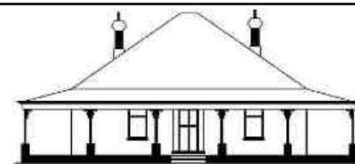


The Gosnells Community Mens Shed Shed News



Lewis Homestead

Sept 2026 Vol 15 #03

Editor; John Vannereau

jamv2903@hotmail.com

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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

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Vice Chairman Ron Goodman

Secretary Phil Measday

Treasurer Ted Evans

Committee Members: Colin Sears, Neil Kenneady, Geoff Wiltshire and 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)



Bennett's Hardware in Gosnells has a long history, starting with Frank Bennett establishing a construction business in 1938.

Hi Everyone

Following the Annual General Meeting in August, I will have been Secretary of the shed for nine years.

I have decided that by January 2027 I will step down from the position.

I wanted to give plenty of notice so that any members who may be interested in the position could express interest. If you are interested please make contact.

I would of course be happy to provide a period of handover and continuing assistance.

It has been one of the highlights of my life to be a member of the shed and the Secretary.

I am very appreciative of the support and friendship I have received.

I plan to continue an active role in the sheds activities.

Regards

Phil Measday
Secretary
10th September, 2026

New Members



Ainsie Ainsworth



Paul Poland

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



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 incredible march of Technology



Two decades of evolution of mobile phones,
from a 1992 Motorola DynaTAC 8000X to the
2014 iPhone 6 Plus

The first handheld mobile phone call was made on April 3, 1973, by Motorola engineer Martin Cooper in New York City.

Key Facts About the First Mobile Phone



- **The Inventor:** Martin Cooper led the team that built the device. He called a rival engineer at Bell Labs to test it.
- **The Prototype:** The device weighed about 1 kilogram (2.2 lbs) to 2 kilograms (4.4 lbs). It offered just 30 minutes of talk time and took 10 hours to recharge. People called it "the brick".
- **Commercial Release:** The first phone you could actually buy was the Motorola DynaTAC 8000x, released in 1983. It cost thousands of dollars and took 10 hours to charge.



Wellbeing and Health

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.

The Quiet Area is being used regularly and new projects are in the pipeline, keep a look out to see what's happening. Now that the weather is changing the Peaceful Reflection Garden will start to take place and the Blue Tree mural will also be going ahead with the fine weather.

Neil Kenneady was happy with the attendance for his talk on photography and two more members plan to attend the Photography Group. Thank you all who made an effort to attend.

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.



RUOK Day

Is a national day of action and an important opportunity for organisations like ours to pause, connect and learn how better to start a genuine conversation with someone who may be struggling with life's up's and down's.

Today is not about finding the perfect words or trying to solve someone else's problems.

It is about noticing, asking, listening without judgement and helping people feel supported.

Our morning tea today is about our wish as an organisation to create a culture in which people feel comfortable checking in with one another on any day of the year.

The whole concept of RUOK is very close to the foundation principles of the Men's Shed movement. In fact, shedders were incorporating the same principles into their Rules many years before RUOK became prominent in Australia.

The emphasis on mental wellness is a keystone in the development of successful sheds and while we have done reasonably well in the past, there is always room for improvement.

What is RUOK?

The RUOK organisation is a national suicide prevention charity and registered public health promotion. It's mission is to inspire and empower people to meaningfully connect with those in their world and lend support when they are struggling with life.

A simple 'check in' does matter. People who are struggling do feel appreciated, grateful and supported.

The four steps to a RUOK conversation.

Ask R U OK? choose a private comfortable moment and ask in a relaxed, caring way.

It is not appropriate to conduct these conversations in a public place.

Our Shed has plenty of private space where members can have a conversation.

Sharing a coffee, going for a walk or just sitting in a quiet spot is not hard but can change a person's life in a positive way.

Listen with an open mind. Give the person time, take what they say seriously and avoid judgement or interruption.

Encourage action. Ask how you can support the person and encourage appropriate professional support if needed.

Check in . Follow up after the conversation and continue to show genuine care.

Kind regards,

Graham Hughes

Welfare Officer 0419 514 631

email grahamchrishughes@bigpond.com



Golf

7th August

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 focussing 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.



14th August

The "Super Six" went to golf despite the weather forecast and the fact it was raining when they left home. When they arrived at Hillview it was still raining and the car park was almost empty. However, like true professionals they ignored the light drizzle and paid to play. The drizzle continued during the first hole but then the golfing gods took over and the rain disappeared. The next eight holes were played in excellent conditions but once again the Lakeside was dominant.

The winner with a nett 40 was Bill on a countback from Steve.

NTP was also won by Bill, Lloyd had the least number of putts with 17 and Steve equalled his PB, despite a disastrous last hole.

Again, nobody sank a putt worthy of claiming LP.

Mark won the John McEnroe Gamesmanship Award. Warren was on the receiving end. At the official inquest into behaviour unbecoming of a gentleman, Warren said "unsportsmanlike amateur psychology as used by Mark must be eliminated. There should be total silence when I play, and I should not be able to hear his attempts to distract me". The tribunal agreed with Warren's claim.

As from next week, Warren is banned from wearing his hearing aids!!



14th August

It was a nearly perfect morning at Armadale to welcome back Chris and Tom who have been recovering from injury. Again, there was only six of us but what we lacked in numbers we made up for in enthusiasm.

Unfortunately, the scores were below what everybody was hoping for. Lloyd won with 16 Stableford points and Mark won NTP. For the fifth consecutive week nobody claimed LP.

Immediately after the game a postmortem was held to identify the cause of each person's disappointing results. Some of the more valid reasons were:

- Well, it was 3 degrees in Armadale yesterday so I thought it would be colder.
- The course was playing long. The tee boxes were well back, and I didn't bring my distance glasses. I couldn't see the flag.
- I kept allowing too much for the wind. It wasn't until the last hole I realised there wasn't any.
- The greens were inconsistent. They were so fast when I was uphill from the pin. Then they played a lot slower when I was downhill.
- The greens weren't playing truly. Every time I allowed for the roll, the ball went straight and whenever I aimed for the hole it rolled away. They need a new groundsman.

Everybody felt a lot better after realising it was the course and other conditions that made it almost impossible to play good golf.

Lots of golf balls were found in the bush during the morning but Lloyd found the highest tally - mostly his own.



21st August

Only five of us were able to take advantage of a beautiful day for golf. The course was in excellent condition so none of us had an excuse for not playing well and beating a PB on the Classic at Hillview.

Sam and Lloyd achieved this target by beating their previous lowest score by 3 shots and 2 shots respectively and as a result they appeared on the podium at the end of the day. However, Lloyd won the Stableford competition with 19 points closely followed by Sam with 18.

Chris won NTP and Steve was our first winner of LP in 6 weeks.

28th August

Seven players turned up at Armadale only to be confronted by an Easterly wind with a real chill factor. Warren, our resident meteorologist was able to explain why: "These types of winds start on the east coast of Australia, near Mt Kosciuszko and head inland across Australia. They drop down when they get to Lake Eyre, which is frozen at this time of year, pick up the ice crystals and continue all the way to Perth"

Wow It is amazing what you learn at golf!!

Once the sun came up (and melted the ice crystals) it was another fantastic day for golf. Steve appreciated the weather more than most and won the day with a nett 36, followed by Sam and Frank on 37.

The other three winners were: Frank for NTP, Ron for LP and Last (but definitely not least) was Warren. In true Men's Shed fashion he was presented with the WS award. This made him feel a lot better and he went home happy!!

Cheers LLOYD

You may not know this... Many inanimate things have a gender.

- 1) Ziploc Bags are Male, because they hold everything in, but you can see right through them.
- 2) Copiers are Female, because once turned off; it takes a while to warm them up again. It's an effective reproductive device if the right buttons are pushed, but can wreak havoc if the wrong buttons are pushed.
- 3) A Tire is Male, because it goes bald, and it's often over-inflated.
- 4) A Hot Air Balloon is Male, because, to get it to go anywhere, you have to light a fire under it, and of course, there's the hot air part.
- 5) Sponges are Female, because they're soft, squeezable and retain water.
- 6) A Web Page is Female, because it's always getting hit on.
- 7) A Subway is Male, because it uses the same old lines to pick people up.
- 8) An Hourglass is Female, because over time, the weight shifts to the bottom.
- 9) A Hammer is Male, because it hasn't changed much over the last 5,000 years, but it's handy to have around.
- 10) A Remote Control is Female. Ha! You thought it'd be male, didn't you? But consider this - it gives a man pleasure, he'd be lost without it, and while he doesn't always know the right buttons to push, he keeps trying!



Table Tennis

An AI search on the attributes required for a Table Tennis player produced:-

Table tennis players benefit from agility, speed, and quick reflexes to cover the table and respond to fast shots, alongside good cardiovascular endurance for sustained energy during long matches and tournaments. Core and lower-body strength also support powerful shots and stability, while mental focus and adaptability help maintain performance under pressure.



Do the Shed's players meet the above criteria?



Library

There is a good selection of books covering a wide range of subjects, available from the Shed Library.

Reading every day offers numerous health benefits, including longer lifespan and improved cognitive function. Discover how incorporating regular reading into your routine can enhance your mental and physical well-being.

Reading promotes:

Longer Life
Maintains Brain Function
Reduces Stress
Relax at Bedtime
Access Health Info
Boosts Intelligence
Build Social Skills
Ways to Read More

So tear yourself away from the asinine TV programmes on & grab a book.





Darts



Note my plan to ace this game



 DARTSHOP DART PEG DOUBLE OUT CHART			
170 - T20, T20, Bull	132 - T20, T20, D6	101 - T17, S18, D16	70 - T18, D8
167 - T20, T19, Bull	131 - T20, T13, D16	100 - T20, D20	69 - T19, D6
164 - T20, T18, Bull	130 - T20, T18, D8	99 - T19, S10, D16	68 - T16, D10
161 - T20, T17, Bull	129 - T19, T20, D6	98 - T20, D19	67 - T17, D8
160 - T20, T20, D20	128 - T18, T14, D16	97 - T19, D20	66 - T10, D18
158 - T20, T20, D19	127 - T19, T18, D8	96 - T20, D18	65 - T15, D10
157 - T20, T19, D20	126 - T19, T19, D6	95 - T15, S18, D16	64 - D16, D16
156 - T20, T20, D18	125 - 25, T20, D20	94 - T18, D20	63 - T13, D12
155 - T20, T15, Bull	124 - T20, D16, D16	93 - T19, D18	62 - T10, D16
154 - T20, T18, D20	123 - T19, T16, D9	92 - T20, D16	61 - T15, D8
153 - T20, T19, D18	122 - T18, T20, D4	91 - T17, D20	60 - S20, D20
152 - T20, T20, D16	121 - T20, T15, D8	90 - T18, D18	59 - S17, D20
151 - T20, T17, D20	120 - T20, S20, D20	89 - T19, D16	58 - S18, D20
150 - T20, T18, D18	119 - T19, T10, D16	88 - T16, D20	57 - S17, D20
149 - T20, T19, D16	118 - T20, S18, D20	87 - T17, D18	56 - S16, D20
148 - T20, T16, D20	117 - T20, S17, D20	86 - T18, D16	55 - S15, D20
147 - T20, T17, D18	116 - T20, S16, D20	85 - T15, D20	54 - S14, D20
146 - T20, T18, D16	115 - T20, S15, D20	84 - T20, D12	53 - S13, D20
145 - T20, T15, D20	114 - T20, S14, D20	83 - T17, D16	52 - S20, D16
144 - T20, T20, D12	113 - T20, S13, D20	82 - T14, D20	51 - S19, D16
143 - T20, T17, D16	112 - T20, S20, D16	81 - T15, D18	50 - S18, D16
142 - T20, T14, D20	111 - T20, S19, D16	80 - T16, D16	49 - S17, D16
141 - T20, T15, D18	110 - T20, S18, D16	79 - T13, D20	48 - S16, D16
140 - T20, T16, D16	109 - T20, S17, D16	78 - T14, D18	47 - S15, D16
139 - T20, T13, D20	108 - T20, S16, D16	77 - T15, D16	46 - S14, D16
138 - T20, T14, D18	107 - T19, S18, D16	76 - T20, D8	45 - S13, D16
137 - T17, T18, D16	106 - T20, S14, D16	75 - T15, D15	44 - S12, D16
136 - T20, T20, D8	105 - T20, S13, D16	74 - T14, D16	43 - S11, D16
135 - T20, T15, D15	104 - T18, S18, D16	73 - T19, D8	42 - S10, D16
134 - T20, T14, D16	103 - T20, S11, D16	72 - T20, D6	41 - S9, D16
133 - T20, T19, D8	102 - T20, S10, D16	71 - T13, D16	40 - D20

DARTSHOP.COM.AU



Model Group

Two examples of members modelling endeavours.



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

The Editor finds the following very helpful in his infrequent exercise regime!

Hello Tumble Tots
In this song there are lots of different actions to wake our muscle
Can you hear the band?
Come on let's match to the music

Oh, let's wake up our muscles and we'll all feel so good
We'll all feel so good
We'll all feel so good
Oh, let's wake up our muscles and we'll all feel so good
When we exercise like we should

First of all, wake up your eyes
Open and close
Open and close
Open and close

Now wake up your mouth
Wide and close
Keep going

Wake up your arms
Give them a shake
Really shake your arms

Now just your hands
Open your fingers and close
Open and close
Open and close

Last of all, wake up your legs
Kick them out, that's it
Really kick out your legs
Ready to match again?
Off we go!

Oh, let's wake up our muscles and we'll all feel so good
We'll all feel so good
We'll all feel so good
Oh, let's wake up our muscles and we'll all feel so good
When we exercise
When we exercise like we should

Source: Musixmatch

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

On Tuesday 18th August '26 the Photography Group took the opportunity to fill a vacancy in the Shed guest speaker program and had Neil Kenneady speak about the Photography Group and his experience with digital photography. The topic attracted a small group of members who obviously were interested in digital photography and it's challenge. The presentation resulted in 3 new participants to the Group on the following Wednesday.

As was stated at the presentation and explained to the new participants, the purpose of the Group is for you, as a participant, to present your photographic challenges to the Group for discussion and hopefully a resolution from which everyone can benefit.

The new participants who have joined us have also introduced some new topics for discussion such as digitising old photographs and slides and what camera should I purchase? Both these subjects are topics for further consideration and discussion over the coming weeks.

If these subjects are of interest to you as a Shed members, come along and join in the discussions.



Music Group

The Spiral Didgeridoo

Traditional didgeridoos are crafted from tree trunks or branches, typically from eucalyptus species, that have been naturally hollowed out by termites. This natural process creates an internal cavity ideal for sound resonance. The outer bark is removed, and the instrument is shaped and smoothed, sometimes decorated with intricate Aboriginal artwork reflecting cultural stories and beliefs. The mouthpiece is often coated with beeswax to create a comfortable seal for playing.

Modern didgeridoos can be made from a variety of materials, including PVC, fiberglass, and synthetic resins, which mimic the acoustic properties of traditional wood while offering durability and consistency. These contemporary variations have helped spread the popularity of the instrument beyond Australia.



Types of Didgeridoos

While the traditional didgeridoo follows a relatively standard form, variations exist based on regional traditions and modern innovations. Some of the common types include:

Traditional Eucalyptus Didgeridoo – Made from termite-hollowed eucalyptus wood, this is the most authentic form of the instrument.

Contemporary Didgeridoo – Crafted from synthetic materials, bamboo, or even metal, these versions are often used by musicians seeking durability and portability.

Slide Didgeridoo – Similar to a trombone, this version has adjustable lengths to alter pitch.

Decorative Didgeridoo – Often sold as souvenirs, these are not always functional as musical instruments but showcase Aboriginal artistry.

Spiral didgeridoo - design innovation started in the late 20th century.



Weather has been variable, some days warmish & others rainy, but we seem to miss the showers by a few hours. On rides where our human GPS Robbo (GR) missing, Dave.G has taken us off bush bashing round Forrestdale Lake & along the Canning River tracks. Most enjoyable, but you then realise the value of mountain bike tyres v road bike (skinny) tyres, the latter being dicey on loose surfaces!



10th Sept Purpose Cafe Forrestdale



3rd Sept Pinjarra Bakery Maddington



27th Aug Blasta Brewery/Cafe Burswood



20th Aug Forrestdale Lake



Disclaimer

This is **NOT** Dave.G. in action, although he wishes that he was still this daring!

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.

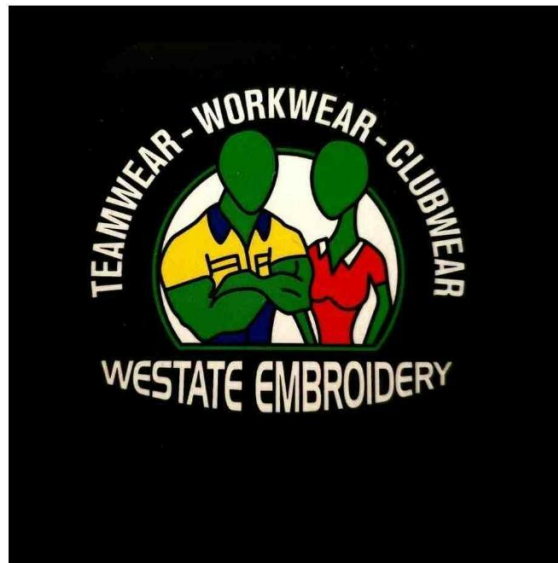
Alan Gordon
0487332614
Coordinator

Cleaning Roster

Week Commencing	Name	Contact #	Name	Contact #
14-Sep-26	Tony Jarvis	0418 950 963	Colin Sears	0437 801 570
21-Sep-26	David McLean	9490 4536	John Millar	9429 813 960
28-Sep-26	Carlton D'Sousa	0432 338 001	Paul Rea	0475 287 890
05-Oct-26	Baz Nurse	0400 648 229	Dany Wilson	0450 761 730
12-Oct-26	Andre Hoareau	9458 1499	Rob Shewan	9459 5610

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

DOWERIN FIELD DAY VISIT, 27 AUGUST, 2026



Two busloads of 19 members attended the Dowerin Field day in August. Prior to the trip we had to reorganise the bus travel as the normal 20 seat bus was not available from Amaroo. Thanks to Allan Holloway and his contacts we were able to secure two 10 seater buses. The field day is an excellent display of all that is agricultural. Large machinery and many displays. Unfortunately the weather was cold and drizzly rain most of the day. It was a good day and great to get out with fellow shed members.



The old homestead on the front of our area leased from Amaroo Care has an interesting history. What follows is a very abbreviated version.

In 1904, Edward Thomas Lewis purchased Lots 1100 and 1101 on Talisman Street from the Gosnells Estate Company (the original subdivision of Gosnells) comprising 5.5 acres in total. Edward Lewis was an accountant employed by the WA Government Railways. Between 1910 and 1915 a further 5.6 acres was added to the holding, making a total of just over 11 acres with an extensive frontage to the Canning River.

Edward married Agatha Bell in April 1911 and the construction of the five room house was completed later that year. The couple had five children between 1912 and 1924. Edward remained employed with the railway and was able to catch the train from the nearby Gosnells Station to and from the city each day. The Gosnells Station was opened in 1905 as part of the South West freight line.

Edward and his growing family worked to establish a citrus and stone fruit orchard on the property, producing navel oranges and peaches for the Perth Markets. Water was supplied to the property via a well sunk near the house and pumped from the river to the orchard under the riparian rights system that prevailed at the time. The old pump and well liner are still visible on the edge of the river.

Despite the depression making life for fruit growers difficult, the Lewis family did reasonably well with surplus fruit being absorbed by the McKim Jam Factory further along Lissiman Street. (The Jam Factory will be another story in the near future).

In 1937 Edward passed away aged only 57 and Agatha and the boys continued to grow fruit and market it both locally and in the city. Agatha passed away in 1961 and Val Lewis took over the management of the orchard. The old citrus trees were removed gradually and new mandarin stock planted, some of which are still producing fruit today near our block. Val remained on the block and worked the orchard until Amaroo Care purchased the property in 1992. He was then one of the first residents in the newly completed McMahon Residential Care Centre a few years later. Val passed away in 2001 aged 86.

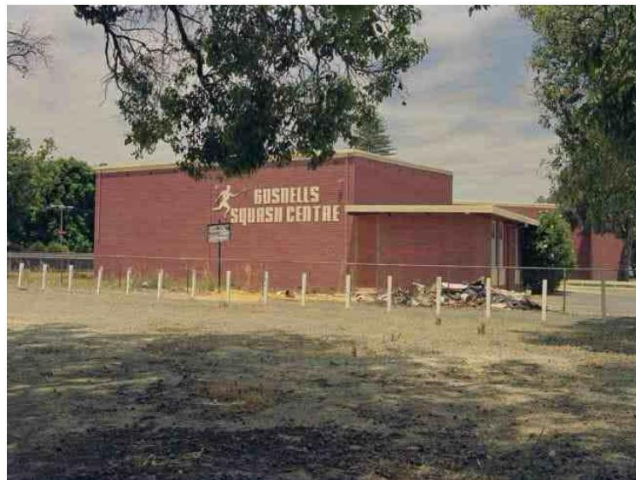
The homestead was occupied by the same family for nearly 90 years.

The ashes of several of the Lewis family were interred in the front garden of the house. Amaroo maintained the old house until 2012 when it was leased to the Men's Shed. The old home is listed on the City of Gosnells Heritage Inventory.

Since 2012, the Men's Shed has completed significant restoration works while keeping the fabric of the old house intact. A painting of the Lewis Homestead in its former state is displayed over the mantle piece in the former lounge room (now library and pool room). The house will be 114 years old this year.

Geoff Wilshire

Gosnells Squash Club



Any Shed member's play at Marsh's Squash Centre?

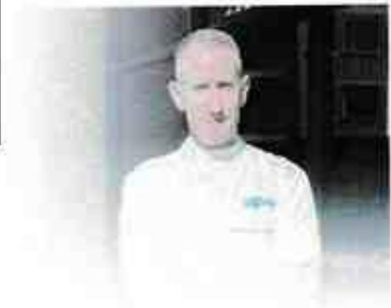
I played there for several seasons in the mid 80's, until I decamped to the Roleystone Club, where I played for an undistinguished 28 yrs!

Editor

TALK STARTS AT 9.30AM NOT NORMAL TIME OF 10AM



**TALK STARTS
AT 9.30am**



PROSTATE HEALTH & UROLOGICAL SOLUTIONS

An informal chat about men's urological health

Presented by Neil Cullen
Pharmacist | Men's Health Downunder WA

Urological problems are common, but they don't have to be something you simply "put up with". Join us for an open and practical discussion about prostate health, urinary symptoms, erectile dysfunction and more. Straightforward information and practical advice.

We'll cover topics including:

- » Prostate enlargement (BPH)
- » Prostate cancer and treatment side effects
- » Penile Rehabilitation after prostate surgery
- » Erectile dysfunction
- » Urinary leakage (incontinence)
- » Peyronie's disease
- » Vacuum pumps, injections and other treatments
- » Where to get help and what support is available



No question needs to be too embarrassing to ask. Whether you're experiencing symptoms yourself, supporting a partner or simply wanting to learn more, everyone is welcome!

There are more solutions that most men realise.
Come along, ask questions, and learn what can be done

☎ 1300 MHDU WA (1300 6438 92)

🌐 www.menshealthwa.com.au

Date: TUESDAY
15/9/26
Time: 9.30AM



LUNCH AT KILN HOUSE BYFORD

FRIDAY 25TH SEPTEMBER - 12 Noon

Bookings on sheet below by Friday 18th September

MEET AT SHED 11AM - GO TO GOSNELLS RAILWAY STATION

Catch next available train

See map below regarding location of the Kiln House

Return 2pm.

