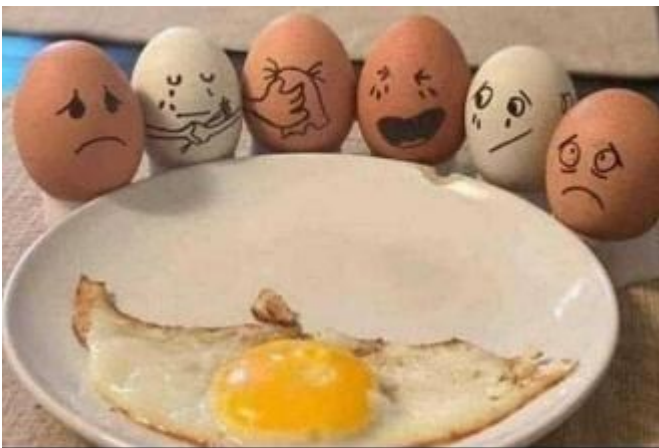
While there are a number of ways to fry an egg, from sunny-side up to over easy, one method in particular might be the very best way to go about it. It's called a Spanish fried egg, and it's something you should get to know ASAP.

What Is a Spanish Fried Egg?

Spanish fried eggs, called huevos fritos, are as decadent as fried eggs come. Instead of using just a little bit of olive oil or butter, they're fried in a very generous amount of olive oil — and they're basted in the oil while they cook. The result is a fried egg with seriously crispy, lacy edges and a just-set yolk that practically melts in your mouth.

How to Cook a Fried Egg, Spanish-Style

To prepare a Spanish fried egg, pour about 1/4-inch of olive oil into a small, heavy skillet. Heat it over medium-high heat until it's extremely hot (but not smoking). Crack 1 egg into a ramekin or mug. When the oil is hot, carefully slip the egg in and reduce the heat to medium-low. Then spoon some of the oil over the egg as it cooks. Remove the egg with a slotted spoon after no more than 1 1/2 minutes (when the white puffs and becomes crispy and golden-brown around the edges, and when the yolk still jiggles). Serve sprinkled with a bit of flaky salt and freshly ground black pepper.



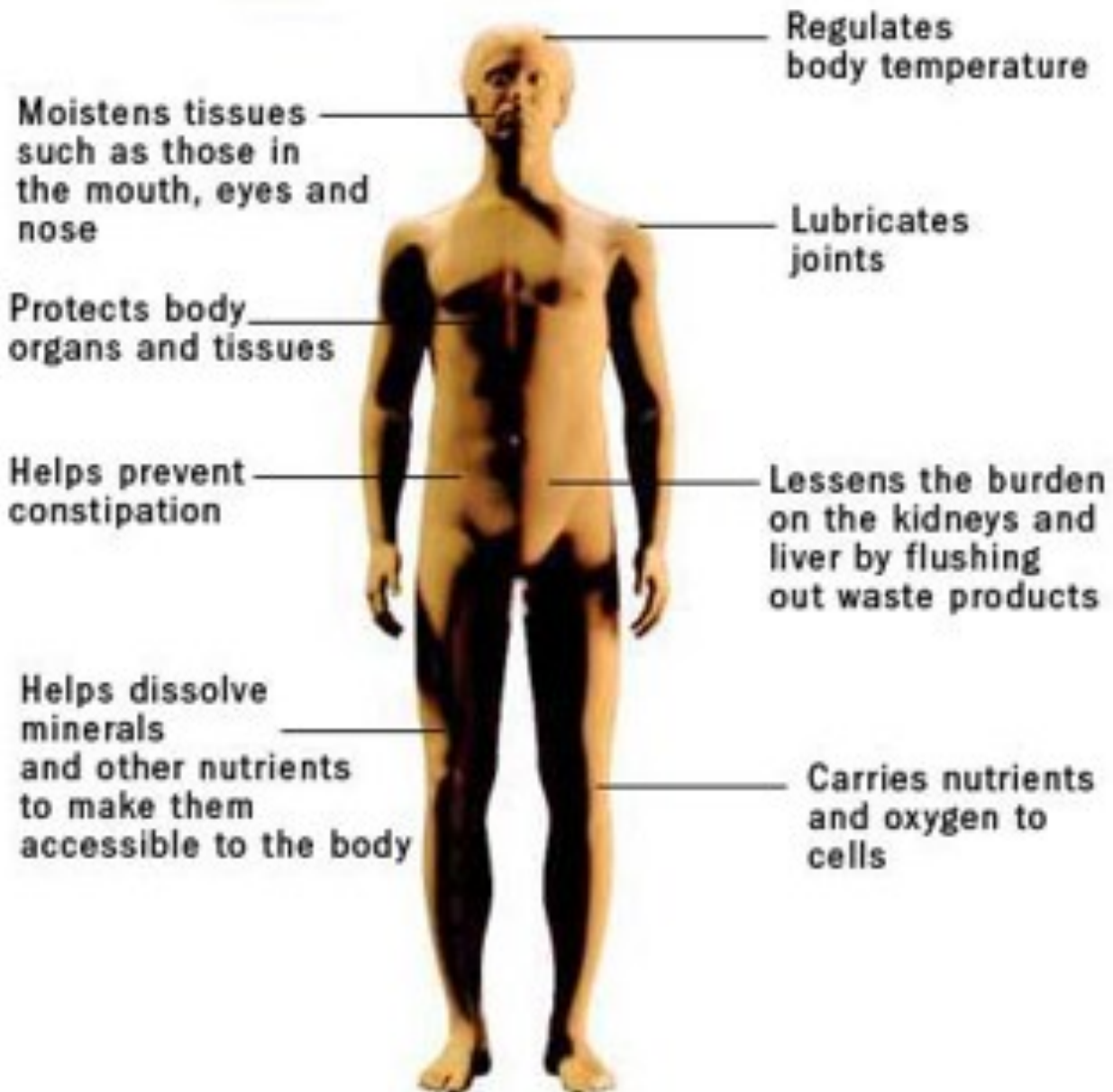
He died last fry day. Thank God he wasn't beaten. Don't worry, he went over easy. He's now on the sunny side. He's definitely in a better plate.

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SOME BENEFITS OF WATER

How much water should you drink each day?

It's a simple question with no easy answers



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So what increases your body's need for water

Exercise

The environment hot, cold, humid.

Illness fever, vomiting diarrhoea your body loses additional fluids

Sources of water

Keep a water source close to you. ie water bottle or a fountain

Fruits and vegetables, ie watermelon and tomatoes are 90% water

Tea, coffee milk, juices, wine or even beer. BUT these must not be a big part of your fluid intake every day

So what about salt tablets

Some of us older fellows will remember working in an environment where salt tablets were provided as a means of keeping away cramps during the hot weather. This practice is no longer good advice and products such as "gatoraid", "poweraid" and "hydralyte" are recommended for this purpose. Using salt tablets can irritate the stomach lining and cause nausea and vomiting leading to further salt and water loss.



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Complications

Dehydration can lead to serious complications, including:

- **Heat injury.** If you don't drink enough fluids when you're exercising vigorously and perspiring heavily, you may end up with a heat injury, ranging in severity from mild heat cramps to heat exhaustion or potentially life-threatening heatstroke.
- **Urinary and kidney problems.** Prolonged or repeated bouts of dehydration can cause urinary tract infections, kidney stones and even kidney failure.
- **Seizures.** Electrolytes — such as potassium and sodium — help carry electrical signals from cell to cell. If your electrolytes are out of balance, the normal electrical messages can become mixed up, which can lead to involuntary muscle contractions and sometimes to a loss of consciousness.
- **Low blood volume shock (hypovolemic shock).** This is one of the most serious, and sometimes life-threatening, complications of dehydration. It occurs when low blood volume causes a drop in blood pressure and a drop in the amount of oxygen in your body.

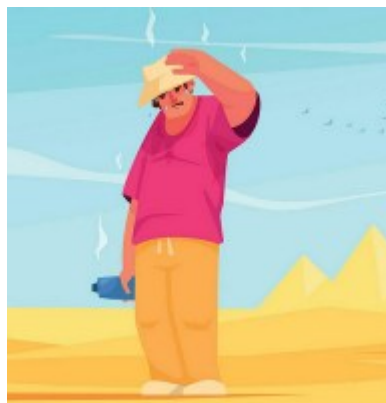
Signs & symptoms of Heat exhaustion

- feeling hot, exhausted, weak and fatigued
- persistent headache
- thirst and nausea
- giddiness and faintness
- rapid breathing and shortness of breath
- pale, cool, clammy skin
- rapid, weak pulse
- high body temperature of 40°C or more
- flushed and dry skin
- irritability and mental confusion which may

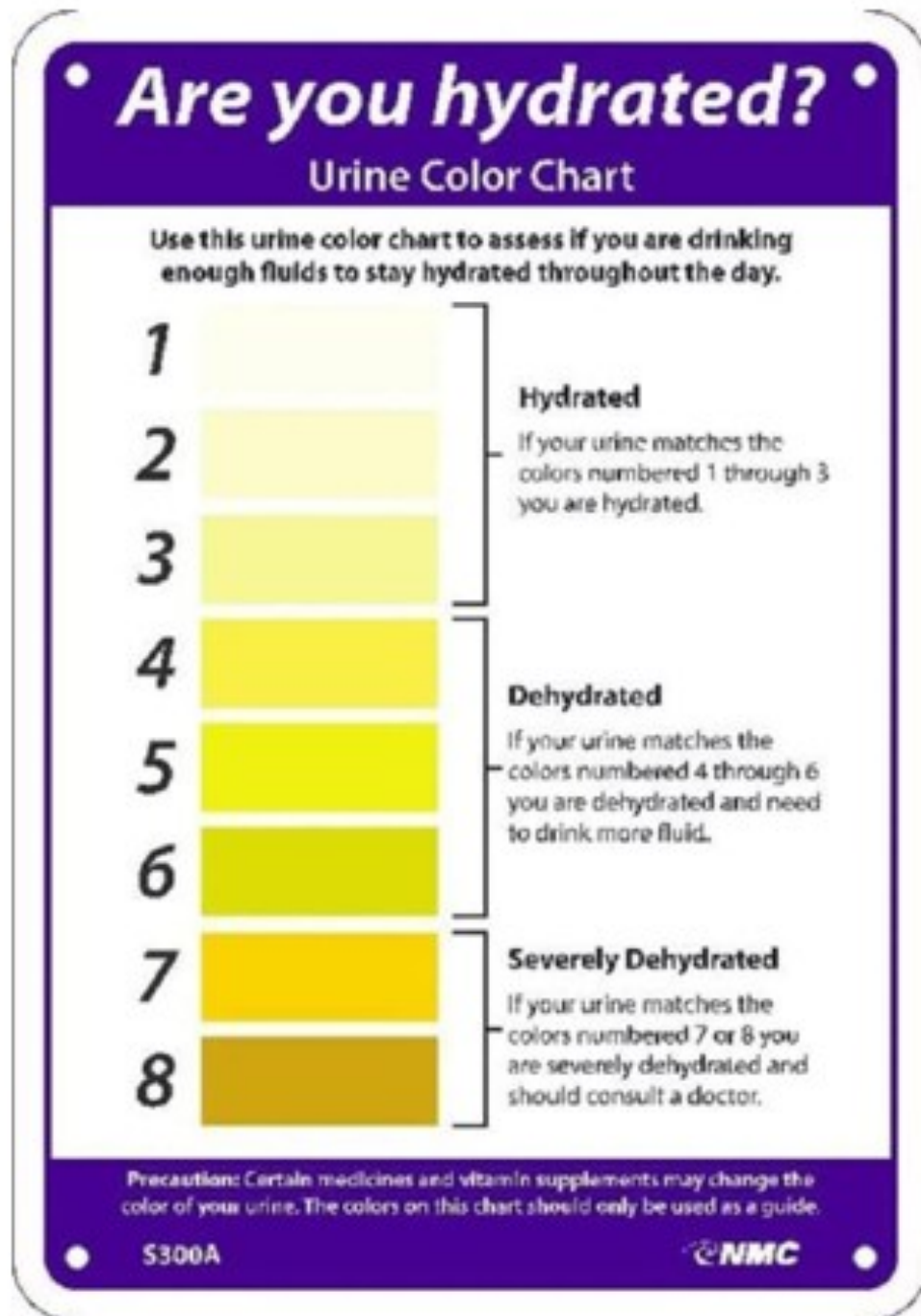
progress to seizure and unconsciousness

Management of Heat exhaustion

1. Move the patient to lie down
 - in a cool place with circulating air.
2. Loosen tight clothing
 - remove unnecessary garments.
3. Sponge with cool water.
4. Give fluids to drink if conscious.
5. Seek medical aid if patient vomits or does not recover quickly.



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Submitted by Jim Ridgewell

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Driver's licence regulations in Australia for seniors

Well, I'm nearly there!

To some I am slightly older, ancient to others but younger to very few.

With hearing loss & poor eyesight, it is easy to appear befuddled to a young salesperson, let alone the road rule enforcers.

A bank ready card should be easy to manage when purchasing items, except mine does not have the chip to enable.

So with poor eyesight, determining if the card swipe is on top, side or bottom & which way the magnetic strip faces, causes confusion.

At least I can remember the Pin Code!

Eyesight & Hearing are essential for piloting your metal cocoon (that contraption with 4 rubber thingys at each corner to stop the exhaust pipe from dragging on the ground).

In Western Australia, drivers aged 80 or over are required to have annual medical assessments before they can renew their licence. While Western Australia used to mandate practical driving assessments for those aged 85 or over, a driving assessment is now required only if your doctor recommends one.

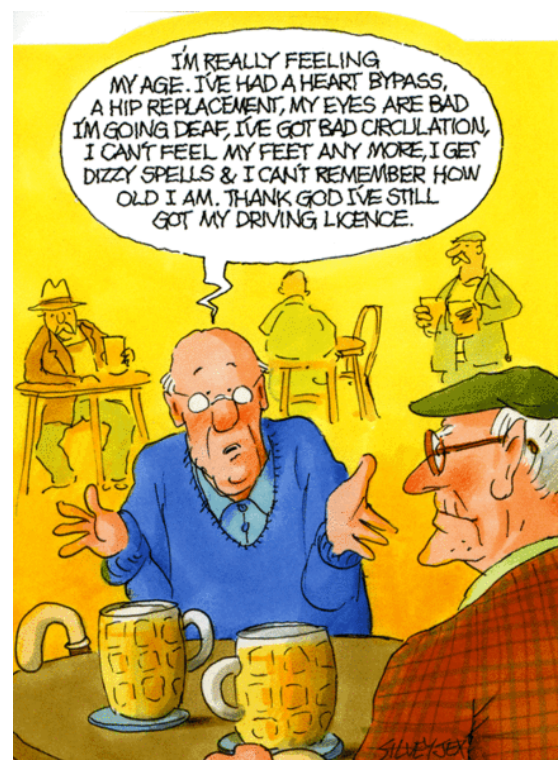
So, if you are aged 80–84 you need to complete a medical assessment certificate and have your doctor do a medical exam each year. If you are 85 or over, you need to complete a medical assessment certificate and have a medical exam, and do a Practical Driving Assessment only if your doctor recommends it.

Make sure you follow the rules

While getting older does not necessarily mean it will be riskier for you as an individual to drive, the licensing rules in your state or territory may become stricter when you reach a certain age. For this reason, it is important to check you comply with the licensing requirements – whether it is with annual medical checks or regular self-assessment. By doing so, you can ensure you are not only legally compliant, but also safer on the road.



**Shoulder check before changing lanes?
I'd need a chiropractor and couple
of paramedics to pull that one off!**



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Etymology—The Study of the origin and evolution of words

Whilst reading, I very often come across words that send me diving for the dictionary or an Internet equivalent.

Recently I came across:-

Apricate (verb)

A beautiful and uncommon word based on a Latin term, apricate means to bask in the sunshine. Pull this gem out when you're commenting on your cat's behaviour or writing about your last trip to the beach.

Example: "The cat lay apricating on the back of the couch near the window."

In modern language : I found da above rele interesting M8!



Between the Lines

Dave, the Sheds resident signwriter, utilised his extensive trade experience to paint....2 straight lines!

These 2 straight bands of yellow are visual indicators to forewarn of steps.

This is an important pro-active safety orientated action.

As we get older & thus more infirm, visual guides/warnings aid in fall prevention.