

# *The Gosnells Community Men's Shed News*



Lewis Homestead

April 2025 Vol 13 #10 Editor: John Vannereau [jamv2903@hotmail.com](mailto:jamv2903@hotmail.com)  
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Founded by the  
Rotary Club  
Of Southern Districts  
in 2012



Proudly supported by Amaroo Vill

## 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)*



Keeping on the theme of lost treescapes (see next page)  
can you remember this tree?

It was useful for propping the bikes against.  
We now have to use sky hooks!

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

### **New Members**

We welcome the following new Shed Members



Mike Doonan



David Kennedy



Ian Gomes



Baz Nurse



Les Whitcombe



Elie Sader



Robert Mancini

**Memories are fleeting & often inaccurate.**

**Who can remember the avenue of trees  
that we used to enjoy?**



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



At least one manufacturer is catering for the 10.6% or approx. 7.8 billion of the worlds population of Left Handers. What a marketing masterstroke.

My partner is a Lefty (not politically) & I will be buying one for her upcoming birthday!

Easters on its way.

For those with weird tastes the, ultimate Easter Egg



### **Bunnings Easter Family BBQ 10th April**



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

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### **Health and Wellbeing**

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.

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.

There have been several talks organised through to July.

On Monday 19 May there will be a Hearing Bus at the Shed from 9am to midday anyone can hop on board and check their hearing as well as discuss their hearing health.

On Tuesday 17 June at 10am in the Wiltshire Room there will be a presentation conducted by CommBank discussing scams and staying safe on line and what to look out for.

On Tuesday 8 July there will be a short talk about First Aid kits that you may be able to get for free.

A flyer will be sent out to all members by email and displayed around the coffee tables two weeks before the presentation takes place.

Once again it is extremely important that we can get as many members as possible to come to these talks as the presenters are volunteers the same as our members and give up their time to keep members informed about their subject.

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

Yoga - EXPRESSION OF INTEREST is sought from all members in taking part in Yoga Classes.

The benefits of Yoga are well known including Strength, Posture, Flexibility, Balance and Mental Health. These classes will be held at the shed at a date to be determined and the response to this EOI. All equipment will be supplied and a proper instructor will initially take the classes.

The classes will continue so long as the members wish to partake.

All interested members can put their names on the folder in the hallway and will be advised when the classes will commence. Depending on responses received we will apply for a Grant through Veterans' Affairs to make this free to members.



On Wednesday 9 April Al Gordon and myself went to the Zone Meeting at Northam and it was mentioned then that Veterans' Affairs have put out expression of interest to all sheds for a grant to cover health issues. Rebecca Talbot from Men's Sheds W A is looking into the possibility of the GCMS obtaining a grant which would cover the cost of the yoga.

### **Social Activities**

If any members have any ideas such as off site tours we would be happy to follow up to see if it could happen.

Kind regards,

Graham Hughes

Welfare Officer 0419 514 631

email [grahamchrishughes@bigpond.com](mailto:grahamchrishughes@bigpond.com)

### **WAKE UP YOUR MUSCLES**

Every Tuesday morning from 0830 till 0910, these sessions are designed for easy to perform exercises to help with balance, stretching and flexibility. Designed for the ages of our members, so come along and take part, all welcome.



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### **Golf Group**

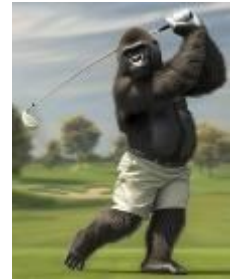
There must be other members of the shed, other than golfers, who read the monthly newsletter. I was asked "Is it all true?". The safe answer, to avoid legal action as happened with the blockbuster Netflix series "Baby Reindeer", would be to say "it is a work of fiction". However, this would not do justice to the dedicated golfers who make up "The Shed's" golfing group. Their achievements on and off the course must be recorded and circulated for posterity. So when the movie is released it will say "Based on real events".

#### **Hillview Classic 7th March 11 players**

The great conditions to celebrate Autumn were quickly spoilt when Mark and Lloyd were sledged before they even teed off. Being called Golfing gorillas by "C" (as we will call him) upset them for the rest of the day and their scores reflected it. More about "C" later. Counting putts highlighted how critical this aspect of the game is. Rob was the lowest on the day with 18 while some players exceeded 25.

Overall, the scores were not great, despite the fairest handicapper in the land increasing handicaps for six players and dropping his own.

Rob showed the benefit of new clubs, lessons and practising for hours each day. Not only did he win the least number of putts but he also won the Stableford event with 21 points and NTP.



At the trophy presentation Rob said "I owe my success to the handicapper. I would like to thank him for being the fairest and cheapest, in the land". This was followed by three rousing cheers for the handicapper.

The LP was won by Lloyd. He donated his winnings to the "Buy Frank a new alarm clock so he can arrive on time" fund.

Back to "C".

He was very lucky not to be penalised by the match committee for slow play.

Everyone else in his group had teed off and were keen to keep moving but No! No! No! Not "C". He studied the wind, checked the length of the grass, measured the height of his tee and then replaced it for a different colour and measured the height of it again. He cleaned his driver and some other clubs, changed his glove, practiced his swing using three different hand positions, waited for the sun to go behind a cloud and then, when politely asked to please have his shot, he mumbled something about being rushed and everyone should be standing well behind him, perfectly still and patiently watching him play his shot and watching where his ball goes. Unbelievable!

#### **Armada 14th March 9 players**

The day started on the practice putting green. Each person had a single putt to see who could get closest to the hole which was 15-18 metres away. Steve's ball actually hit the hole but bounced out. This meant Tom was the inaugural winner and now gets to wear the gold Winner's jacket.

The course was clear so we set off early. Unfortunately it was not early enough to prevent the last group of Ross, Rob and Lloyd getting caught in a heavy shower of rain on the last hole. Just to set the record straight, there was absolutely no truth in the vicious rumour that they would have avoided the rain if they had not spent time in the bush looking for Lloyd's tee shot!

The day's winner was Rob, for the second consecutive week. Rob scored 20 points as did Ron. A count back could not separate them until the last hole where Rob scored a massive 4 points. To be absolutely fair (as always), the handicapper reduced both their handicaps!

Other winners were Ron with NTP and Frank with LP.

Bill D birdied the second hole.

#### **Hillview Classic 21st March 6 players**

Holidays and illness drastically reduced our numbers.

At short notice, Warren took over the organising for the day and did a magnificent job. In fact he did such a good job, he will be doing the task for the next two weeks as well.

A great day for golf. Rob reckons the conditions were ideal and perfectly suited him. He has obviously got used to his new clubs and played one of his best rounds ever. A winning Stableford score of 22 (55 strokes) NTP and LP meant nobody, other than Rob, had anything to talk about after the game. Next week's theme is "How do we stop Rob winning everything?!!"





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### **Armadale 28th March 7 players**

Despite the "Keep the Sheep" truck convoys, everyone got to the course unscathed and as always, ready to play their best round ever. It was hot and humid but the small group of seasoned golfers took it in their stride. Warren hit form (and obviously some good shots) to win the day with 18 points, Barrie was NTP and Chris sank the LP. Rob who was on the verge of being the first member to be elected to the Men's Shed Hall of Fame could not handle the pressure and crashed and burned. He was so distraught he announced he would not be playing for the next two weeks.

Cheers

Lloyd Dungey

\*\*\*\*\*

### **Dachshund—The Weiner Dog**

I have fact checked in both in FB & X, that this breed was created accidentally.



Once the breed was accepted & became popular, the entrepreneurs let loose with designer clothing & accessories.

Thus a sausage lead for a sausage dog.

And thats how it happened



### **Month End BBQ Friday 28/3/25**



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### Age Calculator

The age of a person can be counted differently in different cultures. This calculator is based on the most common age system. In this system, age increases on a person's birthday. For example, the age of a person who has lived for 3 years and 11 months is 3, and their age will increase to 4 on their next birthday one month later. Most western countries use this age system.

In some cultures, age is expressed by counting years with or without including the current year. For example, a person who is twenty years old is the same age as another person who is in their twenty-first year of life. In one of the traditional Chinese age systems, people are born at age 1 and their age increases up at the Traditional Chinese New Year rather than their birthday. For example, if one baby is born just one day before the Traditional Chinese New Year, 2 days later, the baby will be 2 even though he/she is only 2 days old.

In some situations, the months and day result of this age calculator may be confusing, especially when the starting date is the end of a month. For example, we count Feb. 20 to Mar. 20 to be one month. However, there are two ways to calculate the age from Feb. 28, 2022 to Mar. 31, 2022. If we consider Feb. 28 to Mar. 28 to be one month, then the result is one month and 3 days. If we consider both Feb. 28 and Mar. 31 as the end of the month, then the result is one month. Both calculation results are reasonable. Similar situations exist for dates like Apr. 30 to May 31, May 30 to June 30, etc. The confusion comes from the uneven number of days in different months. In our calculations, we use the former method.

So, for those that survive until 80 & are still running marathons, the Age Calculator result:-

Age:

80 years 0 months 0 days

or 960 months 0 days

or 4174 weeks 2 days

or 29,220 days

or 701,280 hours

or 42,076,800 minutes

or 2,524,608,000 seconds

For those that like Googling, Yahooing, Binging, DuckDuckgoing or Ecosia, here is the link.

<https://www.calculator.net/age-calculator.html?today=03%2F29%2F1945&ageat=03%2F29%2F2025&x=Calculate>



### Darts

**Anyone interested in a game of darts can come along on Wednesday Morning at 0800 for an hour of a laughter and enjoyment, no real skill necessary.**

How about this in the Wiltshire Room!

Tournament-Quality electronic dartboard-regulation 15.5" Target area

39 games with 179 variations (7 cricket games)

Nylon tough segments improve durability and playability

Micro-Thin segment dividers dramatically reduce bounce-outs

Optional 3 level heckler feature for interactive play



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### Music Group

I finally found the musicians. They were too busy jamming even to notice me!



Has the group a name?

Some groups had strange names, after body parts & food!

#### **Body Parts**

Smash Mouth  
Bad Brains  
The Small Faces  
Badfinger  
Talking Heads  
Heart  
Motorhead  
Butthole Surfers  
The Faces  
The Flaming Lips  
Spinal Tap

#### **Food**

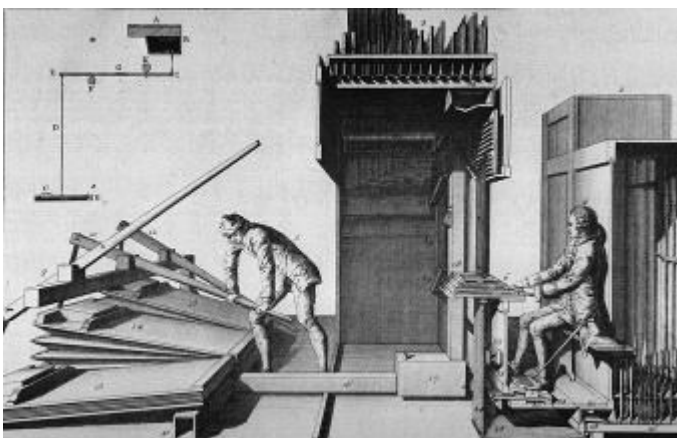
Meat Loaf  
The Black Eyed Peas  
Korn  
Cake  
Bread  
Hall & Oates  
Salt-N-Peppa  
Banarama  
The Lemonheads  
Spice Boys  
Blind Lemon

A sophisticated name suggestion.

#### **The SMCG Band**

I've run out of ideas & the moniker of **"thebandwithnoname"** is already taken.

Soooo, maybe the "\*ex Pistols"?



There wouldn't be enough room in the Musicians Nook in the Wiltshire Room to accommodate this early bellows organ!

Geoff. B, our organist, would be thankful for the miniaturisation afforded by electronic circuitry of the keyboard.

Fancy setting this rig up between gigs!



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



### Camera Group

#### **GCMS Photography Group – March '24**

I must first apologise for failing to provide a contribution to the March Newsletter, I simply missed the submission date.

So, what have we been up to over the past 10 weeks?

Attendances have ranged from as many as 10 and a few as 2, but we are functioning.

We kicked off in week one discussing and comparing camera equipment. Over the attendees we have 5 brands of camera equipment – Nikon, Canon, Pentax, Sony and Panasonic, of varying age and operators experience, which is presenting the challenge of finding some common ground to build on.

At the start of our second week there was confusion over the use of the Wiltshire Room, as the Darts Group have had the use of the room early on Wednesday morning for some time. The problem was quickly resolved as our conversations were not distracting the dart throwers and the dart throwing was not affecting our conversations. We have had one practical session, out and about in the Shed garden and property surrounds, with the intention of viewing the images at the conclusion.

The viewing did not happen as difficulty was experienced getting the images from the cameras onto the TV screen.

When we solve the challenge of getting images from camera to TV, the plan is to have group critique sessions, where any member can project an image he is either proud of or has a fault he wishes to discuss within the group and solve. My intent of the group has always been for the members to raise their photographic challenges and have the group 'Workshop' the challenge in search of solutions.

The 'Self Help' has already worked with Laurie raising his challenge of obtaining clear, well focused, images of sea shells he collects, but the discussions and the language used has left some participants confused as to how the solutions apply to their equipment.

There is also the challenge of different terminology for common functions used by different camera brands.

In order to address the language and terminology challenge, a list of camera terms and abbreviations is being prepared.

Therefore, the immediate challenge is ensuring everyone is assisted with their camera set-up and navigating the MENU system, the abbreviations used and their meanings, along with the Settings, Modes, Function and program buttons and their use.

My next task is to create, with the participation of the members, a list of coming activities, so stay tuned.

If you have any specific ideas / challenges you want address, come along and let's have a group discussion.

A lot has happened in the past 10 weeks, hence this rather long winded contribution. Please come along and join in.

Neil Kenneady

From the biggest camera last month, it's time to show off the smaller units.



1080p HD Watch Camera Person Video Surveillance with IR Night Vision

1080p HD Resolution with Audio

Undetectable Camera Lens on the Watch Face

Wide 90° Angle Lens

Invisible IR Night Vision | 9 Feet Night Vision

Non-stop recording or Motion Activated Mode

Looks both stylish & James Bondish

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



### **Model Group**

The Modellers have been busy doing what they do best, modelling.



A two car family



Is this the result of having travelled the Hume Hwy?

When assembling your dog kit, be sure to follow the instructions to avoid disasters like this...



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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



The gardens are looking green & the plants thriving with watering....but....nothing beats cooler weather & rain.



Enter the 'Squatie', the portable strap on.....Seat!

The **Squatie** is a lightweight, versatile gardening stool designed for comfort and ease of use. Weighing only 580 grams, it features an elastic waistband for easy carrying and provides a stable seat for gardening tasks. It's perfect for those who find squatting difficult, such as older gardeners or those with physical limitations.

This innovative stool allows you to work comfortably while tending to your garden, reducing strain on your knees and back. Its compact size makes it easy to transport, ensuring you can take it wherever you go.



### Library

A reminder to those who have borrowed books, that they need to be returned after being read.

The Library has a number of books missing & this in turn deprives other readers access to them.

A big thank you to the recently 'retired' Librarian, who left it in good order for the following incumbents.



No room for the Pool Table!

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



I found a new bike for Carol, unless Dave wants it!



Hi All , Doesn't seem long since the last time I had to 'put pen to paper ', which for me would be easier and faster, but typing my bike report at least makes it legible, as over the years, my handwriting has gone from bad to 'badder' !

We have a new rider join us, which is great. Over the 10 years I've been at the Shed (10 years on July 1st, and the only reason I joined!), our numbers have been dwindling , and sadly , most of our missing mates have died, with, Ashley S, Alf R, 'Stumpy' , Phil P, Gordon T and most recently , John B.

Our new rider and new shed member Mike K, has been with us for over a month and hopefully will 'stick with us'

Although we've had some (or a LOT ) of hot weather, we haven't missed a ride this month. One hot day, which happened to be Thursday , we just left a bit earlier, 7-30, only doing a short ride to Forrestdale. We now have the wonderful For Purpose Cafe, which is run to help people with 'special needs' , and one of our favourite destinations. Everything about the place is 'First Class', atmosphere, staff friendliness, coffee, tea and food excellent, as are the surrounds.

I'd say, the highlight outing would have to be the one to Avocados, midway between Kelmscott and Roleystone, just off Brookton Hwy. The ride there was great, but a little busy at River Road in Kelmscott, as it coincided with the Mums & Kids doing the school run.

On our next visit to Avocados, we'll ensure that we leave half an hour later that day. A few of our bunch have already been there, but the cafe was new to me. We have our ride leader 'Robbo' to thank for this great ride. With the most pleasant views from our table, across the lily-covered weir, to the two kangaroos across the water, keeping their eyes on us!



We usually have at least one rider missing, with being away on holiday, the main reason, or visiting family and friends in far-off places.

We welcome all new riders. There is also another Shed cycling group, who have a much shorter day out, also on Thursdays. If you're up for a ride of about 20-35 kms, with a 45 min. cafe stop, why not come along!

Currently we ride at 8.30am every Thursdays from the Shed.

David Gardiner 0417 174 893

Photo Graeme Gurney



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

### Cleaning Roster for next 5 weeks

Week Commencing	Name	Contact #	Name	Contact #
14-Apr-25	Ken James	9398 7189	John Millar	9429 813 960
21-Apr-25	Andre Hoareau	9458 1499	Rob Shewan	9459 5610
28-Apr-25	Warren Standing	0429 932 825	Graham Robinson	0455 499 771
05-May-25	David McLean	9490 4536		
12-May-25	Phil Measday	0439 824 565	Jim Ridgwell	0429 939 823

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



**Pool**

After the Derby

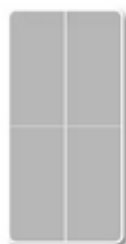


**Table Tennis**

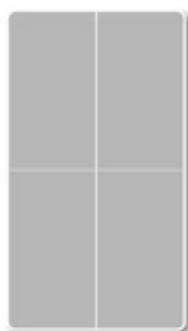
We have a regular group of players attending on Mondays. Some are missing due to travelling.



SMALL



MEDIUM



STANDARD



How about a  
Small Table?

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



### **Art Group**

If anyone is interested in learning about music, poetry, song writing, guitar, etc my number is 0487 943 439 - Andrew Farbey

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

Another strange word to add to your vocabulary & inject into a conversation after a few drinks.

#### **Borborygmus**

**Meaning:** The rumbling sound your stomach makes.

**Example:** Her borborygmus embarrassed her in the quiet room

### **The Woodworking Crew making stuff.**



After all the cutting, shaping & planing to create a masterpiece—  
**THE MOST** important job. Keeping the workspace clean.

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## Recipe Corner

As we are still having warm evenings/nights, one is not inclined to cook.

Therefore, heeding my creed of 1 ingredient, 1 or no dish & 1 eating utensil, it was baked beans outa the tin (with a generous splash of Sriracha sauce) & a coupla slices of bread. Rinse empty tin & dump in bin, throw tablespoon in dishwasher. Voila, all cleaned up!

That got me thinking that there must be more attractive ways of presenting BB other than in the tin.



### Simple Baked Beans

This easy baked beans recipe with bacon seems good.

Mustard, brown sugar, and ketchup add a delicious flavour to the beans.

#### Ingredients

- ½ pound bacon, chopped
- 1 onion, finely chopped
- 2 (15 ounce) cans baked beans
- ¼ cup brown sugar
- ¼ cup ketchup
- ¼ cup prepared mustard, or to taste

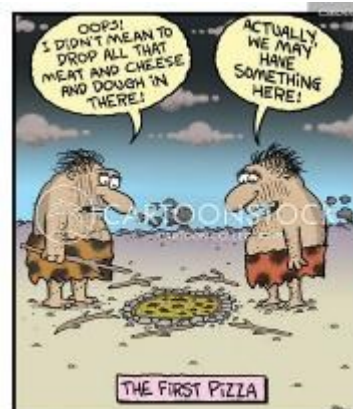
#### Directions

##### Step 1

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Add the onion and sauté until tender. Drain excess oil, if desired.

##### Step 2

Stir in beans, brown sugar, ketchup, and mustard. Cook, stirring occasionally, until bubbly.





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### Nine Important Facts

- Number 9 - Death is the number 1 killer in the world.
- Number 8 - Life is sexually transmitted.
- Number 7 - Good health is merely the slowest possible rate at which one can die.
- Number 6 - Men have two emotions: hungry and horny, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- Number 5 - Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
- Number 4 - Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- Number 3 - All of us could take a lesson from the weather. It pays no attention to criticism.
- Number 2 - In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- Number 1 - Life is like a jar of jalapeno peppers. What you do today might burn your ass tomorrow.

...and as someone recently said:

- Don't worry about old age; it doesn't last that long.

Now available at Supercheap

Apple watch for sale. Hardly used.  
Used to belong to my Granny Smith...



When you retire, but  
Trucking is life.



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### PREPARING FOR THE AGEING PROCESS

As we grow older there are many little bumps in the road for us, our partners and family. We can make these bumps less of an issue if a little bit of preplanning is implemented. None of it is particularly difficult, but where possible, the family should be included in the conversation.

The matters discussed here have a semi legal component to them and should be viewed accordingly. The Citizen Advice Bureau may be able to assist with appropriate advice.

The main issues associated with preparing for ageing are having:

- A current Last Will and Testament;
- A valid Enduring Power of Attorney;
- An Advanced Care Directive; and
- An appropriate Aged Care plan.
- Last Will and Testament

Most of us would have made a Will by this time, however, when was that document last reviewed, is it still valid and does it now adequately reflect your wishes? If not, arrange to have a new Will prepared that does reflect those wishes. Out of date Wills cause untold grief when family are left to sort out the mess. A Will is a legal document and advice should be taken when preparing a new document.

#### **Enduring Power of Attorney**

An enduring power of attorney is also a legal document which allows you (the donor) to appoint a person or agency of your choice to make financial and/or property decisions on your behalf. This person or agency (the donee) becomes your attorney. An enduring power of attorney cannot be used to appoint someone to make personal, lifestyle or treatment (medical and health care) decisions on your behalf. If you want to appoint someone to make these kinds of decisions, you may want to make an enduring power of guardianship.

#### **Advanced Care Directive**

An Advance Care Directive (ACD), also known as a living will, is another legal document that allows individuals to make decisions about their future healthcare and end-of-life care, ensuring their wishes are respected if they become unable to communicate them.

An ACD is a legally binding document that outlines an individual's preferences for medical treatment, including life-sustaining measures, in the event they lose the ability to make decisions for themselves.

An ACD is also an important tool for advance care planning, allowing individuals to communicate their wishes to healthcare professionals, family, and friends in advance of a medical crisis.

#### **Advanced Care Planning**

In Western Australia there are three ways you can record your choices for future health and personal care:

- Complete an Enduring Power of Guardianship
- Complete an Advance Health (Care) Directive
- Complete a Values and Preferences Form: Planning for my future care

Completing these documents is the best way to make your preferences known about the type of treatment you would prefer if you are unable to communicate or make decisions and to enable family and health professionals to respect your values, beliefs and preferences.

#### **Enduring Power of Guardianship**

An Enduring Power of Guardianship form allows you to choose one or more trusted relatives or friends to make personal, lifestyle and treatment decisions on your behalf. The people you appoint become your substitute decision-maker/s if you are no longer able to make decisions. An Enduring Power of Guardianship is a legal document that gives your chosen guardian/s the legal authority to act for you and to make decisions on your behalf.



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For more information about enduring powers of guardianship visit the Office of the Public Advocate's website – [www.publicadvocate.wa.gov.au](http://www.publicadvocate.wa.gov.au).

### **Advance Health Directive**

An Advance Health Directive is a formal way to give instructions about your treatment decisions and future health and personal care. It will only take effect if you do not have capacity to make or communicate decisions for yourself. The Advance Health Directive needs to be witnessed by two adults including a person authorised by law to witness statutory declarations.

In your Advance Health Directive, you can:

record your health concerns and your values and preferences

record instructions about future medical treatment you consent or do not consent to receiving outline the quality of life that would be acceptable to you.

A treatment is any medical or surgical treatment including palliative care and life-sustaining measures (such as assisted ventilation and cardiopulmonary resuscitation), dental treatment, or other health care.

### **Aged Care Plan**

Too often, people leave the decision of where they might wish to spend their last years to when a health or other crisis has already arrived. It is far better to have the conversation with family and friends before the crisis arrives, before your decision making capacity is diminished and while you have time to compare solutions. Have a look at some of the options, look at the financial implications, take professional advice and give yourself and your family time to consider what might work best for you.

There is no 'one size fits all' with this area of our life and the choices are yours, provided you have planned ahead. The old adage 'failing to plan is planning to fail' and this is just so true with the ageing process.

So do your family and yourself a favour and consider which, if any, of these options apply to you and get on with it!

Submitted by Geoff Wiltshire.

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