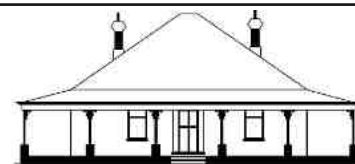


The Gosnells Community Mens Shed Shed News



Lewis Homestead

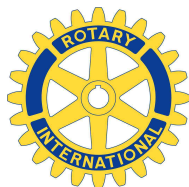
Aug 2026 Vol 15 #02

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 Geoff Bowra

Vice Chairman Ron Goodman

Secretary Phil Measday

Treasurer Ted Evans

Committee Members: Colin Sears, Neil Kenneady and Carlton D'Souza, John Mitchell

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)



Gosnells Road Board Hall, Maddington

2026 Annual General Meeting

At the Annual General Meeting held on Wednesday 12th August a new Management Committee was elected. Two vacant positions were filled, Vice Chairman and one committee member. We welcome Ron and John to the committee.

The new Management Committee for 2026/2027 is:-

Chairman	Geoff Bowra
Vice Chairman	Ron Goodman
Treasurer	Ted Evans
Secretary	Phillip Measday

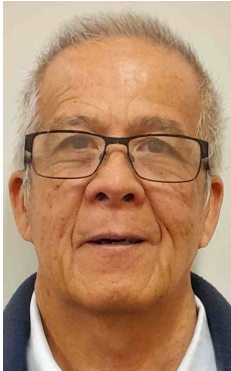
Committee Members are:-

Carlton D'Souza
Colin Sears
Neil Kenneady
John Mitchell

54 Members attended the meeting. The retiring Chairman Scott Henderson thanked a number of shed members for their contribution. He wished all shed members his best wishes and encouraged all shed members to check in and connect with other members.



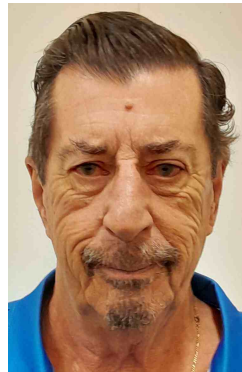
New Members



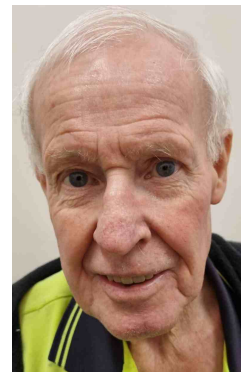
Chan Thing



Hawk Atic



Kane Sam



Noble Geoff

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

There is a new program in Perth called **Multicultural Health Navigation**. This is designed to support anyone from a multicultural background as they navigate the health services in Perth, to improve health literacy and health outcomes.

They support clients find GP's that speak their language, registering with Medicare following changes in Visa status, advocate for our clients with Government bodies and a whole range of services.

It is important that we let people know that we now exist as step one, but also to capture those who may be feeling lost in the processes (and forms that feel never-ending in so many of the Australian systems).

It would be fantastic if you would be in a position to recommend our services to any of your attendees, or friends/family members of attendees who are experiencing barriers in accessing health services across Perth, and are of a multicultural background, no matter how long they have been in Australia.

Perth Multicultural Health – Health Navigator – phone 9458 0505 www.archehealth.com.au

A flyer will appear on our Notice Boards soon.



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.

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.

It's good to see Dan back at the coffee table and having a laugh after being unwell.

The Quiet Area is being used regularly and new projects are in the pipeline, keep a look out to see what's happening.

Our next talk will be by Neil Kenneady who is a member of the GCMS and has volunteered his time and expertise to talk about Photography. This will be held on Tuesday 18 August at 10am in the Wiltshire room. It would be great to see as many members as possible attend in support of our fellow member.

A talk by Neil Cullen of Mens Health Downunder will be held on Tuesday 15 September. This presentation is about Prostate Health & Urological solutions. Note - this is a 9.30am start.

Thanks to Jim for passing this information on to me.

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.

Kind regards,

Graham Hughes

Welfare Officer 0419 514 631

email : grahamchrishughes@bigpond.com

This is what irony means. You buy an electric car to save the planet and a tree kills it!



We've just come back from a holiday in Spain.

My wife didn't really enjoy it, because everyone could speak English and all the food was like the stuff we eat back at home.

She said, "Next time, I want to go somewhere where they eat weird shit and you can't understand a word they say."

So I've just booked us a fortnight in Scotland.

I wouldn't last an hour if I had to answer the phone here... 😂





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, iPad's, 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.

The Rise of the Computer

Wherever you look, people are sitting/walking & sometimes driving, staring at their phones.

The history of the rise of computers is rapidly fading in the memory of the lay person & is only kept alive by a dedicated group of people.

Keeping old equipment & operating systems running, is another problem.

What kicked off the modern PC?



Altair 8800 (1975)

Often credited as the first personal computer, the Altair 8800 was a kit-based machine that sparked the home computing revolution. Hobbyists could assemble it themselves, inspiring a wave of innovation.

The Altair 8800 is remembered as the catalyst for the personal computing boom of the late 1970s.

Performance Comparison: iPhone 17 vs. Altair 8800

- The iPhone 17 is vastly more powerful than the Altair 8800
- The Altair 8800 was one of the first personal computers, designed primarily for hobbyists, and had very limited processing capabilities.
- The iPhone 17 features advanced multi-core processors, allowing it to handle complex tasks and applications seamlessly.
- In contrast, the Altair 8800 operated with an Intel 8080 CPU, which was capable of executing simple instructions but could not support modern applications or multitasking.

The iPhone 17 represents a significant leap in technology and performance compared to the Altair 8800, showcasing the evolution of computing power from the early days of personal computers to today's advanced smartphones.



Golf

3rd July

Great conditions for golf saw 10 golf deprived players arrive at Armadale ready for a game of Stroke and Putts. Despite the tee boxes being further forward than anybody could recall, nobody managed to beat their personal best score for this nine.

The two standout players were Chris and Rob. They both finished with nett 32 and 15 putts. On a countback Chris won the Stroke competition. However, they could not be separated in a countback for Putts so they were declared joint winners and shared the prize money.

Mark was NTP and Rob had LP. Mark also had a ferret on #6.
Lowest Gross was Steve with 45.

10th July

Luckily the weather was nothing like the forecast from earlier in the week. The conditions were ideal for golf, and this was reflected in the scores. Six of the ten players present had gross scores within 2 shots of their personal best on the Lakeside at Hillview. Warren equalled his PB and as a result went on to win but only after a countback from Mark. Warren also won the least number of putts competition with a 16, from Mark with 18. To complete the trifecta, Warren also won LP by outdistancing.....Mark.



This could be the start of an Eagles-Dockers type rivalry!!

NTP on the sixth hole with a superb tee shot was Sam who was playing his first game with the group. After an expected nervous start (who wouldn't be intimidated by playing with Warren), he settled down and played some good golf.

Lloyd chipped in for a ferret on the first hole which was the start and finish of his highlights for the day.

17th July



All week the main concern was how much rain we would get at Armadale this morning and how much it would affect golf. The answer was: none and nil (which by an amazing coincidence was the same as the number of pars Lloyd had and the number of holes he one putted). However, for the first time any of the seven players present could recall, we teed off in fog. It soon cleared and the conditions suited Steve and Warren who both beat their PB - Steve by 3 shots and Warren by 1.

The winner on the day was Steve with a massive 25 Stableford points which came from a 39 gross. His playing partners said "he was pulling shots out of his golfing arsenal.... and today his arsenal consisted of many amazing shots including a ferret on #8".

Lloyd won NTP but no one managed to sink a worthy putt on #9.

Warren obviously got dressed in the dark because he was wearing his croquet shirt!!



24th July

The Magnificent Seven took on the challenge all others avoided - the Hillview Classic. It was a bit cold at first, but nobody noticed because they were too focused on conquering the unconquerable (that is, their PB).
Apart from Stableford we also played Two Ball Multiplier Stableford which is a team format.

The individual Stableford winner with 20 points was Mark which included a birdie on #8. Mark and Chris won the Two Ball competition with 35 points; despite the rumour they almost came to fisticuffs!! Chris did not stay to collect his prize so maybe there is some truth in the rumour!! Check next week's gossip column for further updates. NTP was Bill H and once again everybody chipped so well, they left themselves such a short putt nobody claimed LP.

There was an interesting situation on the fairway on the seventh hole when Warren hit the wrong ball. The rightful owner from an adjacent fairway tried to claim it but Steve chased him off. In an exclusive interview given to the GCMS Golf Gazette Warren said "His ball was in a better position than mine. It was on the fairway and had a clear shot to the flag. Mine was in a divot behind a tree with no backswing and still had not got to the dogleg. Also his was a new ball, I had not replaced mine for months. Plus he was older with short legs and I reckon I could outrun him if I needed to. It was definitely worth the two stroke penalty".

Editor's Note. The last comment is questionable as he did finish 6 places behind the winner!!

31st July

The Fabulous Five arrived at Armadale ready to tackle their next amazing adventure. With a 2-3 split in groups, we jumped the starters gun which was a reflection of how keen we were.

The result was determined by a countback between Sam and Steve who both finished with a nett 34. It was Sam who was playing only his fourth game with the group who was successful. When asked for his secret to success, Sam said it was his Irish blood that gave him freedom of movement in his arms and legs. While others were rugged up with long trousers, T shirt, shirt, jumper and jacket he just wore shorts and a singlet!! His prize was a..... drop in his handicap!!

Other highlights were best gross of the day by Steve with 45, a ferret birdie on #3 by Steve and NTP by you guessed it.....Steve.

Mark missed his PB by 1 stroke while Bill and Lloyd were focusing on getting better odds on next week's game!! Again there was no LP. This is the third consecutive week the prize has gone unclaimed so next week the jackpot will be keenly sought by all.

Cheers Lloyd.

DID YOU KNOW?

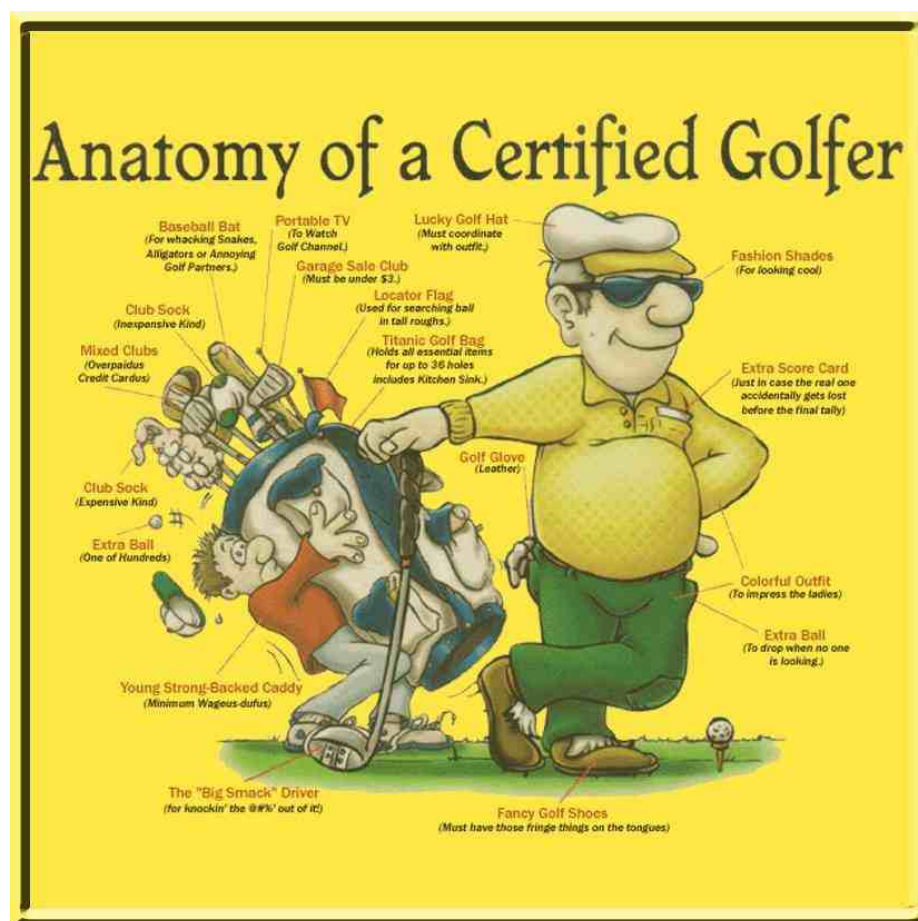
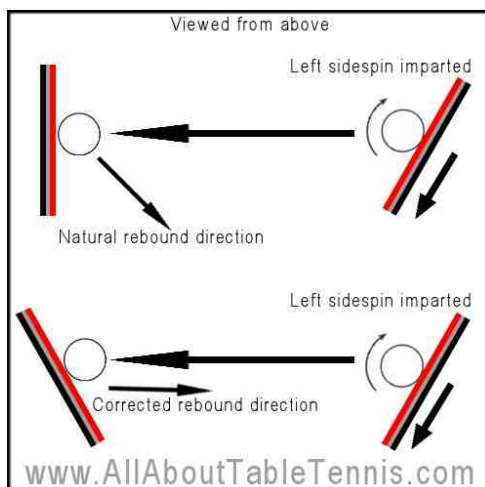




Table Tennis

The dreaded spin serve, where you do not understand the dynamics & on return of serve, the ball ricochets at alarming angles & not in the direction that you intended. Very befuddling & extremely frustrating.



The above shows the basics on returning a left sidespin serve. Understanding & following the procedure doesn't always work once human responses/habits take over. So be prepared to be confused, as usual!



Library

Some quality Non-Fiction Books are available.

No Easy Way - Finding Bin Laden

Fire Strike - Helicopters in Afghanistan

Weary Dunlop Diaries - Java and Burmese Railway

Complete British Motorcycles

Steam trains - The Last Days of Steam

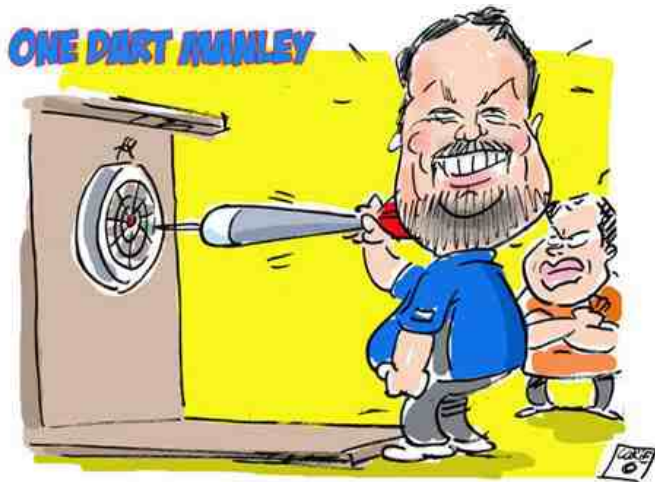
Your excess books from home go to support a charity.

Drop off at Library - **NOT** free table.

G.B-Smith



Darts



The playing group on 10th Aug.
The cold weather may have had an influence
on the number of attendees.
Didn't seem to affect one player, at least he
kept his knees warm!

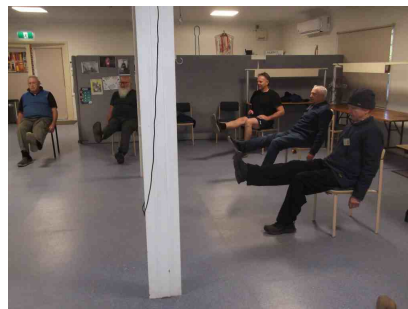


Model Group



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



Central Pillar not suitable for Pole Dancing



For the advanced classes only!

YOGA

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



Camera

Every Wednesday 9:am - Noon in the Wiltshire Room



Neil Kenneady - Photography Talk

Tuesday 18th August -10am

Everybody is welcome to my talk on photography

The purpose of my talk is to encourage all members interested in photography to join our weekly group. Meetings are held on Wednesday morning between 9am and 12noon. We are happy to resolve any photographic challenges you may have and provide an opportunity to learn. We hope the sessions help you better understand your digital camera and provide you with positive enjoyment. See you at the talk.

Regards

Neil Kenneady



Music Group

Another exotic musical instrument to torture our ears, with the added benefit of being able to have a game of marbles if fed up with creating noise (music).

What is basically a large handmade music box employing the very clever movement of marbles in order to produce a beautiful sound. It is cranked by hand which forces over two thousand marbles upwards suspended into various channels. The marbles are then released by carefully constructed gates designed to release marbles in keeping with musical timing. As they fall downwards the marbles land on various instruments below.

The marbles land on instruments such as a kick drum, bass guitar, a cymbal, high hats, snare drum, and vibraphone (a musical instrument in the struck idiophone subfamily of the percussion family). As they hit these instruments they produce sounds that are picked up by cleverly positioned microphones. After the stunning success of the first marble machine, work is underway to make a more complex metal version of the instrument.





The weather has been kind to us on our Thursday rides, admittedly very cold at times, but we have seemed to miss the forecasted rain by a few hours.
Riding numbers have fluctuated as members gallivant Nationally & Internationally via plane, auto & caravan.



13th Aug Curtin Uni
Mike missed out on photo & Martin left early



6th Aug Pinjarra Bakery, Forrestdale



30th July Tomato Lake



23rd July Burswood Circus



16th July Curtin Uni

Whilst our cycling group was out riding on 6th Aug, at the junction of Armadale Rd & Tonkin Hwy, we espied a special bike that screamed of speed, standing still!
Curiosity got the better of us, so on getting home we Googled/Firefoxed/Safaried these bikes.
Talk about sticker shock!

Colnago Y1Rs \$A25,999



From the Big Green Shed \$A399



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

Week Commencing	Name	Contact #	Name	Contact #
17-Aug-26	Andre Hoareau	9458 1499	Rob Shewan	9459 5610
24-Aug-26	Warren Standing	0429 932 825	Graham Robinson	0455 499 771
31-Aug-26	Phil Measday	0439 824 565	Jim Ridgwell	0429 939 823
07-Sep-26	Alan Gordon	9493 0894	Mick Atkinson	0415 962 754
14-Sep-26	Tony Jarvis	0418 950 963	Colin Sears	0437 801 570

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

What's In A Name?

Gosnells Community Men's Shed. Have you ever wondered how the name for our organization came to be? A few thoughts for you to ponder.

Well for a start, 'Gosnells' was a no brainer. It is where we are located and the community in which we serve.

The name of the suburb comes from the English investor and perfume manufacturer, Charles Gosnell, who purchased a large (7,000 + acres) swathe of land known as Location 16 on the upper Canning in 1862 for 200 pounds. On his death the land was sold by his family to the Gosnells Estate Company who developed the first subdivision in 1903. Hence the local Road Board, Shire, Town and City have retained the name for the area.

'Community' is more interesting. The thinking at the time was that we would form a small community of like-minded men with similar interests. It was also anticipated that in time we would be able to provide valued services and support to our local community in the City of Gosnells. We have achieved both. Tick, tick!

'Men's Shed' is what we are about. But we are far more than men in a shed. As a result of assistance from our initial sponsors, Amaroo Aged Care, the Rotary Club of Southern Districts and the City of Gosnells, we were fortunate to have access to a wonderful site with a heritage listed house to look after in central Gosnells and gradually develop very special facilities. Another tick.

The 'Men' in men's shed was a deliberate attempt to limit membership to males. The initial Rules of Association adopted in 2013 were carefully crafted to ensure this would be the case. The initial intention has so far been protected although there have been on-going pressures to relax our rules to permit females to have access to our facilities in some sort of arrangement. That issue will persist until some workable solution can be found. In the meantime, we enjoy being the sole beneficiaries. Tick.

The 'Shed' in our title is a little misleading as we are far more than just a shed. Our members have access to a range of facilities and activities the envy of most other men's sheds. Having said that, members still refer to 'going down to the 'shed' to see some mates'. That is what it is all about, after all. Big tick.

Much of what is written here is reflected in the current version of our Vision Statement that appears every month on our Newsletter – 'to be recognized as a progressive community-based organization working in the community. To be a place where men of all ages and backgrounds meet in friendship'.

Long may it continue.

Geoff Wiltshire

Men's Shed Statistics

12,000+ Sheds

Men's Sheds across Australia (that's more than Macca's Restaurants!)

12 Countries

More than 2,500 Men's Sheds operate in countries

30 Years

The first Men's Shed was established in 1993 (Goolwa, South Australia)

50,000+ Australians

More than 50,000 Australian men participate in Men's Sheds

Ref : <https://mensshed.org>

Definition of a men's shed

Men's Sheds of WA defines a men's shed as a group of men that come together, to participate in activities and shared interests. **Download our men's shed definition:** <https://mensshedswa.org.au/wp-content/uploads/2022/10/Mens-shed-definition-28-10-22.pdf>

The Unintended Effects on the Economy of Theft

Students were asked to write an essay on 'Thieves'.

This is what one student wrote:

Thieves are an important part of a nation's economy. They play a significant role in providing employment and contributing to the nation's development.

Safes, locks, lockers, cupboards, alarms etc are made only because of thieves.

Many factories and workshops involved in making these anti-theft devices provide employment thanks to this profession.

Even in homes, masons and workers get work installing latches, locks, grills on windows and doors and security lights. Then to protect houses, shops, schools, colleges, offices and factories, security guards and watchmen are essential.

Companies that manufacture CCTV cameras, metal detectors and security systems also generate jobs.

Because of thieves, police officers, court staff, judges, lawyers and others are employed.

Purchasing barricades, weapons, bullets, batons, uniforms, vehicles and motorcycles for the police also helps boost the economy.

Thanks to thieves, jails, jailers and prison staff have jobs.

When items like mobiles, laptops, cars, motorcycles, electrical appliances, purses or lipsticks are stolen, people purchase them again, which boosts business.

Famous and notorious thieves often enter politics, where even bigger thefts take place.

Obviously, much more could be said, but overall, the contribution of thieves to a nation's economy is noteworthy.

The teacher awarded this research rich non AI essay full marks!

Submitted by Geoff Wiltshire



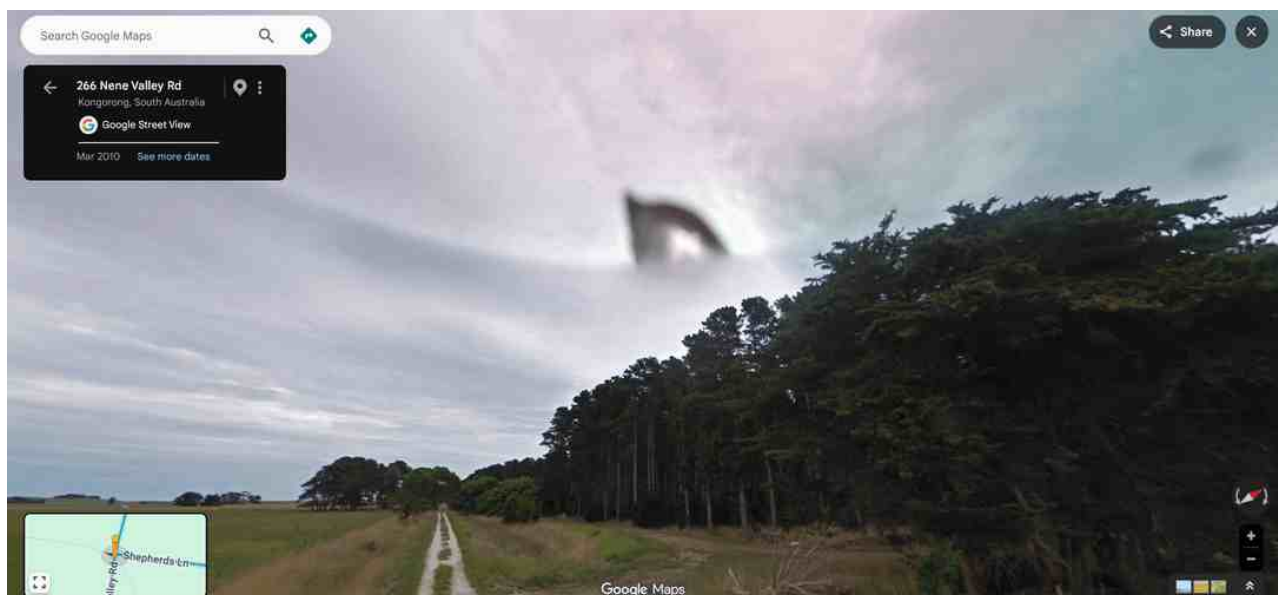
Secret Men's Business

Many of our members are probably not aware of a secret mens business apparently happening right here at the Shed. The writer certainly wasn't until attention was drawn to the Apple Maps description of our premises. Obviously, somebody has a little sideline going that none of us knew about. Ball Gowns and Bridesmaids. Hmm. Maybe could understand the 'Balls' part being at a men's shed. But bridesmaids. Seems a bit much to me!



Geoff Wiltshire

Not to say that Google Maps doesn't have errors/glitches



In these days of Political Correctness, it is easy to offend an individual/group/race.
But surely jokes can transcend these societal/cultural boundaries & we can just have a laugh at ourselves?

Medical Term		Irish Definition
Artery	-	The study of paintings
Bacteria	-	Back door to cafeteria
Barium	-	What doctors do when patients die
Benign	-	What you be, after you be eight
Caesarean Section	-	A neighbourhood in Rome
Cat scan	-	Searching for Kitty
Cauterize	-	Made eye contact with her
Colic	-	A sheep dog
Coma	-	A punctuation mark
Dilate	-	To live long
Enema	-	Not a friend
Fester	-	Quicker than someone else
Fibula	-	A small lie
Impotent	-	Distinguished, well known
Labour Pain	-	Getting hurt at work
Medical Staff	-	A Doctor's cane
Morbid	-	A higher offer
Nitrates	-	Rates of Pay for Working at Night, Normally more money than Days
Node	-	I knew it
Outpatient	-	A person who has fainted
Pelvis	-	Second cousin to Elvis
Post Operative	-	A letter carrier
Recovery Room	-	Place to do upholstery
Rectum	-	Nearly killed him
Secretion	-	Hiding something
Seizure	-	Roman Emperor
Tablet	-	A small table
Terminal Illness	-	Getting sick at the airport
Tumour	-	One plus one more
Urine	-	Opposite of you're out

Unfair to always target the Irish, we have a multinational group to spread the pain!

A French, a German and an Italian spy are captured one day.

The captors grab the French spy, take him to the next room and tie his hands behind a chair. They then proceed to torture him for 2 hours before he finally cracks, answers all questions and gives up all of his secrets.

The captors then grab the German spy. They tie his hands behind the chair in the next room too and torture him for 4 hours before he finally cracks and tells them what they want to know.

They then grabbed the Italian spy. Once again, they tie his hands behind the chair and begin torturing. 4 hours go by and the spy isn't talking. Then 8 hours, then 16 and after 24 hours they give up and throw him back into the cell.

The German and French spy are impressed and ask him how he managed to not talk.

The Italian spy says, "I wanted to, but I couldn't move my hands."

The Roving Cameraman (GB) Capturing the Shed's Activities

