

February 2025 Vol 13 #08 Editor: John Vannereau <u>jamv2903@hotmail.com</u>

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: Terresa Lynes - Mayor City of Gosnells.

Office Bearers

ChairmanScott HendersonVice ChairmanRobert WoodSecretaryPhil MeasdayTreasurerTed Evans

Committee Members: Geoff Bowra, Colin Sears, Neil Kenneady and Carlton D'Souza

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)

Colleen Egan, the nominated Labor candidate for Thornlie, will be visiting the shed next Friday at 9.30am.

Committee members may like to meet her during her visit.



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 given any information on any members that are unwell at present. If any members are feeling unwell I wish you a speedy recovery and hope to see you at the shed in the near future.

A talk by Amaroo Home Care will be conducted in the Wiltshire Room starting at 10am on Tuesday 11 March 2025. As this is the first talk for the year it would be really great to see a good attendance. Waiting on a flyer from Amaroo and then this will be advertised around the tables.

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

Al Gordon and myself will be doing a Mental Health First Aid course within the couple of months.

Social Activities

The Social committee is meeting again early March to discuss a program for 2025, once again if any members have any ideas such as off site tours we would be happy to follow up to see if it could happen

Graham Hughes

Welfare Officer 0419 514 631

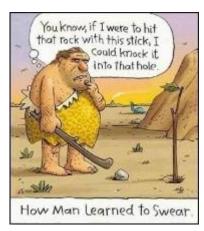
email grahamchrishughes@bigpond.com



Armadale 3rd January. 12 players

Perfect weather, new handicaps and the ideal number of players to trial a team format - Two Ball Multiplier. A random draw of numbers determined teams of two. Each person played individual Stableford but after each hole, the partners multiply their scores. These scores are then added at the end of nine holes to determine the winning team.

The inaugural winners were Chris and Warren with 41 points. Frank had the best individual stableford score with 20 points. Warren won the NTP for the third consecutive week and there is now a real possibility (pending sponsorship) a trophy named in his honour will be issued every week.



Mark birdied the par 4 #2 hole. Frank's effort on #3 was less skilful - he only managed a magpie. Note1: Eagle and Albatross are legitimate golf terms but "a magpie" is not!! Note2: The magpie was uninjured.

Hillview Lakeside 10th January 11 players.

Fearless Frank arrived with his new buggy determined to get more exercise from his golf by doing more walking. Meanwhile everyone else was hoping to do less walking by hitting the ball straighter!!

The winning score of 21 points came from the rejuvenated Warren. Mark landed on the green to take the "King of the NTP" title from the defending champion (Warren). Mark also took home the prize money for LP.

After the game we all met to determine some simplified local Rules suitable for our group.

Armadale 17th January 9 players.

Unbelievable for January. The forecast was for rain. Fortunately, we only received a couple of short spells of light drizzle and the overall conditions were excellent for golf. Unfortunately for Bill H and myself, the golf was anything but excellent. Steve however had a very good game and easily won the day with 21 points. This resulted in the fairest handicapper in the land (oh.....that would be me) very reluctantly dropping his handicap by only one stroke despite loud calls for more severe action!! Mark took out the quinella by nailing NTP and LP. Everybody else went home without a prize.

Hillview Heritage 24th January 10 players.

Despite teeing off early, it was already hot and humid and no breeze - probably close to the forecasted temperature of 31 degrees.

Despite the Heritage 9 getting the better of him last time, Fearless F prepared to walk it. It was looking good. He drew the favoured number 1 tee off position. Teed off. Went a bit left. Not ideal but ok. After the others in his group teed off, Fearless F with buggy in hand headed off. Found his ball and then after a short delay, grabbed his buggy and headed back to the rest of the group who were waiting to tee off. Seeing Fearless F heading back towards us everybody was thinking "Oh no! Is it already too hot for FF? Is he injured? Has he left his cigarettes in the car? Maybe he is going to hire a cart. What will we do? Slowly FF walked up to us and said "I took the wrong buggy".

So, he swapped the buggy he had taken in error, for his new buggy with the bright green wheels and took off again. But.....that was not the end of it. Without realising it, FF was now like the latest Tesla. He was driverless. He had left his driver in the buggy that he had just returned!!

The extreme weather conditions took a toll on the players with three calling it quits after the seventh hole.

From those who did finish, Warren won on a count back from Bill H. NTP was Steve and LP was Ron. Ron also won the award for the least number of putts for the day with 13. Unfortunately, the sponsor of this event is superstitious and withdraw the prize money when he heard the result.



Armadale 31st January 8 players.

Everybody from last week, who was not on holiday, arrived at Armadale ready to tackle the shorter course and another summer day.

Play was delayed. Not because of the weather..... but because Bill H wanted to take a photo to rival the iconic "celebrity selfie with a quokka at Rotto". The result was "Supermodel Tom holding a driver in front of two kangaroos at Armadale Golf Course." I was sceptical but Tourism WA said it was a winner! I am sure a photo of Chris nearly walking on a dugite would also have been a winner.

Talking about winners: Bill H won the day with 20 points. Bill H won LP. Bill H did not win NTP. Chris did! Bill's success on multiple fronts has been noted.

Bill D had the best stroke score with 45 off the stick.

Warren had a boiled lollies day but did not stick around to talk about it!

Special Note: The two kangaroos were so calm and relaxed during the photo shoot we adopted them as the golf club mascots - we called them Roo B and Roo D. For those who are slow off the mark, that would be......Ruby and Rudi.

Cheers

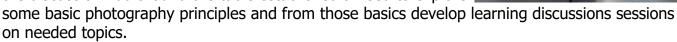
Lloyd Dungey



Camera Group

On Wednesday the 5th February we re-started the Photography Group, which has been in recess for the last year. We attracted 9 starters, which was great.

We have yet to develop anything in the way of a program, but the discussion had around the table established a need to explore



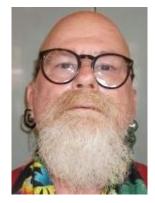
The assembled group identified a wide range of experience and skills as well as equipment. We shall continue to meet every Wednesday morning from 9:00am to Noon, in the Wiltshire Room, with the goal of identifying and solving members photography challenges, as a group. Stay tuned for more detail as we develop our directions and feel free to come and join us..

Neil Kenneady





We welcome 4 new Members to the Shed



Al Carville



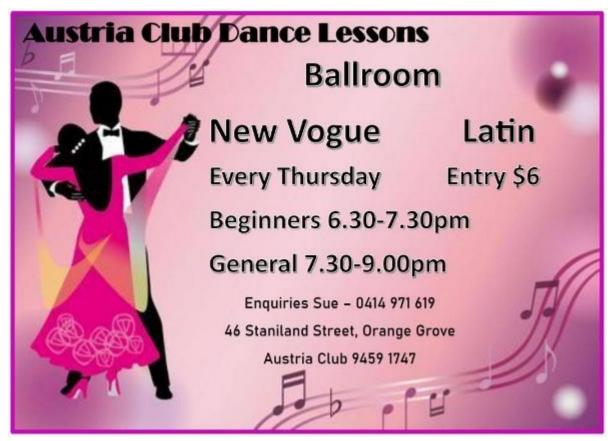
Jim Noble



Craig Patterson



John Yeudall



I am both a Member of the Shed and the Austrian Club. I am promoting this add for the Clubs Ballroom dance classes. There are always more ladies than men, and maybe some members would like to try their hand at dancing. It can have several physical benefits, such as improving balance and strength. It can also be a great way to boost mental and emotional health.

John Podolan.

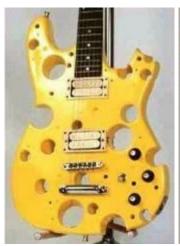


The Music group members were trickling in at the end of the Camera Group workshop, so was time to observe.

Their instruments, secreted in cases & the like. I could not eyeball what was inside them—but I can guarantee that none of the guitars bore any resemblance to the below!

















Model Group

Patience personified.

The Titanic is now ready for testing in the bath, but don't throw an ice cube in!



Progression from the historical to the vintage & now Sci-Fi



The Sin Bin is ready to roll.



Assembling these models requires acuity of mind, concentration & a steady hand. Therefore the imbibing of alcohol prior to undertaking the above, would be detrimental to the process.

As the Editor is attempting to wean himself off the demon drink, can I exhort the Shed's Membership to join me in the following initiative.



Your Shed! Our Shed! Our Future!



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.

Free to all shed members.

Windows 11 and Android Classes *****Starting Monday 5 March 2025*****

Mondays at 9:30 – 12pm

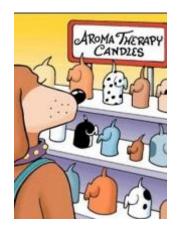
I will offering classes depending on numbers in Windows 11 and Android (phones and tablets) for:

- Absolute beginners OR
- Advancing your basic skills.

The classes are run in a casual fashion and do not follow a strict format. I will leave a sign up folder in the hall, so if you are interested put your name down. If you have any questions relating to the classes give me a call.

André 0457 680 489

Free to all shed members





Your Shed! Our Shed! Our Juture!





It's not only the plants gasping for moisture in these hot conditions.

Spare a thought to those who tend the garden & endeavour to keep it verdant (alive).

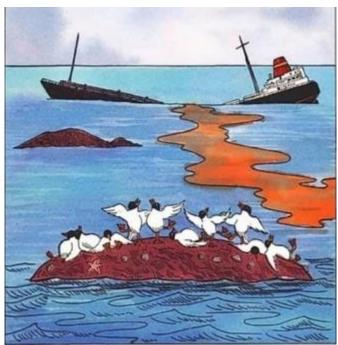
They also need rest & hydrating.





A CLOCK FOR RETIRED PEOPLE!





AFTER 50,000 CALLONS OF WHISKY LEAKED INTO THE SEA, NO TERN WAS LEFT UNSTONED



Your Shed! Our Shed! Our Future!

Cycling Group

Our small loyal band of weekly riders are beginning to tire (well, at least I certainly am!) of the seemingly endless hot humid weather we

have on every Thursdayso much, that we're now meeting OUTSIDE the shed for a 7-00am start (Shed opens at 8-00am), doing much shorter rides, so that we're home by about 10-00am, as did this last Thursday. 6 of us battled a head wind uphill....well, a slight incline of about 0.5%, probably from Kelmscott to the Jull St Cafe' in Armadale. We



had a most pleasant time, with myself celebrating my 80th birthday in a couple of days. To continue our routine, the birthday person treats the rest. Unfortunately two of our regular riders couldn't make it, so for these two, Robbo and Rob, they'll be having a 'freebie' on their next ride.....hopefully this coming Thursday! As we began our homeward cycle, we had a 'flat tyre' in the group , which was quickly changed largely with the assistance of Greg D's slick hands. Our ride home back to Kelmscott was the complete opposite, with us doubling our speed, where John V veers off to his Clifton Hills abode. The rest of out travels had a bit of a detour as the PSP bike path was closed under the Tonkin Hwy overpass due to the rail upgrades. On arrival at our Shed , we had another flat tyre.....or really, a flat tube! This was promptly remedied then off we all rode to our homespeeling off in various directions.

The previous Thursday saw us starting early, in the high 30s forecast, and that ride was to a great venue in Forrestdale, a cafe by the name of 'For Purpose', a wonderful organisation which employs people with 'special needs', and it's certainly one of our favourite places to go!

We usually, in summer, start our rides at 8-00 and as always welcome anyone who has a bike, and would like an enjoyable few hours out in the fresh air. So please don't hesitate to enquire at our Shed office, who'll put you in touch with one of our regular riders.

David Gardiner photo Graeme Gurney



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
- 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.

Cleaning Roster for next 5 weeks

Week Commencing	Name	Contact #	Name	Contact #
	L	I	I= a =	I I
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!



All quiet on the pool scene.

Here's a project for the woodworking group.





Table Tennis

Each Monday we have at least 6 players, with occasionally up to 10 (the most we've had) and we 'Have a ball'....literally !.....Just ask the sedentary blokes sitting outside of the Geoff Wiltshire room chatting and drinking coffee, with the 'hoots', 'yells', 'gasps' etc coming from the 'ping pong' !! We've often been asked to 'Quieten It!', but we just tell them to 'Get Stuffed'!

We now have two tables in action, so we rarely get a chance to rest, but if you're really tired, we'll let you rest for a couple of minutes between games!

We play every Monday morning from about 8-30 or 9-00am, depending how early one of the players turn-up and help put the tables up, which only take a few minutes, and we always welcome new players.

Many say they've never played since they were teenagers, but 'as they say'......'It's like riding a bike'!!

Maybe see you one Monday morning?Yes? Dave Gardiner

 \rightarrow



Both tables being used



Some exotic 'Blades/Paddles', a little different from the Kmart variety!







If the top is art, the lower must Cubism

The "Beginner's sessions" have begun but join in and you will find you will quickly enjoy the thrill of creating your own art. Equipment can

Introduction to drawing and watercolours.

Classes run by Tony Taylor - 0418 945 047

5-week course starting Tuesday 4th February.

1pm in the Wiltshire Room. Access via Lissiman St entrance to rear car park.

THOSE WHO PLAY GOLF, GARDEN AND PERFORM ARTISTIC PURSUITS HERE IS THE DRAWING CLASS FOR YOU. DIANA ARMFIELD OF THE ROYAL INSTITUTE IN LONDON IS STILL TEACHING AT THE AGE OF 104 YEARS.

THERE IS AN ATTENDANCE SHEET ON THE NOTICE BOARD SO PLEASE PROVIDE YOUR CONTACT DETAILS IF YOU WISH TO BE INVOLVED AND GET TO 100.

be supplied to use in the shed but best if you bring you own equipment if you have some. Watercolours, pencil drawing and oils can be learnt in a short time

The Australian Flag

Now that another Australia Day has passed & is still fresh on our memories, it is time to reflect as to how we celebrated it, with all the politicking & flag waving.

Having a general knowledge of The Flag & it's origins, I thought it time to delve further & acquaint myself with Australia's flags, their history & how they evolved.



Australia has 3 official flags: the **Blue Ensign**, the **Aboriginal flag** and the **Torres Strait Islander** flag – all are important symbols. They represent connections, pride and much more. All three are usually flown together, symbolising Australia's shared histories—refer Flag Act 1953.

The more I read, I found a rich & fascinating story'.

Following is a small part of what I unearthed.

The Australian Red Ensign—Myths and Facts

Our opponents in this debate like to rewrite history and pretend that our current national flag - the blue Australian ensign - has been our national flag forever and that people have "fought and died" for it. This is one of their prime arguments against change, and they use it very emotively. They ignore the Red Ensign, despite its overwhelming use in Australia and overseas during the first half of the 20th century.

There are many problems with this argument. The first is that the blue ensign became Australia's national flag only in 1954. Prior to that date, its use by ordinary citizens was strongly and actively discouraged. The blue flag was not some glorious and romantic flag of the people, but an instrument of Government, much like the Coat of Arms.

This meant that the public didn't officially have a flag to fly other than the Union Jack, which is what many people did. In this official vacuum, if anyone wanted a more Australian symbol they used the red ensign as a de-facto Civil Flag. It was not strictly correct, but it happened at every level of the community, including the Armed Services.

The second problem with this argument is that members of the Armed Services in Australia never "fought and died" for a flag anyway. They fought and died for our country - a subtle but important difference.

The third problem is that there is a wealth of pictorial evidence which proves that the red ensign was the flag which both the public and members of the Armed Services overwhelmingly related to and "adopted" as Australia's de-facto national flag prior to 1954. This period of course includes both World War I and World War II.

In fact, in 1967, prime minister Robert Menzies wrote in his book Afternoon Light, Some Memories of Men and Events

"In the year of my birth 1894 - Queen Victoria was on the throne of the United Kingdom and Ireland and the Dominions and Colonies beyond the Seas... For us, the maps of the world were patterned with great areas of red, at a time when red was a respectable colour."

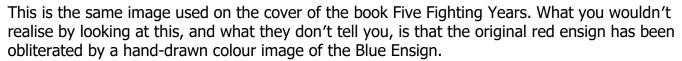
It seems clear Menzies' arbitrary changing in 1954 of the then popular Red Ensign to blue, without consulting the Australian people, was for blatant political purposes in his campaign against the "red" communist peril.

Finally, if you don't believe that the anti-change brigade rewrite history, have a look at the example following.

This image is the original image held by the Australian War Museum of Sergeant T.C. Derrick (DCM, and later VC) of Adelaide raising the Red Ensign at Sattleberg in Papua New Guinea on 3 December 1943.

Sergeant Derrick led a South Australian Unit in a successful attack against the Japanese held village of Sattleberg, and hoisted an Australian Flag.

Derrick's biographer interviewed men who were there and confirmed that it was a Red Ensign.



For many anti-flag changers, the real history of the Australian flag is terribly inconvenient for their argument. When it doesn't suit their "patriotic" purposes to be historically accurate, they merely invent something more suitable.

As Samuel Johnson (English writer & Lexicographer) said 'patriotism is the last refuge of a scoundrel'

For more information click on the link : https://www.ausflag.com.au/red_ensign.asp for a wealth of information.



Not a Blue Ensign within cooee

Opening of Federal Parliament at Canberra, 9 May 1927. Note that the Australian flags are Red Ensigns. Septimus Power (1878-1951) Historic Memorials Collection, Canberra. Courtesy of the Parliament House Art Collection, Department of Parliamentary Services, Canberra ACT

Costs of Moving Into Aged Care

Many of us have heard all sorts of conflicting stories about the cost of moving into aged care.

It is important to know that aged care homes have two types of residents. Those who pay the market price for their accommodation and those who have some or all of their accommodation cost met by the Australian Government.

Residents may qualify as a low means resident based on a means test which includes assets and income. If only one of a couple is assessed to be eligible for aged care, the spouse is treated as a protected person and the family home is not included in the means test.

As an example, a full pensioner with less than \$61,500 of assessable assets will be assessed as a low means resident and the accommodation contribution will be zero, as will the means tested care fee. Other charges will still apply, including the basic daily fee of \$64 per day plus any additional services.

It is important that those who are perhaps caring for a loved one and believe the need for care may be approaching, obtain advice from the relevant Government agencies as well as the preferred aged care facility.

Downsizing

Some points to consider on downsizing.

Many of us are at that stage of our life when family and friends may suggest we consider downsizing. The very cheek of it! Downsize! Leave the family home of many years (and probably tears). The very thought of it brings on the cold sweats.

People are usually reluctant to let go of the family home, but there comes a point when it is time to look for something more manageable. The timing of the need to consider the issue is critical, though not the same for everybody. It is far easier to look at options and consider the pro's and con's before it has become an urgent issue for whatever reason. It is also far easier when both halves of a couple are still capable of making the decision and making the move.

Location, location, location is the first rule of real estate. Get that right and most other issues become less important.

But where to relocate to. Some may have dreamt of a 'sea change' or 'tree change'. It is important for downsizers to consider what social networks would be available, access to medical facilities and the everyday facilities that a couple may have relied on. Downsizing need not necessarily mean a complete change of location.

Another matter to consider is the financial situation with possible impact on pension entitlements, superannuation and other concessions. Financial advice from a trusted advisor is highly recommended to avoid potentially nasty surprises. Obtain credible advice before you make a decision, not afterwards.

Lifestyle options are another factor to consider. While retirement villages offer a range of facilities, activities, services and new social connections, they are not the only option. Downsizing may also be achieved by purchasing a smaller property outright with potential financial benefits.

The most important bit of advice is to not wait too long. If it is something that a couple feel may be the way to go, collect the necessary information, way up the options, talk to others who have downsized, make a decision and get on with it!

The above are based on articles published in the Senior Newspaper in 2024.

Geoff Wiltshire

Recipe Corner

If you ever browsed an old cookbook, you probably have stumbled upon some sort of strange recipe that makes you go "What?". These sorts of recipes usually try to combine completely incompatible ingredients and pass the whole thing off as being "savory" or "piquant" when in reality "absolutely disgusting" sounds more suiting. And we're not talking about things like salt and caramel. We're talking about bananas and mayo, or cheese and lime.

Here's a challenge for you: find a vintage cookbook in your grandparents' home and try looking for the weirdest and most bizarre recipe you can think of.



Ham and Banana Hollandaise





Your Shed! Our Shed! Our Juture!

Etymology—The Study of the origin and evolution of words

Came across a word, whilst reading, that had me searching on-line to find out what it meant. Not that I would include it in my vocabulary!

Psithurism: The sound of rustling leaves or wind through trees.

Obviously not a word to use when under the affluence of incohol.

Shed Activities









A Pleasant Surprise for Alan Holloway Australia Day WA.

Australia Day WA Community Citizen of the Year – Senior Award

Nominees

Allen Holloway

Allen has been a pillar of the City of Gosnells community, dedicating his time and energy to several volunteer roles. As the former Chairman of the Gosnells Men's Shed, Allen fostered a welcoming space for men of all ages, focusing on skills sharing, social support and mental wellbeing. He then worked with others to help establish a Women's Shed, providing equal access for women in the community to benefit from similar programs to the Men's Shed. He also volunteers as a bus driver for Ronald McDonald House Charity, where he supports families in need by providing reliable transport and allowing them to access critical resources and support. Allan's contributions reflect a deep commitment to the local community's mental health, inclusion and wellbeing, showing dedication and compassion in each initiative he undertakes.









Mayor Terresa Lynes - City of Gosnells

1211-

A heartfelt congratulations to the City of Gosnells' Auspire Community Citizen of the Year Award winners:

Citizen of the Year: Rodney Glossop Citizen of the Year Senior: Allen Holloway Citizen of the Year Youth: Emily Dutton Citizen of the Year Group: Sam's Spares

We're so proud to celebrate these outstanding individuals and groups who go above and beyond to make our community a better place.

Thank you to all the nominees for your incredible contributions, and to everyone who recognised their efforts by submitting nominations. Together, you help create a connected, resilient, and harmonious community.

Lastly, thank you to Julian Pace from Happiness Co for being a great Ambassador and for sharing his inspiring story with us.

City of Gosnells Auspire

Recycling

Chris Banting advised me that his son Ryan Banting, who works for company Transport Services, has made another considerable donation of bottles and cans to the shed for the refundable container scheme.

He has previously made a large donation.

The original donation was noted in a previous newsletter, August 2024, as was photo.

Phil Measday

Ryan runs a transport business and has picked up these containers for recycling as he has gone around. He has done this after Chris mentioned to him that we do recycling. We thank him very much.



dont be afraid to get old,....





Everything Old is New Again

For the sartorial elegant & fashion mavens of the Shed. this latest iteration of an old style that we proudly displayed, like peacocks, in our youth.

If one had been paying any attention to the recent Superbowl game between the Kansas City Chiefs & the Philadelphia Eagles, the event that set the social media/society tongues wagging, was what Kendrick Lamar was wearing.

The reason being, his trousers!

Apparently he was wearing BOOTCUT pants, WT*&?

From the American Navy to French Women's Fashions

Following Chanel's 1920s lead, European women happily embraced bell bottoms when they re-emerged in fashion in the mid-1960s. While the American hippie subculture immediately adopted them as their chosen attire, it wasn't until Sonny and Cher regularly wore them on their eponymous television show from 1971 to 1974 that bell-bottoms finally arrived. By the late '70s, everyone was making bell-bottoms part of wardrobe. Now available in denim, bright cotton, corduroy and satin polyester, no bell-bottom look was complete without a pair of platform shoes.



their

Bell-Bottom Evolves Into Boot Cut

Bell-bottoms gave way to parachute pants, leggings and stirrup pants in the early '80s as the disco era of KC and the Sunshine band was replaced by hip-hop, pop and heavy metal music, whose artists preferred tight and skinny to flared. After a decade hiatus, bell-bottoms were reinvented as boot cut pants in the 1990s. Boot cuts mirrored the flared style of their predecessor, but with a smaller flare and a tighter fit from the knees up. Flare legs -- which offer a more relaxed fit than boot cuts but with the same flare -- have also succeeded the original bell-bottom style. Although skinny jeans became the trend for the late 2000s, boot cuts and flare legs remain fashion staples.

So, FREE beer tomorrow for the 1st Shedder to be seen sporting a pair.

Look how instinctively the mother croc carries the baby in its mouth. Nature is beautiful



Devices used to find water



Nour Shed! Our Shed! Our Future!

Geoff Bowra's Paparazzi Page



















