

YASS VALLEY MEN'S SHED

NEWSLETTER NO 8 OF 2010



THE MEN'S SHED MESSENGER

NO 7, 2010

SUNDAY 29 AUGUST 2010

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

Dear Men,

 <p>Shed Opening Times</p> <p><u>Tuesday</u> – 11am to 2pm <u>Thursday</u> – 2pm to when the last one leaves <u>Saturday</u> – **Noon** to when the last one leaves (usually between 3 and 4pm)</p> <p>And all other times when you see the door open!</p> <p>Please feel welcome and free to call in!</p>	 <p>Members' Birthdays</p> <p><u>Last two weeks</u></p> <p>Tim Holmes (18/8) and Arnold Rigby (20/8)</p> <p><u>Next two weeks – no birthdays!</u></p> <p>Challenge – find some mates who have birthdays in the next two months and sign them up!! Otherwise this section of the Newsletter is going to be very boring until October.</p>
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Headline News

- ☑ **Council's offer of the old BP Roadhouse for the Shed's use.** John Woodin, David Hale and Wayne Stuart spent an enjoyable and productive hour at Nancy's Kitchen on Tuesday thrashing out the final form of the submission to Council and John delivered it to the General Manager on Tuesday afternoon. A copy of the full submission is attached to this email for Members' information. We will keep you informed of Council's response. The next activity in this process is to submit applications to the Council and the Australian Men's Sheds Association (AMSA) for grants related to enhancement and/or development of our facilities. If anyone would like to help John, David and me with this, please let me know – surely someone out there has these kinds of skills and can help lighten our load a little.
- ☑ Don't forget the **2nd Anniversary Open Day and Car Boot/Trailer Sale** to be held on Saturday 11 September. Get organised and book a site if you want to sell stuff so you don't miss out on a place (reply to me by email) **now!** – pay on the Day (only \$10). We will be running a membership drive at that event and will have a Father's Day membership offer on special again. Daniel Gilbert at Ray White Yass has published details of the Open Day and Car Boot Sale in his newsletter this week. We are grateful. **STOP PRESS:** we have received a letter from the Council

approving our application to hold the event. The only condition (which will be monitored and enforced by Council) on the approval is that no tents or shade structures can be erected (safety concern about tethering/securing them on the car park surface) – so bring hats!!

- ☑ We are having a **Men's Shed Raffle** to coincide with the Open Day.

1ST PRIZE: GLASS TOP BATHROOM SCALES

2ND PRIZE: 12v CORDLESS DRILL

3RD PRIZE: 141 PIECE TOOL SET

Rush to the Shed to buy your tickets (only \$1 each) – we have books of ten tickets we hope members will take home and sell to family and friends.

- ☑ **Men's Shed Gathering Day!!** We have received an invitation from the Harden Murrumburrah Men's Shed to attend/send interested members and/or a team to the Men's Shed Gathering Day at Harden Bowling Club starting at 9.30am on Wednesday 27 October 2010. Morning tea/lunch will be provided as well as tea and coffee throughout the day. There will also be a competitions bowls option as well as socialising with other Men's Shed members from the region (invitations have been sent to Cootamundra, Junee, Temora, Grenfell, Canowindra, Cowra, Young, Boorowa, Yass and Harden). In addition, medical staff will be on hand to carry out basic health checks such as blood pressure and BSLs (Blood Sugar Levels?) etc). Numbers need to be reported to Harden Murrumburrah (for planning and catering purposes) – so if anyone is interested, please respond to me. The official invitation will be on the notice board at the Shed.

Other News

- ☑ The new **change in opening times on Saturdays** seems to be working well. Some members still show up early, it is only the "official" opening time that has changed – anyone who wants to open at a time that suits them is more than welcome, to have a key and go to the Shed when they wish – talk to Wayne Stuart if this is an attractive option for you.
- ☑ The **upcoming visit of the Yass Friendship Group** has had to be changed due to a conflict of dates for them. The Friendship Group will now be visiting (hopefully) us at the Shed on Wednesday 13th of October. I will confirm this date when we receive firm advice from Yass Home Living Support.
- ☑ John Woodin has invited any members who are interested to assist with the ongoing **maintenance and rehabilitation at Cooma Cottage** to join him and Rick Williams in that worthy activity (contact John on 6226 4485).
- ☑ Initial planning for the **next Men's Health night** continues. The subject will be "Depression" and contacts with potential presenters (such as Beyond Blue, other national experts and some local medicos and other experts and sufferers) to see if we can agree a date sometime in November is underway. We hope that this next event might be even more successful than the first one (Prostate) at which some 35 community members attended.
- ☑ We are still waiting for the ground to dry out enough so that Warren Hall can rotary hoe a **new large garden plot** (about the same size (11m x 11m) as the existing series of plots. After last season's most successful start and production in the garden, if you need a good open and sunny space to grow your veg, come along and reserve yourself a plot (we are even allocating spaces with name tags to identify the gardener(s)). It is a Community Garden, so non-members, women and supervised kids are all most welcome.
- ☑ The **new wood turning lathe** and the new wet and dry grinding machine are fully operating and busy. Watch this space if you would like to learn how to use the wood turning lathe – we will soon be announcing some opportunities to take part in demonstrations and lessons. There is now also, a mini exhibition of some of the work that has been done using the lathe (and the previous one) on the shelves behind the new lathe – well worth a visit and look. This week some effort will be undertaken to replenish the depleted levels of Workshop consumables.

- ☑ Thank you to all members who have paid membership renewals – we are happily very healthy again (currently some 63 paid up members).
- ☑ Anyone borrowing any tools or other items from the Shed is urged to sign the “Loans Register” (on the desk near the attendance register) so we know where everything is at all times.
- ☑ Last Sunday at the Yass **Music Club’s concert** the Men’s Shed was congratulated and thanked for its most recent effort for the Music Club. You might recall me mentioning a couple of issues ago that John Woodin had refurbished a pot plant holder – they are very pleased with the job he did – well done John!

And now – the Joke of the week (for those who are confused about how a stupid idea can become Government/Opposition policy)

THE MASTER PLAN

In the beginning was the Plan. And then came the Assumptions. And the Assumptions were without form.

And the Plan was without substance. And darkness was upon the face of the Workers.

And they spoke among themselves, saying, *“This is a crock of shit and it stinks”*

And the Workers went unto their Local Members and said, *“It’s a pail of dung, and we can’t live with the smell”*

And the Local Members went unto their Faction Leaders, saying, *“It is a container of excrement, and it is very strong, and none may abide its strength”*

And the Faction Leaders went unto their Caucus Members saying, *“It is a vessel of fertilizer, and none may abide its strength”*

And the Caucus spoke among themselves, saying to one another, *“It contains that which aids plant growth, and it is very strong”*

And the Caucus went to the Cabinet Ministers, saying unto them, *“It promotes growth, and it is very powerful.....”*

And the Cabinet Ministers went to the Prime Minister, saying unto him/her, *“This new plan will actively promote growth and vigour into the country with very powerful effects”*

And the Prime Minister looked upon the Plan and he/she saw that it was good

And the Plan became Policy

And that my friends, is how shit happens.

Current  **keyholders are:**

- | | |
|----------------------------------|---------------------|
| John Woodin (President) | 6226 4485 |
| Ray Hill (Vice President) | 6226 3344 |
| Wayne Stuart (Secretary) | 0419 292 022 |
| Reg Moebus (Treasurer) | 6227 3247 |
| Roger Holgate (Workshop) | 6226 1664 |
| Paul Haslam | 6227 4211 |
| David Hale | 6226 4227 |

Allan McGrath **Collect a key from Allan (and sign the Register) at Kidz Blitz in Comur Street (return it afterwards)**

If anyone has items they would like to see included in the "Messenger", or ideas to improve the newsletter please let me know.

Best regards to all

Wayne Stuart
Secretary
0419 292 022



Yass Valley Men's Shed Inc.

1428 Yass Valley Way, Yass NSW 2582

Patron: Councillor Nic Carmody, Mayor of Yass Valley

Mr David Rowe

General Manager

Yass Valley Council

Comur Street

Yass NSW 2582

Dear Mr Rowe,

Proposal from the Yass Valley Men's Shed concerning the former BP Service Centre adjacent to the Men's Shed premises on Yass Valley Way, North Yass

You recently contacted me and invited Men's Shed representatives to your office to discuss possible options to do with the BP Service Centre building.

At a subsequent well attended meeting of the Men's Shed to discuss that approach, the meeting resolved that the Shed should make a submission in which we laid out the kinds of uses that we see that the building could be put to, especially if the Shed were to be asked to have a significant role. The Committee thought that this may go some way to refining the options that Council may wish to consider in resolving the future of the BP building.

The attached proposal outlines the current thinking of Shed members on this issue. Shed members have expressed interest and eagerness to take advantage of any options that meet the Shed's philosophy and capabilities. The meeting was also keen for the Council to be aware of any limitations or reservations that the Shed membership has on some aspects of a possible involvement.

To this end, we are also considering sourcing grant funds from two sources that we are currently aware of that would (if our proposal for the BP building is successful and the grant applications are also successful) be helpful in funding the works that the Shed could then undertake to improve and enhance the BP building. These sources and the funds intended to be sought are:

- the Yass Valley Council Community Facilities Infrastructure Grants program (\$10,000); and
- the Australian Men's Shed Association "Men's Shed Development Program" (\$6,000).

Both these grant programs anticipate community organisations improving or establishing capacity to improve existing amenities or converting a lack of capacity into the provision of that capacity. We see these funding sources as ideally supporting the Shed's BP building proposal.

Facilitating such an enhancement of the Yass Valley's community assets will assist in meeting some of the highlights of the Council's recently published draft 2030 Vision Statement:

- provide recreation facilities to support a youthful, healthy and optimistic community;
- provide cultural facilities to support the diversified arts community.
- being tolerant, supportive and respectful of people's diversity and differences;

- increasing and broadening our participation in community life; and
- providing equitable access for our aged community.

We are willing to meet with you to discuss this proposal at any mutually convenient time.

Yours sincerely.

John Woodin

President

Ph: 6226 4485

Email: jwoo3@bigpond.com



Yass Valley Men's Shed Inc.

1428 Yass Valley Way, Yass NSW 2582

Patron: Councillor Nic Carmody, Mayor of Yass Valley

Proposal from the Yass Valley Men's Shed concerning the Former BP Roadhouse adjacent to the Men's Shed premises on Yass Valley Way, North Yass

Introduction

The Yass Valley Men's Shed membership, at a meeting of the Shed's elected Committee on Thursday 11 August, 2010, authorised the President and Committee of the Men's Shed to formulate and submit this proposal to the General Manager following discussions initiated by the General Manager.

This Proposal has been prompted by an informal approach to the President of the YVMS concerning possible uses of the former BP Roadhouse building immediately adjacent to the Men's Shed.

The Attachment to this document contains information on the context and philosophical setting of this proposal.

Executive Summary of the YVMS Proposal

The key points of the Shed's proposal are:

- The YVMS would accept responsibility for occupying the BP Roadhouse building and undertaking its ongoing maintenance and minor repairs (including initial clean up, improvement of the look of the building and an

undertaking to keep Council informed of issues requiring Council action as and when those issues are identified.

- The YVMS would also undertake to find community groups that might wish to share the facility (so that it is properly utilised and value adds to Yass Valley) always with a focus on providing a resource in the community that is not currently available. As these other uses are identified and taken up, they would be done with the assistance of Shed members, but always leaving autonomy to the groups.
- The proposal would start and proceed over time. Initially an area would be taken up by the YVMS and developed and improved for its use. At the same time priority would be given to improving the street appeal of the building.
- Major works that might be necessary (building, plumbing, safety and electrical etc) would be Council's responsibility. In this context, there are some issues (wheelchair access, toilets etc that need to be addressed early.
- Council would be kept fully informed of all uses and activity in which they would have an interest.

A more detailed outline of the proposal and the active drivers of this proposal (social, physical, organisational, commitment related and constraints) follow in this document.

Former BP Roadhouse Building – Proposal to Council

It is appropriate to list for the Council's consideration, the ways in which and constraints on any Shed involvement in the "management and occupation" of the PB building and grounds.

YVMS medium term Vision for the Shed's location at 1428 Yass Valley Way, North Yass

In line with the way in which the Men's Shed has acted since its establishment in April 2008, YVMS is keen to follow an organic approach to its development. It has been seen to be essential that the Shed does not take on more than the membership is willing to commit to at any point.

In this way, so far, we have taken advantage of community support and donations (in particular the Shed premises, generously provided by Council) in order to structure the layout and functions of the workshop. Similarly, we have developed the meeting room as and when donations of furniture.

The Shed has also, while conscious of its prime focus of helping and supporting its members in their various needs, has started a modest outreach, which can be expected to grow over time and especially if facilities available to the Shed allow such growth.

We are keen to proactively accept and maximise the use of any advantage that we get, and should the BP building be offered to us, we see lots of community use advantages that would flow from that opportunity. At the same time, we are a group of mostly retired men who have lots of other things in our lives, and taking on a major commercial or organisational activity is not likely to work well for the Shed, its members, or more importantly, the community or the Council.

We need, therefore, to see how this could work.

Based on the evolving YVMS community asset to date, we see that having an additional facility like the BP building would offer:

- An opportunity to continue to expand the workshop should that become necessary.
- Further develop and enhance the meeting room in order that we can sponsor and run more community focussed meetings and seminars such as the Men's Health program to currently being delivered to the men of Yass Valley by the Shed;
- The opportunity for some community groups currently without accommodation to establish, develop their activity, store their equipment and have a place to call "home";
- The opportunity to develop and provide a meeting place for small to medium sized community groups with whom we currently don't have a relationship, but who need options for their own purposes.

Obligations and activities the Shed could undertake.

The YVMS is prepared to accept responsibility to generally tidy up and beautify the outside of the BP Building and grounds, including:

- Cleaning, removing rubbish, maintaining grass and planting areas and painting deteriorated parts of the building that are viewed from Yass Valley Way. This offer does not include major repairs or structural activity (such as replacement of broken tiles, barge boards, electrical or plumbing tasks).
- Cleaning and making "liveable" the inside of the lower floor inside the building. This would include general cleaning and painting of areas as and when they are developed for use by the Shed or by other Community Groups that need such accommodation (such groups would help themselves and take responsibility for their own areas) (see "Proposals for Sharing" below for more on this aspect). It is anticipated that this overall activity might take some 6 to 9 months to fully realise – but the initial clean up and external improvements would take priority and major presentational improvements would be evident very quickly.

Once the BP building was made available (and subject to any safety checks and clearances the Council deems necessary) it is proposed that the Men's Shed would initially occupy a part of the building and would undertake to find appropriate community non-profit partners to occupy and maintain the other spaces.

The Shed is not a money making entity, so at this point in time, there is no intention in this proposal for YVMS to actually charge for any activity it undertakes or to charge rental for the use of the facilities, should community groups seek to use them.

Obligations and activities the Shed would not undertake.

Simply put, the Shed membership has made it clear that it would not be interested to "manage" a community commercial operation on behalf of the Council. By this we mean that if the BP building were to be refurbished and made a community resource requiring a booking service, collection of fees and a janitor-type presence, then this is not consistent with the evolving route the YVMS is taking.

At least initially, the Shed is not seeking to utilise the upstairs flat – certainly not as a possible habitation for anyone associated with the Shed or not. If it were to be so used, the Shed's view is that is a commercial arrangement best undertaken and managed by the Council.

Proposals for Sharing

As mentioned above, it is anticipated that the Men's Shed would establish a permanent meeting room space of its own in the BP building and that this space would be developed in a way that meets the ongoing need for a comfortable meeting space for Shed members, but also for wider community meetings such as the Men's Health initiatives etc.

From the initial discussions and informal conversations with some members and community members, it seems that there are a number of unmet needs in the Yass Valley Community. We think the Shed might meet some of these if the BP building can be made available to the Shed to develop and negotiate with these groups. Examples include:

The Yass Friendship Group does not have a place it can call "home". Our understanding is that the Friendship Group would like to have a place where they can meet, have their own activity (that can be left and come back to at a later time), and a place in which to permanently store their things.

The Arts community in Yass is vibrant – but does not have a focus physically. One possibility is that an appropriate space could be allocated to Yass Arts to paint and set up as a permanent art gallery space in which the very large number of local artists could hold exhibitions and have a constant rolling display of the quite large and varied range of their work. This would add a new dimension to the cultural life and opportunity in Yass.

It has been suggested that there are other opportunities that might also be taken up. We understand that the Valmar Group has difficulty finding an appropriate space in which to conduct their occasional First Aid training courses. We see the BP space offering solutions to needs such as these.

Conclusion

The Yass Valley Men's shed is a vibrant and very successful addition to the community resources of the Yass Valley. Already it has made its presence felt in a most positive fashion and will continue to do so within the capabilities of its membership and the facilities at its disposal.

Should the Council make the BP building available to the Yass Valley Men's Shed for the purposes outlined in this proposal the benefits will be:

- The BP Building will be occupied, maintained and further deterioration halted and reversed;
- The area of the Men's Shed will continue to be improved and enhanced, thus (at least) maintaining the value of the asset on the Council books;
- Another community resource will be added to the Community improving the current opportunity for community groups to better deliver their services and providing the community of Yass Valley with more diversity and opportunity to enhance their quality of life;
- Community groups currently needing space of their own or options for their occasional use will have those options
- The cost to Council will be minimal as the Shed will not seek any funding for the proposal it is making (other than any expenditures the Council itself determines are necessary for safety, essential refurbishment or legal reasons); and

John Woodin

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Email: jwoo3@bigpond.com

Information in support of the YVMS Proposal concerning the former BP Service Centre building on Yass Valley Way, North Yass

This paper contains important information concerning the history, the raison d'être and philosophy of the Yass Valley Men's Shed (YVMS).

The YVMS Mission: (adopted at the meeting of the Shed Steering Committee held on 12 February 2008, later endorsed by the Shed's membership):

The Mission of the Yass Valley Men's Shed is to provide a unique and practical way of addressing men's health and wellbeing.

Aims and Objectives:

1. To provide a facility for the purpose of developing a sense of community for men in the Yass Valley, by:
 - By securing and maintaining a premises for meetings and other activities as determined by the membership.
 - By developing policy and procedures for the operation of the association.
 - By developing and maintaining a register of membership.
 - By Maintaining a newsletter for the purpose of informing the membership of events and progress of the association

2. To encourage the members to enter into projects of interest, by:
 - Developing a system of information through surveys, questionnaires etc. to establish areas of interest.
 - Maintaining a system of inclusion for all parties interested in particular projects for the purpose of unity.

What Men's Sheds do

The common theme in all Sheds throughout Australia (there are more than 2000 now established) is about men feeling useful and contributing to their communities, learning or sharing their skills, making friends, networking and availing themselves of health information programmes and opportunities.

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 Yass Valley Men's Shed is a non-profit, community organisation.

The Motto of the Yass Valley Men's Shed is: "Minimal bureaucracy, maximum fun".

Specific Yass Valley Men's Shed (YVMS) Philosophy and operating rules

There are several key decisions that have been taken by the membership of the YVMS and which are relevant in this context:

- The Shed is a non-profit, mutual support and community supporting group. At the time of writing, the Shed is not an active or focussed money raising entity, although opportunities are taken for occasional fund raising such as participating in Driver Reviver, annual stocktaking or Show and Rodeo Gate supervision tasks;
- The Shed is not a Service Club – the focus is to support and benefit YVMS members and through those members to specific community groups (such as the Friendship Group);
- The Shed will not accept any projects which might compete with any person in the Yass Valley making a living or supporting his or her lifestyle;
- The Shed does not accept paid projects – although donations for a job well done are accepted with gratitude; and
- The YVMS actively undertakes the organisation of Men's Health activities such as Men's Health seminars and the dissemination of health information held at the Shed.

Current YVMS Shed activity and plans

The YVMS is very grateful to Council for our current premises and the support provided to the Shed by the Council, councillors and Council staff and we have tried hard to improve the areas and opportunities that we have.

We have also taken care to "pay our way" in as much as not seeking charity or unusual assistance from Council or local business or individuals beyond what might be offered (unsolicited) from time to time. Our prime aim is to pay our way if we can.

At the same time, our resources are limited and as stated above, the Shed is not primarily a fund raising body – this would not fit with the basic philosophy of the Shed as currently agreed by the membership.

Current activity is mainly focussed on ensuring that we have regular and reliable opening days each week when the following activities are undertaken:

- General social interaction of the membership (currently 63 members ranging in age from 8years to 90 years) having varying degrees of social, health and societal needs;
- Beneficial physical activity is provided in a number of ways via the workshop and garden as well as in some recreational activity including snooker/billiards and the incidental activity involved in getting to the Shed and moving around once there;
- There is a standing invitation for the Friendship Group to visit the shed and to be entertained and engaged in some less challenging craft like activity. The members of both the Friendship Group and the Men's Shed derive great pleasure and benefit from these visits and they have become a permanent feature of the Shed and Friendship Group calendars.
- A formal and professional approach to Men's Health is well established. In May this year a Prostate Health seminar was conducted with an interstate expert and a local doctor presenting. The Seminar was attended by some 35 members of the Shed and the wider Yass Valley Community. A second seminar, this time on Depression is being organised for early in November. Other seminars will be organised on issues such as Men's Wellbeing, Health Management and the like over the next 12 months.