

The Gosnells Community Men's Shed News



Lewis Homestead

June 2025 Vol 13 #12 Editor: John Vannereau 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

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)

Gosnells Train Station 1976



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The General Division of the Order of Australia

Medal of the Order of Australia (OAM) in the General Division

Mr Geoffrey William Wiltshire, Maddington WA 6109

For service to the communities of Thornlie and Gosnells

Gosnells Community Men's Shed

- Chairman, 2011-2022.
- Vice Chairman, 2022-2023.
- Member, since 2011.
- Life Member, current.

Southern Districts Rotary Club

- President, 2010-2011.
- Member, 1999-2018.

Citizen Advocacy South Metropolitan

- Former Chairman.
- Former Treasurer, early 2000s.

WA Public Service

- Range of roles including in Department of Premier and Cabinet, over 20 years.
- Administrative Officer, Royal Commission into Commercial Activities of WA Government and Other Matters, 1990-1993



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New Members



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.

About 14 people had their hearing checked at the Hearing Bus on Monday 19 May.

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.

All members should look at having their flu vaccinations and Covid booster, 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

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Golf Group

SALE SALE SALE To celebrate the end of financial year combined with Shed Golfers regular BLACK FRIDAYS, we are having our first ever sale.

Join the golfing group before 30th June and get free membership.

But there is more!!!

Join the golfing group after 30th June and still get free membership.

For your first game you can choose who you want to play with (or conversely, who you do not want to play with) and If you are not happy after your first four games you get a full refund, no questions asked.

So what are you waiting for?

Get out into the fresh air, get some exercise, share your Friday mornings with like minded Sheddies and put meaning back into your life. If you have a partner, give her a present that will last all year - Friday mornings to herself!!

But, Places are limited, so act now.

Talk to Bill Hughes (mob 0424 431 114) at the Shed for more details.

Armada May 2nd 10 players

Great conditions welcomed us back after missing the previous two Fridays because of the Easter and Anzac Day holidays. Fast greens, tee boxes well forward and excellent weather meant most players had to jump to page 27 of their 'Excuses for Playing Golf Badly' Reference Book!

Overall, the results reflected "a good day was had by all".

However Warren had a great day and despite wiping the last hole, won with 23 Stableford points. He also won the competition for the least number of putts with 16. The only downside for Warren was he attracted the attention of the handicapper.

Lloyd won NTP and Tom the LP.

Group two, consisting of Warren, Ron and Rob, claimed a new world record for amateur golf for a Shed threesome by all parring the par 3 third hole.

Hillview Lakeside May 9th 9 players

A perfect day to play golf at Hillview. No wind, no leaves (on the ground), fairways and greens in excellent condition. Group 1 players dominated the placings for the day with First, Second and Last.

Tom was in a league of his own with a score that immediately caught the attention of the handicapper. His Stableford score of 23 was 4 shots clear of his teammate Barrie who took home the silver medal. Lloyd won in a tight contest the MVPS award. Warren won NTP and Rob sank the LP. Lloyd and Warren were left arguing over who missed the shortest putt.

Chris from Group 2 expressed his surprise that the Seniors Club that plays at Hillview every Friday was not there. He was informed they had been there when Group 1 arrived back at the clubhouse. They were seen to have a chat, complete their daily presentations, have a coffee and a cooked meal, listen to a half hour coaching session from the course pro, have another chat and then leave..... all before Group 2 finished. Disunity immediately broke out amongst the Group 2 players (Chris, Rob, Frank) with lots of finger pointing as to who was the slowest. It was like watching a game of Rock, Scissors, Paper!

Group 1 just thought Group 2 had decided to play 18 holes!

Note

MVPS award stands for Most Value Per Shot and is calculated by dividing the score (in strokes) by the cost of the game.

Kwinana 16th May 9 players

After a long absence we returned to Kwinana. It was in great condition and despite nobody breaking 50 off the stick, everybody enjoyed its challenges. The front Nine was long, with lots of bunkers (particularly in front of the greens), relatively open under the trees and with super quick greens which few (if any) managed to master.

Chris played consistently (apart from the first hole) and won the day with 19 points.

Warren won NTP on hole 3 by avoiding the bunkers and landing on the green. His birdie putt hit the hole but came out and left him a putt of just a few centimetres. Frank won LP. We stayed for lunch and some other awards were won.

Mark and Rob were dead-heated for "Cleanest Plate" until Mark licked his until it was spotless.

Chris easily won the "Who Can Spill The Most Food On His Clothes" award.

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Frank was winning the "Who Can Leave An Empty Plate" award until he was disqualified. It was discovered he had been feeding the dog by dropping food on the floor but forgot he did not have a dog.

Everybody else was able to eat without incident because they "knew" how to use a knife and fork and did not have to order a burger!

Hillview Classic 23rd May 5 players

With attendance down, this was the greatest opportunity all year to go home a winner. Bill H soon took pole position and never looked like relinquishing it. He just kept piling on the points and finished with a staggering 25. The other winner was Lloyd with NTP on hole 8. He then proceeded to get value for money out of the hole by having 5 putts and finishing with the worst score of everyone. He then birdied the par 5 last hole only to highlight the frustrations of golf!



Armada 30th May 8 players

We started the day with a long distance putting competition.

Bill H went first and his excellent shot which finished approx. 60cm from the pin, could not be bettered, despite him "showing the way" to the others.

Tom was obviously not watching because his ball could not be found and was declared "lost".

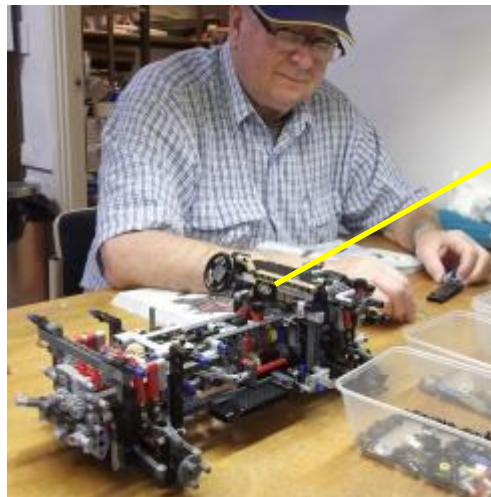
Players teed off and were well prepared for a wet morning. However only a brief period of drizzle eventuated and conditions were good for golf. Barrie thought the conditions were ideal and finished with 21 points which won the day. Most players returned a score close to their handicap.

Warren won NTP with three of the four players in that group landing on the green. There was not a putt of significant distance for anyone to claim LP so the prize will jackpot. This means next week's winner will also receive a ticket for the return leg of his trip to a mystery destination, thanks to our generous sponsors.

Cheers Lloyd Dungey



Model Group



From the old to the new, but is the modern day Land Rover more reliable than the 'old banger'?

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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

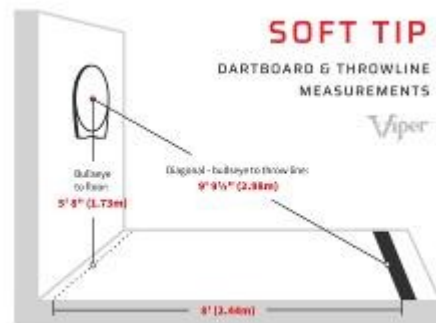
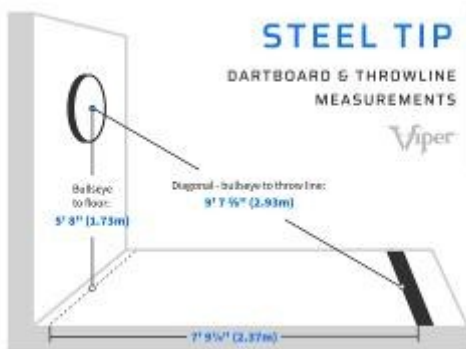
For the Elite darts competitor within the Men's Shed, here is a link to all information on scoring & reaching a checkout.

For those with an IQ of 180+, a PHD in computational mathematics & calculate Pi to 10 digits or more, there will be no need.

I would need a calculator at hand or one of these cheat sheets to determine my checkout.

The link : <https://dartscheckoutassistant.com/>

See the diagrams below for all the measurements you'll need to set up your dartboard, whether you have a classic steel tip dart board or an electronic dartboard. The correct dart board height is 5' 8" from the bullseye to the floor. This measurement is the same no matter what type of dart board you have. The throwline can be measured both horizontally and diagonally - whichever is easier for you and the tools you have on hand.



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



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Music Group

At the end of the Camera Groups knowledge transfer sessions, we hear the Musicians tuning their instruments (thankfully no Bagpipes).

This months weird instrument is not casting any aspersions upon the groups playing ability, but what is music to some ears is feculent to others.

Obviously someone has taken this to heart & designed an appropriate instrument!

Do the notes burble through water like a Hookah?

After a strenuous gig, the musician would be looking a little flushed!



Camera Group

We have been going for 18 weeks and attendances have been growing, however, in the last week we received notification from Andre' Hoareau he will not be attending in the future as he considers he has nothing more to contribute within the group. This is disappointing as Andre' has just as much to contribute as everyone else in the group. Thanks for your participation Andre'.

In the past month we have welcomed Paul Richardson who is a professional photographer who is happy to talk photography and share his knowledge and experience.

Activities have been a combination of discussion about photographic depth of field and what affects setting have on outcomes and conducted a 'Practical photo walk' around the Shed premises to capture examples of various depths of field settings. We have also had a critique session on the members images, where members displayed their images and discussed their process, intension and the outcomes. The result of this exercise benefited the participants by encouraging them to explore their own images for areas of improvement and the group discussing their individual methods and possible solutions to try.

We are still growing a format that will benefit all participants, with the goal being to have the group photographic experience shared.

There will be no judgement of you, your ability, or your equipment, as the objective of the group is to include any level of photographic experience, from beginner to professional and assist with your photographic challenges and hopefully improved images.

Come along and be part of this activity.

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**

GOSNELLS COMMUNITY MENS SHED
TALK on STAYING SAFE ONLINE– Wiltshire Room
TUESDAY 17th JUNE – 10am

**We're
committed to
helping
Australians
stay safe online.**

Scams and fraud impacts millions of Australians and the problem is growing. That's why CommBank is offering free Staying Safe Online seminars for community groups

**Staying
safe
online.**



You will learn how to:

- Identify scams and suspicious links
- Protect yourself from scams and fraud
- Create strong passwords and keep them secure
- Securely access online banking
- Stay digitally safe while travelling.

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Gardening



The rains have come, washed the dust of the leaves & all the plants look refreshed & green.

The lawns as usual look manicured, and as yet I have never seen anyone mowing them.

Obviously mowing time & my attendance at the Shed are not synchronised!

If we had mower looking like these, we may get more volunteers to do the mundane job.



Library

The Shed library may not have the selection of books that a Public Library holds.

But there is good selection of Military/War, History, Fiction/Faction, Sci Fi titles & numerous coffee table books available for the bibliophile, bookworm, bibliomaniac, bookhound, readaholic & general casual reader.

Without personally checking, I doubt if there are any Bodice Rippers, Romance & Rural/Chick Lit titles available.

You can check this out for yourself, which means that you will standing in front of the shelves & possibly be then ensnared amongst the dusty tomes available.

If Mills & Boon books are what you want, the University of Reading UK has a catalogue of around 4300 titles, many available for download & The Cole Library has over 8000 titles

Around 700 new titles are added to M&B annually.



The rancher needs a wife / Celine Conway.

Conway, Celine, author.

First edition.

1952

[Click here to view the pictorial dust jacket on the University of Reading's Virtual Reading Room.](#)

Wonder where the TV variant came from?

Be aware that any books taken from the Library need to be returned, enabling re-issue to another reader.

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Hi Everyone! Another month has gone by, and now I have to remember where our wee band of loyal cyclists have been on our Thursday morning outings. Thankfully, I keep a diary of sorts of all my 'sporting activities'. Until now, over the hotter days, we've been meeting at our shed for 8-00am starts, with our return 'about' noon, with our riders 'peeling-off' as we near our respective homes. One rider, our esteemed new monthly Shed Newsletter editor, John Vannereau, being the last to leave us usually, or the first to peel-off, depending which direction we've ridden, North or South. Most of our rides have been in a northerly direction, but when the new railway line to Byford is complete, hopefully by the year's end, more outings will be to the south. To be as safe as we can, we prefer to ride on the Principal Shared Paths (PSP's) but of course, this isn't always possible. When we do have to ride on the roads, if possible we use the footpaths, but sometimes need to share the roads with the general traffic, and notice most motorists are very respectful when they see a bunch of 'obviously senior citizens', adorned with fluorescent clothing, often slowing down to let us cross in front of them etc. We wave our thanks in return, so both parties feel good!

Our most recent ride, last Thursday (which incidentally started at the Wintertime of 0830) was to Armadale's 'Pioneer Village' or was it 'Pioneer World'? Many of us haven't visited the place in several decades. This was once a 'must see', but sadly, like a few other tourist destinations, the 'gloss disappears' and they eventually close. I 'm sure you all can think of a few? Thankfully for the owners of the place, most of the buildings have been taken over by a private primary school, plus the adjacent motel flourishes next to the Narrogin Inn. Most of our outings have had up to nine riders. With more cyclists, we become more noticeable to fellow road users and feel that they acknowledge and respect us. Occasionally, we'll travel by train, enabling us to explore further afield, but we need to wait until 9-00am to be allowed on the trains with our bikes. Mandurah is always a favourite choice, and with the new 'Thornlie to Cockburn' line opening today (Monday 9th June) instead of driving to Cockburn to catch the train, we can ride the much shorter distance to Thornlie, then be in Mandurah about 45 minutes later!



4 stalwarts of the cycling group Aug 2019 ↓



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Cleaning Roster for next 5 weeks

Week Commencing	Name	Contact #	Name	Contact #
16-Jun-25	Andre Hoareau	9458 1499	Rob Shewan	9459 5610
23-Jun-25	Warren Standing	0429 932 825	Graham Robinson	0455 499 771
30-Jun-25	Phil Measday	0439 824 565	Jim Ridgwell	0429 939 823
07-Jul-25	Alan Gordon	9493 0894	Mick Atkinson	0415 962 754
14-Jul-25	Martin Troy	0450 477 369	Colin Sears	0437 801 570

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

Ken James has had to withdraw from the roster after a long period of helping to keep the Shed in good order. Thank you Ken for your service.

This would be the opportune time to rally the troops to join the roster. The more the merrier as the saying goes, 'many hands make work light'.



Anyone playing?



Table Tennis

There are a regular group playing every Monday, with the occasional additional player.

Only enough players to utilise one table, in which doubles are played to maximise the number of games played by those present.

Unusual TT Rules.

1. The Skinner Serve: This table tennis rule is less about what you can do and more about what you can't. It prohibits a player from hiding the ball during service, making the game fair and keeping the unpredictability in check.
2. The Expedite System: Have you ever heard of a match being timed? In table tennis, if a game isn't concluded after 10 minutes, the rules switch up with the quickness of the Expedite system. A different way to serve and a count of alternate shots kick things into high gear.
3. The Change in Table Colour: It's not just about the paddle and ball; even the table colour matters! Far from mere aesthetics, the colour of the table can influence how well players can see the ball.

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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

art, a visual object or experience consciously created through an expression of skill or imagination. The term art encompasses diverse media such as painting, sculpture, printmaking, drawing, decorative arts, photography, and installation.

The various visual arts exist within a continuum that ranges from purely aesthetic purposes at one end to purely utilitarian purposes at the other. Such a polarity of purpose is reflected in the commonly used terms artist and artisan, the latter understood as one who gives considerable attention to the utilitarian. This should by no means be taken as a rigid scheme, however. Even within one form of art, motives may vary widely; thus a potter or a weaver may create a highly functional work that is at the same time beautiful—a salad bowl, for example, or a blanket—or may create works that have no purpose beyond being admired. In cultures such as those of Africa and Oceania, a definition of art that encompasses this continuum has existed for centuries. In the West, however, by the mid-18th century the development of academies for painting and sculpture established a sense that these media were “art” and therefore separate from more utilitarian media. This separation of art forms continued among art institutions until the late 20th century, when such rigid distinctions began to be questioned. (Britannica)

Meanwhile, I offer another example of art to be appreciated by the cultured set.



Painted by Wassily Kandinsky, Piet Mondrian, Jackson Pollock, and Mark Rothko?
Have you guessed—no clue, identity revealed lower



An Elephant

On my way through Nungarin few weeks ago, to visit the Military Museum, I dropped into the Community Shed for a yarn.

They were all busy righting the wrongs of the world & ‘chewing the fat’ in general, as you do.



14/5/25

In June 2019, the GCMS Caravan Group visited the Community Shed whilst also visiting the Mukinbudin Community Shed.

John Vannereau



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Battery Box

G'day fellow caravanners.

I recently upgraded my caravan battery to lithium iron phosphate (LiFePO4) only to find that a new Standard AS/NZS 3001.2:2022 requires batteries in an 'inhabitable area' e.g. caravan, must be enclosed in a sealed box or sealed compartment and vented to the outside.

A number of options were considered, including:

- purchase ready made \$500+ plus delivery
- have one made from 3mm aluminium \$740
- use a plastic box, such as a toolbox
- use a portable battery box
- me to build from aluminium sheet riveted to aluminium angle for framing

For me, these options were not viable. The first two were too expensive and for the second two it was difficult to find a box the correct size that could be sealed and would fit in the limited space under the bed. The last one only had 'me' in it, say no more.

I spoke with John Mitchell at the Shed and his input was invaluable. It was he who suggested options 2, 3, and 4. or he could build a box.

The latter prevailed and he was able to cut out a box, to my specifications, from 6mm MDF and which I believe complies with the Standard.



End Panel



Interior



Installed



With Internal Leads

The box uses box (tab) joints and the lid includes holes for securing the lid and cut-outs for the battery pass-thru terminals. It is assembled without screws or nails, just PVA glue. The box was precision cut with the laser cutter.

Venting is via a 20mm PVC pipe through the side and down through the floor. I used silicon sealant on the inside joints and the vent pipe to achieve an air tight seal.

The lid is held on to aluminium angle around the top edge with 14xM4 screws and a rubber seal.

I also installed a DCDC charger but that is another story.

All up I'm a happy caravanner, satisfied that my new battery is compliant thanks to John's expertise.

I can't speak highly enough of John. He was very accommodating, patient, full of ideas, and only too willing to help. Thanks again John.



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If anyone would like to know more, including the DCDC charger, give me call or catch up at the Shed. I'll be away from 27 May to 2 August trying out the new setup while visiting the Daintree Rainforest.

Mick Atkinson

0415 962 754

Member 384



Raffle Prize



L8R that night?



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Being pro-active



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Recipe Corner

Toast

The other morning, I decided to have myself a cooked breakfast.

Whilst waiting for the eggs to come to the boil & the toaster to finish its thing & deliver uniform brown toast (rarely), it got me thinking about the way Toast is served up.

Hot buttered or cold buttered?

If so inclined, search Google: hot or cold buttered toast: & find yourself swamped with a huge number of hits to wade through.

Searching The Guardian on this subject resulted in over 3,760 hits, enough for your toast to go cold or soggy whilst reading!

My preference is for cold buttered. My thinking being that you make the bread crispy & let it cool & then butter. This way you don't have soggy toast.

I am no celebrity chef & just 'make toast'.

On the other hand, celebrity chefs, Jamie Oliver, Nigel Slater, Benjamina Ebuehi Et al. have their own recipes for fancy offerings.

These will necessitate nipping off to the shops/delis to buy additional ingredients that you won't/never have in the pantry. Preparing these fancy offerings will also take longer than your usual brekkie eats.

As for ways to have the brown slices on your plate – how deep are your pockets?

The Ultimate Toaster featuring Steam technology & caters for a Sandwich Bread Mode, Artisan Bread Mode, Pizza Mode, and a Pastry Mode — all specially designed to meet your specific bread needs. All yours for approx. \$833.



Meanwhile, I incinerate my bread with a recently purchased \$7 Kmart Toaster.

Now that we have the toast preparation sorted, the next dilemma, what do we put on it?



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