

The Gosnells Community Men's Shed News



Lewis Homestead

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Your Shed! Our Shed! Our Future!



| Lewis Homestead

Gosnells Community Men's Shed Inc.

70 Lissiman Street, Gosnells, WA (Rear of Gosnells Markets)

Tel (08) 9398 4064 Email secretary.gcms@gmail.com Website. <https://gosnellsmensshed.org>

SHED CLOSING DAYS CHRISTMAS/NEW YEAR

THE SHED WILL CLOSE ON

WEDNESDAY 24TH DECEMBER, 2025

SHED WILL RE-OPEN

MONDAY 5TH JANUARY 2026

WE WISH ALL MEMBERS A GOOD CHRISTMAS AND A HAPPY NEW YEAR

SEE YOU ALL AGAIN IN 2026

Gosnells Community Men's Shed Inc.
70 Lissiman Street, Gosnells, WA 6110.
(At rear of Gosnells Railway Markets)
Email: secretary.gcms@gmail.com
Ph.9398 4064 (Office Hours Mon-Fri 8am to 12noon)

Your Shed! Our Shed! Our Future!

The Gosnells Community Men's Shed News



Lewis Homestead



Founded by the
Rotary Club
Of Southern Districts
in 2012



December 2025 Vol 14 #06

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.



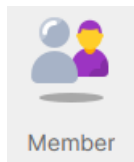
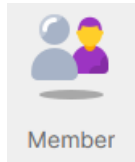
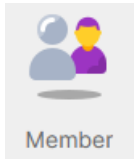
Bunnings BBQ Thursday evening 4th December.

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New Members

No new



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

GCMS Caps



Available from front office \$20

The Gosnells Community Men's Shed News



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 is a talk tentatively organised for Tuesday 20 January, more info to follow.

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.

The **Walking Group** participated in a November trial sponsored by the Heart Foundation. Congratulations to *The Phantoms at Donnybrook Men's Shed*, winning top prize in our Shed Mates Walking Challenge winning \$500 for their Shed in a random draw recently. The runners up were *The Busselton Crabs – Busselton Men's Shed*, *Station Street Wanderers – Station Street Men's Shed*, *The Walking Wheels – Motorcycle Men's Shed*, each team received one Heart Foundation goodie bag plus a Men's Shed of WA cap for each runner up participant.

Even though the *Gosnells Community Men's Shed* walkers didn't win a prize their participation was noted by the organisers. If there are any further challenges that will involve members of our shed next year notifications will be put out.

Social Activities

Yoga finishes on Tuesday 16 December. I'd like to thank the 14 members who participated and hopefully they got something out of it by improving their strength and balance. Most found it physically and mentally rewarding with a few laughs along the way.

I'd like to take this opportunity to thank everybody that supported me in my Welfare role at the Shed throughout the year, also wish all members and their families a Merry Christmas and a Happy New Year – and if you are travelling throughout the festive season please travel safe. Looking forward to once again being the Welfare Officer for the Gosnells Community Men's Shed for 2026.

Kind regards,
Graham Hughes
Welfare Officer 0419 514 631
email grahamchrishughes@bigpond.com



The Gosnells Community Men's Shed News



Golf Group



The above photo shows Bill.H at the end of the table employing his familiar standover tactic, whilst the TV screen in the background shows Rob winning the longest putt (LP) earlier that morning.

Players are (from left going clockwise): Barrie, Steve, Patrick, Tom, Ron, Bill D, Ross, Bill H, Rob, Chris, Warren, Lloyd, Frank. Absent - Mark.



GCMS Golf Group Presentation for **Golfer of the year 2025 to Rob Shewan**, all so winner of Raffle Steve Ferguson Presented by Lloyd Dungey President

7th November

85.7% of us fronted up at Hillview ready to tackle the Lakeside course. However, we were not prepared for the strongest, coldest winds in the whole Perth metropolitan area. Golf is already the most difficult game known to man without having to tackle winds not encountered since the Ice Age!!

The day was dominated by Patrick with the trifecta: Best score (20 points) NTP and LP. Unfortunately he was not there to collect his prize so, like Lotto, it will jackpot to next week.

Other than Bill D, everybody else succumbed to the conditions and played below their average achieved over the last twelve weeks.

14th November

Ten players at Armadale in great conditions for golf. Another impressive effort from Chris saw him win the day with 21 points from Bill (20) who is again playing consistently. Chris's birdie on hole 3 was the difference.

Warren's prize for winning NTP covered the cost of his recent holiday to Victoria and Patrick won LP.

After the game there were many topics covered for those who did not want to talk golf.

Patrick's story of almost being carried away (twice) by a wedge-tailed eagle easily trumped Warren's claim of being attacked by a willy wagtail and Lloyd's story of the magpie that crows like a rooster. This then triggered a claim from Patrick that he has Dr Doolittle qualities where magpies talk to him and he can understand them!!

Lloyd won the "Drew" award for finding 16 balls, Rob came a distant second with 10.



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21st November

Ten players took on the challenge of the Classic nine at Hillview. We again played Stableford Two Ball Multiplier. Pop sticks were drawn to determine the playing order and the two person teams.

Unfortunately Chris injured his back on the first hole but persevered for another three before he had to withdraw. Despite the greens being tricky (they were still bumpy as a result of recent coring and sanding) there were still many good scores.

The winner on the day was Warren with 23 points. NTP and LP was Patrick.

The winning team was Patrick and Lloyd with 47 points who just edged out Warren and Bill H with 46 points.

28th November

Twelve players turned up at Armadale only to be confronted with a strong bitterly cold Easterly wind. Luckily the wind dropped off very quickly and the conditions were ideal for golf, as reflected in the scores.

Two players had outstanding games: Bill D with 42 strokes and Frank 47 came home with outlandish scores of 24 Stableford points each. The countback came down to the last hole where Bill D just pipped Frank. When asked about their great form they both credited a "blissful" home life!!

NTP was Barrie and LP was Rob which was a much improved effort compared to hole 3 where he took a world record 7 putts!!

Putts were counted and recorded on each hole and the winner was Bill H with 15.

Seven players had stroke scores of sub 50 and eight players scored 18 or more SF points. So no more Mr. Nice Guy... handicaps will be slashed but not for Tom, Bill H, Barrie or myself (they all saw me after lunch and an "agreement" was reached)

Lloyd, the fairest and most popular handicapper of all time, then offered all members some invaluable advise:

"Get that putter out and practice. The shots you save with your putting will help offset the Elon Musk-like cuts to your handicap"

After golf we all went to the Gosnells Hotel where 8 players wanted a drink to celebrate their rounds and 4 of us needed a drink to help forget ours!!!

Christmas Lunch

Philatelist Frank was one of the last to arrive at the Gosnells Hotel because after golf he went home to change his clothes. But it was worthwhile because he stamped** his authority as a leading fashion aficionado with his "Santa Playing Golf" T- shirt.

** Apologies for the poor pun but it was either that or a mention that Frank played golf so well in the morning that he was landing them on a postage stamp orhe played so well that, other than Bill D, he licked everyone!!



Patrick who joined the group this year, was welcomed to his first Golfers Christmas lunch. In response, he said he would have joined years ago if he knew we were such a welcoming, friendly, interesting, talented bunch. He is amazed how such a small group is able to attract such amazing sponsorship from large international companies.

As is customary, the golfer of the year award was presented. This year's winner was Rob. He joined the golfing group soon after it formed 10 years ago. During that time he has been a regular player only interrupted by holidays and visits to family in Kununurra.



He has always had a positive approach to golf, regardless of how he is playing. He displays personal qualities that are a credit to the Men's Shed and is supportive of other members in the group. Just that morning Chris was having trouble bending due to a sciatic problem, so Rob voluntarily took on the role of being Chris's caddy by putting down and picking up tees, markers and balls.

Well done Rob!!

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It was then time to determine the winner of the \$100 Bunnings Voucher, kindly donated by GCMS. Players were then given the chance to choose their favourite pop stick numbered between 1 and 14. Rob then picked a random pop stick from a second bundle andthe winner wasSteve. Everybody was ecstatic that Steve won and they would go home with nothing.....but Tom came to the rescue. He donated a brand new portable putting kit. Another random draw took place and the winner was.....Tom!! Tom again donated it. This time the winner wasRoss.

Chris, Warren and Lloyd were thanked for their efforts in ensuring the club ran smoothly throughout the year.

One o'clock came and like Cinderella, everyone left in a hurry. No sweets, no coffees, no second drinks, no golf stories. Some left to go home and tell their partner they played well because of "marital bliss" and probably hoped this would continue to help them to "score" well.



Some wanted to go home and explain their poor golf was due to a lack of "marital bliss". They also hoped this would help them to "score".

Others went home to have a nanna nap!!



Cheers

Lloyd Dungey



When I complained to Amazon about a missing parcel they asked me to send photographic evidence.



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Art

If the Shed's painters artistic juices are running dry, why not look elsewhere for inspiration?

Surreal & Bizarre Animal Paintings by Bruno Pontiroli, a French surreal artist, whose aim is to "turn the narrow vision that we have of the world upside down and disturb our imagination while shaking an accepted reality with images that are as comprehensible as they are familiar".



Model Group

GREETINGS ALL !!!,

Where on earth has 2025 Gone ??? ... seems like as we get older the years get shorter ???

The Model Group has been very active this year and have produced some remarkable creations. Plastic kits, Leggo, wooden ships etc. have ALL been assembled.

Helicopter IVAN has also been busy with "CHOPPER REPAIRS"



Our LOTTO FUND has NOT made us Millionaires YET but there is enough funds to pay for our combined MODEL and MUSIC Group pre-Christmas Lunch at the Gosnells Hotel on Thursday 18th.

On that Note .. WE ALL wish you a VERY MERRY CHRISTMAS and A safe AND healthy 2026.

Best Wishes GEOFF BOWRA

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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

Even darts are affected by the Xmas hysteria!

Maybe your dartboard resembles this when seen through bleary eyes!



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

Your Post Christmas exercise regime Focus on Standing Poses



The Gosnells Community Men's Shed News



Music Group

HI ALL,

Well it's been another productive year for the Music Group and New Member JOHN YEUDAL has settled -in well on Guitar and Harmonica.

We have added quite a few songs to our Play List and the Weld Shop boys have a "Guess That Song" session on a Thursday Morning.

Carlton keeps us guessing each session as to Which Bass Guitar he will arrive with ???

ALL-IN ALL it has been a FUN YEAR for us MUSSO's !!

We ALL would like to wish you a VERY MERRY CHRISTMAS and a SAFE, HAPPY and HEALTHY 2026.

Cheers GEOFF BOWRA



Has anybody checked the strings on Carlton's bass guitars—are there 4, 5, 6, or even 7 strings?

Most bass guitars look the same, except this model.

Maybe it belonged to the *Shovel Dance Collective*—yes, they are a group!



Camera Group

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

It is unbelievable that Christmas silly season is upon us and assaulting us from every direction. Wednesday the 17th December will be our last get together for the year and we shall re-commence on the 7th January.

It has been an interesting year with us experimenting with different methods for helping our participants with their photographic learning. It is apparent the area of most challenge is communicating with the camera and having it do what we require of it.

We have had some interesting member images projected on the TV and very lengthy informative discussions on techniques and possible improvements. From my perspective this process of members sharing images and discussing mistakes they know they have made and discussing possible method changes is working.

Many thanks to the members who have participated for the year and I hope you have all found it as beneficial as I have. I any of you have ideas of how we can change to benefit you, please speak up.

Al the best to everyone for the festive season and I hope you get the photographic kit you want for Christmas.

Merry Christmas and a Happy New Year to you all and I look forward to another year with you.

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

A guide to safe holiday shopping

The holiday season is a time for generosity and celebration, but it's also a time when scammers are particularly active. Here are our top tips to help protect yourself.



Smart online browsing

- Stick to trusted brands and retailers. If you're buying from a new website, check reviews before you purchase.
- If a deal seems too good to be true, it probably is. Scammers often lure people in with fake websites offering incredible discounts. Be wary of prices that are significantly lower than on other sites.



Beware of gift card scams

- Inspect physical gift cards. Before buying a gift card instore, check the packaging to ensure the PIN hasn't been exposed or tampered with.
- Be suspicious of anyone asking for payment via gift cards. Legitimate businesses and government agencies will never ask for this. If you're asked to pay a bill or fine this way, it's a scam.



Watch out for fake delivery notices

- Don't click on unexpected links. Be wary of emails or text messages about a delivery you're not expecting. And if you receive a message asking for your card details, this is very likely to be a scam.
- Track your packages using the tracking number from your purchase and check the status directly on the courier or postal service's official website.



Courtesy of Macquarie Bank

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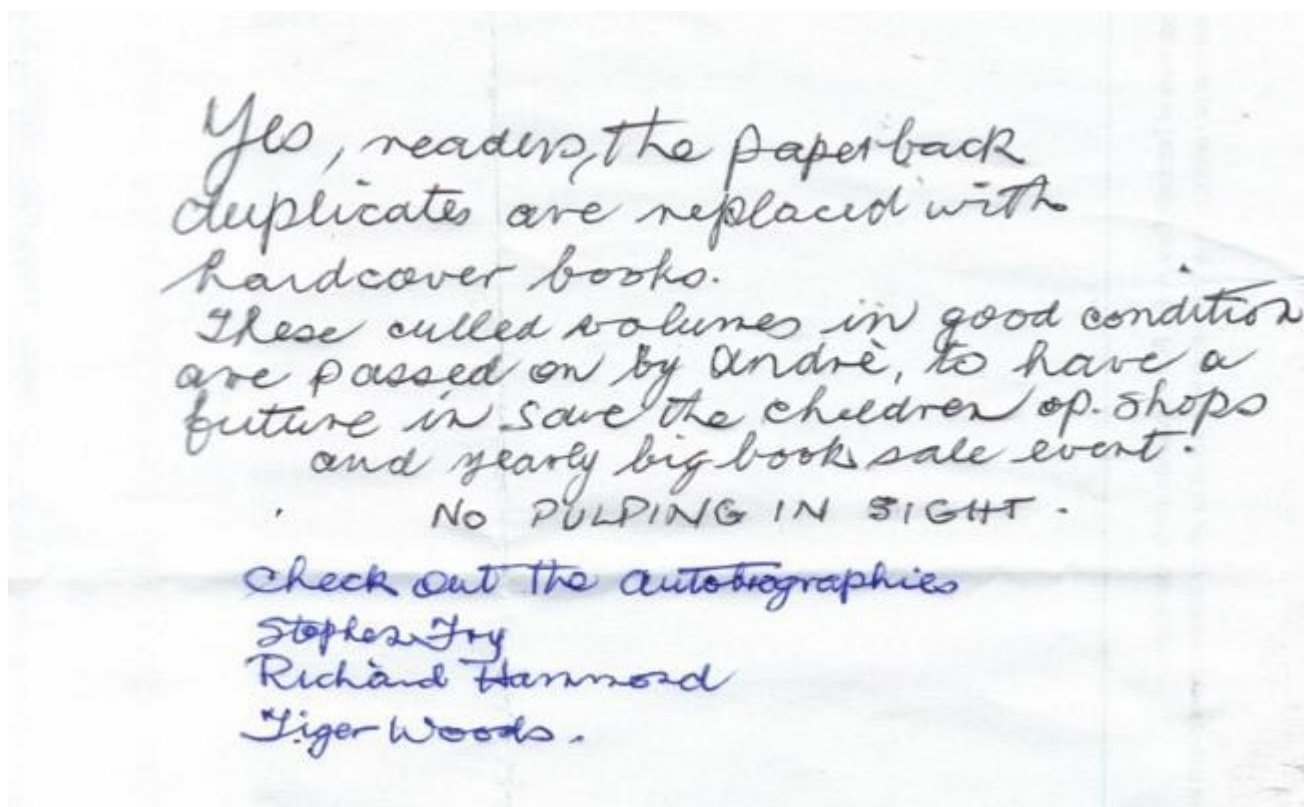
Gardening

The hot weather is upon us & our gardens suffer.

Even so, who would like to be experiencing conditions on the Great Lakes in winter?



Library



Graham Bartley-Smith

The Gosnells Community Men's Shed News



Hi Everyone, As we get closer to the end of another year, this will be my last effort to try to write something readable for you shedders (and possibly a family member or two?) in 2025. I imagine you're all like me, wondering how 2025 has flown by, and as we age, the years seem to fly by faster!

I've not put pen to paper for a wee while now, being a bit lazy, our Editor has filled-in for me by slapping a few photos up to fill-in the blank spaces!

Two weeks ago, we had our Christmas outing at the not too far away That Plant Cafe in Kelmscott, on the Albany Hwy. We had a late 10-30am start to give us an hour to do an easy ride there for our booked time of 11-30 and thus were all ready for lunch.



A few of us had the Big Breakfast, which after seeing the plates, wished that I should have had the much smaller, but delicious Eggs Benedict. This was my first time choosing this meal, as I really had no idea what it was. It will certainly be on my breakfast list from now on. Nine of our shed riders dined there, and we can certainly recommend the establishment! The restaurant is Licenced, so no need to buy your alcoholic beverages across the road at Dan Murphy's, but it would be a lot cheaper! Our Christmas lunch ride was held early, as Rob Shewan was off to holiday in his native New Zealand.



Our Thursday ride the following week was to one of the many cafes/eateries at Curtin Uni, one of our favourite destinations. There are dozens of various routes we can ride to get there (and to cycle home), I think I counted 27 different routes so far!

This is all I can be bothered typing, so I'll close now, and send this off to John Vannereau our Editor, hoping it arrives in time for the December issue, and that I've not wasted my time!



David Gardiner photos Graeme Gurney



The Orange ones trying to blend in with the Christmas Tree at Mary Carroll Park, Gosnells

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Workshop Projects

From the vault—What were we doing in April 2017?



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Cleaning Roster for next 5 weeks

Week Commencing	Name	Contact #	Name	Contact #
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
29-Dec-25	Andre Hoareau	9458 1499	Rob Shewan	9459 5610
05-Jan-26	Warren Standing	0429 932 825	Graham Robinson	0455 499 771
12-Jan-26	Phil Measday	0439 824 565	Jim Ridgwell	0429 939 823
19-Jan-26	Alan Gordon	9493 0894	Mick Atkinson	0415 962 754

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

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



Pool





Table Tennis

Strange Table Tennis set ups, maybe the workshop can construct!

There are a core group of players who turn up every week, have a smoko break & then get back into it.



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Now that the silly season is upon us, it becomes harder to retain a sense of decorum & limit the intake of 'pleasure juices' be it beer, wines or spirits.

Overindulging can result in rash & reckless decisions, which may have long lasting ramifications.

Never buy a border collie when your drunk.



**You know it's HOT
in Australia when....**



1. The best carpark is determined by shade, not distance.
2. Hot water comes out of both taps.
3. You learn that a seat belt buckle makes a good branding iron.
4. The temp drops below 32 degrees C and you feel chilly.
5. You learn it only takes 2 fingers to steer a car.
6. You can sunburn through the windscreen of a car.
7. You develop a fear of door handles.
8. You break into a sweat @ 7am
9. Your biggest bicycle fear is "what if I get knocked out and end up cooking on the road".
10. You realise asphalt is a liquid state.
11. Farmers are feeding chickens ice to prevent hard boiled eggs.
12. The trees are whistling for dogs.
13. Shopping Centers are temples where you worship Air Conditioning
14. Sticking your head in freezers is considered normal
15. A cup full of ice is considered a great snack
16. A blackout is life threatening because the air con and fans stop working.
17. You keep everything in the fridge, including clothing
18. The effort of towelling yourself off after a shower means you need another shower right away
19. You worry the ceiling fan is spinning so fast it will fly off and kill you
20. You laugh because you know this list is so accurate.

NINE THINGS TO THINK ABOUT

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



By Popular request.

The IKEA FLAT PACK CHRISTMAS TREE

Easy to assemble & just as easy to take down for storage until next year.

Available at ALL Ikea Stores.

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