

The Gosnells Community Men's Shed News



Lewis Homestead



Founded by the
Rotary Club
Of Southern Districts
in 2012



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Editor: John Vannereau jamv2903@hotmail.com

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

Office Bearers

Chairman	<i>Scott Henderson</i>	Vice Chairman	<i>Geoff Bowra</i>
Secretary	<i>Phil Measday</i>	Treasurer	<i>Ted Evans</i>
Committee Members: <i>Colin Sears, Neil Kenneady, Carlton D'Souza & Dan Caporn</i>			

Workshop Manager: **Contact email:** shedmgr.gcms@gmail.com

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.



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SUMMARY OF ITEMS FROM MANAGEMENT COMMITTEE HELD ON 18TH NOVEMBER 2025

- Installation of four dust extraction units in the Workshop.
- Four woodworking machines have had automatic blast gates fitted. More machines to follow.
- Current membership of shed is 154.
- Shed is looking at obtaining a new ride on mower.
- The Workshop continues to build Teepees for schools.
- We have renewed loan agreement with Amaroo to use their bus for outings as required.



SHED CHRISTMAS LUNCH

FRIDAY 19th December 2025

From 12 Noon - Lunch Served at 1pm

Members and Partners are welcome

Menu is MEATS, VEGETABLES AND DESSERT
(Vegetarian meals can be ordered)

ONLY 70 TICKETS - \$25pp

(AVAILABLE FROM OFFICE)

PAYMENT BY 5th DECEMBER

BRING YOUR OWN drinks and nibbles

**There will be a door prize and raffle draws during
the lunch**

Fruit juice, Tea and Coffee will be available

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New Members



Chris Gibbs



Phil Hutchinson



End of Month Social BBQ

Come for some good fellowship at the Social BBQ
lunch being held at the shed

Friday 28th November at 11:00am.

Menu is hamburger with salad

Fruit Platter

The BBQ is **FREE** including tea, coffee, cake and juice.

GCMS Caps



Available from front office \$20

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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.

In regards to The Quiet Area at the Shed, members should not feel embarrassed if they have issues and would like to discuss over a coffee to talk about what's on their mind.

It would be appreciated if any members would like a specific topic to be talked about please do not hesitate to contact me. There are no more talks organised for this year.

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

Members should be aware that Covid is still around and if any member has 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 has been continued, 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 9am. We have just signed up for another six week course due to popular demand, this free course will continue into December.

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

Kind regards,

Graham Hughes

Welfare Officer 0419 514 631

email grahamchrishughes@bigpond.com



Yoga—The Crow pose

Cameras at the ready to record for posterity any member that successfully completes this manoeuvre.

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Golf Group

A special thanks to Chris for doing a wonderful job of organising golf for the last three months.

Armadale October 3rd

Great conditions at Armadale for the 12 players in attendance. Lloyd won with 23 points on a count back from Patrick, Bill H was NTP on #7 and Bill D won LP.

The only interesting story involved Bill H.

Halfway down the first fairway Bill had disappeared. We turned around looking for him. We then saw him heading back towards the clubhouse. We immediately feared the worst; was he injured and is pulling out? Did he lose his ball and is going back to replay it? Is he delirious and has lost his sense of direction? Has he decided he cannot walk the course and needs to hire a cart? Did someone upset him and he is changing groups? (this would be difficult because we were the last group). Suddenly after looking left and right he turned around and eventually caught up to the rest of the group. Much to our surprise he told us he had lost his new water bottle. However like the offer involving steak knives, there was more. After playing the ninth hole Bill walked back down the fairway on the first hole and found his bottle. Despite only spending a short time together, they were happily reunited. Bill then blamed dehydration for his lack of form!



Hillview Classic October 10th

Eleven players turned up for what was a great day for golf. The winner on 23 points was Bill H on a count back from Rob and Patrick. NTP was Ron who left a 1.5547m putt 0.0547m short of a birdie. Longest putt was Bill H which resulted in him winning the day. Worthy mentions must go to Frank for his best ever round of 52 strokes and Mark for shooting 44.

Never in the history of the club has every player scored 20 points or more. The members analysed this and determined the improvement was because Chris and Warren were away.

The logic (which cannot be disputed) was: it does not happen when they are here but happens when they are both away.

Armadale October 17th

Ten players. Perfect day for golf and some very impressive rounds, especially by Steve, Mark and Frank. The winner by the proverbial mile was Steve with 27 points (42 strokes). Frank beat his previous best round ever by 5 strokes with 47 off the stick. If he runs out of things to say and do on his wedding day (Saturday), he can recount his round, stroke by stroke!! Congratulations Frank and everybody wishes you a great wedding.

Steve won NTP and nobody claimed LP

The top three players mentioned were all swabbed and I am happy to report they were all cleared. However it was noted that Frank recorded high levels of testosterone!!



Hillview Classic October 24th

Only 7 players fronted for an earlier than usual start due to the course being booked out for a corporate day.

Bill H took advantage of his temporary role of organiser and handicapper by winning the day with 22 points, just one point more than Rob who also had a very impressive round.

Bill H also won LP and Bill D was NTP

Armadale October 31st

Ten players at Armadale including the much missed Tom and the much maligned Chris, who have respectively been injured and on leave. Thanks to Bill H for organising golf last Friday. However, this morning before he had turned off the ignition he was handing me the blue golf bag!!

Chris's three weeks of coaching and practicing was certainly worthwhile. However while on leave he forgot we play 9 holes and totally blew his impressive round on the tough #9.

The winner, who just pipped Chris, was Lloyd with 22 points. NTP was Bill H and LP was Ron. Lloyd had a ferret birdie on # 4. And Mark a ferret on # 9.

A couple of memorable quotes from the day:

Quote(1)

After a shocking mishit putt by "M", "C" commented "his putter got caught in his dress".

(Real names withheld to prevent persecution from within the club and other external bodies)

Quote(2)

When "F" was asked "How is married life?" He answered " The same as being single"

(The real identity of "F" is also being withheld in case his wife reads his messages and next week he is really single again)

Cheers LLOYD

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Art

Paintings which won awards at the Canning show on October 30th.

Congratulations to Bradley Bloomfield, who won the disability section for his self-portrait.

Art supervisor for the group, Tony Taylor, won 1st prize in the watercolour section and was runner-up with his pencil sketch of Milan Cathedral.

Feel free to come and join the group. No experience necessary. Sessions are held in the Wiltshire room on Tuesday afternoons from 1-3 pm. Enter via Lissiman Street.

You can contact Tony Taylor on 0418 945 047 if you wish to have a chat.



Bradley Bloomfield
Self Portrait



Water Colour



Tony Taylor

Pencil Sketch of Milan Cathedral



Model Group



Hope this is not the Kaman SH-2G Super Seasprite! Those with long memories will remember the controversy around these helicopters in the early 2000's.



This has a 6cyl Mercedes Engine.
Gearbox internals are exposed & no oil leaks?

Takes 2 brains to sort this out



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Darts

Every Monday and Wednesday mornings from 0800 till 0900 all welcome, some darts available. There's fun to be had if you have a sense of humour—Al Gordon

A perfect game of darts or a perfect "leg" happens when a player is able to check out from 501 using the fewest possible number of darts, which is nine. Hence the name, nine-dart finish.

- Since the highest score one can achieve with a single dart is 60, and each shot consists of three darts, 180 is the maximum score per round. Building on that, the minimum number of throws to win is nine.
- Therefore, if a player scores a 60 on each of their first 6 throws, they would have to score a 141 on the last shot.

This is where things open up as several possible combinations net the player a 141.

- For example, a player may score a treble 20, a treble 19, and a double 12.
- A player may also score a treble 17, a treble 18, and double 18.
- If the player is feeling confident and believes luck is on their side, they may attempt to score a 180 on the first shot, 171 on the second shot, and 3 bulls-eye on the final shot for a total of 501.

The possibilities are too numerous (There are close to 4,000 different combinations of 9 darts that score 501) to list them all, but you get the gist.

Now to start practising!

WAKE UP YOUR MUSCLES

Tuesday Morning @0820 prior to Yoga and Friday morning at 0830. These sessions last for about 30 to 40 minutes. Helps build strength, balance, flexibility and co-ordination. Helps to feel good and may assist in managing lower back pain. All welcome, no equipment required.

Al Gordon

Coordinator



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Music Group



The Music Group in full swing 20/11/25



Camera Group

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

I am encouraged by an almost doubling of attendees for the past couple of weeks.

The nominated assignments of 'Something red' for October and 'Movement' for November are providing some practical camera work images to project and discuss.

We shall continue with Movement and Close-up / Macro for November and December.

For October we have agreed to 'Movement' as the topic, allowing plenty of flexibility for individual interpretation.

The monthly assignment, to date, is providing plenty of opportunity for members to create images and within the group discuss expected outcomes with actual outcomes and possible changes of methods.

I have previously stated the benefits I have gained from the weekly discussions generated around group images.

As the group is showing an increase in numbers I look forward to more topics for discussion and practical session ideas.

We are in the Wiltshire Room each Wednesday mornings from 9:00am to noon and everyone with a photographic interest is welcome. Rest assured your photographic skills, experience or equipment will not be judged in any way and your participation will be very welcome.

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

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



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Gardening



Shed members, surrounded by greenery, thus by definition gardening related!

Was this the Shed Philosophical Group convening?



Library

On passing the Library the other day, found Graham & Alan sorting through some books that seemed to be either surplus to requirements, duplications or unread.

Were these to become pulp fiction (literally) or palmed off to some other unwitting person?



It's good to see somebody taking an interest in keeping the library tidy & relevant.

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A few visuals of the groups outings.



The group posing under the Raleigh St sign in Carlisle (near the obligatory bakery) & no one has a Raleigh bike!



Blasta

It looks as though it is cold or raining, but they keep on smiling (grimacing)!



The warmer weather is on it's way. So refreshment taken whilst in the shade.



The following photos were taken in Saigon 21/11/25. Never saw a mishap/accident in our trip. Scooter riders were texting & driving one handed. Step out into the road & keep walking when crossing road, the traffic flows around you, stop midstream at your own peril.



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Workshop Projects



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Cleaning Roster for next 5 weeks

Week Commencing	Name	Contact #	Name	Contact #
17-Nov-25	Warren Standing	0429 932 825	Graham Robinson	0455 499 771
24-Nov-25	Phil Measday	0439 824 565	Jim Ridgwell	0429 939 823
01-Dec-25	Alan Gordon	9493 0894	Mick Atkinson	0415 962 754
08-Dec-25	Martin Troy	0450 477 369	Colin Sears	0437 801 570
15-Dec-25	Tony Jarvis	0418 950 963	John Comer	0438 912 626
22-Dec-25	David McLean	9490 4536	John Millar	9429 813 960

We are in need of more members to support the cleaning. The task is not onerous, requires no specialist skills, and only takes about an hour to an hour and a half for a team of two to complete. Currently, there are seven teams on the roster with cleaning once a week. This is an important function that would be expensive if professional cleaners had to be engaged.

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

Please give this serious consideration and put your name forward to be on the roster."



Pool

How to impress fellow players

Z-Bank Shot

A "Z bank shot" in pool refers to a type of bank shot in which the cue ball follows a zigzag path of the cushions (rails) before making contact with the object ball. This shot gets its name from the shape of the path the cue ball takes, which resembles the letter "Z".

You can imagine with the image below.

To execute the Z-bank shot successfully, follow 2 steps below:

Spin The Cue

Hit the cue ball with a left spin to make this shot work. The left-spinning cue ball will transfer its spin onto the object ball and knock it spinning right into the wall. To do that, you must

1. Check the balls' positions on the table to decide the angle you need to create the desired Z-shaped path.
2. Align your cue stick with the cue ball's intended path after the rebound off the cushions.
3. Strike the cue ball slightly below its centre with the cue tip to apply the left spin.

Remember that the amount of left spin depends on the distance between the cue ball and the first cushion it will hit, as well as the speed of the shot.

Let The Spin Swap

The cue ball rebounds at an angle when it hits the first cushion. Therefore, applying a left spin to the cue ball will slow down and potentially change direction after hitting the cushion.

Once the cue ball hits the second cushion, the spin will interact with the cushion, forcing the cue ball to change direction again. This side spin can guide the cue ball toward the target ball in a Z-shaped path.

This shot works well because of the initial spin applied on the cue ball, and it's all thanks to physics.





Table Tennis

Last week we had the biggest turnout for Table Tennis, 12 people. The number of people varies week to week, but there are a core group that turn up regularly.



The speed of the game is such that it renders the two players at the other end of the table to stand idly by, awaiting the arrival of the ball!

New portable battery policy

- The use of power banks on board is prohibited
- Charging of power banks onboard is prohibited, including via in-seat power or USB ports (where available)
- Customers may carry up to two power banks (each not exceeding a maximum capacity of 160 watt hours) in their cabin baggage
- Power banks, spare batteries and personal electronic devices (PEDs) should be with the passenger, including in the seat pocket or under the seat in front. If this is not possible, then in a nearby overhead locker
- All power banks must display battery specifications
- Lithium batteries that are part of a "smart bag" must be removed from the bag and taken as carry-on, and stowed in the same way as power banks
- Power banks will continue to be prohibited from checked baggage



Source: Qantas

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Recipe Corner

Now that the festive season is nearly upon us, why not shock the family & relatives with some odd ball offerings, foodwise.



Glue some green corn flakes to a board



The Shrimp Christmas Tree



The Tuna Christmas Tree



The Christmas Candle Salad



The Vegetable and Tuna Jell-O Wreath

An paupers dinner that should deter the freeloaders the following year

