



Stop Press: Father's Day Gift Offer for the 2008/09 year.

**Buy yourself or your Father a Yass Valley Men's Shed Membership before Father's Day 2008 and we will reduce the price to \$15 – a saving of 25%!!
(strictly limited to this offer only).
See back page for details.**

YASS VALLEY MEN'S SHED INC.

1428 Yass Valley Way, Yass NSW 2582

(Last Shed on the right before you turn into Faulder Ave on the way to the Yass Junction Railway Station)

Newsletter No 2 – August 2008

Introduction

This Newsletter, we hope, will become a regular feature of the Yass Valley Men's Shed (YVMS) activity. As with all things Men's Shed though, we will not force the issue and if it struggles a bit early on, we might give it a rest for a while and come back to it later.

If you would like to contribute to the Newsletter or provide any kind of input (articles, suggestions for activities the Shed might take up as projects, advertisements, poetry, short stories, ideas for articles, stories about great blokes you have known, tall stories, helpful stuff for mates who might be struggling, health items of interest etc, please send them to Wayne Stuart (waynestuart@aapt.net.au) or to the Secretary, Yass Valley Men's Shed Inc, at the address above and we'll try to incorporate them in the next issue.

The Newsletter will be produced when there is enough material to make it worth while – but before the contents get so much as to make you not want to read it because there is too much there to cope with. Accordingly, at least for now, the Newsletter will be an occasional publication. If it gets popular, we will try to make it a regular thing.

Give us your feed-back and inputs, please.

Men's Shed Philosophy 101 – Adapting to life's balance is accepting that my wild oats have turned into prunes and muesli.

BACKGROUND INFORMATION ON COMMUNITY "MEN'S SHEDS"

(This Article is sourced from the website of the Australian Men's Sheds Association, a major contact point for information on Community "Men's Sheds" (www.mensshed.org/))

A new phenomenon is afoot! The Men's Shed movement is here, and it's thriving! There's nothing new about men gathering together in their own space to talk, share skills, swap ideas, solve problems or just discuss life in general – it's been happening since the beginning of time. There's nothing new either about men spending time in their backyard shed – an acknowledged Aussie pastime.

What is new is that men, particularly retired men, are combining these two activities in a

communal space simply called a "Men's Shed". What is also new is how strongly men have embraced this new identity – being a member of a Men's Shed. Men's Sheds, as such, are a peculiarly Australian phenomenon. In the past decade a wide range of community-based Men's Sheds has sprung up - each with its own unique identity and purpose.

Activities within Sheds are many and various: woodwork, metal work, restoration of old cars, 'portable' Sheds taken to Alzheimer facilities or mobile Sheds for remote country areas. The membership is diverse too. Men from all backgrounds, ethnic and social mixes can enjoy a Men's Shed, bringing their unique cultural characteristics to enliven the activities.

The common theme in all Sheds is about men feeling useful and contributing again to their communities, learning or sharing their skills, making friends, networking and availing themselves of health information programmes and opportunities. Men's Sheds are under the auspices of a variety of organisations whose ethos they tend to exemplify.

Communities are keen to provide activity, identity and meaning for vast numbers of older, unemployed, job-redundant, 'downsized', isolated, depressed and happily retired, active, creative, enthusiastic men. Men's Sheds are fast being recognized as vital, viable places to fulfil these needs and provide relaxed, happy creative spaces for men to enjoy.

Message from the YVMS Chairman, Paul Haslam

The Yass Valley Men's Shed Inc is not only a happening thing, it is gaining momentum and attracting widespread community notice and support. Let me say right up front, that the Yass Valley Men's Shed would not be at its current well advanced stage of establishment and modest operation without the generous support, assistance and donations of a large number of organizations and individuals.

While not wanting to appear to be singling any particular people out, I think I must thank, on behalf of the Shed, the Yass Valley Council which has made our premises available to us as well as paying for the necessary upgrade in security before we could actually start to operate. I must also thank Jack Schenning and his family for his most generous donation of his entire professional tool kit. There are also many individuals who have given of their time and influence to help us get established. Probably the most important of these is Cr Allan McGrath who sponsored the idea from the start and helped us get the initial meetings under way with the support of Council.

I would ask all the other people who have helped so far and who will be helping into the future to accept this, my personal and sincere thanks to each of you individually.

I urge you (if you are not already a member) to come along and have a look at the progress we are making and to see if you are interested in joining us. The Shed will provide all of us with the opportunity to follow up on your own interests and you will get to take responsibility for the activities. We want to operate not on the "what can I do to help" but rather, the "I've got an idea and want to try it out" approach.

My vision for the Shed is to have a big enough membership that we are able to open as often as the membership desires, we will have as many activities as the men want to pursue and that we support each other and the Yass Valley Community – In order for this to succeed we need more members.

There is a lot for the management committee to do, particularly at the moment while organizing the Grand Opening (see below), so I encourage the membership to take ownership of their Shed's activities and go for it.

There are currently three activities in the pipeline. The garden project which is in the planning stage, the music night which is starting to prove quite popular and the regular Saturday workshop which is beginning to take shape as more equipment becomes available and some semblance of order is becoming apparent. Let's not stop there, let's get some plans and activities and real productive projects happening.

I am very happy to be involved with a group of men who I would otherwise never have had the opportunity to meet. The Yass Valley Men's Shed has the potential to be a most exciting opportunity for the men and the wider community of Yass Valley. Come along and enjoy it with us!

Yass Valley Men's Shed Health Advice 101 - Forget health food. I'm at an age where I need all the preservatives I can get!

YVMS Official Grand Opening Day

The Official Opening will be held at the Shed on Saturday 6th September 2008 at 1pm. The Mayor, Nic Carmody has been invited to officially open the Shed. The Yass Valley Council has been very generous in providing the Shed premises for our use and has also assisted by paying for the security upgrade necessary for us to operate effectively.

Senator the Hon Ursula Stephens, Parliamentary Secretary for Social Inclusion and the Voluntary Sector and Parliamentary Secretary Assisting the Prime Minister for Social Inclusion, Mr Alby Schultz MHR (Member for Hume) and Ms Katrina Hodgkinson MP (Member for Burrinjuck) have been invited to attend on the day and we are awaiting confirmation of their availability.

The Opening will take place at 1pm and the Lions Club will be in attendance with their wonderful BBQ facility.

YVMS Car Boot/Trailer Sale

Approval is being sought from the Yass Valley Council for the hard standing carpark at the front of the Men's Shed to be used on a regular basis to hold a Car Boot/Trailer Sale.

We hope that having a regular and known location for such an event will grow into a community service that will assist both the Shed and all those people in Yass who want to sell all that "stuff" they have hanging around at home. We also think it will assist those who don't have enough to sell to justify having a garage sale and a full day sitting in their driveway or those who don't much like strangers showing up at their place just for a "look".

We hope to run the first Car Boot/Trailer sale on the same day as the Grand Opening (6th September) starting at 9am. Each "selling site" will cost \$5 which will cover Shed costs and provide a modest income for the Shed.

If your own shed is full of stuff – bring it along!

Community Garden Project

One of the project areas in which we hope to make an early start is in developing a Community Garden. The idea would be that members would be allocated space suitable for their own gardening needs and they would use and develop the plot to grow their own produce.

The overriding rules would be few - the garden must be developed on organic principles; while a plot can only be allocated to a member, his family would be able to use and work in the garden; we would develop community assets that the whole project would use such as

installing a rainwater tank, purchasing major items of equipment (sheds, wheelbarrows, basic tools and so on). Other simple rules will be developed as necessary by the users when the group gets underway

If you would like to find out more or be involved, please contact Rod Therkelsen on 6226 5086 or by email at smd_rrt@bigpond.net.au .

Current Shed Opening hours

Currently, the Shed opens every Saturday from 11am until 3pm. During these hours we are continuing the Shed set up and organization, including getting Jack's Workshop (named for Jack Schenning who very generously donated his entire professional tool collection to the Shed) properly planned out and set up – this is a quite major task as we want to get it right. If someone out there would like the challenge of leading that project, we'd love to hear from you.

Or just drop in for a coffee/tea and a chat. Why not bring a chess set or a pack of cards, you might find someone looking for a game. You can also read up on health issues with our range of Men's Health pamphlets.

The Shed is also open every second Thursday (14/8, 28/8, 11/9, 25/9 and so on) for Coffee/Tea and Conversation (5.30pm) followed at 6.30 by a BYO music group. If you want to bring food, we have a BBQ that can be fired up in an instant.

Our plan is that as our membership grows and members want to be at the Shed at other times, we will extend the opening hours to suit those members.

Kultcha Korner

YASS MEN'S SHED

Yass Men's Shed is up and on it's way
Oh how the wives bless the day
For the peace of a few hours
Alone midst the flowers
You'll never know how we did pray!

Now Saturdays are for the boys
Time to spend with the tools...or the toys?
While we girls can lazily cook
Paint our nails or just read a book
Oh joy of wonderful joys!

But fellas, for you we really are happy...
The Shed's now lookin' real snappy
All things sorted and in their places
Satisfied grins on your faces
Thanks to every boy, man and chappy!!

Now we're waiting with anticipation
For some credible creation
As tools are put to good use
With the output profuse
Sending us all into a state of elation!!

Marje Holgate 2008.....

YVMS Contacts

(Please feel free to contact any of these persons for information about the Shed or just a chat)

Chairman and Public Officer: Paul Haslam 6227 4211 ozspike56@hotmail.com

Vice Chairman/Acting Secretary: Wayne Stuart 0419 292 022 waynestuart@aapt.net.au

Treasurer: Reg Moebus 6227 3238 wargeila@ozemail.com.au

Garden Project contact: Rod Therkelsen: 62265086 smd_rrt@bigpond.net.au

Committee Member, Mentor & Grey Eminence: David Hale 6226 4227 minder@alphalink.com.au

✂ -----

YASS VALLEY MEN'S SHED INC.

Membership Application Form

Name:
(First Name) (Surname)

Date of Birth:...../...../.....

Address.....

.....Postcode

Email Address: @

Contact Ph:..... Mobile

Emergency Contact: Name:

Ph:

Any medical condition we should know about?

I agree to abide by the Rules of the Yass Valley Men's Shed.

Signature: Date:...../...../.....

(Memberships run from 1 July to 30 June. Membership fee is \$20 p.a. A concessional membership fee may apply.)

Post (with your payment) to:

The Secretary, Yass Valley Men's Shed, 1428 Yass Valley Way, Yass NSW 2582

– or drop into the Shed and we'll sign you up on the spot.

Stop Press: Father's Day Gift Offer for the 2008/09 year.

Buy yourself or your Father a Yass Valley Men's Shed Membership before Father's Day 2008 and we will reduce the price to \$15 – a saving of 25%!! (strictly limited to this offer only).

Fill in the form above and get it and your \$15 to us FAST!!