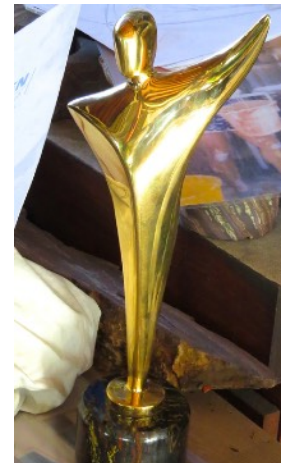


## Noises from:



### Photography Group Outing to Gomboc Sculpture Gallery!!

The Shed Photography Group meets on the fourth Thursday every month and March saw us with guest bus driver/ Coach Captain and Tour Guide Extraordinaire, Vic Power captaining the Community bus up to the Swan Valley with a dozen Shed members on board. What a day we had, commencing with a pleasant drive up, via the southern route and returning via the northern river route. The people at Gomboc Gallery; Ron and Terrie Gomboc made us exceptionally welcome. Ron waxed lyrical about all his exploits from learning trade skills with his Dad then a stint in National Service in the late 60's saw him being one of the few people actually sent where they had some natural skill. He thus ended up in the RAEMY – Army Engineers – learning and practising more skills. So he can form metal, weld copper, bronze, aluminium and steel; then finish it with texture or coatings or chemical staining. If that is not enough he had a home built furnace for melting bronze and he is a master caster.....



The large sculptures are featured in a garden setting

Inside, were paintings, with a wide variety of styles including some Juniper so the quality was “not too dusty at all”. We couldn't take photos there. But we could take photos of the “incredible” workshop in which Ron knew the location of every item, some of which were put there maybe 20 years ago!! Angle grinder, ..... you say you need to use an angle grinder..... well to grind what copper, aluminium, steel, coarse, fine, polish ..... there is one set up for every job ..... saves time .....



Due to rattling hunger pains from some Shed Members we had an intermission of a sumptuous lunch of salads, chicken and French sticks washed down with some Houghtons white wine that was kindly supplied by Ron and Terrie Gomboc who joined us for lunch under the grape vine covered pergola – such ambience.

So if you want a day out, hop in the chariot and head up to the Swan Valley and be a tourist in your own back yard, you may be surprised..... pleasantly. Or simply join in shed activities.



**Richard Lang**



**Bob Peterson would have either a fit or a field day trying to sort this lot out!!! How could Ron know where every tool and useful item was in this tangle of “stuff”??**



**Car Restoration Group.**



Richard Williams and Stephen Lynch work on this “classic Land Rover Discovery 3 on the recently installed hoist which allows members of the Vintage/Classic Cars group to work safely on their vehicles.

**Mosman Park Fair & Electric Bikes.**

His Worship the Mayor - and Shed member - Brett Pollock takes to the road with his new found means of transport, an electric bike. He has vowed to ride to work and other places on this mode of transport so this is a new venture for him as he usually seems more comfortable in his beloved vintage cars or his “unusual” property vehicle!!



**Dog Training**

This takes dog training to a new level!! Seems to fit the current trend to do everything via YouTube!!

This little guy told his Dad that he wanted to learn how to train his dog and his Dad said there were lots of dog training videos on YouTube. So here he is, showing them to the dog!



## Nutrition Course.

### A NUTRITION AND COOKING EXPERIENCE



Food Sensations is a FREE nutrition and cooking program. This program provides low to middle income adults a good understanding of healthy eating.

4 x 2.5 hr sessions

- Includes 1 hr of fun activities & discussion
- 1.5 hrs of cooking and eating.

#### 4 CORE TOPICS

- Healthy Eating
- Label Reading
- Meal Planning & Budgeting
- Food Safety

#### +1 OPTIONAL TOPIC

- Supermarket Tour
- Gardening
- Healthy Mind and Healthy Body
- Lunchboxes

#### DELIVERY

- Evidence based material delivered by Dietitians and Nutritionists

#### SUITABLE FOR

- Adults 18+ including:
  - Multicultural
  - Aboriginal
  - Varying literacy levels
  - Parents
  - Men
  - Seniors

For more info or to book a program in 2019 - contact 9463 3215, [lucy.butcher@foodbankwa.org.au](mailto:lucy.butcher@foodbankwa.org.au) or visit [www.foodbank.org.au/food-sensations-for-adults/](http://www.foodbank.org.au/food-sensations-for-adults/)

Partner:   

This free course will run for 4 weeks starting on Thursday 11th July. The course will run from 10.30-13.00 each session.

Though the info sheet shows it is aimed at low to middle income adults it is clearly one which will benefit those of us who could do with sound advice and skills as we require good nutrition as we age and perhaps have done very little in the way of preparing meals, having left this task to partners.

There is a sign up sheet at the Shed Office so indicate your interest as soon as possible to give the organiser a clear picture of the number attending.

**Phil Westwood.**

UK ANNOUNCES NEW 50P COIN TO COMMEMORATE BREXIT



## Some Interesting Videos On Woodworking Machinery And Safety.

<https://www.youtube.com/playlist?list=PL-gT7JMZYFjdLyzXQ6-TeJsFvB2mZjUe6>

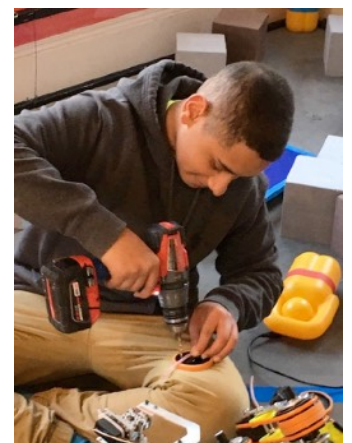
<https://www.youtube.com/playlist?list=PL-gT7JMZYFje4mOjHXOpQNtMj6aofA3k>

<https://www.youtube.com/watch?v=Nv6Jhw0hhBl&feature=share>

<https://www.youtube.com/watch?v=JL8-lbmt7XY&feature=share>

**Denham Dunstall**

## Why Women Live Longer!!



## Horizontal Beehives.

Having completed a horizontal beehive for a lady who found it difficult to work with the traditional hives Bob Groecke is now keen to produce more of this type of hive as a "Shed earner". If you are interested or know of anyone who would order one then get in touch with Bob and he will take it from there.

These photos show the style of the horizontal hives and how much easier they are to work with as there is no significant lifting required.

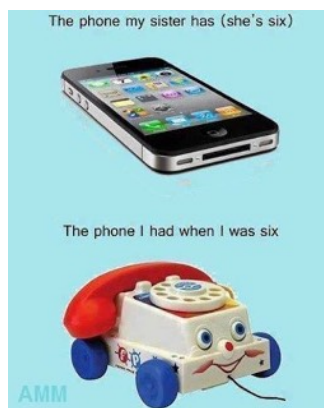


## THE SHED BOYS

The Shed Boys, the Shed's own home-grown music group, has gone from strength to strength this year, with two very successful gigs behind us including a spot at the Mosman Park community fair and an 80th birthday party. We rehearse at the shed most Wednesday evenings, starting round 7. If you play an instrument and/or sing feel free to come along and check us out. This would let you hear the kind of repertoire we have and let you see if you could fit in. For more information, call Bruce Varley on 0402 210977.

Following the very successful party at the Shed the ShedBoys played at they band is keen to perform at any other "weddings. parties anything" organised at the Shed or any other location. The band does not charge a fee but hopes that any organiser would donate to the Shed to cover performance costs. A drop of wine or beer to keep the throats lubricated is in order!!

## Phone Technology!!!



All articles/photos/information to  
Jamie McKinnon  
by the day of the monthly meeting.

Email any material for the Newsletter to:  
jamiemc1wa@gmail.com

Mobile contact: 0418334513

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Shed**  
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