

The Gosnells Community Men's Shed News



Lewis Homestead

May 2025

Vol 13 #11

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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

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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)



Memory Lane

Wiltshire Room
Installation Aug
2017



Your Shed! Our Shed! Our Future!



BIGGEST MORNING TEA

Cancer Council Fundraiser

TUESDAY, 20th May 2025

9.30AM TO 11.30AM

Tickets \$5 (Includes one door prize ticket on entry)

Partners and Friends Welcome

This will be a bring a plate event.

**A list of suggestions of what food to bring is on the shed
notice board**

Tickets and the food list also available from the office

**There will be additional raffles to raise funds for the
Cancer Council. (\$5 for three tickets for each raffle)**



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New Members

No additions since last Month



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.

The Energy Ahead workshop on Tuesday 6th May was well received with about 14 members & partners attending. The workshop discussed household energy use through practical energy saving tips that can help reduce your electricity bills.

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. There is a form on the notice board in Lewis House so members can put their name down and book a time, at present we only have seven people booked in.

There have been several talks organised through to July.

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.

Eventually winter will come and all members should look at having their flu vaccinations and also if any member does have cold or flu symptoms please do not come to the shed.

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

Oral Hygiene

Staying healthy by eating sensibly, regular exercising, coupled with good personal hygiene, can lead to a better quality of life.

As I have just been invested with an OBE, I carry out the first two steps of the above with habits ingrained over many years.

The last item, Oral Hygiene, was taken for granted by the regular teeth cleaning morning & night.

With the absence of any pain originating from any of my teeth, I took it for granted all was good.

BUT, I could still improve on my personal habits with the selection of toothpaste & teeth brushing equipment.

I now have selected a toothpaste that I use regularly.

It's redeeming feature being that it is both Vegan & Gluten Free!

Subsequently my false teeth have never looked so healthy.

I eagerly await the next iteration of it being Organic & BioDynamic.



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Golf Group

Hillview Lakeside 4th April 8 players

Conditions were tough with very strong winds and greens that had been cored and sanded. One group had a "you don't need to win Lotto to be lucky" experience. A large tree limb crashed down in exactly the spot where a number of them had been searching for Warren's ball just a few minutes earlier.

Frank won the day with 17 points, Warren won NTP and LP was not contested. Steve had an impressive round with 50 off the stick but it was not good enough to be "in the money".

Armada 11th April 8 players

The conditions were surprisingly good for golf compared to the hot conditions forecast. We had finished playing, completed the awards, bragged about our good shots, complained about the near misses, bragged about our good shots again for the benefit of those who weren't listening the first time, drunk our coffee/cool drink before it started to really warm up. This highlighted the benefit of teeing off around 8.00am each week.

Successful players were Barrie with 20 points, Lloyd with NTP and Warren with LP. Questions were raised about the integrity of the NTP and LP results because the two recent handicappers (Warren and Lloyd) both played in group 1. However once Lloyd acted as witness to Warren's achievements and Warren for Lloyd's, everybody else pleaded for forgiveness for ever doubting these two upstanding pillars of the community. Lloyd and Warren immediately forgave them and then dropped all their handicaps by two strokes!!

The least number of putts taken for the day was 17 by both Barrie and Steve. A photo finish could not differentiate between the two so a dead heat was declared.

A special thanks to Warren for doing a great job organising the last three weeks.

There were no games played over Easter or Anzac Day so the group took two weeks of well deserved R and R.

Cheers
Lloyd
Lloyd Dungey



Model Group



Examples of the some of the modellers handiwork

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Darts

Anyone interested in having a social game of darts a most welcome to come along to the Wiltshire room on Mondays and Wednesday from 8am till 9am. Just come along and if you have your own darts no problem, otherwise can use the free darts which are available.

Al Gordon

Coordinator

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.

Al Gordon

Coordinator

Ever wondered what you can achieve with a bit of enthusiasm and a bottle of vodka? Weird fitness equipment we really, really don't need!



Apparently, you can perform over 15 different type of squats with this device and as it "guides and supports you on the way down and assists you on the way up".

In theory, you can use them to strengthen your neck muscles and the traps (possibly). Better still, some of them are supposedly strong enough to hold up to 250 pounds (~110 kg) of weights so you can nod with serious weight hanging from your noggin.

Much like many other fitness equipment that's said to train an obscure body part, head harnesses just don't make sense. Whoever needs to train their necks only with 100 kg of weights dangling in front of their chest? Not only it doesn't sound likely, it is just plain dangerous.



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Music Group

Seeing the guitarists poring over their music sheets, interpreting the squiggly array of Crotchets, Quavers, Semi Quavers & Minims etc. to produce a recognisable pattern of sound, e.g. a tune!

Seems awfully complicated, plucking strings & getting the other hand to select the right fret.

Enter a simplified instrument—the **Diddley Bow**.

The diddley bow is a single-stringed American instrument which influenced the development of the blues sound. It consists of a single string of baling wire tensioned between two nails on a board over a glass bottle, which is used both as a bridge and as a means to amplify the instrument's sound.

There are many pictures of various interpretations of the basic design, only being limited by the imagination of the maker.



Camera Group

Gosh, it's time for another newsletter contribution.

The photography group have been meeting for 4 months now and we have covered some photographic theory, had a photo walk and with a lot of plugging, un-plugging and manipulating of computer technology got some images to display on the TV screen for viewing. We are making progress.

The idea behind getting the group active again has always been to have members come along with their own photographic challenges for discussion in a group environment.

To date we have been lacking attendees to have really productive discussions, however, last week we did manage to display some images that the author knew were not his best work, for discussion. This process did provide healthy discussion on techniques and possible methods for capturing a better image.

Unfortunately, some of the comments provided were interpreted as criticism, but were hopefully intended as constructive critique for improvement.

Over the period we have been functioning we have had 2 members present their photographic challenges for discussion, one was a depth of field challenge and the other was an auto-focus issue, both generated healthy discussion and were resolved to a point the photographer could go away and prove / refine their process for hopefully better results.

There is no intention for this photographic group to be a judging group, it is a help / learning group.

If you are experiencing difficulty getting the outcomes you expect from your photographic equipment, come along with your equipment and some examples of the results you have achieved (examples of what you consider faults) and we shall discuss it as a group and hopefully come up with a solution.

We look forward to some more participants with their photographic challenges for discussion and resolution.

Neil Kenneady

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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, phones, cameras, TV's, photography and any software package (Windows, Apple IOS or Android).

Book a time slot:

Put your name down for the next available Monday or 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! If you see me at the shed, you can also come and ask if I'm available. No problems with that.

André
 0457 680 489

Free to all shed members.

Shutdown of the 3G Phone network
Check your Alarms Systems and Medical Devices



Security Warning

In one of my Tech Help sessions I was helping John M to reactivate his PayPal account. When we finished we logged out and closed the browser. I then reopened the browser and connected to PayPal again. It automatically logged him in without asking for a password. The only thing stopping full access was that he had turned on two factor authentication.

After much research I realised that PayPal turns on "Auto Login" by default. This on the basis that you were using a trusted computer or phone. Consider what happens if this device is stolen or someone else in the household access your device.

Recommendations:

1. Turn Off Auto Logon
2. Turn on 2-Step verification (two factor authentication)

These settings are found on the Security tab in your PayPal account.

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Gardening



Everything in the garden looking vibrant after a little rain, coupled with some cooler weather.

Australia has many unique plants but world wide there are other strange plants & names'

Sneezewort Yarrow I'm named this because... I was once used as a sneezing powder. Sneezeweed was dried up and used to get people to sneeze to clear out their sinuses!

Fun fact: This plant doesn't just make people sneeze; it can also be eaten in salads or used as an insect repellent.

Hooded Skullcap I'm named this because... my flowers look like caps

Fun fact: The Hooded Skullcap is part of the mint family but it doesn't taste like mint! One of its relatives is also famous, the plant, called mad-dog weed, was used in medieval times as a remedy for rabid-dog bites.



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.



I like to read big books, but my partner complains that it leaves little room on the bed for the dogs!

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Hi Everyone. We certainly can't complain about the 'cycling weather' this last month. Whilst on the bike, with the breeze in our face, it is enough to make one feel cooler, even on a warm day. We've had lot of 'good numbers' recently, with 9 of us on the day we rode to Canning Bridge, to find the 'The Muffin Man' at the western end of the Mt Henry Bridge temporarily closed (to our disappointment). We then had to cycle onto a cafe Robbo knew of, which turned out very well. It must be good, as I've seen it on a Saturday and Sunday mornings, hosting dozens of 'lycra -clad' cyclists spilling-out onto the road alongside !



Can't see what the problem was,
tyre was still round at the top!

We had another visit to 'Avocados' in the foothills, between Kelmscott and Roleystone, just off the Brookton Hwy. Last Thursday, I believe we 'set a new low number record', with only one rider! All the missing had other appointments; medical, holidays and even work related excuses. That Thursday, only a few days ago, Graeme G cycled well over 40 kms on his own....And had a wonderful day !

Until next month

David Gardiner Photo Graeme Gurney



My impeccable sources on X, Facebook, Twitter & Sky after Dark, inform this is an image of Dave.G, sprinting on the home stretch to the Bakery, for his coffee/cake fix!

This could of course be 'Fake News'

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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!



All quiet on the pool front.

Players either don't want to brag of their prowess or others of their failures.



Table Tennis

A regular pool (excuse the pun) of players turn up on Mondays to polish their skills.

Recently, player numbers have been down due to medical, holiday & probably laziness reasons.



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Art Group

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



The images above are of developing artists plying their skills, taken April 2017

An entry into the Poetry category, not through my own imagination/inspiration but from the Web!

**A funny young fellow
named Perkins
Was terribly fond of
small gherkins.
One day after tea
He ate ninety-three
And pickled his internal
workings.**

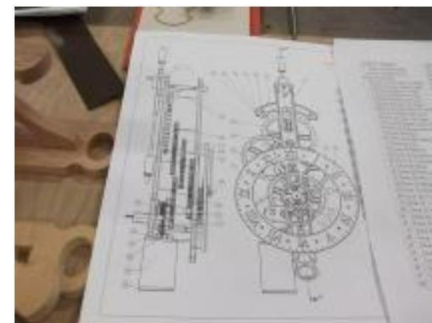
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Bindoon Men's Shed Visit April 30th

The Visitors had a conducted tour around the Shed, followed by Lunch & socialising with the Members present.



Display of Projects in Progress



If assembled correctly, it should keep accurate time.
If not, it will be right 2 times a day!

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People who stay mentally sharp into old age follow these 8 timeless rules

Believe it or not, this article was prefaced with this picture!
My imagination ran riot for all the wrong reasons & essentially is nothing to do with the subject matter.
Refocus the mind & onto the serious part.



There's a vast difference between simply aging and aging with mental sharpness. This difference largely boils down to habits. Those who maintain mental agility into their golden years abide by a set of timeless rules, which often go unnoticed. Staying mentally sharp isn't just about doing the occasional crossword. It's about weaving certain practices into your daily life.

1) Keep learning

The world of mental agility is not so different from the world of physical fitness. Just as athletes never stop training, individuals who stay mentally sharp into old age never stop learning. This isn't about scoring high on an IQ test or mastering complex equations. It's about maintaining a curiosity for life and a love for learning. Think of your mind as a muscle. If you stop using it, it will weaken over time. But if you exercise it regularly, it stays strong and flexible. Many people believe that learning is a phase that ends with school or college. But those who stay mentally sharp understand that learning is a lifelong journey. They read books, take up new hobbies, learn new skills, and constantly seek out opportunities to broaden their horizons. So, if you want to keep your mind sharp into your golden years, never stop learning. Embrace the joy of discovery and keep feeding your mind with new information and experiences. Remember: A mind that is stretched by new experiences can never go back to its old dimensions.

2) Regular exercise

Physical activity isn't just good for the body; it's essential for a sharp mind. So, if you want to stay mentally sharp into old age, don't neglect your physical health. Regular exercise is a timeless rule that has worked wonders for me and can do the same for you.

3) Healthy eating

You are what you eat, as the saying goes. And this is particularly true when it comes to brain health. The brain is an energy-intensive organ, using up to 20% of the body's calories. It needs a constant supply of nutrients to function optimally. Eating a balanced diet rich in fruits, vegetables, lean proteins, and whole grains can provide these nutrients and keep your brain healthy. Moreover, certain foods are known to be particularly beneficial for brain health. For example, fatty fish like salmon and trout are rich in omega-3 fatty acids which are essential for brain health. Berries are packed with antioxidants that delay brain aging and improve memory. Similarly, turmeric's active compound, curcumin, can cross the blood-brain barrier and has been shown to directly enter the brain and benefit the cells there. So, if you aspire to stay mentally sharp into old age, pay attention to your plate. A healthy diet is one of the most important rules for sustaining mental agility.

4) Socialize regularly

Social interaction is a powerful tool for mental health. Many studies suggest that being socially active can sharpen your thinking and memory skills. It's also linked to a lower risk of depression and anxiety, which can affect cognitive function. Engaging in regular social activities, such as volunteering, joining clubs or groups, or even just spending time with friends and family can help stimulate your brain. Socializing requires you to listen, think fast and respond, all of which are mental exercises.



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Additionally, social engagement often involves activities that can challenge the brain and keep it sharp, like playing a game or engaging in an interesting debate.

5) Practice mindfulness

In a world constantly pulling us in different directions, staying present can be a challenge. Yet, it's essential for mental sharpness.

Mindfulness is the act of being fully present in the moment and paying attention to our thoughts and feelings without judgement. It's about accepting where we are, right here, right now.

Practicing mindfulness can have profound effects on our mental agility. It can improve focus, memory, and mental flexibility while also reducing stress and anxiety.

I know it can be hard to slow down in our fast-paced world. But taking a few moments each day to breathe, meditate, or simply sit in silence can make a world of difference.

Remember that life isn't a race. It's a journey to be savoured. And mindfulness is the key that lets you unlock the full richness of that journey.

So, if you want to stay mentally sharp into old age, make time for mindfulness. It's a timeless rule that can bring balance to your mind and heart.

6) Get sufficient sleep

Sleep is more than just a time for your body to rest. It's when your brain gets to work, processing the day's events, forming memories, and rejuvenating for the day ahead.

In fact, studies show that while we sleep, our brains go through a 'clean-up' process where they remove harmful toxins that build up during the day. This can prevent age-related cognitive decline and improve overall brain function.

So, if you want to stay mentally sharp into old age, ensure you get enough quality sleep. It's a timeless rule that does wonders for your brain health.



7) Regular mental stimulation

Not by looking at the leading picture!

Just like physical exercise is important for body fitness, mental exercise is crucial for brain fitness.

Mental stimulation can come in many forms, whether it's solving puzzles, reading a good book, learning a new language, or playing a musical instrument.

These activities challenge our brains and help to build new connections between nerve cells. They also stimulate the generation of new cells, developing neurological plasticity and building up a functional reserve that provides a hedge against future cell loss.

Any mentally stimulating activity can help to build up your brain, improving its overall resilience and capacity.

So, if you want to stay mentally sharp into old age, make mental stimulation a regular part of your routine. It's another timeless rule for maintaining mental agility.

8) Stay positive

Your mindset plays a crucial role in maintaining mental sharpness.

Studies have shown that a positive outlook can improve brain function and even promote the growth of new neurons.

Positivity helps reduce stress and anxiety, which are detrimental to brain health. It also promotes resilience, helping us to bounce back from challenges and setbacks more quickly.

So, adopt a positive mindset. Focus on the good in every situation, cultivate gratitude, and maintain an optimistic outlook.

This is perhaps the most significant rule for staying mentally sharp into old age. A positive mindset is more than just a feel-good mantra; it's an essential tool for maintaining mental agility.

Reflection: It's a lifelong journey

The path to maintaining mental sharpness into old age is not a destination, but a lifelong journey.

The human brain is a remarkable organ, capable of learning and growing throughout our entire lives. This idea, known as neuroplasticity, suggests that our actions and habits can physically change our brains, improving cognitive function even as we age.

The eight rules we've discussed are not quick fixes, but lifestyle choices that require consistent effort and commitment. They're about embracing a way of life that prioritizes your mental health, just as much as your physical health.

From the food we eat to the thoughts we nurture, every choice we make can shape our brain's health and longevity.



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Food you can cook but would you eat?

As sole cook/bottle washer, I have to constantly dream up concoctions to tease my jaded taste buds.

Generally my food, taste wise, is tweaked by applying liberal doses of Tabasco/Sriracha & other hot sauces.

This becomes boring after a while, so the imagination has to work in overdrive to think outside the square & come up with something different.

Sooooo, a brainwave on something that has never been done before—Air Fryer sardines! Consult the Web (Google) only to find someone has beaten me to it.

You might think you know every unique air fryer recipe out there, but air frying canned sardines is something new that needs to be tried right now. If you're already the kind of person who believes that incorporating canned fish into any meal will make you a better cook, this idea will blow your mind if you haven't tried it already. Air frying canned sardines is for those who can't get enough of this packaged product, and it is super easy to do.

All you need to do is pop the sardines into your air fryer at 400 degrees for around 8 minutes, but you can alter the heat to suit your personal air fryer. Lightly tossing the fish in flour or starch can add an extra layer of crunch too, but this step isn't necessary. It's also important to remember to make sure there is a little bit of space between the sardines. Other than that, when it comes sprucing the sardines up with flavour and toppings, the possibilities are endless.



Read More: <https://www.thetakeout.com/1689452/how-to-air-fry-sardines/>

Dress up the sardines how you want

The beauty of this simple recipe is that there's really no limit for pairing options. Simple recipes that bring out the flavors of other fish like salmon can be a solid starting point, like teriyaki sauce. Use it as a dipping sauce or cook it directly into the fish, you really can't go wrong. Fish is traditionally served with lemon, so there's no reason that you can't add some zest with a drizzle of it squeezed on top or by creating a side sauce.

Seasonings of all kinds can pull more flavor out of the simple can of fish that you could imagine. Try a combination of garlic and onion powder with paprika or any other savory spice that's sitting in the rack. Once the fish is done cooking, you can plate them with rice, vegetables, any of your favorite side dishes really. Crunchy, crispy, and full of as much flavor as you'd like, air fried sardines will be your next obsession.

This seems like a lot of work & violates my 1 plate, 1 fork & no dish credo.

So back to the eating straight out of the tin, a piece of bread & washed down with Chateau Cardboard.

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So whether you're reading a book, solving a puzzle, cherishing time with loved ones, or simply enjoying a moment of quiet reflection, remember that you're not just passing time. You're nurturing your mind, building resilience and ensuring that your golden years will be truly golden.

Remember: The journey to mental sharpness is one that lasts a lifetime. It's never too late to start, and every step you take is a step in the right direction.

Extract from HackSpirit by Isabella Chase



Instead of all the negative postings, here is a pic of some topless chicks in short skirts



Congratulations to "Bobby" Successfully completing his 30 year career as Police Drug Sniffer Dog



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