

The Gosnells Community Men's Shed News



Lewis Homestead

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Founded by the
Rotary Club
Of Southern Districts
in 2012



Proudly supported by Amaroo Village

Office Bearers

Chairman *Scott Henderson*

Vice Chairman *Geoff Bowra*

Secretary *Phil Measday*

Treasurer *Ted Evans*

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

Workshop Manager: *Chris I'Anson*

The Shed Phone number: 08 9398 4064;

Shed email - secretary.gcms@gmail.com

Shed's website address is <https://gosnellsmensshed.org/>

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.



Men's Shed Zone Meeting Group Photo 22nd July - photo by Paul Richardson

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Sam Alobaidi



Monty Bailey



Pat Berry



**Brad
Bloomfield**



Gary Burford



Pat McCallum



Paul Richardson



Siong Tan



Peter Vagg



Koon Wong

New Member

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AGM Wed 13th Aug



The Gosnells Community Men's Shed News

Items from the last Management Committee

- The shed had 162 members as at the 30th June. Ten new members have joined since the 30th June.
- A number of members in the workshop are making toys for Motorcycle Men's shed for Christmas
- We have received a grant of \$22,000 from the new member for Thornlie, Colleen Egan. It will be used to update equipment around the shed.
- The exhaust system in the kitchen has been upgraded
- Members are reminded that machinery, lights, appropriate doors, air conditioning needs closing/shutting off before leaving.
- Christmas Function planning is proceeding. It will be lunch on Friday 19th December. More details to follow later.
- Weather protection is being planned for installation over the double door entrance to the workshop from the car park
- Looking into getting shed gutters cleared

Refer Noticeboard outside Main Office for original posting.

Members in the workshop making toys for the Motorcycle Men's shed for Christmas.



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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.



The Hearing health talk on Tuesday 22 July in the Wiltshire Room conducted by Clare Collins from Expert Hearing Care, covered how hearing works, how to protect our hearing and the various solutions to compensate for hearing loss and tinnitus. Unaddressed hearing loss is associated with numerous health impacts, including increased risk of falls, depression, social isolation and even dementia. This presentation was well attended with 22 members which was great to see because that makes the presentations worthwhile.

The next talk is an Advanced Care Planning workshop on Tuesday September 16 in the Wiltshire Room conducted by Palliative Care WA in conjunction with the Gosnells Women's Collective. This two hour workshop will be from 10am to 12noon and includes morning tea. Making plans that cover your future care, lifestyle, health and finances, you're not only working out what you want, you are also making things easier on those around you.

A flyer will be sent out to all members by email and displayed around the coffee tables two weeks before the presentation takes place.

Once again it is extremely important that we can get as many members as possible to come to these talks as the presenters are volunteers the same as our members and give up their time to keep members informed about their subject.

It would be appreciated if any members would like a specific topic to be talked about please do not hesitate to contact me.

All members should look at having their flu vaccinations and Covid booster, also if any member does have cold or flu symptoms please do not come to the shed.

On June 26 myself and Al Gordon attended a Mental Health first aid training course about conversations about suicide on 26 June at Cannington Showgrounds, this was a 4 hour course subsidized by Men's Sheds of WA. It was designed to help you feel more confident supporting someone who is going through a rough time and may be having thoughts of suicide. It's not about being a counsellor—it's about knowing how to have a safe and helpful conversation, and where to direct someone for the right support.

Social Activities

Try Something New: Yoga Trial Open to All

Looking for a way to ease aches and pains or just to relax before getting busy in the Shed? Why not give the new yoga class a go on Tuesday mornings?

A six-week yoga trial kicked off last week, funded by Men's Sheds of WA. The sessions focus on gentle movement, breathing, and stretching - helping improve flexibility, reduce stiffness, and boost overall wellbeing.

"We're funding this trial to learn how to best support new activity groups in Sheds across WA," said Fiona Peters, Wellbeing Support Coordinator at Men's Sheds of WA. "And would like to thank Graham and Alan for being so proactive in looking at ways to support members. While this trial benefits the health of Gosnells members, it will also help us develop a simple 'how-to' guide to encourage other Sheds to start their own activity groups."

You don't need to be experienced or super bendy to join, just bring yourself and an open mind. Sessions run Tuesdays at 9am. We have just signed up for another six week course due to popular demand, this free course will continue to mid September. The instruction is Cory Rist and if any other members would like to join in they are more than welcome.

For a chat or to find out more, get in touch with Graham Hughes or Alan Gordon.

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

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Golf Group

July 4th Hillview

We had 10 players brave the cold morning to play the Heritage nine holes. We welcomed a new member to the shed who joined us for a game, so welcome Patrick. I hoped you enjoyed the day and will become a regular player.

Winner on the day was Mark, with a credible 26 pts and 42 off the stick. There were some strange looks at the stand in handicapper, when it was shown that Mark is on a 14 handicap. I can assure the group everything was legit, although I was surprised to find the box of golf balls in my bag, but they were probably from my wife anyway. Well played Mark, who also birdied the first hole. The rest of us had the usual day of good and bad shots and very ordinary putts. Bill Davis won NTP and Rob won longest putt. Weather wise, once the Sun rose, was a lovely morning and regardless of your score, it is good exercise for both your body and your mind. So if you want a fun morning with us, we play every Friday, teeing off at 8 am.

July 11th Armadale

9 players braved another freezing morning, with the temperature being 2C, according to my car indicator anyway. The temperature rose once the Sun got up and it resulted in a pleasant morning especially for Steve, who won the day with 22pts and 43 off the stick. He also had a birdie on the 6th hole, unfortunately his success will result in a lowering of his handicap by 2 strokes. The rest of us were blitzed by Steve, with nobody scoring more than 18 pts or breaking 50 off the stick. Ross won NTP and Chris won longest putt. There were numerous excuses and hard luck stories from the also rans but we will all front up next week and who knows what will happen, it may be your turn to shine and grab the major prize.

July 18th Hillview

We only had 7 players playing the Classic 9 holes today. It was overcast but a lot warmer than the previous 2 weeks and apart from a sprinkling of rain for about 5 mins we stayed dry.

The winner this week was Chris (yours truly) who had one of his best rounds ever, with a grand total of 28 pts and 44 off the stick. It would be nice to score like that every week, but I'm sure it will be back to normal next week. Chris also had a birdie on the 3rd hole and also won NTP. His handicap will certainly be lowered after that performance, although being the stand in handicapper, no only joking, it will be lowered.

The remaining scores were all very close with only 3 pts separating the remaining 6 players. There were the usual hard luck stories after the game, but yours truly was still smiling in the car park when he left. Tom rounded off the day with the longest putt.

July 25 Armadale

A really good turnout this morning despite the temperature hovering around 1C and ice forming on some players cars.

We had 12 starters with everyone asking the same question what the F**** are we doing here, when we could be at home in the warm. However, once the Sun rose, it turned into a lovely morning but unfortunately some of the golf didn't match it. Winner on the day was Bill Hughes with 21 pts and 52 off the stick, Bills practicing at Whaleback is finally paying off as he also won NTP, with Steve the longest putt. The first group, of which I was in, a member won the prize for most steps taken for 9 holes, having to go bush on a number of occasions looking for a fellow group members ball. Over all a good morning, with just 6 pts separating 1st to 12th, so our handicap system seems to be work in well with all players having won the day at some point.



Frozen golfer looking for his ball!





Art

The numbers of budding artists is increasing with plenty of paint being used to create masterpieces. The topics to be covered in the next few weeks are composition. Design and portraits so feel free to pop into the Wiltshire Room on any Tuesday afternoon between 1-4pm and join in. Tony Taylor.

Some of the attendees to the Art sessions held in Wiltshire Room on Tuesday afternoons at 1pm. The improvement of all attendees is remarkable and we are now commencing works to be submitted to the Canning Show in October. There is still time for members of the Men's Shed to join the Group and demonstrate your talents at this annual event and possible win a couple of prizes.



Artistic wood carving is one of the sections and is a genre which is also encouraged in the Art group.



A wood carving from April 2017



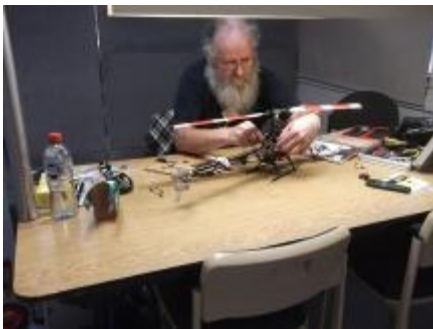
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Model Group

Looks as though there was a full house of modellers, a veritable production line was running.



A drone for somewhere. Where's the ordnance section?

Anyone seen the assembly manual?



Finished!



This goes with that—maybe!



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Darts

Anyone interested in having a social game of darts a most welcome to come along to the Wiltshire room on Mondays and Wednesday from 8am till 9am. Just come along and if you have your own darts no problem, otherwise can use the free darts which are available.

Al Gordon



Accuracy guaranteed as the main supporting prop of Darts, Beer, absent.

WAKE UP YOUR MUSCLES

Every Tuesday morning from 0820 till 0900, these sessions are designed for easy to perform exercises to help with balance, stretching and flexibility. Designed for the ages of our members, so come along and take part, all welcome.

Al Gordon

Coordinator



Is this a revivalist meeting?



Where are the colour coordinated active wear & sweatbands?

We need a fashion coordinator to attire these hot bods!



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Music Group



Try getting this bit of gear through the door.
Imagine what the music score sheet looks like!
The only thing in existence with 12 G strings.



Camera Group

Every Wednesday 9:00am - Noon in the Wiltshire Room

The Photography Group is enjoying the opportunity for the members, all be it a small number, to bring along images they have taken for projection and group discussion.

The fact the images, for what they are, good, bad or otherwise, are displayed by the photographer in order to learn what they could have been done differently, is proving beneficial. There is no criticism of any image, only discussion on reason for taking, location, time of day, environment, equipment used, techniques applied and settings used.

As a group we have discussed doing some practical assignment work in the field (around the Shed and surrounds) but to date it appears the benefits are in getting the photographer and equipment tuned up in preparation for us as individuals to put into practice on the subjects of our own choosing.

It is apparent the Group participants are photographers who understand the basics of photography and want to know how best to apply them to gain the best results from their equipment and learn some tricks from others along the way.

I, for one, have adopted a different approach to my photography, following our group discussions, in the fact I go out with a planned purpose, appropriately equipped for that specific purpose, rather than just going out looking for opportunities. This has resulted in me capturing more images I am pleased with.

It is surprising how quickly we consume the 3 hours each Wednesday morning, sometimes forgetting to stop for a morning tea break.

Unfortunately, this month, we missed out get-together on Wednesday 13th August to the Shed's important AGM.

If you have a photographic interest please come along and join us. Your participation will be very welcome.

Neil Kenneady

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Computer and Technology Group: - I'm Back

Technology Help Desk
Friday 9:30 – 12pm
Mondays at 9:30 – 12pm

Help in any area of technology including PC's, laptops, tablets, iPads, phones, cameras, TV's, photography and any software package (Windows, Apple IOS or Android).

Book a time slot:

Put your name down for the next available Monday or Friday's time slot and describe your problem on the whiteboard in the computer room. Consults are up to two and a half hours. No House calls!

If you see me at the shed, you can also come and ask if I'm available. No problems with that.

André
 0457 680 489

Free to all shed members.

Shutdown of the 3G Phone network
Check your Alarms Systems and Medical Devices

Spotlight on remote access scams

Welcome to part two of our special series on remote access scams, which we're sharing to help you keep your devices, information, and hard-earned savings secure.

A remote access scam is designed to get access to your computer, mobile phone or tablet. Armed with the right knowledge, you can spot and stop a remote access scam before it starts.

Take a look at the case study below. Can you spot the signs of a remote access scam?

Fred was using his laptop when he received a pop-up message that he didn't expect. The message looked like it was coming from a reputable software provider – it even included branding and logos. The message said there's an urgent security threat to his device, and that he needed to download software to 'fix' it. Fred downloaded the software, without realising he was installing malware (malicious software) on his device, allowing a scammer to gain access to it.

The three red flags



Unexpected: Fred received a pop-up message out of the blue.

Urgent: The message was alarming and time sensitive.

Intrusive: Fred was pressured to download software directly to his device.



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Take your time, independently verify any requests from your network or service provider and remember – a bank will never ask you to download software that gives access to your device. If in doubt, we encourage you to speak to a trusted technician, or a trusted friend or relative, or your financial adviser.

Your resources

ScamWatch regularly shares case studies from real-life Australians about their experience being scammed, including one about how someone lost money to a fake call from their internet provider.

For more information on scams and to stay up to date on the latest scams to look out for, visit www.scamwatch.gov.au

Article courtesy of Macquarie Bank.



Ransomware

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Gardening

It's now that time of the year; Rain with a little sunshine & plant growth explodes.

A weed is but an unwanted plant & these can overrun the garden.

So many hours can be spent in the fresh air & sunshine, pulling them out before it looks like the picture.

If not environmentally inclined!



Library

Your Library has all the well known authors of fiction.

Jeffery Archer

Dan Brown

Clive Cussler

Bryce Courtney

Dean Coontz

Nelson DeMille

Frederick Forsyth

John Grisham

Lynda La Plante

James Patterson

Tony Park

Mathew Riley

Nora Roberts

Tim Winton



Also a large selection of historical novels

Please return any read books to enable fellow readers to enjoy.

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Hi Everyone, I can't believe how quickly the time goes by, when the 'dreaded email' arrives from our editor requesting a few words from each 'interest group'. I've been doing for at least 9 years, as I realised I joined our shed in July 2015. I can't remember when I began writing a few words on how our cycling group was going each month. One of the shed members, Richard Turner, a friend for decades, since the days both our sons were in a playgroup together about 45 years ago, asked if I was interested in joining the shed. This was not something I'd heard of, but I declined to take-up his invitation at the time. I was going along OK, only a couple of years after my wife of over 40 years had died. Then, a couple of years later, Richard asked me again, but this time he told me the shed had a cycling group. Why the hell didn't he mention this two years ago ?? I've been a member for 10 years now, so I'm wondering when I'll be presented with my '10 Year Medal'?

The last few weeks we have had some pretty cold mornings, which hasn't prevented us from enjoying our Thursday morning rides. Starting at 8-00, and mostly led by our 'Human Roadmap'....Robbo, who leads us on some incredibly complicated routes throughout the various suburbs. He always finds a nice place to stop for a cuppa, cake or something savoury, and a blether (Scottish for chat). We've recently had good riding numbers of 8 or 9, which I enjoy as I imagine I'm at the back of the bunch in the Tour de France or something (l'arrier du peloton) and enjoy all the twists and turns etc on our way to our favourite cafes.

Wellthis is all I can be bothered writing 'the noo' (just now), so until next monthSee youse later !

David Gardiner : Photos Graeme Gurney



Cold weather cyclists
Riverton



At the Pink Deli Kelmscott



A cold wet ride with plenty of surface water @ Kent St Weir area.

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Cleaning Roster for next 5 weeks

Week Commencing	Name	Contact #	Name	Contact #
18-Aug-25	Phil Measday	0439 824 565	Jim Ridgwell	0429 939 823
25-Aug-25	Alan Gordon	9493 0894	Mick Atkinson	0415 962 754
01-Sep-25	Martin Troy	0450 477 369	Colin Sears	0437 801 570
08-Sep-25	Chris Brown	9459 2086	Arpad Pratsky	0438 943 933

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



Pool

How to go round the bend playing Pool



Table Tennis



Table Tennis for the sociable people



Table Tennis for the Introverted Anti-Social Player

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CWA Lunch 16th July

It was really fabulous to have members from the Gosnells Community Men's Shed join the CWA Thornlie for lunch on Wednesday.

Thank you for agreeing to work on the projects to hang children's clothing on a trestle table and a smaller project for hanging doll's clothing for when we sell our handicrafts at stalls.

I have attached the photo of CWA executive with Men's Shed members taken on the day. Please let me know if you need anything else.

We look forward to hearing from you.

Warm regards,
Jenny Goode



Expert Hearing Care Presentation 22nd July



Photos by Paul Richardson

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REPORT ON ZONE MEETING – Friday 25th July

The Zone meeting was attended by 10 sheds including us out of 18 sheds in the zone.

Total attendance official attendance was 28, 20 shed members and 8 others (WAMSA and Carbatec and health check)

The morning session and early afternoon was spent each shed giving a summary of what they are doing, number of members, fees and who their Health and Welfare officers are. Also what things they are doing currently. Nothing very significant although Manning shed related safety/induction system they have in operation. It seemed to be a step up from what we have. I have passed on to Neil Kenneady he may like to contact the Manning shed to see whether any of the things they are doing are applicable to us.

I gave the meeting a summary of what we are doing including member numbers, current fees, summarised our various activities, making a point of exercise and yoga sessions. Also mentioned regular talks, social events. Mentioned fundraising through containers for change. Finally I mentioned having AGM in August and Geoff Wiltshire getting the OAM.

There was a blood pressure talk and check-up session and a talk by a Carbatec representative.

It was a good day.

Phil Measday

Secretary

28/07/2025

Socialising after Zone Meeting



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Men's Shed Zone Meeting 25th July



Photos by
Paul Richardson

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Workshop Creations



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Recipe Corner

In keeping with the article on Papua New Guinea, a PNG recipe.

Hot Ginger Prawns



A meal with huge flavour on the table.

It includes prawns, fresh ginger a spices and is symbolic of PNG recipes.

Prawns are definitely the star of the dish and are flavourful and juicy with Garlick and ginger.

The Prawns are seasoned using freshly grate ginger, lime juice in addition to salt,

When marinated they're popped in a warm skillet with some oil to seal in the moisture and also produce a slightly crispy outer surface.

The result is a dish with sweetness, heat and depth.



A cheap & easy meal



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TACKLING AN ONGOING FERAL DILEMMA

1

FELIS CATUS: FERAL CATS

The feral cat is the same species as the domestic and has been in Australia since 1788, having arrived with the First Fleet. Within a relatively short 70-year period they were thought to be firmly established in the wild and today, it's estimated only 0.1 per cent of the land mass of Australia is cat-free. They exist in all ecosystems including forests, woodlands, grasslands, wetlands, alpine and arid regions.

They're predominantly solitary nocturnal animals, lying up during the day and hunting and scavenging at night. They're carnivores and prefer live prey with each cat said to consume 225 reptiles, 130 birds and 390 mammals a year. This is roughly five times as many reptiles and more than twice as many small mammals as foxes, with estimates suggesting feral cats consume as many as two billion native creatures annually.

Feral cats can present as being larger, more muscular and aggressive than their domestic peers. While numbers can only be estimated, most sources agree on a population of between 2.1 and 6.3 million roaming wild in Australia, with an average density of around one cat per 4km/sq, though that figure can easily rise to three in good seasons or bountiful environs.

NUMBER ONE THREAT TO NATIVE WILDLIFE: A FERAL FELINE AT LARGE.

Estimates suggest feral cats consume as many as two billion native creatures annually

2

VULPES VULPES: EUROPEAN RED FOX

This was introduced into Victoria around 1855 for 'sporting' purposes and by 1870 was well established across the state. It was recorded as having first colonized NSW in 1897, NT 1901, Queensland 1907 and WA 1912 and today inhabits 80 per cent of Australia, including 50 islands. As the name suggests it's pale to deep reddish brown even occasionally grey in colour, with its legs predominantly black, its tail bushy and tipped in white or black. Interestingly, the tail aids balance, provides warm cover in cold weather and acts as a signal 'flag' to its peers.

Only about 10 per cent of a fox's diet is carrion with the rest consisting of native animals, some invasive feral vertebrates like rabbits and hares and livestock including lambs, kid goats and poultry. Their take is believed to be around 600 million a year. Foxes take a greater toll on bigger native animals like possums, gliders, wallabies and the like than cats, with ground-nesting birds and their eggs also highly at risk.

There are an estimated 1.7 million foxes in Australia with an average density of one per 4km/sq, though in agricultural regions this rises to seven in the same area. The density is highest in temperate mainland regions and (believe it or not) urban environs where food and shelter is abundant. As a case in point the Victorian Government estimates a population density of 16 foxes per square kilometre in Melbourne! Environmental sources quote an annual fox-related kill rate of 1000 animals per square kilometre in high-density areas.



80 | AUSTRALIAN SHOOTER

Submitted by Jim Ridgewell

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Papua New Guinea

There a few of our Members who had an association with P.N.G in their past, who may be interested in the following.

50 Years is a milestone.

Australia took P.N.G to a peaceful independence on 16th Sept 1975, when the Australian Flag was lowered and the new P.N.G flag, featuring the bird of paradise, was raised at a ceremony in Port Moresby.



Crowds had gathered for the historic occasion, attended by Prince Charles, Australian Prime Minister Gough Whitlam, Governor General Sir John Kerr, PNG's Governor General Sir John Guise and Michael Somare, who became the first Prime Minister.

I witnessed the Mount Hagen street parades of school children, marching in their uniforms besides adults in traditional dress.

Colourful floats accompanied by a Police brass Band added to the spectacle.

Leaders of Tribal groups had worked together with local Councillors and Patrol Officers for this event.

A sense of being a nation was a new concept for the many diverse groups and languages.

Before WW1, the New Guinea section of the North-Eastern part of the Island was a German colony.

The southern part, known as Papua, had been an Australian colony.

Australians who worked in P.N.G helped to stabilise the Country's own identity as a united nation.

Since 2019, ongoing budget support has been A\$3.1 billion.

May our close association continues with our nearest neighbours.



Graham Bartley-Smith

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Some dual cab owners overload by putting too much crap in the back.



As for the dog?



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