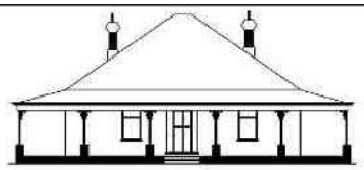
The Gosnells Community Mens Shed
Shed News



Lewis Homestead

Nov 2026 Vol 15 #06 **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: Terresa 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)



Honey's deli on the corner of Terance St & Dorothy St Even the Editor can remember dropping by in the late 60's

Points from Management Committee meeting held on Tuesday 10th November

1.New ROUK MURAL on Garden Shed



2. Electricity connections in Workshop have been upgraded

3. School Playground Bi-Plane has been finished. To be delivered To Sacred Heart school.

4. Membership is 152

5. We are now clearing containers from Jadran Wines on a regular basis and getting 10c each.

6. We have received a $1,000 donation from Nocterra through John Mitchell's son.

7. Suggestions ? Someone to assist catering officer and a Facilities Supervisor. Anyone out there interested?

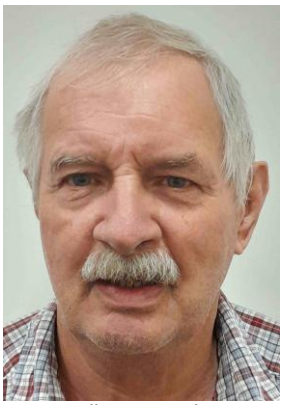
8. Members electronic entry/exit system has been upgraded

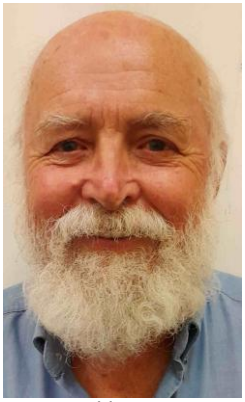
9. A new vacuum cleaner has been obtained for Lewis House.

New Members


Sikander Butt


Don Edgerley


Mike McLeod


Pete Robinson

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



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



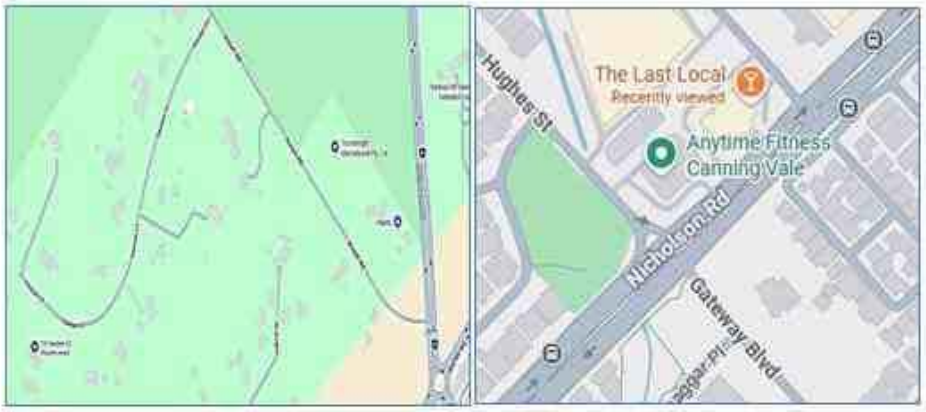
VINTAGE CAR VISIT AND LUNCH
WEDNESDAY 18TH NOVEMBER
10AM – 2PM

Vintage cars at
19 Owesten Court Treeby

Lunch at Last Local
Canning Vale

There is a collection of 20 cars, mostly Australian Built Chargers and Valiants. Also on display is a 1963 Chrysler Newport, a restored Cadillac and Valiant-Dodge utility

Please add name to list to attend
and indicate whether you can supply transport





GOSNELLS COMMUNITY MEN'S SHED

WINE AND CHEESE TASTING EVENING

Presented by JADRAN WINES

AT THE SHED

FRIDAY, 20th November, 2026

2.30pm TO 5.30 PM

We have arranged a wine and cheese night with Jadran Wines, to be held at the Shed.

Every person who attends will receive a bottle of Jadran white or red wine to take home.

The cost will be only **$25 pp**; we would really like 50 people to attend. For that reason we are opening this event up to family and friends (over 18 of course) to make this event a success.

Please buy a ticket from the office by Tuesday 17th November




Gosnells
Community
Men's Shed
Guest Speaker
Tuesday
24th November 26
Colleen
EGAN
Member for Thornlie
My life prior to Politics
Colleen grew up in in the south eastern suburbs of Perth and studied Journalism at Curtin University.
She was elected as the Member for Thornlie in the 2025 State Election representing the Labor Party.
Prior to her move into politics Colleen was a successful journalist, working for the Australian Newspaper, The West Australian and The Sunday Times.
Her most notable work was the freeing of Andrew Mallard, a man wrongly convicted of murder. Colleen documented this experience in her book "Murderer No More" for which she won a Walkley Award.



CHRISTMAS LUNCH

AT GOSNELLS BOWLING CLUB

FRIDAY 11th December 12noon.

TICKETS WILL BE AVAILABLE FROM

MONDAY 16th NOVEMBER

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.

Nostalgia

In 1982, Commodore launched the Commodore 64, which remains the Guinness World Records best-selling desktop computer of all time. It was followed by the Commodore 128, the sleek and affordable Plus/4, and the revolutionary Amiga line, which brought multitasking, multimedia, and jaw-dropping graphics to ordinary households long before rivals caught up.



Anyone of our vintage have a unit in a box under the stairs or in their shed?
Just checked Aus ebay & there seems to be a vibrant sub culture in existence.

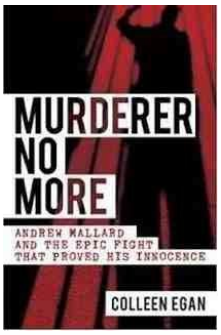
Wellbeing and Health

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 the Peaceful Reflection Garden now has a Blue Tree mural completed and native plants put in place. More artwork is in the pipeline.

We are grateful to Men's Sheds of W A who provided a grant for the Peaceful Reflection garden which included the yoga on Tuesdays.

The Gosnells Community Men's Shed walking group has registered again for November, with a chance to win $500 from the Men's Sheds of W A. If any other members would like to join in, they walk Monday & Wednesday mornings. Calling the Gosnells Gofers to do likewise & register.



The next talk will be by Colleen Egan, Member for Thornlie. This presentation will be held at 10am on Tuesday 24 November in the Wiltshire Room. The talk will be about her life prior to politics as a journalist and her Walkley award winning book about the freeing of Andrew Mallard.

There will also be a special morning tea in the Wiltshire room after the presentation. Hopefully this will encourage more members & partners to attend.

There is an outing organised for Wednesday 18 November from 10am to 2pm to visit some Vintage Valiant cars in Canning Vale. Members are requested to add the name to the attendance list in the hallway to help organise carpooling. Interested members can continue to The Last Local for lunch.

We look forward to our Wine & Cheese sundowner on Friday 20th November from 2.30pm to 5.30pm with wines by Jadran Wines & cheeses all for $25 which includes a take home bottle of wine.

Also coming up is our members Christmas lunch on Friday 11th December at 12 noon at the Gosnells Bowling Club, keep your eye out for further information.

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 offsite tours we would be happy to follow up to see if it could happen.

Social Activities

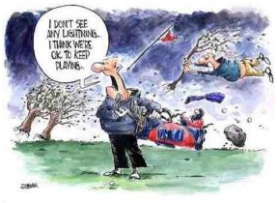
WAKE UP YOUR MUSCLES Tuesday Morning @ 0820 prior to Yoga and Friday morning at 0830.These sessions last for about 30 to 40 minutes. Helps build strength, balance , flexibility and co-ordination. Helps to feel good and may assist in managing lower back pain. All welcome, no equipment required. Al Gordon—Coordinator

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

Kind regards,
Graham Hughes
Welfare Officer 0419 514 631

Golf

2nd October



Despite the strong and chilly wind, eight players were at Hillview ready to tackle the Heritage course. What we were not expecting was a golfing reality check. The extra 400 metres compared to the Classic and Lakeside and the difference in the greens compared to Armadale, proved to be the downfall of everyone except Rob. He won the day with a nett 36, won NTP and also had the lowest number of putts with 15. He blew his chance for a clean sweep by choking on the LP which went unclaimed.

There was a rumour that Warren's long lost cousin from Ireland joined group 1 and played a few shots for Warren. He was a bit wayward but displayed the luck of the Irish with some fortunate deflections from trees. He said he would like to play again so if you see him down the shed invite him along. His name is Patrick (Rick) O'Shea.

9th October

Seven players arrived at Armadale not knowing if the forecast of "showers in the morning" was going to happen. Fortunately the Bureau surprisingly got it wrong and the conditions were good for golf..... well at least for some!!

Mark who is always looking to gain a psychological advantage, brought along his grandson, Zac, to act as his caddie and personal cheerleader. Despite Zac following orders to the nth degree, Mark still did not win the day. Barry did. With 21 Stableford points. This included an amazing 5 point birdie on # 8.

Mark did however generate a monologue for the twenty minute trip home by winning NTP!!

Again there was no LP which was probably a good thing because there was no marker!!



Frank had an early win by getting back to his cart and disturbing a crow just as it was about to
abscond with his banana. This proves crows have great eyesight and long memories!! Not like
Men's Shed golfers!!

After the game it was suggested Mark has a DNA test because Zac is too polite and too caring to be related to him!! With Zac present, Chris discovered it is possible to play 9 holes of golf without swearing!!

Editors note: Lucky Zac was not in group 1!!

16th October

There were seven players at Hillview, all psyched up for the Lakeside challenge. With a later start than usual it was going to be interesting to see who benefitted from an extra 20 minutes in bed.

Alas, extra sleep is not the answer to playing better golf, unless your name is Mark. Inspired by his grandson Zac from the previous week, Mark had his best ever round on the Lakeside. 22 Stableford points from only 44 strokes (5 shots less than his previous best) saw Mark convincingly win the the day. In the process he also won Least Putts with 14. This was assisted by a ferret on #4. Mark also claimed best shot of the year on the par 4 310 metre 5th hole . After a long straight tee shot he followed up with an amazing second shot which just rolled past the hole by 25cm for what could have been the club's first eagle. He was obviously overcome with emotion because his 50 cm tee shot on the next hole won him Worst Shot of the day!!



Buoyed by his successful day, Mark offered Sam (who spent a lot of the day trying to get out of bunkers) some advice "you should have worn thongs and brought a plastic bucket and spade"!!

Chris won NTP and Lloyd won LP with his last shot of the day and also for the next five weeks.

23rd October

Only 5 players fronted up at Armadale today. With dark clouds overhead we were all ready to get the umbrellas and wet weather jackets out. However we all managed to keep fairly dry with only light showers intermittently. The winner on the day was Barrie with a 49 off the stick and a nett 29 (the handicapper must reduce Barrie's handicap after this performance to stop any whinging from the rest of the group!!). The remaining four players Sam, Rob, Mark and Chris had very ordinary scores. Barrie also won NTP, no longest putt was recorded and Mark won the least number of putts with 18. Even with the rain it was an enjoyable morning, as usual, with only the occasional swear word!!

30th October

Seven of us fronted up at the Classic at Hillview today to a very good morning for golf. Mark had recalculated handicaps but there had been little change for most of us.

Greens had been cored as well as most fairways but the rough greens posed little problem for Warren who required only 16 putts!! He managed to not three putt any green!

Ron was the overall winner on the day on a countback from Rob. Ron also managed a ferret on the 2nd hole and sank the longest putt. Barrie was nearest the pin.

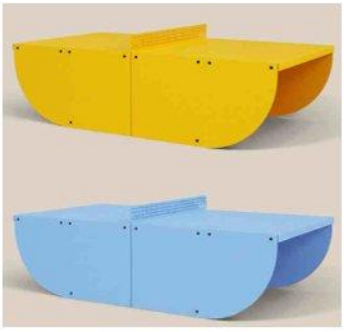
Lloyd Dungey



Table Tennis

Ever think it's a chore to set up the TT table & then having to pack it all up & return it from whence it came! A solution is available, an outdoor table,weatherproof, heavy duty and colour-rich!

Playing outside in mid 30>40C+ temps would be quite an ordeal & would make seeking an a/conditioner a prority. Still, the options are there for the adventurous.









Library

Enjoy a challenging book to read?

The list to the right is from Goodreads Ratings of Difficult books.

I found that the only incomprehensible books were by James Joyce. Have had several attempts to read both Finnegans Wake & Ulysees & after several hours gave up the struggle.

On the other hand War & Peace, Moby Dick & Brothers Karamazov I found absorning!

Each to their own but anything is better than any of those reality TV offerings from the American studios!

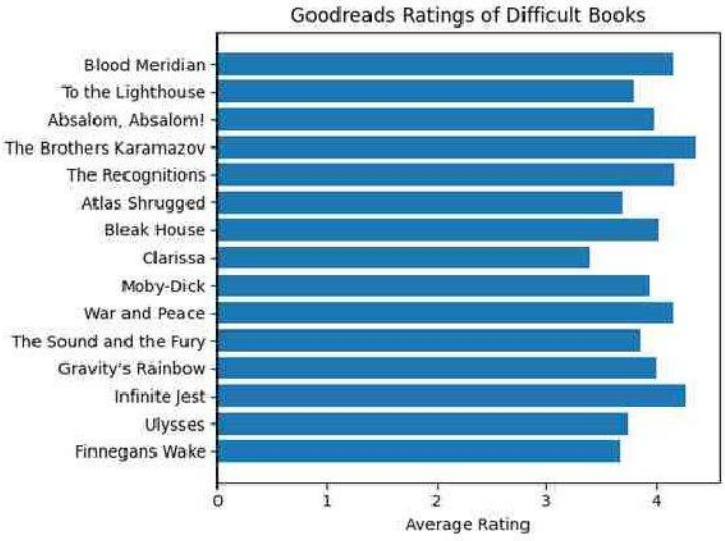


Photo taken mid Aug this year. Have the players aged gracefully since then?

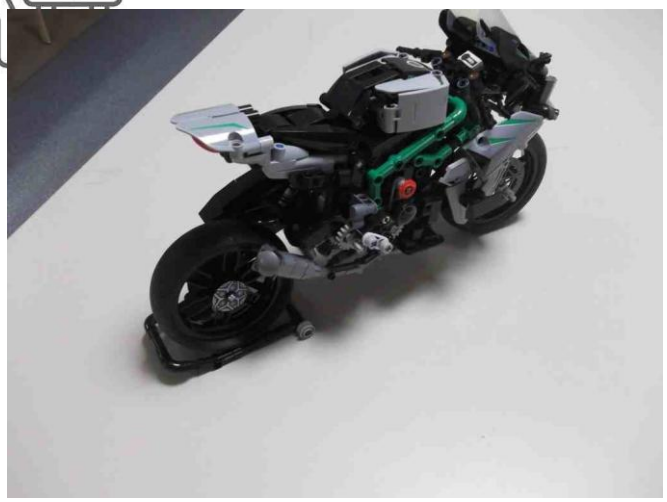


Darts





Model Group



The only MotoGP bike to gather dust

Not as luxurious as the Spectrum of the Seas!

These old boats had Toilets, referred to as “heads”, were located at the bow of the ship, making use of four to six holes cut into a plank. This arrangement was due to practical reasons, allowing waste to fall into the sea while sailing.

Ahh, those nostalgic days of yore.



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, having just returned from overseas, bearing some Sino Asian lurgy & thus being laid low & unable to excercise or do anything much at all.

This brought to mind as to how we handle temporary illnesses & excercise, especially as we age.

Dr Google suggests:

Guidelines for Exercising While Ill

When considering whether to exercise while feeling unwell, it's essential to evaluate your symptoms. Here are the general recommendations:

Above the Neck Symptoms

If your symptoms are above the neck, such as:

- Runny nose
- Nasal congestion
- Sneezing
- Minor sore throat

You can typically engage in mild to moderate exercise. However, it's advisable to:

- **Lower the intensity:** Opt for lighter activities like walking or yoga instead of high-intensity workouts.
- **Reduce the duration:** Shorten your workout time to avoid overexertion.

Below the Neck Symptoms

If you experience symptoms below the neck, such as:

- Chest congestion
- Hacking cough
- Fever
- Significant fatigue

You should refrain from exercising. Engaging in physical activity under these conditions can worsen your illness and prolong recovery.

Additional Considerations

- **Listen to Your Body:** If you feel worse during exercise, stop immediately.
- **Hydration:** Stay well-hydrated, especially if you choose to work out while sick.
- **Contagious Illnesses:** Avoid exercising in public spaces if you suspect you have a contagious illness like COVID-19 to protect others.

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

Perv Glasses



In an alarming investigation, Swedish newspapers Svenska Dagbladet and Göteborgs-Posten revealed that highly sensitive videos recorded by users' Meta Ray Ban smart glasses are being sent to the company's subcontractors in Nairobi, Kenya, for data annotation.
Contractors told the newspapers that they were watching people "going to the toilet, or getting undressed," often not knowing that they were even recording or being recorded. Automated systems designed to blur faces often failed, the contractors claimed, effectively giving them a front row seat of somebody's most intimate moments. "I don't think they know, because if they knew they wouldn't be recording," one contractor said
It was a disturbing revelation, highlighting how tech companies are still heavily reliant on human labor to sift through highly personal data and label what they see to train AI models, a hidden cost that the industry seemingly isn't keen on discussing in public. Meta's use of human annotators could also result in data falling into the wrong hands, a considerable liability that could put its customers at risk.

Not that anybody would be interested in my extracurricular activities!



Music Group

A local traditional band greeting the passengers off the ship in Busan, Sth Korea last week.
Maybe an idea for the Shed band to have formal attire?
Grunge, of course is more informal & comfortable!



Cycling Group



13th Nov Carlisle Bakery



5th Nov Shelley Beach

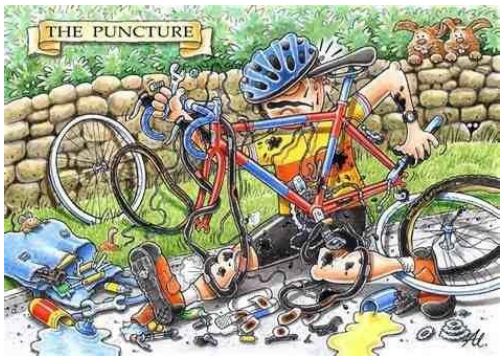


29th Oct Mandurah Dome



22nd Oct Maylands Dome

As can be seen from the above photos, riding numbers have fluctuated quite a bit.
Members of the group being absent due to being away on trips overseas, medical appointments & doing things that seem more important!
Still, there are always stalwarts that show up.



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 #
16-Nov-26	David McLean	9490 4536	John Millar	9429 813 960
23-Nov-26	Carlton D'Sousa	0432 338 001	Paul Rea	0475 287 890
30-Nov-26	Baz Nurse	0400 648 229	Dany Wilson	0450 761 730
07-Dec-26	Andre Hoareau	9458 1499	Rob Shewan	9459 5610
14-Dec-26	Warren Standing	0429 932 825	Graham Robinson	0455 499 771

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

Westate Embroidery



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

Shed Activities














Free ironing lessons at the Shed.
Don't tell the wife!

