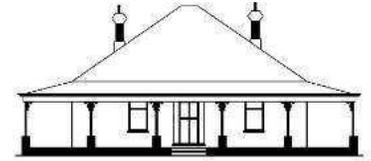


# The Gosnells Community Mens Shed Shed News



Lewis Homestead

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Editor; John Vannereau

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Founded by the  
Rotary Club of  
Southern Districts  
in 2012

**Community Bank  
Canningvale**

**B Bendigo Bank**

Proud Sponsors of  
Gosnells Mens'  
Shed



Proud Partner of Act  
Belong Commit,  
supporting good  
mental health in our  
community

Mental Health WA : [actbelongcommit.org.au](http://actbelongcommit.org.au)

***Proudly supported by Amaroo Village, Lottery West, City Of Gosnells, Department of Veteran Affairs', Community Bank Canningvale (Bendigo Bank & Act Belong Commit)***

Patron: Terresa Lynes - Mayor City of Gosnells.

## Office Bearers

**Chairman** *Scott Henderson*

**Vice Chairman** *Geoff Bowra*

**Secretary** *Phil Measday*

**Treasurer** *Ted Evans*

**Committee Members:** *Colin Sears, Neil Kenneady and Carlton D'Souza, Dan Caporn*

**Workshop Manager:** Contact email: [shedmgr.gcms@gmail.com](mailto:shedmgr.gcms@gmail.com)

The Shed Phone number: 08 9398 4064

Shed email; - [secretary.gcms@gmail.com](mailto:secretary.gcms@gmail.com)

## 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)

## Summary of Management Committee Meeting

- Contract for supply of Railway Brake Chocks
- Purchase of new ride on mower
- Current membership is 158
- Air filters and blast gates in Workshop have been completed
- Talk next Tuesday at shed - Well being for volunteers

# Well-being For Volunteers



Gift yourself an hour to connect with your community and learn about the wellbeing benefits of volunteering and community connection.



In this engaging workshop, we'll explore how volunteering and connecting with others can boost our physical and mental health. Sharing your gifts and talents with the community can create a wonderful cycle of positive emotions, not only for you as the giver but also for those who benefit from your generosity. We'll take some time to think about how our mindsets can influence how much joy we find in connecting and volunteering, and we'll look into the fascinating science behind friendship. It's true—when we show up consistently in the same place, we open the door to building meaningful, lasting friendships that can enrich our lives.



This experience will be facilitated by Karen Haddon from Befriend. With a heart full of warmth and a wealth of experience in Positive Psychology and Well-being, Karen has touched the lives of many, from AFL champions to Veterans facing PTSD and diverse CALD communities. Her work empowers people to flourish, offering the tools needed to grow and connect in meaningful ways.

when  
**Tuesday  
10 - 11 am  
20 January**  
at  
**Gosnells  
Community  
Men's Shed**

RSVP to:  
Gosnells Community Men's Shed  
P: 08 9398 4064  
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[karen@befriend.org.au](mailto:karen@befriend.org.au) | 0438 130 202 | [www.befriend.org.au](http://www.befriend.org.au)



**Christmas Dinner at the Shed 19th Dec 2025**



**The Music & Modelling Group Xmas Dinner at the Gosnells Hotel 18/12/25**





Bic Chakrav



Steve Lister



Saxon Rogers



Kris Mathews

**Why is everyone at the gym asking me why I am sitting still on a stationary bike?**

**I'm going downhill dude, mind your own business.**



**It's another hot day, so I've taken all my clothes off and opened every window...**

**I feel so much better, although the other people on the bus don't seem so pleased!**

## **GCMS Caps**



Available from front office \$20

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.

The next talk is on Tuesday 20 January at 10am in the Wiltshire Room to be conducted by Karen Haddon from Befriend. This presentation will explore how volunteering and connecting with others can boost our physical and mental health.

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. I hope to see a good turn out for this presentation.

It would be appreciated if any members would like a specific topic to be talked about please do not hesitate to contact me.

A member approached me about an interesting topic that we believe should be put out to all members. It is in relation to Hospital Emergency Resource Bag (Herbie Ready to Go). Hopefully we can get someone to come and talk to members about this during February. Will keep you informed.

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.

## Social Activities

We are looking to obtain another grant for Yoga classes, will keep you informed.





## Computer and Technology Group:

### Technology Help Desk

**Mondays at 9:30 – 12pm**

**Friday 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).

No booking required. If you see me at the shed, you can come and ask if I'm available. No problems with that.

André

0457 680 489

Free to all shed members.

## Security Tip of the Day

### Smart Mobile Security Habits Anyone Can Follow

Smartphones store sensitive personal, financial, and work information, making them an increasingly common target for cyber criminals.

As mobile scams and malware grow more sophisticated, taking a few simple steps can reduce your risk of account compromise, fraud, or data loss.



### How to reduce mobile security risks:

- Install and maintain apps safely by using only official app stores, keeping your phone and apps updated, reviewing app permissions regularly, and using reputable mobile antivirus protection.
- Protect device physical access by enabling a strong screen lock with biometrics or a PIN and turning on Find My Device or similar recovery features.
- Stay alert to mobile scams by avoiding unexpected links, attachments, or messages that pressure you to install apps or share information.

Basic mobile security doesn't require deep technical expertise — just consistent habits. Staying alert, keeping your device updated, and limiting unnecessary access can reduce your risk from common mobile threats.

Source: eSecurity Planet



## Golf

### 5th December

There were 11 players at Hillview to test their skills on the Lakeside. Unfortunately the course won the day. One reason for this was the difficulty in putting because of the greens still recovering from what appeared to be some aggressive coring and sanding.

Tom won the day with 20 points, NTP was Patrick and Mark easily won LP with a putt that was longer than Lloyd's earlier attempt to get over the lake.

The declaration of Tom as the winner was delayed while the Match Committee considered if he gained an unfair advantage by using Vic's mechanical device to help set up his Tee shot. After Tom offered to buy drinks for everyone the case was unanimously dismissed. However Tom's score was increased from 19 to 20 when it was discovered to be mathematically incorrect (that is the politically correct way of saying Tom cannot add up)!!

Ron started the day by hitting the ground.... not with his driver but with his leg ....and finger....and elbow ....and head. After receiving medical attention (that is a band aid from Steve) he was declared fit to play!

### 12th December

Nine players turned up early at Armadale, all wanting to start the day on a winning note by claiming the trophy for the coveted long range single putt. The early leader was Bill D but his finish of 50 cm from the hole was then bettered by 10 cm by Frank. In his acceptance speech Frank credited his victory to wearing shorts. They allowed his lily white legs to absorb extra vitamin D!!!

Despite the forecast of a very hot day the morning conditions were relatively mild and everyone finished before the heat set in. The favourable conditions resulted in some very good scores. The best on the day was Bill D with 21 points from a very efficient 43 strokes. A close second was Steve with 20 points and 44 shots. Bill D also won NTP and Bill H sank a 4-5 m putt to win LP.

Other highlights were birdies by Steve on # 2 and Lloyd on # 1.

Just prior to the start of the game Patrick texted advising he could not make it to golf because of car trouble. So Lloyd always keen to help sent out an SOS

Patrick would like to know if anybody knows a good mechanic or failing that, an honest car dealer!!



### 19th December

Ten keen players at Hillview. All hoping to get what they asked for from Father Christmas - their best score of the year!! Alas .....FC was either not listening or the players had not been good. So....no presents.

However the very strong, cold easterly wind was present and kept blowing for the first three holes or so.

The winner for the day was Lloyd with a nett 35.

Bill D had the lowest gross score of 46 with the highlight being a birdie on #9.

Barrie's tee shot landed on the green at #8 and won NTP while Frank finished on a high with LP.

### 26th December

No golf. Everybody was too busy practicing with their new clubs and assembling new buggies that Father Christmas delivered to them the day before.

Cheers

Lloyd Dungey





The Art of recycling materials to create visuals.

WHERE OLD PHONE CORDS GO - Museum of Communications in Auckland - NZ !!!  
Each one of these sheep is made from telephones and cords .... check out their feet!



Recycled art can loosely be described as art that uses materials that are usually discarded, as the primary medium. It embodies a vision of art as part of a circular economy, making functional and aesthetic use of what we would, in other contexts, define as waste. There is no rule as to what types of materials can be used, provided it fits the criterion of being "waste", such as plastic, metal, paper, electronic waste, or any other found objects.





## Darts



First day back after the Xmas/New Years Shed closure. Everybody turns up, is a bit like the the gym attendance before the New Years resolutions wear off!

For those of you who have always lived in the city and have never set foot on a farm, these are what cow eggs look like.



Am turning vegetarian - after all don't cows eat grass?

That's better, some meat & salad. Ever had a 'burger ' this good as a takeaway?



Who remembers Stalker Pumps 'Tin Shed' originally located on 24 Stalker Rd, Gosnells?

It is now a division of Malcolm Thompson Pumps

Currently this location has units on it & is opposite the Gosnells Football & Sports Club Oval.

This is not local knowledge, so if incorrect, blame Google Maps!

## 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



### Yoga explained

Yoga is an ancient Indian philosophy that dates back thousands of years. It was designed as a path to spiritual enlightenment, but in modern times, the physical aspects of yoga have found huge popularity as a gentle form of exercise and stress management. There are many different varieties of yoga, but each one essentially relies on structured poses (asanas) practiced with breath awareness.

Researchers have discovered that the regular practice of yoga may produce many health benefits, including increased cardiovascular fitness, improved muscular strength and normalisation of blood pressure. Yoga is a renowned antidote to stress and promotes improved sleeping patterns. Over time, those who practice yoga report lower levels of stress, and increased feelings of happiness and wellbeing. This is because concentrating on the postures and the breath acts as a form of meditation.

The classical techniques of yoga date back more than 5000 years. The practice of yoga encourages effort, intelligence, accuracy, thoroughness, commitment and dedication. The word yoga originates from the Sanskrit language and means 'to join or yoke together'. It brings your body and mind together, and is built on three main elements – exercise, breathing and meditation.

The movements of yoga are designed to challenge flexibility, balance, coordination and strength, increasing your body's efficiency and overall health. Breathing techniques promote greater mind body connection, improving the function of body and mind.

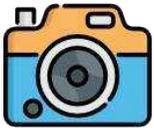
Focusing on controlled movement and breathing prepares the body and mind for meditation, with an approach to a quiet mind that allows silence and relief from everyday stress. When practiced regularly, yoga can become a powerful and sophisticated discipline for achieving physical, mental and emotional wellbeing.

Yoga brings the body and mind together and is built on three main elements – movement, breathing and meditation. Yoga has many physical and mental health benefits including improved posture, flexibility, strength, balance and body awareness.

Always consult your doctor before embarking on any new fitness program, especially if you have a pre-existing medical condition or have not exercised in a long time.

The difference between Pilates and yoga

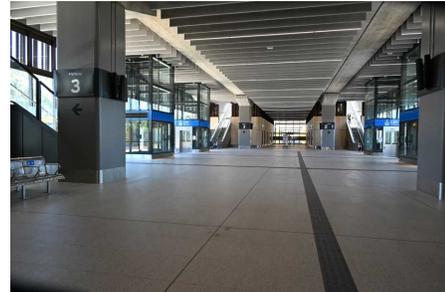
Pilates and yoga are often thought to be one in the same, however Pilates traditionally focuses more on control of movement and muscular endurance as opposed to yoga which connects the body to the mind through flow of movement.



Camera

Every Wednesday 9:am - Noon in the Wiltshire Room

Armadale Station 1987



Armadale Station Jan 2026



Music Group

Considering the extremely hot weather, both in WA & more so the ES, & the loss of life in the Le Constellation bar in Crans-Montana, Switzerland, I don't think anybody will be giving a recital on this musical instrument!

**The Pyraphone**



A pyraphone, also known as a "fire/explosion organ" or "fire/explosion calliope" is a musical instrument in which notes are sounded by explosions, or similar forms of rapid combustion, rapid heating, or the like, such as burners in cylindrical glass tubes, creating light and sound. It was invented by physicist and musician Georges Frédéric Eugène Kastner (born 1852 in Strasbourg, France – died 1882 in Bonn, Germany), son of composer Jean-Georges Kastner, around 1870.



Harrisdale 18/12



Riverton Bridge 31/12  
Last ride of 2025

During Dec. the riding Numbers fluctuated, due to people going away on holiday, having surgery & other more worthwhile pursuits. It culminated that only 3 riders managed to turn up for the final ride of the year, to Riverton Bridge's Low Qui Cafe.

This was not our original destination, as we had decided to visit the cafe at Kent St Weir, After having consulted our phones to check out the weather, we decided to have a shorter than normal ride as it was going to warm up. Lo & behold, on reaching our destination the fitness freaks agreed that we hadn't ridden far enough, so it was decided to carry onto Riverton!

A great ride was had by all, led by our human GPS, Robbo.

For our 1st ride of '26, we had an increase of 33.33% in participants - otherwise numbers increased from 3>4!

We travelled down the relatively new PSP bike path by Byford, not without drama, as one rider experienced having a front tyre that was only round at the top! Fortunately a spare inner tube was in the saddle bag and was fitted at the side of the road, whilst the others offered advice & encouragement from the sidelines. After ensuring that tyre was round, top & bottom, we continued on our way.



After a good chinwag & refreshments we retraced our steps home.

The weather was cooler than we have been getting recently, but it was quite humid.



Sleepy times!  
This cycling lark  
is hard work!

Byford Cafe

