

The Gosnells Community Men's Shed News



Lewis Homestead

February 2022 Vol. 10 # 08

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Rotary Club
of Southern Districts
in 2012

Community Bank · Canningvale

Bendigo Bank

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Mens Shed



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actbelongcommit.org.au

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PATRON: Teresa Lynes

Office Bearers			
Chairman	<i>Allen Holloway</i>	Vice Chairman	<i>Geoff Wiltshire</i>
Secretary	<i>Phil Measday</i> secretary.gcms@gmail.com	Treasurer	<i>Arpad Pratsky</i>
Committee members: <i>Geoff Bowra; Chris Beckett; Alan Gordon and Scott Henderson</i>			
Workshop Manager: -----;		Shed Administrator: Fred Howe	
The Shed Phone number: 08 9398 4064;		Shed email – shedboss.gcms@gmail.com	

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 – Coming Events!

(See details further on in NL)

22 nd Feb	Talk on Medi Alarms information 10.00 Wiltshire Room:
23 rd Feb	Social Lawn Bowls;
24 th Feb	Social BBQ at the Shed;
02 nd Mar	BIG BREAKFAST at the SHED, Limited numbers!
07 th Mar	Shed Birthday Lunch \$25 / hear

Social BBQ Thursday 24th February

Come for a sausage in a roll or a burger in a bun plus and some good fellowship at the Social BBQ lunch being held at Lewis House on Thursday 24th February commencing at 11.30am.

There the usual small fee of \$3 for the burger to defray the costs.

For catering purposes please let Geoff Bowra know if you are attending.

It is important to note that **COVID 19 rules** will need to be followed, including maintaining physical distancing and practicing good hygiene procedures.

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CHAIRMAN'S Notes February 2022

Most members have now seen and used the new patio furniture and the comments we have received have been very complimentary. We have achieved some outstanding growth since we started out nearly ten years ago and we now have a Shed which is the envy of many others.

New developments are in the pipeline as we endeavour to enhance our surroundings and entice more members to join and be a part of our Shed and enjoy what we have to offer.

The end of month BBQ is being held on a Thursday for a trial period, January saw an increase in attendance and was so successful we were *almost* caught short of food!

February EOM BBQ will be on Thursday 24th.

March is fast approaching – it is time to celebrate our 10th Anniversary!

We will commence the festivities on Wednesday 2nd March with a Big Breakfast at the shed, partners are invited. Tickets are on sale and selling fast, so get in quick.

Some volunteers are needed to assist, so if you are available please let Geoff Bowra know.

There will be a 'Birthday Lunch' on Monday 7th, tickets \$25 per head including free raffle will be on sale shortly, again – these tickets are limited – so get yours soon!

A small evening function will be held on Wednesday 16th to show appreciation to the sponsors who have assisted the shed as we grew and flourished. By necessity this is an 'Invitation only' event.

Also remember, if you or a member you know is going through a rough patch, Please do not hesitate to let our welfare officer, Graham Hughes know if we can offer any support or even just someone to have a friendly chat with.

Allen Holloway
Chairman

SHED MANAGEMENT:

Treasurer Position

Still no volunteer for the Treasurer position for 2022/23.

It is becoming critical that we have somebody put up their hand in the next few weeks so that an orderly handover can be arranged prior to 30 June.

The position does not necessarily involve a significant amount of time at the Shed and much of the work can be done at home if that suits the new appointee.

Sub Committee Vacancies

We have seven sub-committee's looking at various aspects of Shed management. They all report to the Committee of Management and are advisory rather than decision making.

Opportunities exist for members to participate in this process and learn more about what is involved in managing our Shed. The Finance, Projects and Grants, Membership and Social committees are all in need of additional members.

Members who may be interested can attend meetings of a sub-committee simply by contacting the relevant chair and arranging a visit. It is a good way to discover how the committee's work and what they spend time discussing.

The whiteboard in the foyer (outside kitchen) has a list of the various committees and the dates of future meetings.

ACT BELONG COMMIT:

Act, Belong, Commit Program

As reported recently, our shed is apparently the first in Western Australia to enter into a partnership arrangement with **Mentally Healthy WA** to participate in the Act Belong, Commit Program.

We have literature from Mentally Healthy WA in the foyer and members are encouraged to have a look at what is available. The messages are simple – being mentally healthy feels good!

ACT: do something like take a walk, read a book, dance (if you can remember how), chat with a friend.

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BELONG: do something with someone, join a sports club, book club, catch up with your mates, attend community events, connect with your neighbours.

COMMIT: Do something meaningful, volunteer, take on a challenge, learn something new, help out a friend or neighbour, commit to a cause.

So now you can see why the Shed management felt that our shed and this program are a great fit. By becoming a member and participating in shed activities you are becoming involved in many of the suggested activities identified above.

Health & Wellbeing

The next talk at the shed will be held on **Tuesday 22** of February 2022. This talk will be conducted by Shed Member Ian Brabazon about MediAlarms which is a personal alarm pendant with SOS button & fall detector. It was a Choice winner 2021. This presentation could be appropriate for some of our members and/or family so members and partners are encouraged to attend our first talk for the year.

This will be at **10am in the Wiltshire Room**.

Just a reminder that all members and partners that come to this talk will have to have proof they are at least double vaccinated. Would members please pick up their name badges on the way in if you have presented your evidence of vaccination for the Register. *Partners and any non-registered members will need to produce documented evidence of vaccination.*

We will be looking at doing a talk approximately every six weeks. If any members have requests or suggestions of subjects for talks please let me know so I can follow up and make plans. I would also like to thank Ian Brabazon for suggesting this presentation on 22nd Feb.

Welfare

I would like to thank members that have contacted me about their health issues, our thoughts are with them.

It's good to see Mike Devereux back on Thursday morning's playing cards and wish him all the best with his ongoing treatment.

If any members have issues that are keeping them away from the shed we wish them a speedy recovery and would like to see their faces around the coffee table for morning tea soon.

Kind regards,

Graham Hughes

Welfare Officer 0419 514 631

Safety & Risk Management subcommittee

Hi Fellow members

I thought it is time to give you a vaccination update report:

Total Number of members = 176 (177)

Number of vaccinations certificates received = 132 (75%)

Number that have had booster = 80 (45%)

Number of no certificates = 44 (25%)

Up until now with two jabs you are considered fully vaccinated, but discussions are currently taking place at a Commonwealth level and State level as to when they change requirements to 3 jabs to be considered fully vaccinated.

Looking at the figures above only 45% of our members meet that requirement.

As it is only a matter of time when the new rules come into effect, if you have already had your booster please submit a copy of your updated certificate for the Register.

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If you have not had your booster and you are unsure of what date you can have it I can give you that information from your current certificate.

Once again if you need help to download your certificate and you have your myGov access details I will be happy to help you.

Ray Smith

Chairman Safety & Risk Management Committee

FUND RAISING:

“CONTAINERS FOR CHANGE”

This Scheme is working well for us at the GCMS particularly across the summer season. The Treasure has informed me on Monday 12th that up until today \$1441.60 has been raised this financial year. Thank you all who contribute.

MEMBERSHIP CARDS:

Do they serve any real purpose?

Have you checked out the details shown on the reverse side?

Is the information still valid?

Firstly the cards identify persons who are financial members of our organisation. With 177+ members it is not possible for members to know each and every one of us.

The photo helps to confirm who the wearer is. Assuming he is wearing his own badge. The predominant name is your given or preferred name with the family name in a smaller case. Unfortunately our given names are not unique. At one time we had 12 John's, only three Paul's but six Peter's, etc. in the mix. So having the photograph helps ensure we have the correct John, Paul or Peter (Tom Dick or Harry) if there is an emergency. It is easy to mistakenly grab the wrong card as you sign in.

There is a safety aspect associated with the information on the back. Firstly there is the name and contact number for the next of kin or person to be contacted in case of an emergency. Hopefully it will also include the member's usual medication. Should you decide to collapse or have a “Medical event” the Ambos in your green hospital taxi will want to know this information. Yes it is in our records but access is not always readily available to this data as the office is not always manned when the shed is “open”. There is no point in getting too precious about your “private information” being there on the back of your Membership Card”. With 170 odd members you are not really that special UNLESS we have that sudden, unanticipated, medical event and we need to contact somebody for you and or provide information to the Ambos.

Please, next time you are about to clip on your Membership Badge, check the information on the back. Is it still current? I have been very slack and only just asked the Membership clerk to update my medication list. Is your emergency contact still valid? Family situations change. Phone contact numbers change, prescribed medication is changed, etc.

Under the Shed by-laws name badges must be worn at all times members are at the Shed and badges are to remain at the shed so please no removal of badges from the shed premises.

The cards are also used as part of the Shed's emergency evacuation procedures.

Finally they are used for the Shed Management to ensure compliance with the Covid vaccination requirements for members attending the Shed premises bearing in mind we are actually tenants of the Amaroo Hospice.

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As from 31st January member's vaccination status has been indicated by a coloured dot. Red = has had booster while green indicates has had the required two shots to be considered vaccinated.

The future: The Shed is working on having all membership cards identified with a bar code with which members will check in to the shed by passing their card past a bar code reader. The "system" will then update attendance records etc. – No more manually signing in

Getting more from your router.

TOM O'DONNELL Is conducting lessons on how the router can be used to produce a greater number of routing projects. He will be available Mondays at **10 am** if anyone is interested to take up the challenge to produce projects **WITHOUT THE USE OF THE TABLE ROUTER**. So come along to see the variety of projects and if there is any interest he is willing to teach the various skills required to produce the necessary templates that are required for each project.

Tom O'Donnell

SOCIAL SCENE

TWILIGHT SOCIAL BOWLS



WEDNESDAY 23 FEBRUARY FROM 6.00 PM AT THE GOSNELLS BOWLING CLUB.

MEMBERS AND PARTNERS WELCOME BOWLING BALLS AND TUITION PROVIDED

COME AND ENJOY A ROLLUP WITH YOUR MATES

Barefoot bowls unless you have approved footwear.

FINGER FOOD AVAILABLE @ CLUBROOMS. DRINKS AT CLUB PRICES

BOWLS AND FINGER FOOD \$20 PP

Social Events

Big Breakfast at the Shed

Wednesday **March 2nd**. - Food service from 9.00am

Ticket entry only - \$5.00 per head. Partners Welcome

Menu - Bacon, eggs, sausage, tomato, baked beans, mushrooms, toast, coffee and tea

BYO alcohol

(If you require vegan or special diet please indicate on sheet when purchasing ticket)

Strictly limited numbers so get your tickets early.

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Coming Social Events

Planning Committee Meeting this week.

Main future event will be the 10 year anniversary in March, planning has commenced for a number of events in March to celebrate the milestone in our Shed's history.

Caravan Information Session

On Wednesday 02nd Feb we had an information session for caravan owners at the Shed covering a range of issues surrounding safe towing, the current legal limitations and associated matters such as insurance. 30 odd Members and Partners attended this very informative session.

Ric McDonald from Vanweigh gave a very interesting and informative talk. Ric has made an offer to donate 10% to GCMS for any business arising from this presentation. Check out their web site for more details on the service provided. www.vanweigh.com.au



CYCLING GROUPS:

SUBJECT: CYCLING IS BAD FOR THE COUNTRY

The Governor of The Reserve Bank of Australia got economists thinking when he said:

"A cyclist is a disaster for a country's economy. He does not buy a car and does not take out a car loan. Does not buy car insurance. Does not buy fuel. Does not send his car for servicing and repairs. Does not use paid parking. Does not become obese.

Yes - and he stays well, damn it! Healthy people are not needed for an economy.

They do not buy drugs. They do not go to hospitals and use doctors.

They take too long to die, depriving funeral homes of high casket charges.

They add nothing to a country's GDP.

On the contrary, every new McDonald's outlet creates at least 30 jobs:

10 cardiologists, 10 dentists, 10 weight-loss experts -- apart from the people working in the McDonald's outlet.

However - Walking is even worse than cycling.

These people don't even buy a bloody bicycle!"

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GOS GARBAGE CYCLING GROUP

Short Ride Cycle Group

No news is good news!

COFFEE CHEETAHS BIKE MOB



Not too many 'really exciting' outings to report this time, as the hot weather has curtailed things a bit for us old buggers! We had started our rides on a Thursday at 8-00am on hot days, instead of the 'long-time' summer start of 8-30, but on our ride 'just gone' we decided to make it 8-00 all summer.....I mean, I'm awake at 4-30 to 5-00 most mornings anyway, and it seems, the older we get, the less sleep most of us need, as a few of us geriatrics 'nod-off' in the middle of the day.....Who would've thought??

It's stretching my memory a bit, but on 13th of January, we rode to the 'Dome' cafe in Forrestfield for the first time! A week or so prior, I went on a 'recce' ride to suss it out, making sure we had safe bike paths to use. Les S., who is due to have surgery next month (10th Mar) graced us with his presence, as he's a Forrestfield resident, and we were hoping he'd 'foot the bill', but no such luck, so we had to buy our own....THANKS LES!

The following week we rode an easy 20 odd kms to the 'Hidden Cafe' in Kelmscott, led by our 'spiritual leader' Robbo, who seems to have a street map in his head, then the next Thursday week, a ride in the same direction, but this time to the 'Armadale Pool' to the pleasant cafe and cool surroundings.

Last week, we met another of our 'list on the side-lines', meeting Martin T. at a cafe close to his home in Canning Vale. Martin is on the 'injured list' after shoulder surgery, with several weeks, and maybe months until fit enough to 'don the boots'.

We warmly welcome new riders, so don't be shy or think we're a bunch of the 'lycra set', so...come on, give us a go!

David Gardiner 0417 174 893 Photo **Graeme Gurney**

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GOLF NEWS December 2021 / January 2022.

Over the past four weeks we have played at Armadale with 11 players hitting the course in very hot conditions. Our following game was played at Hillview where we had 13 players on a warm and clear day. We then played Armadale with 7 players attending on a clear and very hot day. At our last game of the month we decided to have a Fun Day. Each player was given a voucher which entitled the player to certain concessions. This game was played at Armadale and enjoyed by the 9 players that attended. The concessions worked as six of the nine players beat their handicaps. Winner of the day was Lloyd with Frank being the unlucky player.

Winners of each other week have been Lloyd, Ron S and Bill H. Straight hitting Drew has been closest to the pin on three occasions with Frank winning the other.

The following players have been playing without much luck over the past few weeks Bill D, Kevin and Phil.

Drew birdied Hole No 4 which is a par 3 at Armadale. Ken birdied Hole No 9, Par 5 Hillview (Classic). Bill D birdied Hole No 6 (Par 4) at Armadale.

Welcome to new member Ken.

Until next month, happy golfing.

Kevin Cragan.

Photography Group:

We will be back in February 2022

Oops had a bad reaction to the COVID-19 booster shot and had to cancel the meeting!

When: Tuesday 1 March 2022, 2 pm

Where: Lewis Homestead, Geoff Wiltshire Room

What on: Nothing organised yet. I am open to suggestions!

Please contact me via email if you are interested in joining the group.

André Hoareau

computing.gcms@gmail.com

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Computer and Technology Group:

All the classroom PC's are now working and available for members use.

Technology Help Desk

Friday 9:30 – 12pm

NBN?, Baffled by your phone, want to do more with your iPad, PC too slooow.

Friday's one on one sessions are available. I can provide help in any area of technology. This includes PC's, laptops, tablets, iPads, phone, camera, TV's, photography and any software package (Windows, IOS or Android). I'm happy to try and resolve your technology issues.

Book a time:

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!

Windows 10 Classes

Mondays at 9:30 – 12pm

We started Windows 10 classes for beginner's on the 7 February with three shedeers, a full class under COVID-19 conditions. I gave everybody a look insides a computer and explained some of the terms you hear on the TV and in movies.

We then progressed on to basic Windows 10 finding out about what the different parts of the screen do and how to navigate it.

Free to all shed members.

André Hoareau

computing.gcms@gmail.com

Recipe

Beef Stroganoff with Penne



Number of servings 4

Preparation time is 15minutes

Cook time is 25minutes

Ingredients

175g bacon short cut rindless, cut into thick batons;	250g sour cream;
1 large red onion, thinly sliced;	1 cup continental parsley, leaves coarsely chopped;
350g mixed mushrooms, sliced;	2 tbs Worcestershire sauce;
1 pinch pepper (for seasoning);	375g dried penne pasta;
700g beef stir fry strips;	2 tbs olive oil;
1 pinch pink salt ground (to taste):	

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Method

Step 1

Heat 1 tablespoon of oil in a large frying pan over medium-high heat. Cook beef, in two batches, until browned. Transfer to a plate.

Step 2

Add remaining oil, bacon and onion to the same pan. Cook, stirring for 5 minutes or until onion is soft. Add mushrooms. Cook, stirring, until tender. Return beef to pan with Worcestershire sauce. Bring to boil and simmer for 1 minute. Remove from heat and stir in sour cream and parsley until combined. Season.

Step 3

Meanwhile, cook pasta in a large saucepan of boiling salted water until tender and drain.

Step 4

Serve stroganoff over pasta.

Tip 1: You can also use sliced rump steak in this recipe.

Tip 2: Beef stroganoff is traditionally served with pasta; however, try it with rice or mashed potatoes. Try serving it with steamed green beans, sautéed broccoli or a crisp salad.

Do you have a recipe to share??



HOUSE CLEANING:

There are a number of vacancies on our Cleaning Roster!

We require at least four more volunteers on the roster!!

If you are not on the cleaning roster, and capable of helping out, please speak to the Shed Boss so he can get a new roster created.

It is easy to swap if you can't attend on your nominal day.

ROSTER! FOR NEXT 6 WEEKS: Please check the notice board!

If you are unable to do the day allocated please contact the next person on the list to Please note we have a vacancies on the Roster! Please volunteer at the front Office.



MEMBERS:

The Secretary reported that there are 177 members of the shed. Russel Jerrems who joined us on 11th Feb became the 500th member in the data base.

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Welcome to the following Shedders who have recently joined GCMS:-

Ken Blair; Ben Van Trigt; Jude Fernandez; Bill Harris; Bruce Carmichael & Russel Jerrems:

Can any new members, who have not been photographed, please stop by the Office / computer room so we can arrange to take their photograph for their Name badges.

Members below all recently had their photographs taken – Thank you!



Ken Blair



Jude Fernandez



Bill Harris



Bruce Carmichael



Russell Jerrems



GCMS Local and Family History Group

DID YOU KNOW? Pt 5b **Finding a 'Forgotten Tramway'**

This month I'm going to go slightly 'off-topic', to explain a little bit about local History, and to encourage a few more sleuths to join us at the Shed. Local History is all around us in the simplest obvious possible ways, for the observant.

This interruptive spiel is only to tell you to keep your eyes open! Please!

I first came across a reference to the "Darling Range Wholesale Firewood Supply Company" about ten years ago in a book¹ which seemed to route the tramway a few yards from my house in Wheatley Street, through Chamberlain Road, Wharton Road, towards Jandakot. Being a life-long Railway Enthusiast, my ears pricked up; - where, when who and why – how?

The book was not very clear, BUT...walking my little dog, I noticed that several blocks up on Evelyn Street, and on Wheatley Street itself, had rounded corners and were not square as usual. Hmm – odd?

Perusing Oral Histories at the local history library in the Agonis for other reasons, I found several old

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references to "The Wooden Railway".

After much research, I concluded that it was called "The Wooden Railway" because it transported wood: the metal rails were covered over by timber along Evelyn Street to enable use by I (which may have misled a young child who had asserted the rails were wooden), and the Station Yard Map, indicated where only moveable sidings were made of wood.

During 2015, the late Charles Lander of Chamberlain Street heard about my research, and in discussion, he remembered parts of the track running over the duck farm, still extant in 1940s, and showed me the remains of a rotten sleeper. More importantly, he had found, and gave me, two of the original dog spikes, which are now in the Wilkinson Museum.

Similarly, by happenchance, I found two sets of flanged wheels and axles at the Hillside Farm. Of different gauges, it is easy to imagine one set was from the DRWFSC, and the other from the Mason and Bird line. We'll probably never know which was which: but both are saved in the Museum.

Only one contemporary picture, a wood cut, is known to exist (see last months' NL) although in the 1950s, several photographs show the Exchange siding overgrown and still used occasionally used to transport bluestone.



Next Month: The other, closer to home, the Bell Family in Gosnells. Agatha Bell (Lewis) looks down upon you in the Shed Gents - and

Please contact: beckettc226@gmail.com or telephone afternoons on 9398 1572 if interested.

Invitation to Members

The Shed has a Local and Family History Group meeting in Lewis House, every Wednesday from 1.00 PM. Members with an interest in Local Gosnell's History and/or Family History are welcome to join in as a visitor or join the Group – maybe you have a specific question or problem that we can help you with...

Our focus is twofold:-

Local History in the area around the Shed site AND helping solve Family Tree issues and breaking down 'Brick Walls' in personal research.

We have access to online software and databases, will prove assistance.

You will be amazed at the amount of information now available on-line.



Recognise the location?
You should do!

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Justice of the Peace Services

A brief reminder that the City of Gosnells libraries at Amherst, Agonis and Thornlie all have JP's in attendance to assist with the signing of documents. Check with the libraries as to current hours and days they are available. Bookings are not required.

Wills, Enduring Power of Attorney, Advance Health Directives or Living Wills

Most of us know about the importance of having a current legal Will or 'Last Will and Testament'. The emphasis here is on the two words 'current' and 'legal'. If the document is not current and or legal it will not adequately serve the intended purpose.

As we approach the status of being elderly, there are other legal documents that we should consider. These are important.

Enduring Power of Attorney

Put simply, an **Enduring Power of Attorney (EPA)** is a legal document a person can make that gives another person/s, or organisation, the legal authority to make financial and/or property decisions on their behalf.

It is important to consider making an EPA in case you lose capacity to make independent and informed financial decisions in the future.

An EPA can be made by anyone over the age of 18, who has 'full legal capacity'.

For more information on Enduring Power of Attorney go to this site:

www.gov.au/service/justice/civil-law/enduring-power-of-attorney

Advance Health Directive

In Western Australia a 'living will' is called an **Advance Health Directive**. A living will in WA impacts:

- Future medical, dental and surgical treatment;
- Any life sustaining measures; and
- Palliative care.

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An **Advance Health Directive (AHD)** comes into effect as soon as you no longer have the capacity or the ability to make a reasonable judgement about your treatment.

An AHD is a legal document that effectively enable you to make decisions about the treatment you would want – or not want- to receive if you ever become sick or injured and were incapable of communicating your wishes. In such cases your AHD would effectively become your voice.

To be legally valid, the AHD must be:

made by a person over 18 years of age who is of 'full legal capacity';

written in the form required by the law; signed and witnessed by two authorised persons; and contain a statement which signals that you have sought legal or medical advice.

Sites to investigate include:

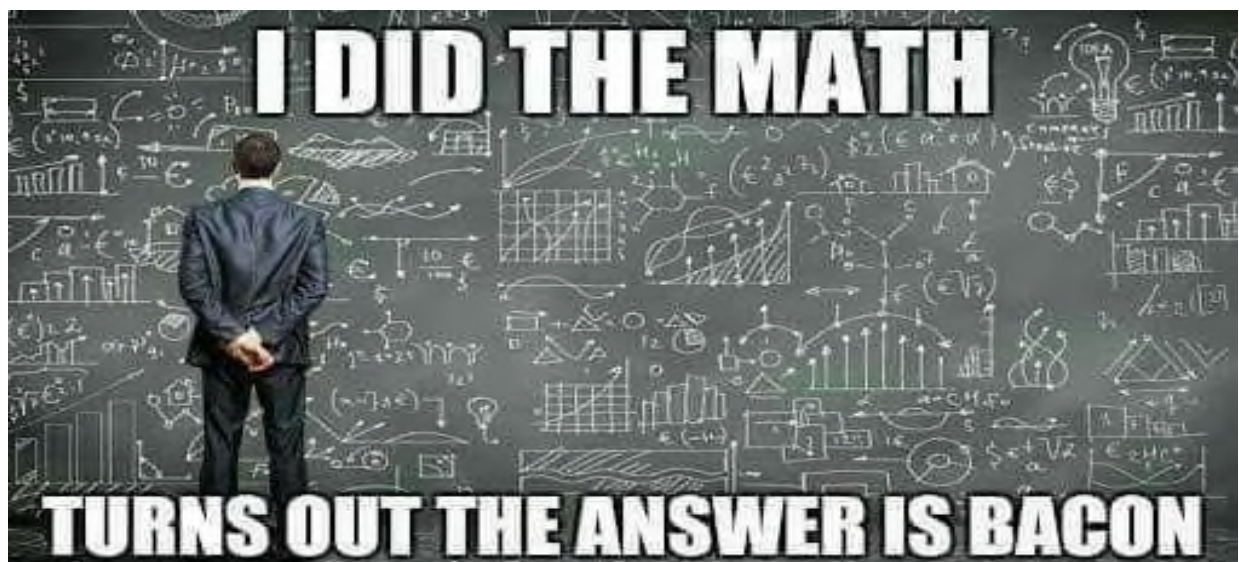
Public Advocate: www.publicadvocate.wa.gov.au/advance_health_directives.aspx

Health Dept: www.healthywa.gov.au/Articles/J_M/Making-an-Advance-Health-Directive

Other sites worth looking at when considering these matters are:

Citizens Advice Bureau: www.cabwa.com.au/get-legal-advice/community-legal-centres-wa

Public Trustee: www.wa.gov.au/organisation/departments-of-justice/public-trustee



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USELESS INFORMATION

Where is Point Nemo?

Point Nemo is the location in the ocean that is farthest from land. You can't get farther away from land than 'Point Nemo.'

Want to get away from it all? You can't do better than a point in the Pacific Ocean popularly known as 'Point Nemo,' named after the famous submarine sailor from Jules Verne's *"Twenty Thousand Leagues Under the Sea"*.

This remote oceanic location is located at coordinates 48°52.6'S 123°23.6'W, about 2,688 kilometres from the nearest land—Ducie Island, part of the Pitcairn Islands, to the north; Motu Nui, one of the Easter Islands, to the northeast; and Maher Island, part of Antarctica, to the south.

Due to its remoteness and distance from shipping routes, the area around Nemo was chosen as a "spaceship graveyard."

Why do we want to know this?

Because this is where the international space station is going to be "Parked" when it is taken out of service in 2030/31.



The AED

By Jim Ridgwell

GCMS Safety Committee

Recently there was a talk at the GCMS on the need for, and use of the **Automated External Defibrillator** (or AED as they are commonly known.)

This talk was well received and there were many questions at the end of the session.

The most common question was, "how much do they cost?". The answer at the time was prohibitive for the average individual. But there is now a viable option for home or car use.

An **AED**, or automated external defibrillator, is used to help those experiencing sudden cardiac arrest. It's a sophisticated, yet easy-to-use, medical device.

The information provided below is directly from the retailer website and I acknowledge their assistance in presenting this piece of equipment. For more information visit;

<https://cellaed.io/au/products/cellaed>

Be prepared and confident to act quickly to save a life.

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CellAED® is your handheld, smart, personal defibrillator, for use together with CPR, in the treatment of sudden cardiac arrest - bridging the gap until Emergency Services arrive.

- Designed for your home and workplace.
- Easy to use under pressure in three steps: Snap Peel Stick®.
- Guided by audio voice prompts.
- Pre-charged battery and no need for replacement pads or gels.
- Monthly support fee covers remote monitoring and replacement of your CellAED® as required, or in the event of usage. Terms and conditions apply.



You may reserve CellAED® today for delivery late 2022.

Why Pre-Order CellAED®?

Be among the first to receive CellAED®

By pre-ordering, you are securing your place in the queue.

Special introductory offer

By pre-purchasing a CellAED® you will lock in a special introductory pre-order purchase price of \$299 with monthly \$15 support fee - down from the expected retail price of \$329 plus support fee. If you pay a deposit, the balance of your pre-order purchase price of \$314 will be payable when your CellAED® is ready to ship.

You will be kept you informed and contacted prior to the expected delivery of your CellAED® so that you can confirm you want to proceed with your purchase.

Your monthly support fee on your CellAED® will be payable approximately 1 month after shipment.

You may cancel at any time

I trust this information is informative and answers those questions stemming from the AED session. As a comparison, the purchase price listed above is approximately 10% of the cost of some "commercial use" AEDs.

Jim Ridgwell
GCMS Safety Committee

People are making end of the world jokes like there's no tomorrow.

Whatever you do, always give 100% unless you're donating blood.

Your Shed! Our Shed! Our Future!