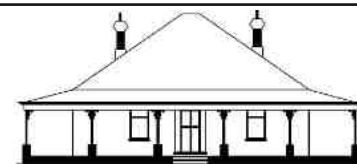


The Gosnells Community Mens Shed Shed News



Lewis Homestead

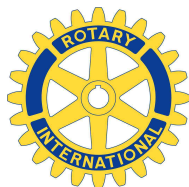
Oct 2026 Vol 15 #04

Editor; John Vannereau

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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

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 Geoff Wiltshire, 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

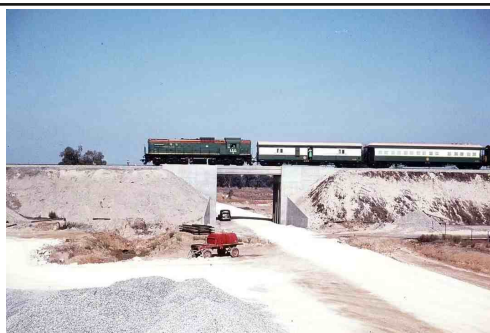
To be recognised as a progressive community based organisation working in the community.
To be a place where men of all ages and backgrounds meet in friendship.

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)



A train crossing the Kenwick flyover in 1966

Summary of Management Committee Meeting - Tuesday 13th October

- Workshop had a good September with a number of projects completed.
- Mural on Shed wall next to the outside area to be done soon.
- Membership is currently 147. A number of new member enquiries being received.
- The shed website will be updated soon.
- A safety review of some machinery is being done in the Workshop. New safety machinery induction information being looked at.
- Meetings of members who regularly use workshop to have meetings to discuss workshop issues. Advice to be sent.
- A new member recruitment program is being worked out, including a new poster to distribute in the community.



Bring a Friend or Neighbour to the Shed.

Members are encouraged to consider suggesting to a friend or neighbour they might find the Gosnells Men's Shed of interest. As part of a current recruitment drive we are emphasizing the point that we are 'not just a shed' and have a diverse range of great activities. We are probably the most diverse shed in Western Australia with wonderful facilities, friendly members and so many activities.

It is important to stress the number and quality of activities we now offer and the fact that while we do have excellent workshop facilities, we are 'not just a shed'. As a reminder, the following is a list of the current activities on offer.

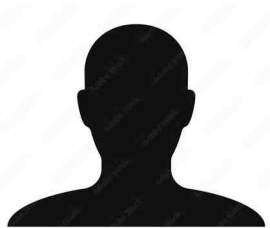
Woodwork including wood turning and CNC machinery, metalwork, exercise/fitness, yoga, computer and IT assistance, photography, cycling (2), music entertainment, gardening, golf, library, model making, walking, pool/snooker, table tennis, cards, board games, darts and regular social events both onsite and outings. Prospective members are encouraged to visit the shed a couple of times before making up their minds if it suits them. It is best they are accompanied by a member and invited on a particular day for a look around, coffee and a chat.

Remember we are open six mornings a week, fees are only \$2 per week paid in advance (\$100/year) and that includes insurance while at the shed and travel to and from the shed. Amaroo residents get a discount.

Geoff Wiltshire



New Members



No New Members

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



CHRISTMAS LUNCH
AT GOSNELLS BOWLING CLUB
FRIDAY 11th December 12noon.
TICKETS WILL BE AVAILABLE FROM
EARLY NOVEMBER



Spread Some Gingerbread Joy — Support Our Women's Shed

We'd love your help sharing this fundraiser with your network. Every share brings us closer to building a safe, welcoming Women's Shed for our community.

- **Forward this email** to friends, family, colleagues or anyone who loves supporting local initiatives.
- **Print the poster** and pop it up in your workplace lunchroom, staff kitchen, community noticeboard or anywhere people gather.
- **Share it with your neighbours** — letterbox drops, group chats, or your local community Facebook page.
- **Post it on your socials** and tag us so we can thank you.
- **Invite someone personally** — a quick message goes a long way.

Your support helps us create a space that strengthens wellbeing, independence and connection.

Thank you for being part of the GWC community



GINGERBREAD HOUSE

Fundraiser

Funds raised support accessible programs that improve women's wellbeing, independence and community connection.



Original, Chocolate & Gluten Free

Dairy, Egg & Nut Free

No added colours, flavours, or preservatives

Australian Made

Genuinely delicious

Final Orders 31 October

Stay and Play or Collect
28 November

Don't live local? Order direct with
promo code: **GINGER2026**
www.gingerbreadfolk.com.au



Computer and Technology Group:

Technology Help Desk

Mondays at 9:30 – 12pm

Friday 9:30 – 12pm

Need 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.

MOON MARVEL

Did you know the guidance computer on the Apollo moon missions had just 4KB of memory, around 72KB of program code on a ROM chip and a CPU with a clock speed of just 2.048 MHz? Even a basic car key fob, digital watch, or cheap USB wall charger possesses significantly more computing power than the system that safely guided Neil Armstrong and Buzz Aldrin onto the surface of the moon.

Who remembers these obsolete Floppy Disk Drives?

8-inch (1971 – early 1980s)



5.25-inch (1976 – early 1990s)



3.5-inch Double Density (1982 – 1990s)



3.5-inch High Density (1987 – late 2000s)



3.5-inch Extended Density (1991–mid 1990s)



Comparative sizes



8"

5.25"

3.5"

Current Desktops & Laptops no longer have removable disk drives or CD/DVD drives. All Software/Apps are distributed via the Internet.



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.

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

Mental Health

Bunnings have just initiated storewide facilities to cater for Men's Mental Health.

A section where men can sit, handle & discuss handle power tools etc. with fellow DIY'ers





Golf

Sept 4th

Seven most determined golfers fronted up ready to tackle the Mt Everest of golf challenges - Stroke on the Hillview Lakeside.

However, only two players left the last green feeling satisfied with their efforts. They were Sam and Warren who both beat their previous best gross for this nine. Sam by 4 shots and Warren by 2. However, because of the handicap he gave himself, Warren won the day with a nett 35.

He was ecstatic and bought coffees for everyone who wanted one!!

Steve equalled his PB and in the process won NTP.

Again there was no LP despite Sam trying 3 or 4 times!!



We counted putts today and Lloyd won with 18 on a count-back from Warren and Mark. A recount was immediately demanded but after a Vladimir Putin type investigation into the result, Lloyd still declared himself the winner!!

Despite winning today, Warren wanted to whinge about how he has been reported in recent match reports. He said (and I quote verbatim) "Why don't you pick on Mark? Today on the par 5, my tee went further than his drive, he topped his next shot before toeing the next one into the trees. I eventually met up with him on the green where he 3 putted. I asked him what his score was and he said he got a birdie. I asked him if he counted the windy and he said 'oh sorry....I miscounted. I need to add one so that makes it a 5!

It was an interesting observation by Warren considering he was in group 1 and Mark was in Group 2!!

After being injured, Tom made another comeback today and on the 8th he hit his best tee shot of the day. He just kept standing on the Tee looking at his distant ball on the fairway. Mark said "come on, we need to keep moving". Tom said "No... I want to stay here and show that group of strangers behind us how far I hit the ball!! Welcome back Tom!



Chris was also there this morning and did not waste much time in telling Mark how much better golf was last week when he was absent!! Other than that, Chris did not have much success!!

Sept 11th

There were six of us at Armadale, including Barry and Ross, who after being absent for many weeks, chose a fantastic Spring morning to make a comeback.

Most (that is all but one) took advantage of the conditions and played to their handicap or only missed it by one Stableford point.

The day was dominated by Chris, who had his best ever round at Armadale and came home with 23 points. This was a result of only having pars and bogies for the first seven holes. He also won NTP and LP.

Sam also beat his PB by a credible two strokes.



The other highlight was a birdie on the par 5 first hole by Lloyd. He was elated. He was less smug after a quadruple bogie on the second hole! By the time he got to the ninth hole, which included many more "wipes", he was wishing he had played croquet instead.

Sept 18th

Despite lengthy traffic delays at the Roe - Tonkin Highway interchange, the six of us still had a positive state of mind when we arrived at Hillview.

It was another beautiful Spring morning and we were keen to tackle the Classic. Unfortunately for some it was the pre tee-off banter which was the highlight of the day..... but not for all.

Sam and Warren had outstanding days, beating their PB on this nine by 4 and 3 strokes respectively.

Despite the fact they were scoring each other's cards, the Integrity Commission, after much deliberation, accepted their scores. Sam won the day with 22 Stableford points and Warren was a credible runner up with 20. Warren won NTP and Lloyd had LP



SPORT INTEGRITY
AUSTRALIA

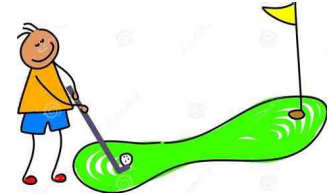
It was Sam's birthday so he was going home a very happy man. Not like, let's call him player "B" who started a hole like this:

- Tee shot - did not go far but finished behind and at the base of a tree.

- Unplayable.
- Took a penalty drop.
- Next shot went left, ran across the fairway and finished..... behind a tree at the base!
- Unplayable.
- Took a penalty drop and Ooooooh the frustrations of golf!!

Sept 25th

Before the nine players at Armadale teed off, we had a warm up with a mini putting competition on the Putting Green.
Tom, Warren and Mark were equal winners but again it highlighted where we can all improve our game.



The main competition was Stroke and Putts but despite Frank and Sam playing to their handicaps, they were edged off the winner's podium by Lloyd with a nett 35. The reason was..... Lloyd only had 13 putts which was the lowest for the day.

Warren could have had a winning score if 48.9% of his gross score was not putts!!

Sam continues to improve by again lowering his PB by another shot

Chris birdied #2 and Lloyd got a birdie ferret on #4. Mark got a ferret on #5.

NTP was Warren and Barrie won LP with a very impressive finish to the last hole.

LLoyd Dungey





Table Tennis

This new sport is probably not the one for our elite Shed TT Players, but it might catch on!

Teqball

Is a ball sport that is played on a curved table, combining elements of football and table tennis. Back and forth, the players hit a ball with any part of the body except arms and hands. Teqball can be played between two players as a singles game or between four players as a doubles game. The game is represented at an international level by the International Teqball Federation (FITEQ). A number of world-class footballers have been attracted by the game, and after being added to the programmes for the 2021 Asian Beach Games and the 2023 European Games, the sport is now aiming for Olympic inclusion.



Do we have an ex-sports masseur/physio in the Shed group? - might need them.

Balletic hits and bicycle kicks: Teqball comes of age at the Asian Games

As reported in The Guardian 18/9/26



Dust off those walking frames - here we come!



Library

How to make reading interesting

Books with varying endings often include multiple endings, ambiguous conclusions, or unresolved plots that leave readers with questions.

Examples include "The Handmaid's Tale" by Margaret Atwood, which has a powerful yet ambiguous ending, and "Gone With The Wind," which suggests that the story continues beyond the final page.

The "Gone With The Wind" story does carry on, in Alexandra Ripley's novel "Scarlett" - which in my opinion is not as good as Margaret Atwood's novel.



Darts



The diehard group of darts players turn up, week in, week out, rain, hail or shine (or in the Shed environment, A/Cond heated/Cooled) for their cut throat competitions.

A mistyped query turned up the following:-

Dartitis

Dartitis is a condition that can affect darts players and severely damage their performance. The term is used in reference to players who struggle with some kind of motor skills or psychological problem affecting their ability to release their darts. It has been compared to 'the yips', an expression used to describe the sudden inability to execute basic functions while playing sports without any explanation

Some players who experienced dartitis, such as five-time world champion Eric Bristow, have failed to recover the level of performance they once had prior to developing the condition.

Condition

Dartitis is described by the Collins English Dictionary as "(in darts) nervous twitching or tension that destroys the concentration and spoils performance". It is believed to be a form of dystonia, which is described by the UK NHS as:

A medical term for a range of movement disorders that cause muscle spasms and contractions. The spasms and contractions may either be sustained or may come and go. Movements are often repetitive and cause unusual, awkward and sometimes painful postures. Tremor (shaking) can also be a characteristic of some types of dystonia. Dystonia is thought to be a neurological condition (caused by underlying problems with the brain and nervous system). However, in most cases, brain functions such as intelligence, memory and language remain unaffected.

Is this why most darts are played in pubs, as alcohol rubs are readily available (administered internally)?



Moral : Don't overtrain



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

The latest fad/craze is Pilates Suspension.

Unfortunately, most pictures included nubile females, who looked as though they have no need to exercise, as they already look fit!

But nevertheless, if you just want to 'hang around', albeit uncomfortably, this might be for you.



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

Attendances have increased some in the last month and this has resulted in more photographic questions and more robust discussions.

Most of our discussions have been around photographic equipment, particularly the differences between DSLR, Mirrorless cameras, the different sensor formats, equipment size, weight and cost. This also led to discussion on phone cameras and their image quality as they are extremely portable and generally always in our pocket and always available for use.

The quality of the images produced by the phone camera are generally very good, particularly in the more expensive models and are suitable for most general photography and sharing on small screens.

Some robust discussion was had around automated, semi-automated and fully manual camera modes, their merits and limitations.

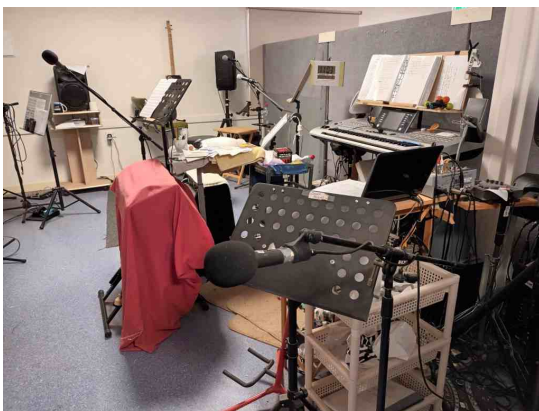
We have also been viewing images from various members and critiquing them on composition and determining what your photographic point of interest was required to be and being aware of un-wanted distractions that should have been excluded and possible methods of achieving that.

The increase in participant numbers has resulted in more opinions for discussion, due to the differences in equipment being used and the photographic expectations.

Neil Kenneady



Music Group



A photo of the music group recording "The Sound of Silence"



What on earth is a folding bike tyre?

Definition of a Folding Tire

A folding bike tire is designed with a bead made from flexible materials, typically Kevlar. This allows the tire to be easily folded, making it more convenient for storage and transport compared to traditional tires.

Key Features of Folding Tires

Construction

- **Bead Material:** Made from Kevlar or similar flexible fibers.
- **Weight:** Generally lighter than wire bead tires due to the materials used.

Advantages

- **Portability:** Can be folded for easy carrying, making them ideal for long rides or bikepacking.
- **Performance:** Lighter weight contributes to lower rolling resistance, which can enhance speed and efficiency.



Comparison with Wire Bead Tires

Feature	Folding Tires	Wire Bead Tires
Bead Material	Kevlar (flexible)	Steel (rigid)
Weight	Lighter	Heavier
Portability	Can be folded	Cannot be folded
Durability	Durable, but may be less robust	Very durable
Cost	More expensive	More affordable



08/10 Jull St & we missed the the rain!



1/10 Gracie's Cafe Forrestfield



24/9 Byford Bakery

THE MOST HONEST CYCLING CLUB ADVERT EVER MADE

A spoof on cycling clubs, it's members & their aspirations.

Paste the following link into your browser bar to view

<https://www.youtube.com/watch?v=hLX017MadtM>



17/9 Lo Quay Riverton Bridge

We have been lucky, so far, in having some benign cycling weather - mild temps, gentle winds & no rain. We are not looking forward to the hotter weather but will take it in our stride, adjusting our schedule; start earlier, drink more fluids & slip, slop, slap!

SHED LOCAL BIKE RIDERS

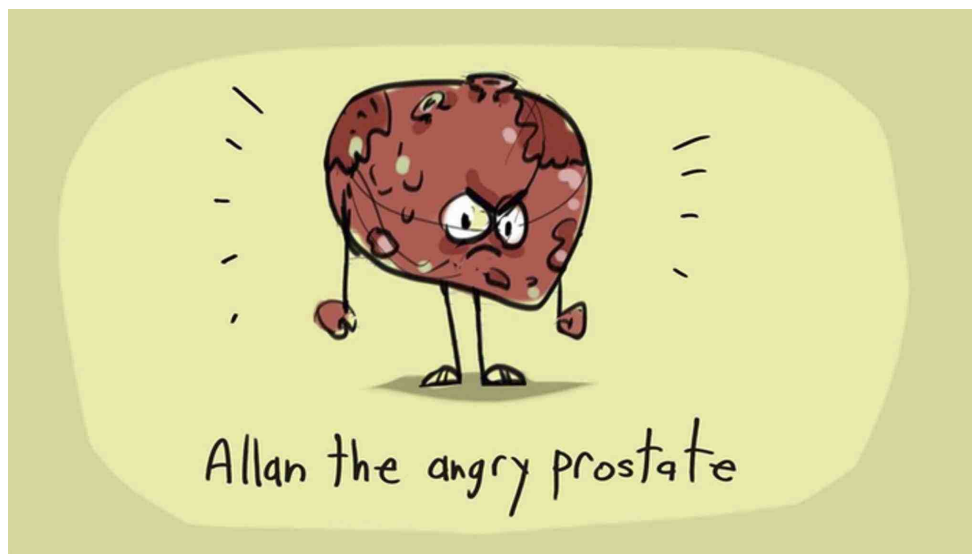
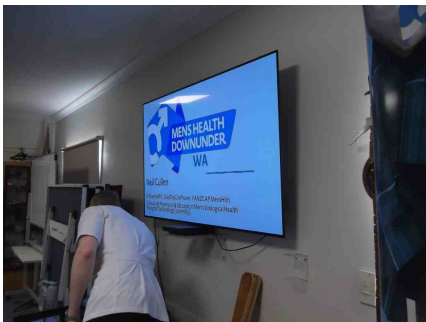
The shed local bike riders would welcome any member to come join us for a maximum of one hour bike ride with the confines of the Gosnells City greater area. Cycling is a great way to get some exercise and also to have a chat whilst cycling with a good group of fellow shed members. The ride is leisurely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

Alan Gordon
0487332614
Coordinator

Mens Health Downunder - Prostate Health & Urological Solutions Talk 15th Sept

Topics covered:-

- Prostate enlargement (BPH)
- Prostate cancer and treatment 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



Cleaning Roster

Week Commencing	Name	Contact #	Name	Contact #
19-Oct-26	Warren Standing	0429 932 825	Graham Robinson	0455 499 771
26-Oct-26	Phil Measday	0439 824 565	Jim Ridgwell	0429 939 823
02-Nov-26	Alan Gordon	9493 0894	Mick Atkinson	0415 962 754
09-Nov-26	Tony Jarvis	0418 950 963	Colin Sears	0437 801 570
16-Nov-26	David McLean	9490 4536	John Millar	9429 813 960

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

Beware of Computer Scams

Members in our age group are a prime target for scammers and a favourite method is through our computer or mobile phone. The following tips gleaned from the website 'Starts at 60' are passed on as possibly being helpful. These are twelve common sense tips that make the scammer's job harder.



Stop and give yourself time.

Urgency works because it discourages checking. Ignore the deadline and take a moment to consider the situation before giving access, information or paying money. A real problem will still be there in 10 minutes.

Hang up and call back yourself.

If an unexpected caller claims to represent your bank, telco, government or another trusted organization, end the call. Find the organisation's number independently through their website, bank statement or similar and call them back.

Leave that link alone.

Parcel waiting? Toll overdue? Bank account needs verifying? Don't use the link in the message. Open the organization's app or find its website yourself. Scamwatch warns that links can lead to fake websites designed to steal your money or information.

Tell someone.

Before sending money or handing over sensitive information, talk to somebody you trust. A partner, family member or friend may notice something you haven't.

Don't believe a logo.

A convincing website, familiar company name or caller ID proves very little these days. Scammers can and do impersonate businesses and even spoof telephone numbers and sender IDs. Check the story independently rather than rely on what appears on your screen.

Keep your keys private.

Passwords, pins and one time security codes are the keys to your digital house. Never hand them to an unexpected caller, no matter how convincing the caller sounds.

Don't let a stranger into your computer.

Be extremely wary if an unexpected caller wants you to install software or give them remote access to your computer or phone. That's the equivalent of opening the front door and handing them the run of the house.

Question any 'safe account'.

If someone tells you your money is in danger and must be moved immediately to somewhere 'safe', stop. Scamwatch says your bank will never ask you to open a new account to keep your money safe.

Do your homework before investing.

A polished website, impressive testimonials or familiar company name don't make an investment genuine. AI is making fake investment material even more convincing. ASIC recommends independently checking licences and authorisations and consulting its Investor Alert List, however, not being on the list does not guarantee the investment is genuine.

If it has already happened, act fast.

This is the time when speed does really matter. Contact your bank or card provider immediately and ask whether transactions can be stopped, secure affected accounts and change compromised passwords. Scamwatch also recommends IDCARE, Australia's free identity and cyber support service.

Put a digital deadbolt on your accounts.

It is highly recommended that another layer of protection is added wherever we can. Multi-factor authentication (MFA) requires another form of verification in addition to your password. Think of it as digital deadbolt. If somebody gets hold of your key there is still another lock between them and your account. It isn't a licence to drop your guard, but it gives a scammer another barrier to overcome.

Keep the chain on.

The front door test may be the easiest rule of all to remember. You wouldn't let an unexpected stranger into your house simply because they knew your name, wore the right uniform and told you to hurry. Treat your digital front door with the same caution. A legitimate organization can cope with you hanging up, taking five minutes and checking for yourself.

The Scammer would much rather you didn't.

Geoff Wiltshire

Chart for Arachnaphobics



An indication of the diverse range of Arachnids - mind you, beauty is in the eyes of the beholder!
 Lots to choose from, as there are approx 50,000 different species, with estimates suggesting that there could be another 50,000 species yet to be discovered.

Ugly?



Crab Spider

Beautiful/Pretty?



Mirror Spider

Cooking

Being a sole cooker (not politically) & not a very good one at that, nor an epicurean, contestant for Master Chef or My Kitchen Rules, I do love lashings of rich gravy on a roast dinner.

As with MC© & MKR©, it is not often the food that takes pride of place but the 'plating up' presentation & table setting. So being devoid of any delicious recipes, I will turn my attention to the table setting accessories.

I thus present the ultimate in gravy dispensers - *The Puking Cat*



I think it is a worthy addition to the tableware.

The Paparazzi Files

