

The Gosnells Community Men's Shed News



Lewis Homestead

July 2025

Vol 14 #01

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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 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)



On the Albany Hwy at Armadale, just before SW Hwy Junction.

Road sign shows ← Albany
Bunbury →

Any body remember this?

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

Morning Tea to recognise Geoff Wiltshire's OAM 27/6/25



The Gosnells Community Men's Shed News



Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News

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.

Feedback from Hearing bus is that at least one member was referred to a specialist and was advised to get hearing aids.

On 17 June the CommBank presentation about scams and staying safe on line and what to look out for had a good turn out with about 19 people including 2 partners.

However, only six members braved the cold weather to attend the First Aid kits short talk with many purchasing First Aid kits the cost of which will be reimbursed to Seniors Card holders.

There will be a Hearing health talk on Tuesday 22 July at 10am in the Wiltshire Room with a practical presentation conducted by Expert Hearing Care, covering how hearing works, how to protect our hearing and the various solutions to compensate for hearing loss and tinnitus. Unaddressed hearing loss is associated with numerous health impacts, including increased risk of falls, depression, social isolation and even dementia.

You may want to mark your calendars for an Advanced Care Planning workshop on Tuesday September 16 in the Wiltshire Room conducted by Palliative Care WA in conjunction with the Gosnells Women's Collective. This workshop will be from 10am to 12noon.

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

Try Something New: Yoga Trial Open to All

Looking for a way to ease aches and pains or just to relax before getting busy in the Shed? Why not give the new yoga class a go on Tuesday mornings?

A six-week yoga trial kicked off last week, funded by Men's Sheds of WA. The sessions focus on gentle movement, breathing, and stretching - helping improve flexibility, reduce stiffness, and boost overall wellbeing.

"We're funding this trial to learn how to best support new activity groups in Sheds across WA," said Fiona Peters, Wellbeing Support Coordinator at Men's Sheds of WA. "And would like to thank Graham and Alan for being so proactive in looking at ways to support members. While this trial benefits the health of Gosnells members, it will also help us develop a simple 'how-to' guide to encourage other Sheds to start their own activity groups."

You don't need to be experienced or super bendy to join, just bring yourself and an open mind. Sessions run Tuesdays at 8:30 am until 5 August, and if there's enough interest, will continue for a further six weeks.

For a chat or to find out more, get in touch with Graham Hughes or Alan Gordon



Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News



Golf Group

Hillview June 6

Excellent morning for golf with full available complement of twelve golfers, with just Lloyd missing as he is overseas. Clear blue sky, no wind and fairways and greens damp from recent rain.

There were some very good scores, perhaps reflecting the perfect conditions. Seven players scored 18 or more stableford points, which means they equalled or bettered their own par.

Mark was the winner on the day, very closely followed by Bill Davis, who an almost flawless round of 44 off the stick. Warren was closest to the pin, but only just, with Ross just a half meter further away. Rob sunk the longest putt.

We will be back at Armadale next week, teeing off at 8am.

June 13

Eleven of us showed up at Armadale. We were treated to reasonable weather, with just the one brief shower. Ron had a great day out and was a clear winner with a 48 off the stick for a net 28, and 24 SF points. A really great round. Just wait until he has his other eye done!

Ron was also nearest pin whilst Bill D sunk the longest putt.

We are off to Hillview next week and hoping for some reasonable weather

June 20

Nine of teed off at Hillview Lakeside today. We all managed to finish our rounds before a very wet afternoon.

Frank was winner on the day on countback from Bill D. Each finished with 19 points, but Frank scored 8 points on the last 3 holes, compared to Bill's 7.

Bill H was closest to the pin, and Barrie sunk the longest putt.

Armadale next week with an 8.04 start.

June 27th

Only 6 players showed the Aussie spirit and fronted up to play in freezing conditions. The temperature was 4C at tee off. The morning was magnificent once the Sun had risen and the majority were still smiling after completing the 9 holes.

Winner for the second week running was Frank, with a score of 22 points, he also had a birdie on par 3 7th hole, which resulted in him winning NTP. When our handicapper returns from his travels, I will request a committee meeting to enquire to see if Frank has been getting professional coaching with his game. if this is proven to be the case, I will strongly recommend to the handicapper that Frank donate at least 50% of his prize money towards the club's Christmas lunch. This will also warrant a substantial lowering of his handicap. Tom rounded out the day with the longest putt



Playing the Nullarbor Links @ Madura?

Looks real, but the correct location is Legend Golf in the Entabeni Safari Conservancy in South Africa, approx. 8,960km Away.

Would the elec golf cart have enough energy capacity to go up & back down to find your ball below, somewhere?



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

Any of our Shed artists dabble in different mediums/materials, other than the usual oils, pencils/crayons or charcoal etc>

So going off Piste (excuse the pun), we will have a brief look at this other medium.

Many may describe others works as (insert colourful adjective here) but someone has already been using this medium to good effect.

Poop art: animal dung painting competition seeks to break taboo of talking about poo.



'Crap Wallpaper' by Tasmanian artist Karen Lyttle was painted using pademelon poo. It won the inaugural animal poo painting competition in 2024

Karin Koch was inspired to start the world's first animal poo painting competition after buying a large and highly detailed painting created out of cow dung by the German artist Werner Härtl.

Koch then commissioned the Tasmanian artist Mel Hills to paint wombats using wombat poo and a pademelon with pademelon poo collected from her garden.

"All three paintings are now on display at the Pooseum, so holding a poo painting competition was simply the next logical step," Koch said.

The competition, which began in 2024, is run by Koch, who in 2018 founded the Pooseum, a science museum dedicated to the intriguing world of animal droppings.

The idea of opening a museum about faeces came to Koch, who is in her 60s, after a close friend died of bowel cancer in 2016.

"He had noticed blood in his stool for two years but never told anyone," she said. "In his generation, talking about such things was taboo and that silence unfortunately cost him his life."

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"He had noticed blood in his stool for two years but never told anyone," she said. "In his generation, talking about such things was taboo and that silence unfortunately cost him his life."

To try to break that taboo and raise awareness of bowel cancer, Koch initially wanted to create an exhibition focused on human faeces. But her focus shifted after she moved to Tasmania to enjoy the island's clean air and endless bushwalking opportunities.





Werner Härtl's painting of the restaurant Voithof 1532 in Rottach-Egern was painted with cow poo. Photograph: Karin Koch/Pooseum

"Surrounded by nature and with animal droppings everywhere I realised that no one had ever dedicated an entire museum to animal faeces despite it being such a fascinating scientific topic," Koch said.

"So I decided to go ahead and open the Pooseum."

The Poo-tastic Tasmania Paint Off competition is open to amateur and professional artists but all poo painters must be at least 16 as they need to collect and handle animal droppings.

The theme for this year's competition is Expressive Portraits: Faces with Faeces.

"When choosing a subject for their portrait painting, artists should choose someone they know well or admire," Koch said.



The winners of the competition will be displayed at the Pooseum in Richmond, Tasmania. Photograph: Karin Kotch

Despite animal faeces being the medium, Koch said it's a serious art competition.

In their submission, artists must include the artwork, a written description, a short biography of the artist, a high-resolution headshot and a video that shows the artist creating their painting.

Competitors can submit up to two artworks and there is no registration fee.

For those lucky enough to win first, second or third place, their artworks will be put on display at the Pooseum in Richmond – a small town of about 900 people just north of Hobart.

The winners will be announced on 8 December.

[Eelemarni Close-Brown - The Guardian 29/9/25](#)

Any compositions in the offing after eating a shed members spicy curry cookups?

At least you would be qualified to say, 'that picture is a load of shiite'!



The Gosnells Community Men's Shed News



Model Group



After sorting out those parts for assembly, I'll have a rest & look for some words.

Looks a little complicated, but are those scissors Imperial or Metric?

Took me a minute to realize how funny this is.



A comprehensive set!



You pinch my spanner?



Cheaper than a Genuine Cat 789

Fartlek

Not that an exercise regime is followed by many of our members.

I found this interesting, mainly due to the name.

I thought it referred to an aged person wandering around the supermarket aisles dropping silent ones!

But its meaning belies the name

Fartlek is a training method for runners that involves varying your speed and intensity during a continuous run, alternating between fast running and slower jogging. The term comes from Swedish, meaning "speed play," and it allows for flexibility and spontaneity in workouts.



No, not this!

The Gosnells Community Men's Shed News



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

Look like a Pro player & also impress your fellow throwers—only \$275!

Target Luke Littler Prodigy 90% Darts Gen 1 Tungsten Steel Tip 23 Gram



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



The Gosnells Community Men's Shed News



Music Group

For the shed muso group guitarists, who fret over their techniques & finger work, try this. Apparently, learning something new is good way to alleviate cognitive decline. I think that in this case it would be less of the cognitive & just the decline before it is mastered.

This is the Picasso guitar with 42 strings.

The weirdest thing about the Picasso Guitar is that two of the string sections don't have fretboards but are strummed, while chord shapes are formed in unison on the main fretboard.

How do you cart this thing around?



Camera Group

Every Wednesday 9:00am - Noon in the Wiltshire Room



In the dark room!

Camera group developing a discussion on a photo.

For those who don't know, a Lensbender is a product that allows photographers to free-lens, a photography technique where interchangeable lenses are freely held in front of the lens mount of a camera to create interesting visual effects. The particular adapter featured in the video takes advantage of a bracket that holds the lens in front of the camera, which should make freelensing a whole lot easier. Stern shows the product in action, and the results are somewhat mixed. He goes through some of the quality and control issues of the setup and offers some useful suggestions for improvements. I personally like the lo-fi effect that the Lensbender gives, but I do appreciate that it may not be to everyone's taste.



The Gosnells Community Men's Shed News



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:

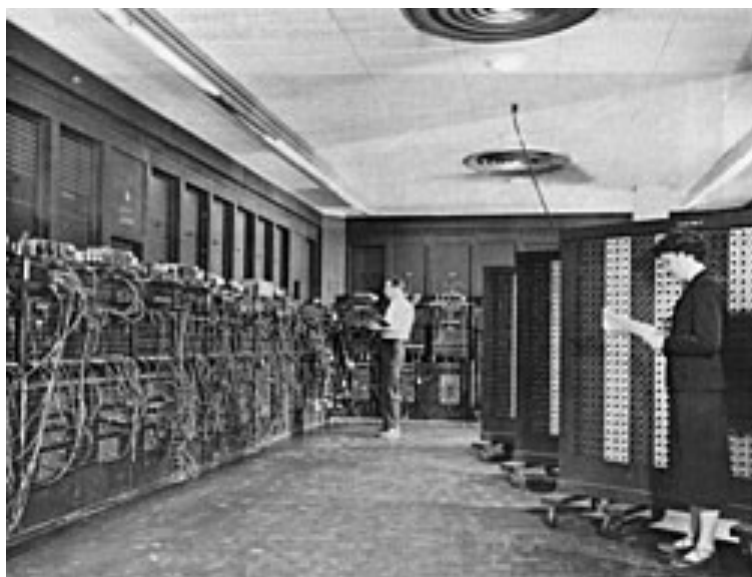
Put your name down for the next available Monday or Friday's time slot and describe your problem on the whiteboard in the computer room. Consults are up to two and a half hours. No House calls! If you see me at the shed, you can also come and ask if I'm available. No problems with that.

André
0457 680 489

Free to all shed members.

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

ENIAC—Electronic Numerical Integrator and Computer



The first programmable, electronic, general-purpose digital computer, completed in 1945. Other computers had some of these features, but ENIAC was the first to have them all. It was Turing-complete and able to solve "a large class of numerical problems" through reprogramming.

The ENIAC could perform 385 multiplications per second.

Meanwhile an 'old' iPhone 14, has 16billion Transistors with 5GPU Cores.

So, something that sits in your pocket is far more powerful than the unit above.

The ENIAC programmers spent their evenings scrolling through thick manuals, unlike later generations who are doom scrolling.

Everybody complains about mobile phones—could you live without yours?

The Gosnells Community Men's Shed News



Gardening



Everything is looking green.



Library

Please return borrowed books when read.



The Gosnells Community Men's Shed News



Hi All! This is the time of the month I don't really enjoy, when the 'dreaded email' from our Shed newsletter, asking all various groups 'story-tellers' to write a few lines on what's happened in the last month. Some scribes may enjoy this unpleasant time, but I certainly do not, and sometimes I keep 'putting it off', but this time I'm thinking, 'I may as well get the misery over'. The email arrived yesterday morning, when I opened my computer, as I do every day on getting up, making myself a coffee etc.

Luckily, I keep a diary of all my 'outdoor pursuits', even the weekly Monday table tennis games in the Geoff Wiltshire room, with all the player's names, so here goes.

We now ride every Thursday, leaving our shed at 8-30am (everyone most welcome!), often with no ride destination planned, so we rely on our riders to suggest where we should go. It's difficult to plan ahead in winter, as we don't really know what the weather's going to be like, as what happened last Thursday! In hindsight, we made a real 'balls-up' with our decision, as we all awoke to a really wet morning, so I waited until one of our riders contacted me by phone; to suggest we meet for coffee instead, as we didn't expect the day to clear-up like it did! We phoned all our riders to say we'll meet at a cafe in the Vale Shopping Centre at 9-30 am, which we were all happy with, but we realised we should've waited another hour, at the most to re-assess the situation, as the day turned-out to be a super day for cycling.

We did have coffee and a good chin wag, and after, four of us decided to have a wee walk around the nearby wetlands area, which was wonderful. Only one of our group knew of the true beauty the place possessed. For those interested, the road which almost surrounds the wetlands area is Waterperry Drive, in Thornlie, near the corner of Warton and Amherst Roads. I cannot see any official name on my road map for the area, but I can assure you'll wish you knew of the area earlier!

David Gardiner photos Graeme Gurney



Gracie's Café, Forresterfield



Burswood Circuit



Blue Butter Café, Canning Vale.
Escaping the 'rain

The PSP's alongside the rail tracks are generally smooth, but some of the laneways/pedestrian paths/roads can be a little rough.

This gives the impression that you are riding one of the below!



The Gosnells Community Men's Shed News

Cleaning Roster for next 5 weeks

Week Commencing	Name	Contact #	Name	Contact #
14-Jul-25	Martin Troy	0450 477 369	Colin Sears	0437 801 570
21-Jul-25	Chris Brown	9459 2086	Arpad Pratsky	0438 943 933
28-Jul-25	David McLean	9490 4536	John Millar	9429 813 960
04-Aug-25	Andre Hoareau	9458 1499	Rob Shewan	9459 5610
11-Aug-25	Warren Standing	0429 932 825	Graham Robinson	0455 499 771

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



Pool



Anyone for a round robin at Pool?



Table Tennis



The Shed's elite sportsmen honing their skills

Recipe Corner

Air-Fryer Sausage Bacon Bites



Ingredients

- 3/4 pound bacon strips
- 2 packages (8 ounces each) frozen fully cooked breakfast sausage links, thawed
- 1/2 cup plus 2 tablespoons packed brown sugar, divide

Directions

1. Cut bacon strips width wise in half; cut sausage links in half. Wrap 1 piece of bacon around each sausage. Place 1/2 cup brown sugar in a shallow bowl; roll sausages in sugar. Secure each with a toothpick. Place in a large bowl. Cover and refrigerate 4 hours or overnight.
2. Preheat air fryer to 325°. Sprinkle wrapped sausages with 1 tablespoon brown sugar. In batches, arrange sausages in a single layer on a greased tray in air-fryer basket. Cook until bacon is crisp, 15-20 minutes, turning once. Sprinkle with remaining 1 tablespoon brown sugar.



Nearly cooked



Overcooked

From our travelling Membership Officer, Mick, on spotting this sign in the Tolga Van Park, just outside Atherton, in the Tablelands, Qld.

On seeing it, he immediately thought of the Shed, very thoughtful of him!



For those who wear Croc's, the ultimate accessory for the nighttime trip to the backyard or shed. No need to thrash around holding keys/torch etc. when you have your;



Shouldn't advertise, but this site is worth visiting for the fun factor. Maybe a novelty for the grandkids!

<https://www.croclights.com/>

More stuff for landfill!

Levelling Table Saw Stand

It's easy to do, and essential for the safe and effective operation of workshop machinery.

Whether you're building the dual-function workstation or making your own base for a tool, such as a table saw, miter saw, or thickness planer, you need to level the tables to the tool (bring them to the same plane). Coplanar tables provide a continuously even worksurface necessary for stable stock support, accurate cutting, and safe workpiece movement. You'll learn how to level tables in four simple steps.

You also can use this process to check and level accessories, such as infeed and outfeed support tables, to your tools. Because accessories have various types of leveling provisions, refer to the manufacturer's instructions on how to adjust them.

But what if the level indicator malfunctions?

There is now a simple fix & the replacement kit is available from selected outlets.



Causes of: MENTAL CONFUSION IN THE THIRD AGE

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head?". I answer: No!

Others suggest: "Early symptoms of Alzheimer's?". I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes
- urinary infection;
- dehydration

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

- 1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work.

The important thing is that, every two hours, you must drink some liquid. **Remember this!**

- 2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

By: Arnaldo Liechtenstein, physician.



The Gosnells Community Men's Shed News

Are you legally what you call yourself?

This was highlighted when fronting up for a Medical Assessment for a Driving Licence renewal

Having survived to reach the mandatory age for assessment was when the problems arose.

When I was a tacker (last century) and in the throes of spiritual indoctrination, I was Confirmed & chose the names of St Anthony (https://en.wikipedia.org/wiki/Anthony_of_Padua) & St Michael ([https://en.wikipedia.org/wiki/Michael_\(archangel\)](https://en.wikipedia.org/wiki/Michael_(archangel)))

Mind you, at that age I had no idea as to what they did, but they sounded nice.

Now bear in mind that confirmation names have no legal standing, until you go through the official process to change.

These names unofficially followed me through life, my email address even containing [jamv](#).

My Aust drivers licence, obtained in 1967, somehow managed to add an 'M' between John (M) Vannereau.

On fronting up to the Licencing Counter (after my medical) & my identity being scrutinised, I was asked, who is this John. M. Vannereau, as it differs from all your proffered cards (RAC, Banks, Medicare etc, etc).

So, I had to go home & bring back more identity documents (Certificate of Australian Citizenship & Passport) all of which displayed [John Vannereau](#).

What threw them, was on presenting my Birth Certificate (by this time 4 squares, to be assembled like a Rebus puzzle) Not accepting my scanned version they scanned the 4 bits of paper, which boldly stated [Jean Vannereau](#).

So back to square one, who is this Jean & John?

I spent 3 months with this same problem with the French Taxation Dept, who eventually called me Jean Dennis Paul Vannereau. On querying, it turned out to be a cut/paste error! Go figure.

I never officially changed my name from Jean to John, so when in Rome do as the Romans do, so to the French I am Jean & to English & Aust authorities, I am John.

John being such as common name, becomes different in other countries - refer <https://brilliantmaps.com/john-europe/>

No wonder people give themselves strange names: an unpronounceable symbol or XiX etc.

Licence wise, the washout was that I retained my LR but lost MR & HR, but best of all retained my R.

So, losing out on the Commercial licences & I can keep my unrestricted m/cycle one.

So will it be back to my m/cycle days with an Aprilia RSV4 Factory, BMW M 1000 RR or Buell Hammerhead 1190?

My sense of self preservation is well entrenched, but I can still dream whilst in the La-Z-Boy.

