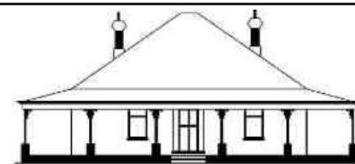


The Gosnells Community Mens Shed Shed News



Lewis Homestead

July 2026 Vol 15 #01

Editor; John Vannereau

jamv2903@hotmail.com

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 Village
Act Belong Commit
City of Gosnells
and
State Government Grants



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

Mental Health WA : actbelongcommit.org.au

Patron: Teresa 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

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)



The Gosnells Hotel

ADVICE TO MEMBERS REGARDING ANNUAL GENERAL MEETING

This advice is to formally notify all members of the arrangements for the Annual General Meeting to be held on Wednesday, August 12 2026 at 10.00am in the Wiltshire Room at the shed. AGM will be followed by morning tea. Information in this package is important and it is a requirement of the Rules of Association that it be sent to all members.

The following points are relevant:

1. Signing in—all members must sign the attendance register to ensure their financial membership status for administrative and insurance reasons and receive an entry slip to obtain a voting ballot.
2. Quorum—the Rules stipulate that a quorum for the AGM is 30 % of the financial membership at that date. Members are urged to attend this important event in person to ensure that we achieve a valid quorum rather than having to postpone the meeting to a later date.
3. Voting Rights are restricted to confirmed current financial members of the Gosnells Community Men's Shed Inc as at 31st July 2026.
4. Proxy Voting—as per the Rules, proxy votes can be accepted from financial members who are unable to attend in person. These votes must be in writing on the prescribed form (available from the Secretary), addressed to the Secretary at the official address for the Shed and received before the commencement of the meeting. A financial member may be appointed the proxy for not more than five members.
5. Nominations for Committee positions must be received by the Secretary not later than Wednesday, 15th July 2026. Members interested in nominating may collect a nomination form and information pack on duties and responsibilities of Committee from the office.
6. All positions on the Committee of Management will become vacant and available for nomination. Members interested in becoming involved through nomination are urged to discuss the options with the Secretary, Vice Chairman or Chairman.
7. If sufficient nominations are received prior to and at the Annual General Meeting, those nominated will be deemed elected. If more nominations are received than vacancies then elections will be required. All nominees will be given the opportunity to address the AGM. Once this is completed ballot papers will be given out in return for the AGM meeting entry slip.

Phillip Measday
Secretary
1st July, 2026

Report on June Management Committee Meeting

- Treasurer reported the shed is in a good financial position
Approaching the end of the financial year we will be showing a surplus.

- The Workshop has made a significant contribution to the overall result.
- An air filter system for the Workshop laser cutter is being investigated.
- Membership is currently 164
- Secretary reported that age cohort breakdown:-

Age	No of Members
18-60	18
61-65	12
66-70	22
71-75	30
76-80	46
81-85	19
86-91	9
noob	8
Total	164

- Considerable work has been done to clear shed gutters and drainage system
- Containers for deposit scheme will be accepting wine bottles and other containers from the 1st July.
Details have been sent to members.

Hi Everybody

Please find following membership renewal invoice for 2026/2027
As previously advised the fees for this coming year remain the same as last year.
Membership fees are due by the **31st July, 2026**
Please note that to nominate for the Committee and vote at the
Annual General Meeting in August you need to be a financial member
for 2026/2027.

GOSNELLS COMMUNITY MEN'S SHED

79 Linnman St GOSNELLS WA 6110
ABN 35 030 606 750
Phone: 08 9395 4064

TAX INVOICE

Date: ____ / ____ / ____

Name of Member: _____
PLEASE PRINT CLEARLY IN CAPITALS

Please complete the details below

Membership Fees

For the membership year commencing 1 July 2026

		<u>Amount</u>
ANNUAL MEMBERSHIP	\$100	\$.....
NEW MEMBERSHIP (after 31 March, 2027)	\$50	\$.....
AMAROO RESIDENT	\$90	\$.....
(Membership fees include GST)		
Donation (GST Free)		\$.....
Total of This Payment		\$.....

Gosnells Community Men's Shed Inc. is endorsed by the Australian Taxation Office as a Deductible Gift Recipient. Donations of \$2.00 and over are tax deductible.

Payment Method:

EFTPOS ☐
BANK TRANSFER ☐
CASH ☐

Date of Bank Transfer _____

When doing a bank transfer please use your last name and first name initial (e.g. JonesW) as the transfer reference. Bank Account details are:-

Gosnells Community Men's Shed - BSB 633 000 A/C 145776431

Payment can be made by EFTPOS or cash to the Secretary or Treasurer at the Lewis House office.

An official receipt will be issued on request and will be available for you to collect from the office. Receipts will not be mailed.

New Members



Ron de Reuss



Cliff Fernandez



Alex Raftos

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.

As the winter season is with us again it would be advisable that all members have their flu vaccinations and ask their GP about RSV (Respiratory Syncytial Virus) vaccination which is a flu like virus around at the moment especially in older people and free vaccination for 75 years and older.

A couple of our members have been unwell and it's good to see Ken James back around the coffee table after his medical procedure. Also hopefully Dan will be back at the shed shortly around the coffee table for a chat and a laugh.

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. This area is being used by 4-5 members on a regular basis, just having a chat & enjoying the area.

The last talk in May by The Commonwealth Bank – Staying Safe Online was attended by about 15 people and I'm sure most came away knowing more about scams than before.

There are three possible talks in the pipeline date to be advised, watch this space.

Thanks to Jim, David and Neil for their information about contacts for these talks.

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.



SOCIAL ACTIVITY

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 Yoga session on Tuesday Morning @am til 10 am. Simple yoga exercises, nothing torturous for our old bodies, all welcome.

Graham Hughes Coordinator

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



Peel Men's Shed Visit 26th June

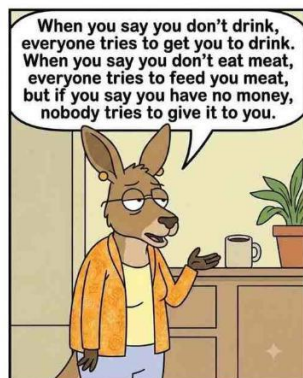


This woman's husband had been slipping in and out of a coma for several months, yet she had stayed by his bedside every single day.

One day, when he came to, he motioned for her to come nearer. As she sat by him, he whispered, eyes full of tears, "You know what? You have been with me through all the bad times. When I got fired, you were there to support me. When my business failed, you were there. When I got shot, you were by my side. When we lost the house, you stayed right here. When my health started failing, you were still by my side... You know what?"

"What dear," she gently asked, smiling as her heart began to fill with warmth.

"I think you're bad luck....."





Woodwork Shop

Does anyone know where I
can get diamond shaped
timber like this?



Calibrating map with Longitude & Latitude coordinates



Obviously not the woodworking area - but somewhere
with less combustible material surrounds.



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

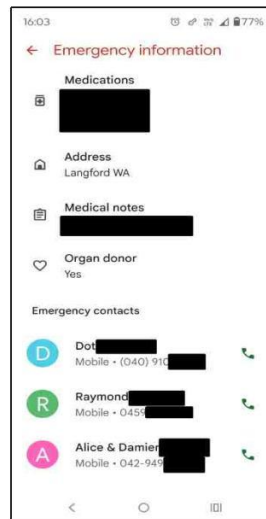
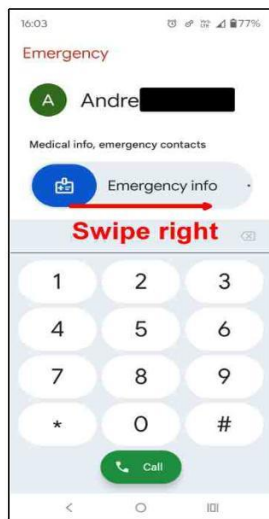
0457 680 489

Free to all shed members.

Emergency Information in your mobile phone

Do you have emergency information stored on your mobile so that if someone finds you unconscious or incapacitated they can help you by after calling **000**:

1. Power on your phone
2. Swipe to unlock
3. Tap **emergency**
4. Swipe right to show **emergency information** and find out a little more about you.



This is how you can set your android phone up. Apple phone will be similar.

1. Tap **Setting** app or swipe down from the top and select the cog *****
2. Enter **Emergency** in the search bar and tap on an entry like **Safety & Emergency**. This will vary depending on what version of android you have.
3. Tap on **Medical Information** and enter the details which you are comfortable giving the person who find you. See screens above.
4. When finished tap **←** button and tap **Emergency Contacts** and enter the details which you are comfortable giving the person who find you. See screens above.
5. When finished tap **←** button and tap and you are done.

Bear in mind it may help save your life one day or if your phone is lost or stolen will you be comfortable with this information being out there.

If you need help with this just ask.

André Hoarau

Email Extortion Scam Alert

A shed member recounts his experience on receiving an extortion scam email & the processes taken to report and resolve incident.

I received an extortion email (scam) that I received this morning.

Note that it has used my email as the sender of the email.

I immediately sent a copy to "Scam watch" and then telephoned Telstra support with the aim of freezing this email.

They put me on to the Telstra Fraud department.

I was told by the fraud department that my email had not been hacked but that senders of extortion scams now disguise the sender's true email address.

This is their latest effort to scare users into believing that the email account and computer have been hacked.

*It just goes to show that members **SHOULD NOT TRUST** any email that purports to come from banks, or government agencies without separately verifying the source.*

A scam letter often uses urgent language, asks for personal or financial information, or includes misspellings and poor formatting. Never share sensitive details or send money based on an unsolicited letter.

Received this email from the Gov't Scam watch system this morning 14/6/26 - Paste link into browser to view.

<https://mailchi.mp/accc.gov.au/scam-alert-fake-purchase-callback-scams?e=0ff149a69a>





Golf

5th June

There were eight players at Armadale, including Frank, who was back after six weeks recovering from injury. He was obviously determined to have a successful day because he had used a string to tie his banana to his cart!!

The conditions were mild but only suited two players - Chris and Ron. They both scored 22 Stableford points but Chris finished stronger to win on a countback.

NTP was Bill H and LP was Rob.

The other golfing highlights all belonged to Chris - a birdie ferret on #7 and his 46 gross beat his previous best score at Armadale.

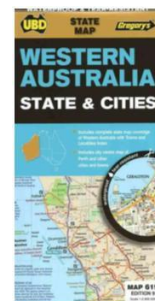
Ron missed his previous best of 49 by one shot. Other than Bill D, nobody else was within 10 shots of their PB.

Other highlights:

- : Rob only broke the shaft on one club.
- : after the game Lloyd retraced his steps on the forth hole and found his club cover in the bush.
- : Bill H was at the correct course.
- : Frank ate his banana.
- : Mark only had three 8s and not nine.

Next week is Stableford on the Classic at Hillview at 8.04am.

If anyone has an old street directory showing how to get to Hillview, please forward it to Bill H!!



12th June

Seven diehard all weather golfers turned up at Hillview while the wimps rolled over and went back to sleep!!

Apart from some intermittent light rain over the first few holes the conditions were good. The greens had recovered well from the coring and sanding but were slow early because they were wet.

Nobody played to their full capability, but Tom won the day with 19 points.

During his presentation speech he said "I am happy I took a 5 week break from playing. It allowed me to take lessons and focus on my technique. I also went to the gym each day and took up running again after a long absence. I employed a 'mind' coach who taught how to remain positive whenever I f*** up a shot. I totally revamped my diet and am now a vegan. I feel so invigorated and confident I am going to ask the handicapper to drop my handicap by 3 or 4 strokes. If I played like this in my first return game, imagine how exciting it will be to watch me next week".

NTP was Chris and LP was Bill D. Other playing highlights were a ferret by Bill D on #1 and a birdie by Lloyd on #5 (his only golfing highlight for the last 6 months).

Everybody was asking "where is Bill H today" but were relieved to hear he was sick!!!!!! ??????



19th June

Ten of the bravest golfers in WA fronted up to Armadale despite the near zero temperature.

After the game it was suggested we nominate a team for next winter's Antarctica Open. We have all now qualified by playing with frozen balls.....and tees and clubs and buggies!!!

After trying to stay warm the next biggest challenge was Stroke and Putts and not "stroke minus putts" as was suggested!



The champion golfer on the day was Bill H. His nett score of 30 beat Frank's impressive 33.

Lowest number of putts was Mark with 16.

NTP was Ron and LP was Ross. The best putt of the day was a monster by Chris, but unfortunately it was not on the nominated 9th hole.

After his success Bill H admitted Armadale is his favourite course. He said he would turn up and play there every week if given the option!!!

26th June

Play was cancelled due to a serious forecast for heavy rain and strong winds.

Cheers Lloyd



Maintenance & Gardening

Burst pipes & holes dug in lawns, so repairs & remediation on two fronts.

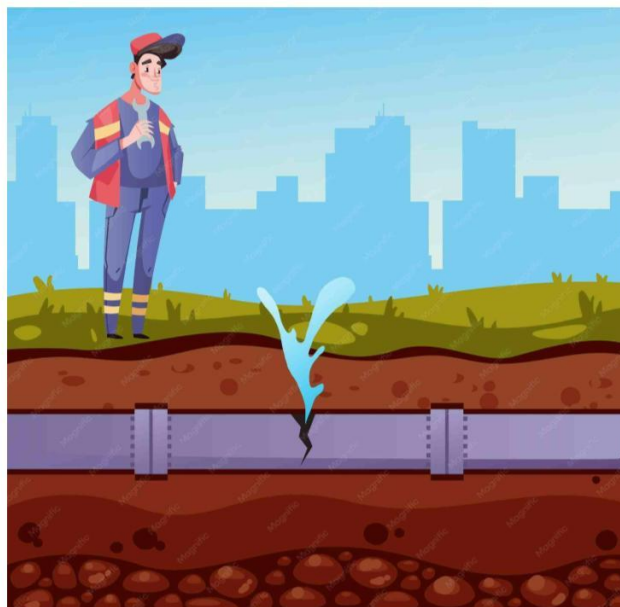




Table Tennis

A consistent group of players turn up every week, even so, we have a couple that are/have been absent through travelling in Aust & Internationally.

Innovation in Table Tennis: Technologies and Trends Transforming the Game

Table tennis, far from being just a hobby, is a high-tech sport. From equipment materials to advanced analysis tools, innovation is at the heart of its transformation. It allows athletes to push their limits and makes the game increasingly spectacular.

Cutting-Edge Equipment: The Material Revolution

Part of the performance comes from the equipment, which evolves with constant technological advancements.

Rackets: The Era of Carbon and Specialized Rubbers Racket blades are no longer just simple pieces of wood. They now incorporate layers of carbon, Zylon, or aramid, significantly increasing stiffness, speed, and precision. On the rubber side, "tensor" technologies offer increased internal tension, boosting speed and spin without the need for speed glue.

Balls: The Transition to Plastic One of the major innovations is the replacement of celluloid balls with **plastic balls (40+)**. This transition, initiated by the ITTF, aimed for durability and safety. It slightly modified the ball's behavior (heavier, less spin), requiring players to adapt their technique.

Performance Analysis: Data Precision

Technology offers powerful tools to refine play and strategy.

Sensors and Video Analysis Sensors integrated into rackets analyze stroke speed, spin, and shot type in real-time, providing immediate feedback to players and coaches. Advanced **video analysis** allows for the breakdown of every movement and trajectory, precisely identifying a player's strengths and weaknesses.

Intelligent Robots and Virtual Futures Ball-throwing robots have become very sophisticated, simulating complex match situations. In the long term, virtual reality (VR) could enable immersive training, refining reflexes and anticipation in simulated environments.

The Ping-Pong of the Future: More Accessible and Spectacular

These innovations don't just benefit the elite; they enrich the experience for everyone.

Connected Tables and Immersive Experiences Interactive table tennis tables integrate LED's to display scores and playing zones, transforming leisure into a visual and fun experience. Broadcast quality is also improving, with slow-motion replays and real-time statistics, making the spectacle more captivating for fans.

Increased Accessibility Innovation also promotes the development of adapted equipment for players with disabilities and the creation of personalized training applications, making table tennis more inclusive.

What to remember:

Table tennis is a sport in constant flux, propelled by technology. From rackets to data analysis, innovation redefines the game, pushing athletes towards excellence and making ping-pong increasingly spectacular and universal. This is indeed a general trend in the sports world; however, each sport has its own way of integrating innovation.

<https://racket-trip.com>





Darts

The Future of Darts: Balancing Tradition and Innovation

Every sport eventually faces the question of evolution. As darts continues to grow globally, organisers must balance preserving its heritage with adapting to modern audiences and creating something viable to be the future of darts.

New darts rules and format changes are not guaranteed, but the discussion itself reflects the sport's momentum. Whether through shot clocks, structural adjustments, or expanded competitions, innovation remains a possibility.

We're not talking about changing your darts setup or anything too drastic, just purely looking at ways the game could be advanced, or improved, over the coming years while still remaining the game we love.

The key will always be maintaining fairness, competitive integrity, and the core identity of darts while ensuring it continues to thrive in a changing sporting landscape.

The coming years may not bring radical transformation, but incremental changes are almost inevitable. As audiences grow and commercial pressures increase, the future of professional darts will likely involve careful evolution rather than revolution.

For fans and players alike, that debate is part of what makes the sport so compelling. Whatever it is, the future of darts is sure to be exciting.



Model Group



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

Yoga session on Tuesday Morning @9am til 10 am. Simple yoga exercises, nothing torturous for our old bodies, all welcome.
Graham Hughes
Coordinator

Yoga Positions We'd Like To See



Reclining Goddess



Waterfall



Limp Dishrag



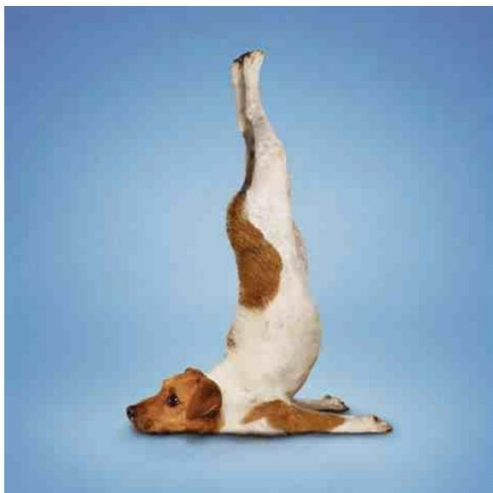
The Sphinx



Door - Stop



Downward Facing Cake



Dog Yoga - Not to be outdone



Kitty Yoga



Camera

Every Wednesday 9:am - Noon in the Wiltshire Room

I have been a bit slack lately getting newsletter submissions done in time for John to include them.

The last couple of months have been very quiet with members away on trips, but in spite of the low attendances, we have had some interesting conversations about RAW and JPEG images and the filing systems and methods, but not many images to view.

Andrew has recently returned from his trip to the UK and has shared some of his images, all taken with his iPhone, which he should be very proud of as images as well as being great trip records.

The quality of Andrews images demonstrates you don't require anything special equipment wise to photograph interesting scenes and subjects, you just have to frame the image to exclude un-wanted detail and compose the main subject well.

One advantage of looking at other people's photographic images is that it provides inspiration for you to get the photographic equipment out and use it.

We get together in the Wiltshire Room every Wednesday morning, 9:00am to noon, so you are encouraged to join us to view and discuss photographic images and challenges. Do not be intimidated by the use of the term Photography, there is nothing competitive about what we do, we just enjoy evaluating any image and discussing the techniques applied and the results achieved.

Why don't you come and join us?

Neil Kenneady

The Horizon Ball, Beresford, Geraldton
Photo by John Vannereau, June 2026



Music Group



The Roland AX-Edge Keytar



Within the corporate world, downsizing is the buzzword, to reduce personnel numbers/costs = greater profits for Shareholders.

In the 'Shed world', we're endeavouring to retain members & keep them engaged/occupied. If anything, to stop them from roaming the streets creating mayhem!

This Keytar combines both Keyboard & Guitarist into the one unit. The only missing element is the hair & tattoos, which, for most of us, the hair having migrated elsewhere, never to return.

Highly versatile, with 320 User programme tones, 500 Preset Tones & 256 User Tones. The keyboard has 49 keys (with velocity & channel aftertouch).

As they say 'Make some Noise'



The cold/wet weather has caught up with us, which hasn't deterred our hardy bunch of riders. Suitably garbed in warm & rain resistant (I stress not waterproof) attire, we brave the elements in search of venues serving good coffee & food.



18/6 Baillie Hill, Vic Park



25/6 Pioneer Park Armadale



2/7 Byford Bakery



9/7 Avacado's Kelmscott

A beautiful riding day. Intended destination, *The Pink Deli* in Clifton Hills, only to find it temporarily closed. Plan B actioned & it was off to Avacodo's



Doesn't look very comfortable. Can't see any brakes!

SHED LOCAL BIKE RIDERS

The shed local bike riders would welcome any member to come join us for a maximum of one hour bike ride with the confines of the Gosnells City greater area. Cycling is a great way to get some exercise and also to have a chat whilst cycling with a good group of fellow shed members. The ride is leisurely and takes no great effort . So if you think you would like to participate please let me know.

Alan Gordon
0487332614
Coordinator

Cleaning Roster

20-Jul-26	Tony Jarvis	0418 950 963	Colin Sears	0437 801 570
27-Jul-26	David McLean	9490 4536	John Millar	9429 813 960
03-Aug-26	Carlton D'Sousa	0432 338 001	Paul Rea	0475 287 890
10-Aug-26	Baz Nurse	0400 648 229	Dany Wilson	0450 761 730

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

Moving into Aged Driving

Turning 80 does not automatically mean giving up the car keys. It is more about making smart adjustments, having annual check-ups and planning ahead so that we do not lose our independence overnight.

For members approaching 80, the WA rules can sound more alarming than they really are. Drivers from age 80 need an annual medical assessment before renewing their licence. A practical driving assessment is not automatic for most older car drivers and is generally required only if a doctor recommends one.

Safe driving in later life is not always about stopping. Often, it is about adjusting. Driving a little earlier. Avoiding heavy traffic, taking familiar roads and checking conditions before starting out for somewhere new. For most of us, staying behind the wheel is less about proving nothing has changed and more about knowing ourselves well enough to make good decisions.

For many of us staying mobile is closely tied to being connected and independent. Safer driving in later life often comes down to planning ahead and not pushing through.

Older drivers can stay safe and confident by avoiding risky conditions, watching for warning signs such as near misses, getting lost or confused and if we are unsure, seeking a professional assessment.

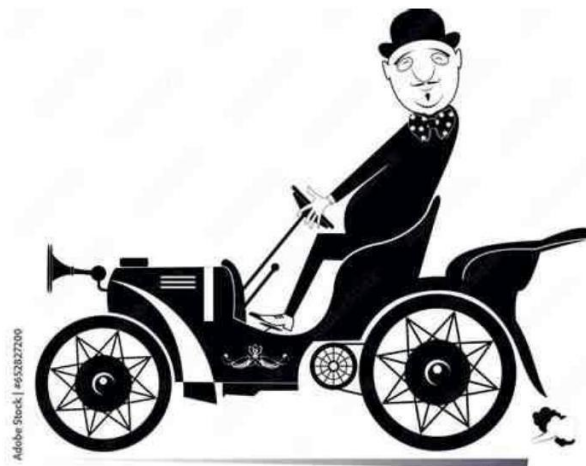
Planning ahead should include thinking about the likelihood that one day we may have to give up driving altogether. Availability and proximity to public transport as well as potential assistance with transport needs should be included in the plan.

Many, if not most of us, obtained our drivers licence at the tender age of 17 or 18 after a few lessons from a parent or maybe even a qualified driving instructor. Most have never had a lesson or assessment since. How many really know the road rules of 2026. Needless to say, they are nothing like they were when we started driving in the 1960's or 70's. Who has looked at the latest Traffic Code? Our grand-children must study the WA Road Rules (Traffic Code) as set out in the Drive Safe Handbook before attempting to obtain a Learners Permit and then undertake a minimum of 50 hours of supervised driving to obtain the necessary experience to be able to pass the driving test.

The Drive Safe Handbook is available from the Department of Transport Driver Service Centre at Cannington or can be downloaded from the Departments website and is well worth the effort to read up on the rules now in place. Remember, ignorance of the law is not a sufficient excuse and driving is not a right but an important privilege.



Geoff Wiltshire



How it was when I learnt to drive-Editor

Ever Considered Volunteering?

All shed members are volunteers. Some just volunteer more than others. Volunteering is one of the simplest ways to make a positive difference in our little community. It doesn't require endless spare time or even special skills – even a few hours here and there can have a real impact. Whether you help once a week, once a month or at a one-off event, volunteering benefits everyone.

For the volunteers, it can boost wellbeing and create a stronger sense of connection. It's also a chance to learn new skills, work with new people and try something different. For groups like ours, volunteers are essential. They bring energy, fresh ideas and support that will help us to continue to run.

Best of all, there are opportunities for members of all ages, interests and abilities to volunteer and give back to this organization that we treasure so much. Give it some thought as to how you might give back to our Shed and the local community.

Membership is not just about paying an annual subscription. It should and does involve a commitment to lend a hand where you can. The more people volunteering, the less load on the few who already do too much.

To those who do volunteer and have in the past, thank you for your efforts. We just need a few more to step up.

Geoff Wiltshire

