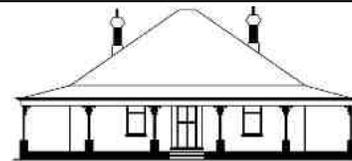


The Gosnells Community Mens Shed Shed News



Lewis Homestead

March 2026 Vol 14 #09

Editor; John Vannereau

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Rotary Club of
Southern Districts
in 2012

Proudly supported by:
Amaroo Village
Act Belong Commit
City of Gosnells
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State Government Grants



Proud Partner of Act
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Mental Health WA : actbelongcommit.org.au

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The Shed Phone number: 08 9398 4064

Shed email; - 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)



An unidentified country road, year unknown, in Gosnells area- FB page Lost Gosnells.

COMING SHED SOCIAL EVENTS.



Recommencement of YOGA classes.

The restart will recommence on

Tuesday the 17th March, 2026 - 9am.

All interested can attend the Wiltshire room and the class will take approximately 1 hour.

The benefits of yoga will enhance your flexibility, strength, balance and posture, so come along and support the Welfare Officer who has put a lot of effort to get these classes revived.

New Members



SawalSelby

We now have 160 members with two prospective members in April when the fees will be \$50 for the remainder of the membership year.

Mick-Membership Officer

If you notice a member has a yellow dot on their badge, it signifies a new member. Please make them feel welcome, say g'day, chat with them at morning tea, etc

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 talk on Tuesday 24 February conducted by Robert from Advocare was well attended. We learnt about aged care services, our rights and how they can support us - Advocare - Empowering older people in W A.

This talk was followed by a brief presentation about a Hospital Emergency Resource Bag "Herbie". This came about after a request from someone whose family member had a medical emergency. Several of our members have already purchased one of these bags and information is available at the shed for anyone who missed out.

Due to requests from members regarding the increase in online scams our next talk will be on Tuesday 12 May at 10am in the Wiltshire Room to be conducted by The Commonwealth Bank -Staying Safe Online. Some may recall we had a scams talk last year and since then there have been more and more scams and there is always something you can learn. Members and partners are all encouraged to attend.

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.

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.

I attended an Act Belong Commit seminar on Tue 10 Feb, the guest speaker was Dr Line Nielsen, Assistant Professor, University of Copenhagen, Denmark and also Professor Sharyn Burns from Act Belong Commit in W A. I went to this function to represent the Gosnells Community Men's Shed as we are affiliated with Act Belong Commit and I found it a very informative presentation done by both of the speakers.

Social Activities

GCMS applied to the Mens Sheds of WA for a grant and have been approved for more yoga lessons, these will start on Tuesday 17 March from 9am to 10am held in the Wiltshire Room.

Kathryn Young will be the yoga instruction who is a local Gosnells resident and has a long list of qualifications in this area.

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





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.





Golf

6th February

Eight players were at Armadale. Seven of them keen to show the much travelled Rob how much they had improved during his long absence!!

However, boasting rights for the day went to Ron. His round of 48 (nett 29) easily won the day with most of the other players finishing with a nett 35 or 41. When he was leaving the car park after the game Ron was seen waving goodbye to the very generous handicap he has been enjoying.

The only other person to qualify for prize money was Steve. He won NTP on hole 4 and also sank the LP.

Frank won the "Be kind to the native wildlife" award. After the sixth hole he went to grab his banana from the shelf of his hired cart but lo and behold, it was missing. He asked everybody in his group if they had seen his banana. Steve told him he had seen a crow with a banana a few holes back. After Steve described the banana in great detail, Frank knew it was his and he had been robbed. After accepting the fact the crow needed it more than he did, Frank replaced his healthy snack with a cigarette!!



13th February



Seven of us arrived on time at Hillview ready for our earliest tee off this year. What we were not prepared for was a super strong, cold easterly wind and uncharacteristically slow greens. These conditions proved to be too challenging for all of us. When our golfing barometer Bill D shoots over 50 we know it was tough going.

The best golfer on the day was Rob with a nett score of 38.

Lloyd won NTP and Ron sank an impressive putt to claim LP.

We adjourned to the clubhouse for a coffee but made the mistake of watching the latest LIV tournament on the big screen. After watching "those" players make the game look easy, we all left for home feeling even more depressed!

20th February

Nine players arrived at Armadale on time and very keen to prove they can play better than last week's effort on the Lakeside. The forecast was 32 degrees and the course was in excellent condition which only left one uncontrollable factor - the person swinging the club!!

Warren left his putter home but was very generously told he could choose a putter from any hire set and use it (which he did - many times apparently).

Today's winner, who is rapidly advancing up the rankings, was Rob. His 20 points meant he just edged out Steve who finished with 19. (Sorry Steve but since our sponsor moved to LIV Golf, there are no prizes for second!) NTP was Steve and LP was Ron.

The after game discussion covered Frank and Bill H's efforts in last week's corporate lawn bowls. Bill H admitted to getting the bias wrong and watching his ball start right and just continue to roll further to the right and eventually finish nowhere near the target. It sounded just like my putting!!



27th February

Another great day for golf on the Classic at Hillview..... or that is what the eight of us thought until we started playing! Highlights of the day were:

Rob playing to his new lowered handicap, Bill D continued to play consistently, Steve and Lloyd both beating their previous best recorded score on the Classic by 2 strokes.

Winners on the day were Lloyd (20) points, Warren (NTP) and Frank finished the day on a high with LP.

Cheers LLOYD'S



Tony Taylor, the leader of our Art Group has moved to Shelley. He is unable to continue leadership of the Art Group on Tuesday afternoons. For the group to continue we are looking for a new group leader. Please contact the office if you are interested in taking on this role.

The aim of many artist's is to utilise any medium available or near at hand to create their pieces. Upcycling or recycling often provides suitable material.

Used coffee pods are a handy medium for the creatively minded.



Drone making?



Is there a piece missing?



Darts

Monday and Friday mornings from 0800 till 0900, a bit of fun, non competitive, if you have your own darts bring them along, some darts are available, all welcome.
Coordinator Alan Gordon



Two men playing darts for beer in a London Pub 1930
This is serious & competitive sport.



Table Tennis

The number of players turning up each week to play is consistent - maybe the air conditioning is a factor!



How we think we look



Reality

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



Struggling with stiffness or poor balance? Discover flexibility and balance exercises for older men that improve mobility, prevent falls, and help you stay active, steady, and independent as you age.

Maintaining flexibility and balance as you age becomes increasingly important for overall health and independence.

Aging naturally brings changes like reduced muscle mass, decreased bone density, and limited joint mobility, all of which can affect daily life.

Flexibility and balance exercises are important for preventing falls, improving mobility, and maintaining independence.

Not only do these exercises help enhance physical function, but they also reduce the risk of chronic conditions, promote cardiovascular health, and boost mental well-being.

This guide is tailored specifically for older men who want to improve flexibility and balance through safe, simple exercises.

Whether you're new to fitness or have limitations, these routines are adaptable to your needs.

By incorporating flexibility, balance, and strength exercises, older men can improve coordination and mobility, staying steady, active, and independent as they age.





Camera

Every Wednesday 9:am - Noon in the Wiltshire Room



Only 10-15 examples of the Voigtlander Metal Daguerreotype Camera are known to exist.



Music Group

Musical instruments, especially the modern variants, seem to be more complicated & thus require a steep learning curve.

Where did our musical journey start & with what instrument?

The Comb & Paper

As shown (not that I am intimating that our Shed's esteemed muso's resemble in any shape, form or capability of the model) is probably the jump off point.

Comb and paper is a rudimentary musical instrument which consists of a comb with a piece of paper pressed to it. To play it, one has to press their lips to the into it. The voice makes the paper vibrate and changes the voice quality.[1] The 1911 Encyclopedia Britannica refers to it as "paper" belongs to the category of "mirlitons"[3] after "mirliton", another

Playing comb and paper is sometimes Mound City Blue Blowers

Comb and paper used to be one of accompany country-western dances.



paper pressed to the comb and sing or vocalize vibrate and changes the voice quality.[1] The 1911 "the comb-music of the nursery".[2] "Comb and "singing membranophones", sometimes called name for the eunuch flute.

called "blue-blowing", possibly in reference to

many improvised musical instruments to

The advantages of such a simple instrument : No power req'd (no tangled leads), portable & easily cleaned.

Jamming 4/3/26



Exposing the hidden muso!





Despite the run of hot or VERY hot days, our wee band of shed cyclists have still been out every Thursday for our bike rides to various destinations. The main reason is to seek a cafe with good coffee, good tea, good cakes, or good sausage rolls were served!

From memory , we've been to 'Purpose Cafe' in Forrestdale, 'Lo Quay' in Riverton a couple of times, Harrisdale shopping centre, and a cafe in Lathlain not far from the West Coast Eagles HQ.

On the higher temperature forecasted days, we've been meeting at the shed (or outside actually!) at 7-00am & therefore having a decent ride in very pleasant conditions (like last Thursday) with a forecast of high 39 C. We were home by 10-30, with the rest of the day ahead of us! We've had up to 8 riders and never less than 4 lately.

We look forward to the cooler Autumn weather, and no doubt, the wet conditions of some Winter days. Then we'll meet at a nearby coffee spot instead of being soaked!

David Gardiner

Photos - Graeme Gurney



Harrisdale 19/2



Lathlain 26/2



Lo Quay Riverton Bridge 5/3



Pink Deli Clifton Hills 12/3

Cleaning Roster

Week Commencing	Name	Contact #	Name	Contact #
16-Mar-26	Martin Troy	0450 477 369	Colin Sears	0437 801 570
23-Mar-26	Tony Jarvis	0418 950 963	John Comer	0438 912 626
30-Mar-26	David McLean	9490 4536	John Millar	9429 813 960
06-Apr-26	Andre Hoareau	9458 1499	Rob Shewan	9459 5610
13-Apr-26	Warren Standing	0429 932 825	Graham Robinson	0455 499 771

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

Westate Embroidery



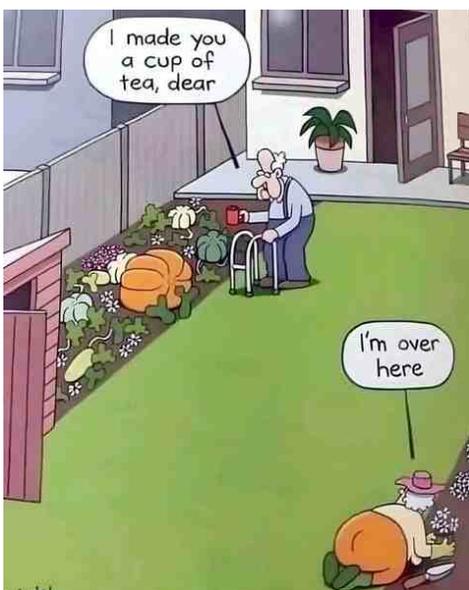
Polo Shirt \$22.50
 Shed Logo \$12.50
 First name \$5.50
 Total Cost \$40.50

WESTATE EMBROIDERY
 Unit 1/ 111 Kelvin Road
 Maddington WA 6109
 08 9493 0349
enquiries@westateembroidery.net.au



It's just not my lawns that are suffering during the heat of summer. I'm sure that the Shed's lawns get more attention & TLC than the Editors!

The Shed has a ride on mower. Maybe the workshop can effect modifications to make lawn mowing more comfortable in the hot weather.



What is a Granfluencer? The Latest Social Media Phenomenon

A "granfluencer" is a melding of the words "grandparent" and "influencer." It refers to older individuals, often grandparents or individuals of "grandparent age", who have gained a significant following on social media platforms.

Just like your usual influencers, granfluencers cover a bunch of different topics. They often carve out their own little corners of the internet, team up with brands, and let thousands or even millions of followers into their lives. But what's really cool is that these new-gen influencers are smashing the stereotype of what success in the influencer world looks like and making it clear that age is just a number, all while building up their own enviable influencer careers.

Typically, granfluencers refer to any social media creator over the age of 65, but many of the most popular creators are even older than that!

What content do granfluencers post?

- Life stories and experiences
- Family and relationships
- Nostalgia and throwbacks
- Hobbies and passions
- Wellness and self-care
- Fashion and style
- Tech tips
- Advocacy and causes

Thus, us Oldies in the shed, can still make ourselves relevant in the brave new techno world, dispensing sage wisdom & advice on a wide range of subjects, be it politics, religion, s*x (if we can remember) or mending broken things.

The world is our oyster.



2026 Corporate Bowls Competition



During three Friday nights in February, two teams of shed members competed in the 2026 Corporate Bowls Competition.

This is a community event held every year by the Gosnells Bowling Club. Participants are not regular bowlers. The club provided a sausage sizzle on each night.

Unfortunately the results were a little lacking. Over the three nights our teams won one match, narrowly lost another. The four remaining games were lost.

Members of our teams had a very enjoyable social time each night.

Phil Measday.

Chinglish Instructions for Heavy Duty Car Jumper Booster Cables, Car Truck Battery.

Description:-

After turning off fire, watching DVD's in the car & listening to music.

Forgetting to turn off headlights, these behaviours will quickly exhaust the battery.

When you turn the key & want to start the car, you will find that you can't catch fire.

This is inevitable because the battery's power is no longer able to drive the starter, what should I do at this time?

If it is a manual car, you hang up the bumper to ignite, but if it is an automatic car, this trick is invalid.

How to do? Waiting for the rescue? If so, you have a line of fire on your hand or in a passing car, you don't need to be so troublesome.

Don't worry when your car doesn't have a car because you don't have electricity.

Take a Taxi from the side of the road and get two clips at a time.

There are very few cars when there is no electricity, but once in a while there is no electricity.

It will be anxious to die. Not afraid of 10,000, just in case, or bring a battery clip will be good. No worries.



This was passed onto me by Ray Smith. Thought the info might be of interest. Anyone caravanning or planning a trip down south might find it of benefit. I have a friend who recently returned from a caravan trip to Walpole and contracted RRV. He's now off work for an indefinite period and in all sorts of pain whilst he recovers.
Jim Ridgwell.

Government of Western Australia Department of Health

29 October 2025

Ross River virus detected in mosquitoes in the South West

WA Health is urging residents and travellers to the South West to avoid mosquito bites after this season's first detection of Ross River virus (RRV) in mosquitoes.

The virus was detected as part of the Department of Health mosquito surveillance program.

Managing Scientist, Dr Andrew Jardine said the surveillance program is used as an early warning system so community alerts could be issued when mosquito-borne viruses are active in the environment.

"The alerts advise people of the increased risk of disease, and they can take appropriate protective measures to avoid mosquito bites," he said.

"Ross River virus is the most common mosquito-borne virus in WA and symptoms can be debilitating."

Dr Jardine said it was a timely reminder for people to check that their home is mosquito proof, and they wear appropriate clothing and effective repellent when going outdoors.

There have been 24 notifications of RRV reported in WA since July, with six cases from the South West region.

Symptoms of RRV include painful or swollen joints, sore muscles, skin rashes, fever, fatigue, headaches and rash lasting for weeks to months.

Barmah Forest virus (BFV) has also been detected in mosquitoes collected from the South West in recent weeks although no human cases have been notified from the region since May.

"There is no vaccine, cure or specific treatment for RRV or BFV so it is important that people take care to prevent being bitten by mosquitoes," Dr Jardine said.

Advice about mosquito avoidance is available via HealthyWA, and includes:

Cover up:

- Wear long, loose-fitting, light-coloured clothing.
- Ensure insect screens are installed and in good condition on houses and caravans.
- Use mosquito nets and mosquito-proof tents if sleeping outside.

Repel:

- Apply an effective personal mosquito repellent containing diethyltoluamide (DEET), picaridin or Oil of Lemon Eucalyptus (also known as PMD) evenly to all areas of exposed skin and always follow the label instructions.
- Do not confuse Oil of Lemon Eucalyptus with eucalyptus oil and other botanicals that do not provide sufficient protection.

Clean up:

- Keep grass and other vegetation short to help prevent mosquitoes around your home.
- Empty or remove water holding containers around your home.

For more information, including further RRV and BFV symptoms and mosquito prevention tips, visit HealthyWA.

Media contact:
WA Health Media
E: media@health.wa.gov.au