



Thursday Soup - last day of April.



Bill the singing and fitness enthusiast wins the “Souper Hat” of the day at the Thursday “souperthon” organised by John McLachlan and crew. Minestrone loaded generously with fresh veggies, bacon and parmesan had 30 supers licking their lips and rating the lunch of soup, crusty bread and a chunk of butter at 10 out of 10.

It was a super autumn day for hot Shed soup prepared lovingly by Joerg Lindner and Rob Walker.

It can be tough in the kitchen but somebody has to be “taster.”



Wicked winter bargain lunch at only \$5



Thanks to Restaurant Critic, Columnist and Papparazzi, George W.

Containers For Change

The containers collected by members and deposited at the 3 collection bins at the Shed were cashed in for \$35.30 at the collection centre in Knutsford Street, Fremantle on 28 April 2026.

A total of \$302.30 has been deposited to St Barts for the current calendar year. Please keep up the good work!

Don Frayne

Your Worship The Mayor???

This photo by Paul Whiting shows the retaining box for the Mayoral Chain of The Town of Cottesloe, carefully constructed by Tony Brown - who does not claim to be the Mayor!! but is a fine craftsman as well as a very welcoming face at the Shed.

Prostate Support Group

On Monday 4th, we had the first meeting of the "Prostate Support Group" at the Shed. There was a fantastic turn up of about 25, indicating the need for such a group. The aim is to educate Shed members on the issues and solutions related to prostate enlargement and prostate cancer and provide support as needed. The "what is said in the meeting stays in the meeting" approach seemed to work well, with guys being very open about their issues and experiences. Future meetings will be monthly.. **Gerry McGann**



Anzac Day 2026

A bright and sunny Saturday morning saw several hundred Mosman Park residents, of all ages, attending Memorial Park for the 2026 Anzac service. This year's theme was "Women in Service" and the RSL had organised speakers to reflect on past events involving women in the services and how things had changed for them over the years.

Barry Arcus and self, attended as the Shed's representatives and Barry laid a wreath on behalf of Shed Members. Most of our local schools sent representatives to either march, speak or just take part in the ceremony. A particularly poignant poem written by Head Girl, Millie Nolan, who is in year six and attending Mosman Park Primary School, was read out by one of her schoolmates and is reproduced here:

A child peered in at a market stall and yelled to his mother,

"Why are they only selling poppies, why no other?"

"Today is Anzac Day and poppies are for those who went away."

"But why have red flowers, why not blue, green or pink?"

His mother smiled sadly and spoke,

*"Well I think...red is for the blood that drenched the ground,
and for the bodies of soldiers that were never found.*

Red is the colour of the nursing post,

the place where women cured soldiers the most."

"But Mother, what story does the black centre behold?

I mean, why is it not green or gold?"

His mother smiled with her caring eyes and sighed,

"black is for the families that cried

over the men and women who died,

those who served Australia with courage and pride.

And even when the war was done, every person was missing something or someone."

"But mother, the war was so long ago, so why you are crying I do not know?"

"I am crying for the people that lost their lives, or children, husbands or wives.

I'm crying for the animals that sadly died and for the people that are still crying inside.

I'm weeping because you did not know about the poppies that will forever grow."



Our thanks to Millie's mum and to The Mosman Park Primary School.

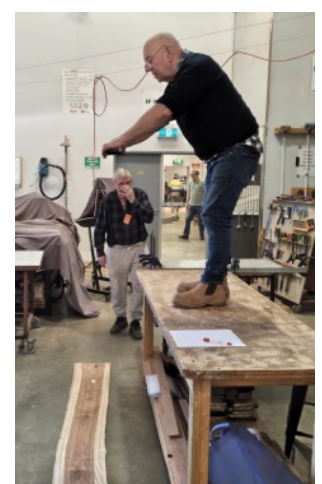


Mike Ansell

In Training For The Los Angeles Olympic

High Diving Board Finals.

Simon Harris seen here trying to find a suitable training spot for his diving competition, but it looks like he will create a pretty severe "splash" if he doesn't get the entry right!!



Hassan Hassan's Trip To South America - Highlights.

We went to Peru, Argentina and Chile. One highlight was the Peruvian people - they were so friendly and the women with the funny hats and colourful outfits as seen in photo were good fun.

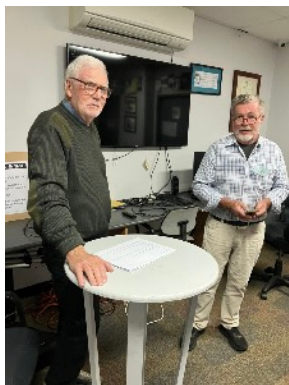
Machu Picchu, one of the 7 wonders of the world has to be seen by all. The high altitude is an issue that should not be underestimated - we took pills but still had to take some 4 days to acclimatise but worth the wait!

The Chilean Fjords were amazing with beautiful waterways and glaciers. We started in Ushuaia the tip of Argentina Called the end of the world but trip was amazing! See photos of Fjords waterways and remote villages in Fjords.



The photos I got were "huge" so these ones do not do justice to what Hassan saw. If you click on each photo you can "stretch" them.

Thoroughbred Racing - by the Non Betting Jack Griffin.



Brett Pollock introduced Jack Griffin as the person who knew a lot about horse racing and he was correct in his introduction. Jack has been involved in horse racing for many years as a buyer of potential race winning horses. He started his presentation by stating clearly he has never placed a bet and advised that none in the audience should either!!

Thoroughbreds have all stemmed from 3 original stallions as the blood lines extended through the ages - The Byerley Turk: The Darley Arabian: The Godolphin Arabian who were all mated with English mares. Only 10% of horses win races and an even lower percentage go on to win Group 1 races - about 1%. In 2002 Australian racing was stopped as one overseas horse in quarantine was patted on the nose by someone and horse 'flu' spread like wildfire. Many of the horses who run in Australia are brought in from overseas.

The most staggering points from Jack's talk were of the money involved. Single buyers can no longer buy horses and so syndicates are formed with many people involved in small shares of the purchases which can amount to millions of dollars. Servicing of a mare can cost as much as \$400,000 and only 70% get to foal. If a foal is born a week before August 1 it is deemed to be a year old as they need to be born from August 1 onwards to be considered a new born. Every horse has a curl of hair somewhere on their body which is unique like a finger print. Sales, which are held by two companies, can draw **billions** in sales.

Corporate betting has become a curse in the country with those groups based in Darwin and avoiding taxation. Courses are lucky to have only one or two "bookies" trackside and there are financial problems in the industry. There are trainers with up to 1000 horses on their books. There is no truth in an expose a few years ago of retired racers going to the knackery. Horses are all micro chipped and tracked for the remainder of their lives - which is normally in a paddock resting quietly! Whips are very soft and make a noise rather than hurt the animals. Jockeys were described by Jack as being not very bright but they could count \$100 bills very easily!!

He finished his talk with the tale of Fine Cotton - a mad scheme which crashed and created great embarrassment for the "organisers"!! I learned a fair bit about the "sport" which I have never had an interest in. **Editor.**

Invitation to A Special Presentation.

You would all remember the amazing story of the young lad, Austin Applebee, who did a marathon swim and run rescue trip to get help for his family who had been swept to sea on canoes? The Celtic Club of WA asked the Shed if they could make an award trophy to present to the lad and Phil Robinson took up the challenge. He will finish the trophy soon (when back from Scotland where he is now for his mother's funeral).

The Celtic Club have issued an invitation to all Shed Members to attend the presentation and hope many will take up this invitation to make the evening very special for this Irish family saved by the lad's bravery and strength. The invitation is shown, as well as a bio on the band which will perform on the night.

Australian - Irish Heritage Association

Invitation to an evening at the Celtic Club in West Perth

for a presentation to be made to Austin Appelbee and family

on behalf of the Australian Irish community in Perth

date: Saturday 6th June time: from 6pm

venue: The Celtic Club, 48 Ord St West Perth, 6005

restaurant and bar service available

music by the Maggies Delight trio

RSVP to: Tony Bray secretary@irishheritage.com.au

Maggie's Delight Celtic Australian Trio - Outstanding performers that have the audience singing and dancing to rousing and heartfelt renditions of Scottish, Irish & Australian songs and tunes plus acoustic versions of classic pop songs.



Jim McGuire – Lead Vocals,
Electric/Acoustic Guitar,
Mandolin, Fiddle
Rebecca Lodge – Fiddle and
Vocals
Mark Brockman - Accordion,
Acoustic & Electric guitar,
Mandolin, Banjo

Lets Talk Hearing - Ms Jordan Bishop Ear Science Institute Australia/ Lions Audiology



Jordan gave a brief description of how the two institutes work together to provide hearing research and solutions to hearing loss. Two of their long time research projects have been Aussie Ear Bank and Hearing Health in the Pilbara.

Two of the main concerns are tinnitus and vertigo and Jordan explained how these conditions affect so many people and means of restricting the effects. There is more to audiology than hearing aids and the research conducted provides guidance on how to minimise these conditions. Many health issues are connected to hearing loss - heart issues, osteoporosis, diabetes etc. and are exacerbated by social isolation, smoking and can bring on depression, anxiety and stress.

1 in 6 Australians have hearing loss - 50% in over 60's and 70% in over 70's. It takes 7 years for many to take action to reduce hearing loss so it is a slow decline. Tests should be had every year from age 55. Hearing loss is very tiring as some much more brain activity is used trying to catch up on what has been said or heard. Screening is free from a range of audiology sources but full testing should be arranged with qualified audiologists and funding is available to cover the costs through Pension and DVA as well as part funding from Medicare.

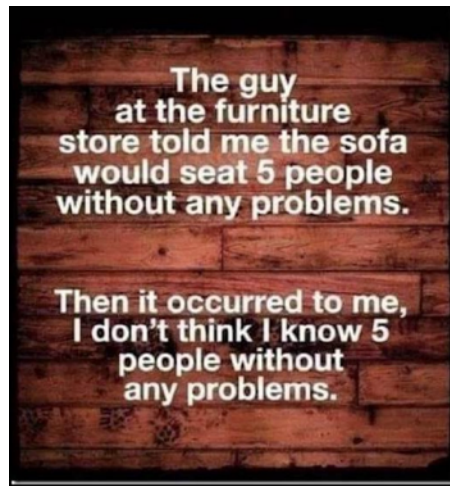
Surgical repairs can be involved as well as medical solutions depending on the condition. A diagram of the ear explained the areas of outer, middle and inner ear and the ways in which they can be affected. Hearing aids should be worn as much as possible to allow the devices to calibrate the sounds heard.

Due to the large number of "funnies" I have been sent by the usual suspects I have added an extra page to give you some "laugh time"!!



All items for the newsletter to be emailed to
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before the monthly meeting
0418334513

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Chairman
Paul Smith



My emotional support dog after one day with me

