

# *The Gosnells Community Men's Shed News*



Lewis Homestead

March 2025 Vol 13 #09

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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** *Scott Henderson* **Vice Chairman** *Robert Wood*

**Secretary** *Phil Measday* **Treasurer** *Ted 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](mailto: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)*

**Just to make you jealous-Twilight Beach Esperance this week.**



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### **New Members**

We welcome 2 new members.



Roger Wiks



Ian Gomes



### **Health and Wellbeing**

#### **WAKE UP YOUR MUSCLES**

**TUESDAY MORNING 0820 to 0910 Wiltshire Room**

Light exercises to improve flexibility strength and balance.

Contact : Alan Gordon

I'm pleased there hasn't been any mention of any members being ill and it was good to see Kevin Munt back at the Shed on a couple of occasions recently.

If any members are feeling unwell I wish you a speedy recovery and hope to see you at the shed in the near future. If you are aware of any of our members who are unable to attend due to poor health please let Graham Hughes know.

A pharmacist has advised me that people between the ages of 64 and 75 years of age can have a six monthly Covid vaccination if they have certain medical issues, otherwise it is 12 month booster.

An Energy Ahead workshop will be conducted in the Wiltshire Room starting at 10am on Tuesday 6th May 2025. The workshop will help you understand and manage your household energy use through practical energy saving tips that can help reduce your electricity bills. This talk was held recently at the Gosnells Women's Collective where 6 members of the Gosnells Community Men's Shed attended and found it extremely informative and it was decided that this would benefit our members too.

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

### **Social Activities**

The Social committee is meeting 12 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](mailto:grahamchrishughes@bigpond.com)

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## *The Gosnells Community Men's Shed News*

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### **Golf Group**

#### **Hillview Classic 7th February 5 players**

A quiet day. Illness, 36 degree forecast and holidays reduced the number of players to just a handful. (I do not know why but It has been said GCMS Golfers are always a handful, regardless of numbers). Some good golf was played, especially by Warren. He finished with 20 points from a round of 48. Bill D also shot 48 among which was NTP. Fearless Frank won LP.



#### **Armadale 14th February 12 players**

Very pleasant conditions for golf and ideal numbers to again play Two Ball Multiplier Stableford (TBMS).

Some good individual scores but Trevino Tom was in devastating form. He won the individual stableford with 21 points, on a count back from Rob. He won NTP on #7 by about 3cm from Steve. He then birdied the hole as did Steve. He and Bill H won TBMS with 36 points. Bill H wanted to talk about his contribution to the team win but was discouraged from doing so when a heckler in the crowd yelled "the way Tom was playing today he could have played with Ruby and still won". Very rude I thought!

Trevino Tom's outstanding display meant he took home all awards except one. Lloyd won LP.

Lloyd also had a birdie on #4. Three birdies within the group on the same day created all sorts of interest and records. Guinness World Book wanted to send a photographer but Tom declined. He claimed he did not want to suffer from over exposure!



#### **Hillview Lakeside 21st February 8 players**

A relatively quiet day once Chris and Rob convinced the Starting Committee they were not late and should be allowed to play. It was not looking good for either of them until Chris mentioned he had the "Starting Committee's" bank account details. The matter was then quickly resolved.

Only three players managed to play to their handicap, or better.

Tom was again the winner with 20 points beating Lloyd on a count back.

Bill D won NTP and Frank sank a monster putt for LP.



Afterwards there was lots of discussion about "almost" shots. The "almost" golden ferret that hit the flag but did fall in the hole, the "almost" ferret that defied the laws of physics to miss the hole and the "almost" birdie that stopped 5 cm short.

Unlike Chris and Rob, Tom obviously did not have access to any cash or meaningful bank accounts because his handicap was immediately slashed!!

#### **Armadale 28th February 11 players**

Bill H and Frank thought we had reverted back from daylight savings and as a result arrived later than anybody else. Consequently they had to play with Tom, the current champion who is in the best form of his career and on the verge of turning pro. However Tom and a few others knew it was the end of the month and handicaps would be reviewed.....so they tanked. The handicapper was not happy with this highly immoral action and unless they compensate him satisfactorily, it will be in vain!



## *The Gosnells Community Men's Shed News*

Lloyd won the day with 20 points and LP. The announcement of the winner of the NTP was delayed until Mark explained. "Waste Not" Warren (who left immediately after the game) thought it would be a good idea to create our own version of Where's Wally. With Mark's help we eventually found his name very skilfully hidden in the top right hand corner of the fully used card. Mark was then proclaimed winner of NTP and the inaugural winner of the "Where's Warren" award!!

Other highlights for the day:

A birdie on #2 by Rob which was only his second ever. In doing, so he achieved something Michael Jordan never could - he scored a 5 pointer.

Ferrets by Chris on #2 and Steve on #6.

### **Note to all current players:**

In future, all end of month "Incentive" payments to the handicapper are only to be paid in cash, goods or services. The change is necessary because recent snooping by the ATO (and I suspect AFP) indicates there is a whistleblower who is unhappy with the current system.



Cheers

Lloyd Dungey

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### **Darts**

**WEDNESDAY MORNINGS 0830 to 0900 Wiltshire Room**

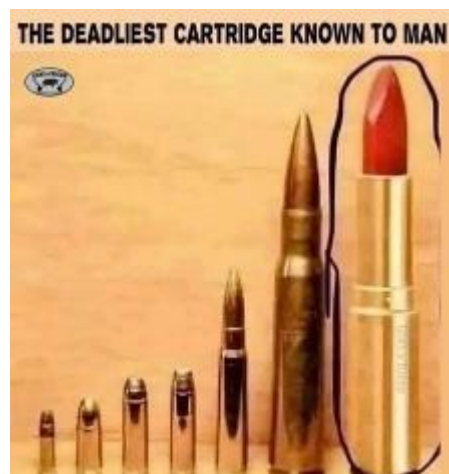
Darts are open to everyone who wishes to partake as a single or team player. Come along and have a bit of fun.

Contact : Alan Gordon

Darts originated in England during the medieval era, initially as a military pastime where soldiers threw spearheads at targets. The modern game began to take shape in the 19th century, with standardized rules and dartboards being developed, particularly attributed to carpenter Brian Gamlin in 1896.

\*\*\*\*\*

An inbred dog



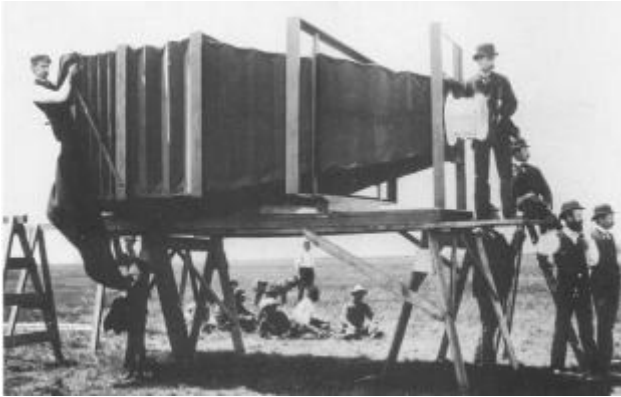
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### Camera Group



Have just found my ideal pocket camera!

In 1900, George Lawrence built the world's largest camera in order to take a photo of a train and capture all the carriages in one single shot - a ground-breaking panoramic for the time.

George Lawrence made a name for himself with stunts like this and also took steps in aerial photography innovation that included taking photographs from hot-air balloons and with camera-carrying kites. Another of his famed

panoramic images showed the aftermath of the 1906 earthquake with the ruins of San Francisco.



### Music Group

Sneaked a look into the musicians hallowed area. Nothing happening—is this a case of 'The day the Music died'?



The group needs some imaginative percussion kits.

The working mans drum kit



poseur vigneron kit.

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### **Model Group**



Aha, I found the part & it fits here!

These manuals are useless! Am bound to find a YouTube clip that makes sense.



Dream on, you can't afford one.

The Tesla Cybertruck has nothing on this, except size.



## *The Gosnells Community Men's Shed News*

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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.**

**Free to all shed members.**



#### **Windows 11 and Android Classes**

**\*\*\*\*\* Starting Monday 3 March 2025 \*\*\*\*\***

**Mondays at 9:30 – 12pm**

I will be 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

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### **Gardening**



This looks like an advert for Jack Daniels™

Two ol'timers passing the time of day,  
awaiting the latest batch of Hooch to mature.

My initial thought (more apt) was the  
Australian rock band 'The Masters Apprentices'  
of the mid 60's

This gardening sure is hard work!

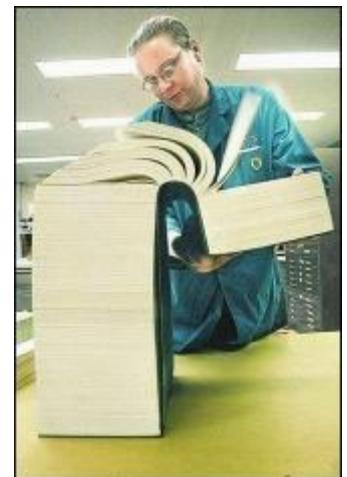


### **Library**

Libraries are usually quiet restful places, for immersing yourself in a stimulating novels (50 Shades of Dulux?) etc.

When I walk past the doorway, it is quiet, as it's always empty!. Is anybody still reading?

A valued addition, would be the title 'Understanding Women'





## The Gosnells Community Men's Shed News



Hi Everyone, Our wee group has been a bit bigger the last few weeks, with the long awaited return of Berend T (who's also gracing us at the Monday morning table tennis with his presence!), and new rider ....and new member to our shed, Mike K, who I hope is enjoying our Thursday morning outings on two wheels. Last Thursday, the 27th of Feb, We had our largest peloton in about six years, with 10 enthusiastic riders, which I'm sure Graeme G will attest to, as he has all our ride distances recorded, along with years of photos and who was there etc, and I thought I was a fussy bugger for recording minute details! Whereas I have all my details written down on paper, Graeme has at least advanced with the computer age.

Rob S has been with us recently, instead of travelling our wonderful country, and our editor John V also here .....but alas, he's just informed us he'll be away with his trusted caravan, down to Esperance and surrounds for a few weeks, hope you have a great time John!

Last Thursday ( 27th Feb) we followed the railway line up to Carlisle ( as closely as we could) to see what work has been completed, as the original plan was for the new Perth to Byford line to open 'sometime' mid 2025.....we'll see??? I believe we're now in March, so we're not far from mid year! At the Carlisle Bakery, we always fill our faces with the 'mouth-watering' cakes and savouries, my favourite without doubt is the 'custard-filled doughnut horns' at the extremely reasonable price of \$3.50! Where else can we buy huge delicious cakes for less than five bucks? Our homeward ride was a bit further distance, as our circuitous route took us through the Murdoch Uni complex ,the Canning River path past Clontarf, Riverton Bridge etc.



Today 6th March , the forecast was originally for 37 C, but yesterday was up to 39 C , so we decided to give it a miss but meet at a cafe instead in Canning Vale, a sensible choice !Just heard on Radio 6PR News at 2-00pm, it's currently 40 C.

David Gardiner

Photo.....Graeme Gurney .

Never a hill so steep that I cannot tackle.  
Should be able to find a gear to suit the occasion!



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### **Cleaning Roster for next 5 weeks**

<b>Week Commencing</b>	<b>Name</b>	<b>Contact #</b>	<b>Name</b>	<b>Contact #</b>
17-Mar-25	Phil Measday	0439 824 565	Jim Ridgwell	0429 939 823
24-Mar-25	Alan Gordon	9493 0894	Mick Atkinson	0415 962 754
31-Mar-25	Martin Troy	0450 477 369	Colin Sears	0437 801 570
07-Apr-25	Chris Brown	9459 2086	Arpad Pratsky	0438 943 933
14-Apr-25	Ken James	9398 7189	John Millar	9429 813 960

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



### **Pool**

All quiet on the pool scene, can't disturb the readers.

As the AFL season is now upon us, how about showing your true colours & support your teams.



At only \$119 on special, akin to a new Golf Putter, it would improve your game.



### **Table Tennis**

A steady number of players turn up each week to utilise both tables.

Most weeks there are 4/table on both tables.



## *The Gosnells Community Men's Shed News*



### **Art Group**

The numbers of budding artists is increasing with plenty of paint being used to create masterpieces. The topics to be covered in the next few weeks are composition. Design and portraits so feel free to pop into the Wiltshire Room on any Tuesday afternoon between 1-4pm and join in. Tony Taylor

### **Etymology—The Study of the origin and evolution of words**

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#### **Blatherskite**

Meaning: Someone who talks nonsense.

Example: Ignore him, he's a total blatherskite.

Fair enough you say, but why is there a park in Alice Springs named Blatherskite Park?

The park is situated alongside the sewage ponds, so if the wind is blowing the wrong way it becomes very redolent & thus predisposes one to talking bullshiiite!

At our caravan rally, over consumption of alcoholic beverages produced the same effect.



I made a banana bread for the very first time. Follow me for more recipes!



### **Recipe Corner**

Hands up anyone has an air fryer (a miniature glorified fan forced oven).

Me, I have one. Bought it on a whim & thus it sits mainly unused on the kitchen bench, as it's too big to fit in the under bench cupboards.

Still, many users rave over them & produce spectacular meals.

My crowning glory was crispy (black) cauliflower florettes, which were surprisingly crunchy & very tasty, but I have eclectic/strange tastes.

Some suggestions for those who have to cook for themselves.

- Air-Fryer Chicken Thighs are easy to prepare with a seasoning of paprika and garlic, offering a flavourful and juicy result.
- Air-Fryer Salmon is a quick, healthy option seasoned simply with garlic powder, pepper, and paprika for a light, flaky dish.
- Air-Fryer Sweet Potato Fries provide bold flavours with garlic and paprika seasoning, offering a crispy and tender side dish.
- Air-Fryer Red Potatoes, seasoned with rosemary or Cajun spice, are a fragrant and easy-to-prepare side with minimal oil.
- Air-Fryer Pickles provide a delightful crunch with a panko breadcrumb coating, making them a perfect snack with minimal oil.



The above IS NOT an example of my cooking.

It violates my principles of 1 pan, 1 plate & 1 eating utensil & looks vaguely nourishing.



Ate half my hot dog roll so as to save some for tomorrow.