

The Gosnells Community Men's Shed News



Lewis Homestead

November 2024 Vol 13 #05

Editor: John Vannereau jamv2903@hotmail.com

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



Founded by the
Rotary Club
Of Southern Districts
in 2012



Proudly supported by Amaroo Village, Lotterywest, City of Gosnells, Department of Veteran Affairs' Community Bank Canningvale (Bendigo Bank) & Act Belong Commit.

PATRON: Teresa Lynes – Mayor City of Gosnells.

Office Bearers

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

Secretary *Phil Measday* **Treasurer** *Ted Evans*

Committee Members: *Geoff Bowra, Colin Sears, Doug Blair, 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)

Shed Christmas Sundowner—Friday 13th December 2024 : From 5pm to 8pm

The Gosnells Community Men's Shed News



Golf Group

Fri 4th October at Hillview.

Seven players battled it out in wet and windy conditions for boasting rights to the Hillview Classic (which turned out to be the Heritage nine). Suspiciously the winner was fill-in handicapper Warren with 21 points. The subsequent Royal Commission cleared him of any wrongdoing but did comment he was driving well. This was probably based on the fact he also won nearest the pin. Chris recorded the longest putt.

Fri 11th Oct at Armadale.

The best attendance for months with twelve players. Chris won the day with an impressive 23 points. The recently investigated but cleared handicapper took immediate action and dropped Chris's handicap by two strokes. NTP was Bill D and LP was Barrie.

Fri 18th Oct at Hillview (Classic)

Ten players turned up to play "the game" that would take them to the top of the leaderboard and the major prize money. However, despite the lower handicap, Chris once again was successful with 22 points. He was immediately swabbed as per standard procedures for anyone winning two consecutive weeks. The results were inconclusive so he was declared the winner but penalised another two strokes off his handicap. In a repeat of the previous week, Bill D won NTP and Barrie won LP.

Fri 25th Oct at Armadale

Eleven players turned up, all hoping today would be the day the Golfing Gods would be smiling on them. Alas, this was not to be for most. Barrie blitzed the field with 24 points. Mark and Bill H both played above their handicap but everyone else was left to console each other and hope for better things next week. Steve won the quinella with NTP and LP.

We are still looking for new members so get out those clubs and once again become a swinger.



"WHY CAN'T YOU JUST TAKE A PENALTY SHOT LIKE EVERYONE ELSE?"

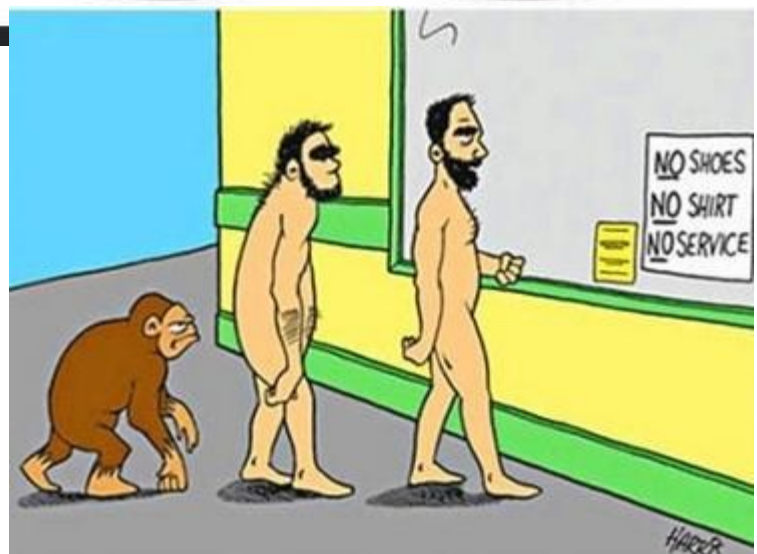
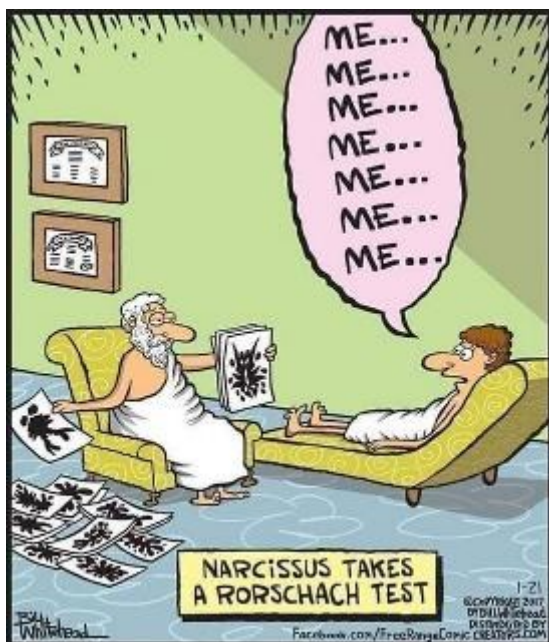


Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

Membership

Welcome to the following new Members



Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News



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.

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

Social Activities

Our Wine & Cheese sundowner evening on Friday 25 October was a great success with a good time had by all that attended.

Save the date for Friday 13th December for our Christmas function which will be a sundowner meal at the shed between 5pm and 8pm, with BYO drinks and nibbles.

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

Kind regards,

Graham Hughes

Welfare Officer 0419 514 631

email grahamchrishughes@bigpond.com



Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

Wine & Cheese Sundowner Oct 25th



Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News



Computer and Technology Group:

Technology Help Desk
Friday 9:30 – 12pm

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



The Gosnells Community Men's Shed News



Model Group



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



Pictured is a 2-string Piezoelectric Violin: The 3D Instrument From The Future.
Made by architects Eric Goldemberg and Veronica Zalcberg of MONAD Studio.

The shed has a 3D printer, can we now make our own instruments?



Cycling Group

Hi Readers! Well, it only seems like last week or so, our new Newsletter Editor John asked all the 'column' writers like myself for our input. So, I now have to look through my own records I've been keeping for years to see what our wee band of loyal riders have done, where we've been to etc. I must say, the last few weeks we've had eight riders on more than one 'occasion' (once again, I had to correct the spelling of this word, as the little wiggly red line told me I was wrong again!) This is a 'far cry' from several months ago when we had a record low of two cyclists, Robbo and myself, when we had a good look at the new elevated railway line at Armadale.

The 'standout' Thursday ride this last month has gotta be our day out to Mandurah, where we all met at the carpark at Bunnings Cockburn (plenty free parking!), an easy 10 minute ride to the station for the 32 minute train trip to Mandurah. On arrival, we followed our intrepid leader Robbo, for ages, wondering 'where the hell's he taking us?'. But before too long, we were viewing with awe, one of the 'Giants', not far from the mouth of the Serpentine River on the shores of the Peel Inlet. After we'd taken heaps of photos, we followed the gentle winding bike path to a fantastic cafe/restaurant with the intriguing name of 'Nourishing Soul Cafe,' right next to a canal, where all the rich folk live, along with their obligatory luxury cruisers next to their private jetties!



Our luck was in that day, as it was our 'birthday boy' Greg's 82nd Birthday, and has been the habit, we're all treated to our tea, coffee, and cakes on this special occasion! I hope when it's my birthday in a few months, there are fewer riders.

After our truly memorable refreshments, we made our way over the bridge, crossing the estuary for a 'look-see', then back to the best ice-cream you'll ever taste at Simmo's, next to Cicerellos, where we all sat in the shade devouring what tasted 'heavenly'. We could easily have 'seconds', but we had to get home, and before long, our train was whisking us back to our starting-off point at Cockburn station. A wonderful day indeed, which we hope to make an annual outing on Greg's birthday!



Art Group



Artistic woodworking?

The Gosnells Community Men's Shed News

Cleaning Roster for next 6 weeks

Week Commencing	Name	Contact #	Name	Contact #
11-Nov-24	Warren Standing	0429 932 825	Graham Robinson	0455 499 771
18-Nov-24	David McLean	9490 4536	Charlie Fasolo	0417 903 584
25-Nov-24	Phil Measday	0439 824 565	Jim Ridgwell	0429 939 823
02-Dec-24	Alan Gordon	9493 0894	Mick Atkinson	0415 962 754
09-Dec-24	Martin Troy	0450 477 369	Colin Sears	0437 801 570
16-Dec-24	Chris Brown	9459 2086	Arpad Pratsky	0437 801 570

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



Gardening

Summer is on its way!



The 'New' pool Table has arrived & Installed



Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News



Table Tennis

Methinks that our group of players are borderline legal servers!

Table Tennis Serving Rules Singles

- The ball must rest freely on the palm
- The ball should rise vertically for a minimum height of 16 cm (6.3 inches)
- The first bounce must be on the server's side
- Keep the ball above the level of the playing surface and behind the end-line
- Don't hide the ball during service

With our skill level we maybe unable to do the above & play at the same time.

Etymology—The Study of the origin and evolution of words

How is your grasp of the English Language?

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

The word in question is possibly applicable to the 'Orange One', but as he has ascended to be POTUS, maybe I should adopt this trait!

Cockwomble : (noun) A person, usually male, prone to making outrageously stupid statements and/or inappropriate behaviour while generally having a very high opinion of their own wisdom and importance.

synonyms: <https://www.urbandictionary.com/define.php?term=Cockwomble>

The synonyms are inappropriate for display in this newsletter, so click on the above link to find out.

A modern cruise ship compared to the Titanic



A nine year old girl has disappeared after using moisturiser that makes you look ten years younger



The Gosnells Community Men's Shed News

Shed Member buys a new Toy



Bearded Shed Member Toy



The Editors Budget Toy



Brothers from a Different Mother



Don't you get caught!

A month ago, I received a letter in the mail from a company calling themselves Fuel Recovery Services. The heading on this letter, in bold print and capital letters, was

NOTICE OF UNPAID FUEL DEBT.

Now let me tell you this was worrying on a number of levels. It validated itself by;

- Detailing the petrol station concerned (Ampol Burslem Dr,) when and which pump I had used.
- Provided the registration plate of the car I was purported to have driven.
- It had the fuel amount I was recorded as having stolen. \$60.19 and a recovery fee of \$40 bringing the total cost of my indiscretions to \$100.19.

I have not used this location for fuel for over 12 months .

This letter looked genuine at first glance. It had 2 bar codes, was on green paper, presumably to create an impression of importance. They had their own web site and an ABN and for my convenience, gave me the option of paying either by direct debit, pay by post or pay by credit card on line.

Overall, imposing and certainly made a first impression.

So, what to do. On closer inspection things started to unravel. Reassuringly both my wife and son were convinced I would never drive off without paying for fuel taken. That was a confidence boost.

My son then checked the bar codes, false. Checked the ABN, false. I had realised the registration number was incorrect but my son was able to investigate it and the vehicle was in fact a genuine vehicle. It just was a different type, size and colour.

Gaining more confidence by now, I dropped into the service station asking to view the video and the file they hold for this type of event. The gentleman on duty displayed copious amounts of a deeply entrenched, "too hard syndrome."

In the end I sent a copy and description of events to the Government body SCAMWATCH. Several weeks ago but to date have heard nothing from them, or the Fuel Recovery services.

Hopefully I won't.

So don't you get caught!

Jim Ridgwell

The Gosnells Community Men's Shed News

The Melbourne Cup—The Race that Stops the Nation & The Shed

A motley collection of Sheddards attended the Melbourne Cup shindig for their annual horse racing fix.



Sated with the display of horseflesh on the screen, it was time to partake of the finger food on offer at race finish.



My horse continued its race after the official finish, straight into a can of PAL. I was too busy commiserating, to take notice of the sweepstake winners prize values.

As with all forms of betting, there were winner losers & losers in the sweepstake.

The Winners



Blaze a trail to the stylish surrounds of the world-famous Birdcage at the 2024 Melbourne Cup Carnival held at the Gosnells Men's Shed.

I bet that mob in Melbourne didn't leave it like we did!

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

Older seniors are happily living with AI—in the form of chatty robot ElliQ

Blimey, to counter loneliness, it's off to the pub to meet up with your mates.

The only downside is drinking too much, eroding your pension & getting nabbed for drink driving on the way home!

Could you then say in all honesty that it was worth it?

Enter the robot!

With all the buzz and headlines about artificial intelligence, there is one demographic that is quietly embracing the technology and even building long-term relationships with it. But it's probably not the generation that would first come to mind.

ElliQ, a voice-operated, AI-enabled care companion robot, is gaining traction with older adults, even individuals in their 80s and 90s.

Even Dor Skuler, co-founder and CEO of Intuition Robotics, the maker of ElliQ, is surprised by how easily older seniors have integrated the robot into their lives. After all, this is a demographic that is often stereotyped as being afraid of technology, he noted.



"They are showing the capacity to create a new space for new relationships," Skuler said during an interview at the CES 2024 show this week. In a similar way that people create space for relationships with their pets, older seniors are carving out room to build a connection with an AI-based companion.

There are now "thousands" of older adults using ElliQ as a result of partnerships with government services, such as New York State Office for the Aging, and other organizations, according to Skuler.

The device launched commercially in March 2022, after years of pilots and early deployments that, according to the company, showed engagement levels averaging 20 interactions per day.

ElliQ is designed as a tech-enabled social companion to alleviate loneliness and isolation. The device looks like a small table lamp with an eyeless head that lights up and swivels. ElliQ is designed to proactively initiate conversations with its users or suggest potential activities such as physical exercises, trivia games or informational discussions on nutrition, to name a few.

She can do practical things like remind individuals to take medications and do health checks while also tracking health metrics like sleep, mood and pain. ElliQ also has a distinctive, cheerful voice and she can make jokes, play music (she can even rap, when prompted) and lead individuals through meditation or stress relaxation exercises.

ElliQ can help with health checks (Intuition Robotics)

She can also be a little quirky. During a demonstration, ElliQ was asked about the meaning of life. She simulated the booping and beeping sounds of a computer doing calculations and then replied, "42." (It's a reference to *The Hitchhiker's Guide to the Galaxy*).

Skuler said ElliQ's voice and empathetic "personality" were thoughtfully developed by a team that consisted of experts in AI, behavioural psychology and user-centric design. The company also convened a panel of older adults to get their feedback to help refine the device.



The Gosnells Community Men's Shed News

But ElliQ is more than a chatbot. The company described ElliQ as a "sidekick for happier, healthier aging," and she will nudge older seniors to meet certain goals or to get out of the house and engage in social events.

"Before ElliQ, the only thing I did was come home, sit down on the computer, but with her, I'm exercising and I'm doing different things. I have more energy and I'm wanting to do things," said Anita Montague, 76, in a customer testimonial.

"I've had ElliQ a little more than six months. I've noticed getting older that it's more difficult to make friends," 65-year-old Monica Perez said in another testimonial. "I love it that she addresses me by name. She asked me how I'm doing and I feel like she's almost like a real friend. I did see a great improvement in my mental health when I got her. She reminds me to take my medication in the morning. I'm a lot more active than without."

Related

Robot bringing companionship to seniors, ElliQ, gets 2.0 update including caregiver app

Through a partnership with the New York State Office for the Aging (NYSOFA), more than 800 of the state's older adults received a personal assistant device as part of the state agency's efforts to battle loneliness and support aging-in-place. According to NYSOFA data, 95% of clients who received an ElliQ device reported a reduction in feelings of loneliness and improved wellbeing. Users engage with ElliQ more than 20 times per day. The majority of users participate in physical exercises, play cognitive games and benefit from stress reduction activities.

The NYSOFA pilot also found that engagement is high and sustained over time with users averaging 33 daily interactions even after 180 days.

Federal health agencies and AARP have highlighted the health and health spending risks that come with social isolation among seniors, such as increased risk of dementia, higher rates of depression and an estimated \$6.7 million in additional Medicare spending per year as of 2017.

Intuition Robotics' device is available to hundreds of thousands of older adults as a fully subsidized service through government agencies, nonprofit organizations, Medicaid Managed Care Organization providers and healthcare payers. Intuition Robotics currently partners with Includa (a Humana company), the Area Agency on Aging of Broward County, The Olympic Area Agency on Aging and Ypsilanti Meals on Wheels, among others. The company also recently signed its first agreement with a Managed Care Organization focusing on Medicare beneficiaries.

Skuler sees a lot of opportunities to work with Medicare Advantage plans and providers who work under value-based care models.

"ElliQ can put a representative of healthcare in the home," he said. The device can perform daily check-ins and assist with wellness goals and it can also perform depression and anxiety assessments.

The company is working to build a body of evidence to measure the benefits of having ElliQ in patients' homes to improve the quality and cost of care, Skuler said.

Related New York program will provide companion robot ElliQ to hundreds of isolated seniors
Hardware upgrades and a generative AI boost.

In August, Intuition Robotics banked a \$25 million funding round to invest in new conversational capabilities for the device and hardware upgrades. The company has raised \$83 million to date backed by investors including Toyota Ventures, Samsung NEXT and Terra Ventures.



The Gosnells Community Men's Shed News

The latest iteration, called ElliQ 3, which was announced at CES this week, represents a "significant leap forward in the integration of generative AI into everyday life and the evolution of human-AI relationships," the company said.

The updated hardware and new software capabilities allow Intuition Robotics to expand both the availability and accessibility of ElliQ. "The launch of ElliQ 3 allows us to reach more older adults and expand partnerships with government services for the aging and the healthcare ecosystem while offering valuable insights and context," Skuler said.

The ElliQ 3 hardware is designed for scale, allowing Intuition Robotics to increase manufacturing processes and meet growing demand, the company said. The updated design, which is the product of the continued collaboration with Yves Behar's design studio, Fuseproject, is 1.3 pounds lighter and has a 36% smaller footprint, making it even easier for older adults to handle. The company also boosted ElliQ's computing power and memory.

The integration of large language models and generative AI significantly improves the device's conversational capabilities. ElliQ is now more capable of remembering details it's been told in the past, executives said.

"Users can discuss a virtually infinite number of topics in a more natural and detailed manner with ElliQ," according to company executives.

The use of generative AI also gives ElliQ the ability to paint or write poems with users, activities that contribute to cognitive wellness and creativity.

Intuition Robotics has also developed and deployed guardrail mechanisms that automatically monitor and mediate the conversation in real-time. This is primarily used to better control the context and flow of the conversation, decide when a context switch is appropriate and avoid "hallucinational" or inappropriate responses.

Disclaimer: Article taken from the American **zdnet.com** site & the ElliQ is not as yet available in Australia.

Regardless, it indicates that AI will be more prevalent in keeping us 'Oldies' engaged when living alone or in managed care.



Methinks that I will come to the shed & have human interaction as long as possible....but....if I am deemed to be a danger on the road & they take my licence off me...hello robot?

Recipe Corner

For those lucky enough to have a resident cook to create mouth watering meals, spare a thought for us who soldier along alone.

The late wife asked many a time "What do you want for dinner?"

My answer would be "Food".

So, for the past 9 years I have been fixated on what I will eat as soon as I get out of bed!

The criteria :-

- Minimal preparation.
- As few ingredients as possible.
- Uses the least cookware.
- Very short cooking time (if at all)
- Single plate
- 1 eating implement

There are many options that meet the above & that can be slapped between 2 slices of bread for a nutritious snack to be consumed whilst watching Home & Away or your favourite game show!.

Peanut Butter and Pickles.

Given pickles have a vinegary bite to them and salty peanut butter is pretty robust, it makes sense to pair these two unlikely friends.



That's the main course sorted—now for desert.

Vanilla ice cream and cracked black pepper.

If you like sweet and savory, then this combination is for you! The kick of the black pepper paired with creamy vanilla ice cream is everything that is right in the world.



If you start to display the symptoms of vitamin deficiency such as brittle hair (if you have any), mouth ulcers, bleeding gums, vision problems, fatigue greater than normal, dry skin, seek medical help ASAP & consult Dr Google.

The Gosnells Community Men's Shed News

Pantry Staple—Peanut Butter

In the last issue we looked at the history of Vegemite.

This time we look at another item that occupies shelf space in most household larders/pantries/cupboards—the ubiquitous jar of Peanut Butter.

Taken for granted, loved by the majority but deadly to those with allergies.

Used in a extensive range of recipes, it is taken for granted in enhancing flavoursome meals, but how did it come into being?



North Americans weren't the first to grind peanuts—the Inca beat us to it by a few hundred years—but peanut butter reappeared in the modern world because of an American, the doctor, nutritionist and cereal pioneer John Harvey Kellogg, who filed a patent for a proto-peanut butter in 1895. Kellogg's "food compound" involved boiling nuts and grinding them into an easily digestible paste for patients at the Battle Creek Sanitarium, a spa for all kinds of ailments. The original patent didn't specify what type of nut to use, and Kellogg experimented with almonds as well as peanuts, which had the virtue of being cheaper. While modern peanut butter enthusiasts would likely find Kellogg's compound bland, Kellogg called it "the most delicious nut butter you ever tasted in your life."

A Seventh-Day Adventist, Kellogg endorsed a plant-based diet and promoted peanut butter as a healthy alternative to meat, which he saw as a digestive irritant and, worse, a sinful sexual stimulant. His efforts and his elite clientele, which included Amelia Earhart, Sojourner Truth and Henry Ford, helped establish peanut butter as a delicacy. As early as 1896, Good Housekeeping encouraged women to make their own with a meat grinder, and suggested pairing the spread with bread. "The active brains of American inventors have found new economic uses for the peanut," the Chicago Tribune rhapsodized in July 1897.



A vintage peanut butter advertisement

"It's the Great Depression that makes the PB&J the core of childhood food," food historian Andrew F. Smith has said.

Before the end of the century, Joseph Lambert, an employee at Kellogg's Sanatorium who may have been the first person to make the doctor's peanut butter, had invented machinery to roast and grind peanuts on a larger scale. He launched the Lambert Food Company, selling nut butter and the mills to make it, seeding countless other peanut butter businesses. As manufacturing scaled up, prices came down. A 1908 ad for the Delaware-based Loeber's peanut butter—since discontinued—claimed that just 10 cents' worth of peanuts contained six times the energy of a porterhouse steak. Technological innovations would continue to transform the product into a staple, something Yanks couldn't do without and many a foreigner considered appalling.

By World War I, U.S. consumers—whether convinced by Kellogg's nutty nutrition advice or not—turned to peanuts as a result of meat rationing. Government pamphlets promoted "meatless Mondays," with peanuts high on the menu. Americans "soon may be eating peanut bread, spread with peanut butter, and using peanut oil for our salad," the Daily Missourian reported in 1917, citing "the exigencies of war."

The nation's food scientists are nothing if not ingenious, and peanut butter posed a slippery problem that cried out for a solution.



The Gosnells Community Men's Shed News

Manufacturers sold tubs of peanut butter to local grocers, and advised them to stir frequently with a wooden paddle, according to Andrew Smith, a food historian. Without regular effort, the oil would separate out and spoil.

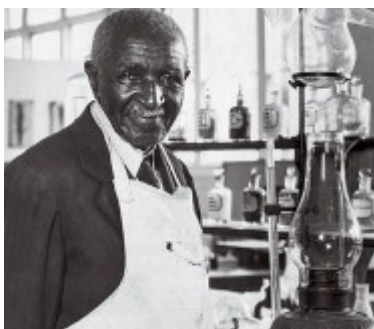
Then, in 1921, a Californian named Joseph Rosefield filed a patent for applying a chemical process called partial hydrogenation to peanut butter, a method by which the main naturally occurring oil in peanut butter, which is liquid at room temperature, is converted into an oil that's solid or semisolid at room temperature and thus remains blended; the practice had been used to make substitutes for butter and lard, like Crisco, but Rosefield was the first to apply it to peanut butter. This more stable spread could be shipped across the country, stocked in warehouses and left on shelves, clearing the way for the national brands we all know today. The only invention that did more than hydrogenation to cement peanut butter in the hearts (and mouths) of America's youth was sliced bread—introduced by a St. Louis baker in the late 1920s—which made it easy for kids to construct their own PB&Js. (In this century, the average American kid eats some 1,500 peanut butter and jelly sandwiches before graduating from high school.)

Rosefield went on to found Skippy, which debuted crunchy peanut butter and wide-mouth jars in the 1930s. In World War II, tins of (hydrogenated) Skippy were shipped with service members overseas, while the return of meat rationing at home again led civilians to peanut butter. Even today, when American expats are looking for a peanut butter fix, they often seek out military bases: They're guaranteed to stock it.

But while peanut butter's popularity abroad is growing—in 2020, peanut butter sales in the United Kingdom overtook sales of the Brits' beloved jam—enjoying the spread is still largely an American quirk. "People say to me all the time, 'When did you know that you had fully become an American?'" Ana Navarro, a Nicaraguan-born political commentator, told NPR in 2017. "And I say, 'The day I realized I loved peanut butter.'"

Though the United States lags behind China and India in peanut harvest, Americans still eat far more of the spread than the people in any other country: It's a gooey taste of nostalgia, for childhood and for American history. "What's more sacred than peanut butter?" Iowa Senator Tom Harkin asked in 2009, after a salmonella outbreak was traced back to tainted jars. By 2020, when Skippy and Jif released their latest peanut butter innovation—squeezable tubes—nearly 90 percent of American households reported consuming peanut butter.

The ubiquity of this aromatic spread has even figured in the nation's response to Covid-19. As evidence emerged last spring that many Covid patients were losing their sense of smell and taste, Yale University's Dana Small, a psychologist and neuroscientist, devised a smell test to identify asymptomatic carriers. In a small, three-month study of health care workers in New Haven, everyone who reported a severe loss of smell using the peanut butter test later tested positive. "What food do most people in the U.S. have in their cupboards that provides a strong, familiar odour?" Small asks. "That's what led us to peanut butter."



No American is more closely associated with peanuts than George Washington Carver, who developed hundreds of uses for them, from Worcestershire sauce to shaving cream to paper. But our insatiable curiosity for peanuts, scholars say, has obscured Carver's greatest agricultural achievement: helping black farmers prosper, free of the tyranny of cotton.

Smithsonian Magazine

The Gosnells Community Men's Shed News

Halloween Oct31st

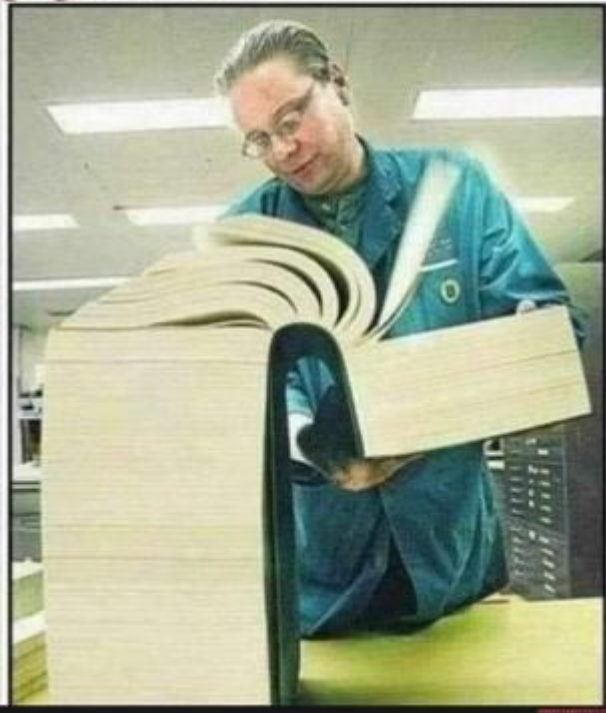
Our roving paparazzi cameraman (Geoff B) has been getting down to the bare bones in chasing down this story. Other photos off FB.



Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

Just letting you know that the book, "Understanding Women" is now out in paperback



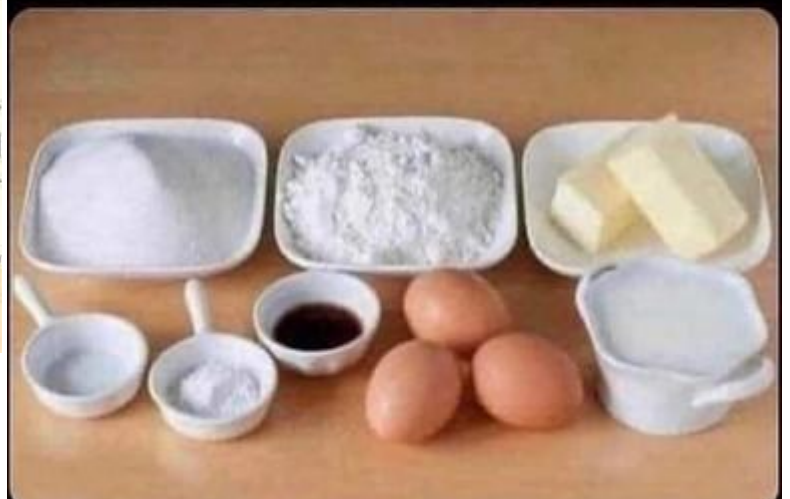
8 TYPES OF VEGETARIANS YOU CAN FIND ONLY IN INDIA



- #1 - **PURE VEGETARIAN (PURE VEGETARIAN)**
- #2 - **CAN EAT EGG BUT NOT CHICKEN (EGGITARIAN)**
- #3 - **CAN EAT CAKE (WHICH HAS EGG) BUT NOT OMELETTE OR BOILED EGG (CAKEY TARIAN)**
- #4 - **CAN EAT THE GRAVY BUT NOT PIECES (GRAVYTARIAN)**
- #5 - **CAN ONLY EAT NON-VEG OUTSIDE THE HOUSE, NOT INSIDE (RESTRICTARIAN)**
- #6 - **EAT NON VEG ONLY WHILE DRINKING. WHEN NOT DRINKING THEY ARE VEGETARIAN (BOOZYTARIAN)**
- #7 - **EAT NON VEG ONLY WHEN FORCED BY SOMEONE TO DO SO (FORCITARIAN)**
- #8 - **PURE VEGETARIANS ON TUESDAY, THURSDAY & SATURDAY. CAN EAT ANYTHING ON WEDNESDAY, FRIDAY & SUNDAY (CALENTARIAN)**



The manager at the local IKEA is retiring, so I sent him a cake.



The Gosnells Community Men's Shed News

“BECONNECTED” – Free Self Help Site (<https://beconnected.esafety.gov.au/>) COURSE LIST & TOPICS

1. COMPUTER BASICS FOR BEGINNERS

- What is a computer?
- What is a laptop?
- What is a tablet?
- What is a smartphone?
- What is the internet?

2. CONNECTING TO OTHERS

- Getting set up for video calling
- How to use Skype
- How to use WhatsApp
- How to use FaceTime (Apple devices only)
- How to use Zoom

3. ALL ABOUT DATA

- What is data?
- Choosing a data plan
- Managing your data
- Going overseas
- Home data vs mobile data

4. WI-FI AND MOBILE NETWORKS

- What is Wi-Fi?
- Home networks
- Wi-Fi on the go
- Mobile networks

5. ONLINE HOBBIES

- Researching family history
- Exploring Google Earth
- Google Earth - more than a map
- Beyond Google Earth

6. PRACTICE AREA FOR LAPTOP AND DESKTOP COMPUTERS

- Learn about the keyboard
- Type text into a text field
- When and how to double click
- Get out of a right-click menu
- How to close a pop-up box
- How to use Google Search
- Search using the address bar

7. PRACTICE AREA FOR SMARTPHONES AND TABLETS

- Tapping and swiping
- Scrolling and zooming
- Using the on-screen keyboard
- Closing pop ups
- Using the search feature
- Using other touchscreens (ATM)

8. GAMES FOR LAPTOP AND DESKTOP COMPUTERS

- Jewel Match
- Word Up!
- Crossword
- Easy Threes
- Great Minds
- Memory game
- Spot the difference

9. GAMES FOR SMARTPHONES AND TABLETS

- Jewel Match
- Word Up!
- Night piano
- Fill
- Fruit swipe
- Car park
- Hidden objects

10. ALL ABOUT APPLE IPHONES

- iPhone: Interactive guide
- Resetting your pre-owned iPhone
- Setting up your new iPhone
- iPhone: Security and privacy
- iPhone: Accessibility settings
- iPhone: System settings
- iPhone: Quick settings
- iPhone: Notifications
- iPhone: Using the camera
- iPhone: Calls and privacy
- iPhone: Saving sharing and deleting files
- iPhone: Listening to podcasts

11. ALL ABOUT ANDROID PHONES

- Android phone: Interactive guide
- Resetting your pre-owned Android phone
- Setting up your new Android phone
- Android phone: Security and privacy
- Android phone: Accessibility settings
- Android phone: System settings
- Android phone: Quick Settings
- Android phone: Notifications
- Android phone: Using the camera
- Android phone: Calls and privacy
- Android phone: Saving and sharing files
- Android phone: Listening to podcasts

12. ALL ABOUT APPLE IPADS

- iPad: Interactive guide
- Resetting your pre-owned iPad
- Setting up your new iPad
- iPad: Security and privacy
- iPad: Accessibility settings
- iPad: System settings
- iPad: On-screen keyboard and Quick Settings
- iPad: Connecting Wi-Fi and exploring network settings
- iPad: Using the camera
- iPad: Messages and privacy
- iPad: Saving sharing and deleting files
- iPad: Listening to podcasts

13. ALL ABOUT ANDROID TABLETS

- Android tablet: Interactive guide
- Resetting your pre-owned Android tablet
- Setting up your new Android tablet
- Android tablet: Security and privacy
- Android tablet: Accessibility settings
- Android tablet: System settings

The Gosnells Community Men's Shed News

- Android tablet: On-screen keyboard and Quick Settings
- Android tablet: Connecting to Wi-Fi and exploring network settings
- Android tablet: Using the camera
- Android tablet: Managing alerts and notifications
- Android tablet: Saving and sharing files
- Android tablet: Listening to podcasts

14. WINDOWS DESKTOP: GETTING STARTED

- Windows desktop: Interactive guide
- Windows desktop: Prepare to set up
- Windows desktop: Set up
- Windows desktop: Security and privacy
- Windows desktop: Accessibility
- Windows desktop: System settings
- Windows desktop: Managing files
- Windows desktop: Managing attachments
- Windows desktop: Managing storage

15. WINDOWS LAPTOP: GETTING STARTED

- Windows laptop: Interactive guide
- Windows laptop: Prepare to set up
- Windows laptop: Set up
- Windows laptop: Security and privacy
- Windows laptop: Accessibility
- Windows laptop: System settings
- Windows laptop: Managing files
- Windows laptop: Managing attachments
- Windows laptop: Managing storage

16. APPLE DESKTOP: GETTING STARTED

- Apple desktop: Interactive guide
- Resetting your pre-owned Apple desktop computer
- Setting up your new Apple desktop computer
- Apple desktop: Security and privacy
- Apple desktop: Accessibility
- Apple desktop: System Settings
- Apple desktop: Managing files desktop and profile
- Apple desktop: Managing attachments
- Apple desktop: Managing storage

17. APPLE LAPTOP: GETTING STARTED

- Apple laptop: Interactive guide
- Resetting your pre-owned Apple laptop computer
- Setting up your new Apple laptop computer
- Apple laptop: Security and privacy
- Apple laptop: Accessibility
- Apple laptop: System Settings
- Apple laptop: Managing files desktop and profile
- Apple laptop: Managing attachments
- Apple laptop: Managing storage

18. INTRODUCTION TO MYGOV

- All about myGov
- Setting up myGov
- Linking services in myGov
- Claiming Medicare with myGov
- My Health Record and myGov

19. INTRODUCTION TO ONLINE BANKING

- Getting started with online banking
- Setting up online banking
- Online banking basics practice area
- Managing payments online practice area

20. INTRODUCTION TO BUYING AND SELLING ONLINE

- Buying and selling online overview
- How to pay online
- How to buy online using eBay
- How to sell online using eBay
- Selling on eBay: case study
- Buying on eBay: case study

21. SOCIAL MEDIA APPS

- Introduction to social media
- Introduction to Facebook
- Using Facebook
- Introduction to Instagram
- Introduction to Pinterest
- Introduction to X (formerly known as Twitter)

22. INTRODUCTION TO SMART HOMES

- What is smart home technology?
- How to set up smart home technology
- Using a voice assistant
- Using smart home devices
- Using smart TVs
- TV movie and music streaming services
- What is the cloud?
- The cloud and you

23. INTRODUCTION TO MOBILE BANKING

- Getting started with mobile banking
- Setting up mobile banking
- Mobile banking basics practice area
- Managing payments with mobile banking practice area

24. USING THE CLOUD

- Windows Desktop: Sharing photos and location with the cloud
- Windows laptop: Sharing photos and location with the cloud
- Apple desktop: Sharing photos and location with the cloud
- Apple laptop: Sharing photos and location with the cloud
- Apple iPhone: Cloud back up and photo sharing
- Apple iPhone: Cloud location services
- Android phone: Cloud back up and photo sharing
- Android phone: Cloud location services
- Apple iPad: Cloud back up and photo sharing
- Apple iPad: Cloud location services
- Android tablet: Cloud back up and photo sharing
- Android tablet: Cloud location services

The Gosnells Community Men's Shed News

25. RESEARCHING AND BOOKING TRAVEL ONLINE

- Researching your trip online
- Getting ready to travel safely
- Booking travel and accessing your finances online
- Travelling in Australia
- Travelling overseas

26. ADVANCED ONLINE SECURITY

- Understanding web browsers
- Downloading and saving documents
- Managing passwords
- Using antivirus software
- Protecting your privacy online

27. FUN THINGS TO DO WITH YOUR PHOTOS

- What you can do with your photos
- Understanding image properties
- All about photo editors
- Using a photo editor
- Creating a gift from a personal photo
- Managing and storing your photos

28. STATE AND TERRITORY GOVERNMENT SERVICES ONLINE

- Service NSW
- Service Victoria
- Queensland government websites
- South Australia government websites
- Service Tasmania
- Western Australia government websites
- Northern Territory government websites
- Access Canberra

29. APPS THAT COME WITH YOUR CLOUD SUBSCRIPTION

- All about cloud subscription apps
- Microsoft OneDrive apps
- Apple iCloud apps
- Google cloud apps
- Other useful cloud apps

30. IDENTIFYING AND AVOIDING SCAMS

- Avoiding common scams
- Phishing scams
- Romance scams
- Investment scams
- Remote access scams
- Crypto scams

31. HEALTH WELLBEING TECHNOLOGY AND YOU

- How technology helps with health and wellbeing
- Fitness apps and devices to monitor your health
- Ways to improve your wellbeing
- Resources to help achieve your health goals

32. USEFUL APPS

- What is an app?
- Apps that come with your iPhone
- Apps that come with your Android phone
- Catch up TV YouTube and streaming apps
- Google maps rideshare and transport apps
- myGov Medicare and finance apps

33. SETTING UP AND USING EMAIL

- Introduction to email
- How to set up and use Gmail
- How to set up and use free Outlook email
- How to set up and use Yahoo Mail
- How to avoid common email scams

Be Connected topic index as a hard copy for those how are interested in free self-help advice and weren't at my presentation 2 weeks ago.—John Mitchell



SHED CHRISTMAS SUNDOWNER

FRIDAY 13th December 2024

From 5pm to 8pm

Members and Partners are welcome
MEATS, SALAD AND DESSERT WILL BE
SUPPLIED

TICKETS \$10pp

(AVAILABLE FROM OFFICE)

BRING YOUR OWN drinks and nibbles

There will be progressive door prize draws
during the evening

Fruit juice, Tea and Coffee will be available