

# YASS VALLEY MEN'S SHED

NEWSLETTER NO 2 OF 2011



## THE MEN'S SHED MESSENGER

NO 14.1

FRIDAY 28 JANUARY 2011

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

Dear Men,

 <p><b>Shed Opening Times</b></p> <p><u>Tuesday</u> – 11am to 2pm <u>Thursday</u> – 2pm to when the last one leaves – sometimes includes a BBQ at dinner time. <u>Saturday</u> – Noon to when the last one leaves (usually between 3 and 4pm)</p> <p>At all other times, if you are passing and see the doors open, please feel welcome and free to call in!</p>	 <p><b>Members' Birthdays</b></p> <p><u>Last two weeks</u></p> <p>12/1 Geoff Frost, 18/1 Bradley Foxlewin, 20/1 Rod Therkelsen, 24/1 Bob Small.</p> <p><u>Next two weeks</u></p> <p>No birthdays in the next two weeks.</p>
--	---

### Headline News

- ☑ **Depression Seminar at the Yass Valley Men's Shed.** Thursday 10 February. The night will kick off at 6pm with a BBQ to be run by Yass Lions. Menu: Sausage Sandwiches + onion & sauce; Bacon & Egg Sandwiches with onion & cheese + sauce; Steak Sandwiches with egg, onion & cheese + sauce and Soft Drinks. This amazing fare will be free to all participants due to the generosity of NSW Industry & Investment as a support for the people of the rural sector.

There will be a Men's Shed Flood Appeal donation bucket into which you can put any donation you may care to make. At the same time, Kay Nash, a Community Support Worker who is a registered nurse will be on hand to informally deal with any sundry health enquiries, take blood pressures & sugar levels.

The Seminar itself will commence at around 7.15 – 7.30 and will comprise a presentation by David Juriansz, a specialist presenter from Beyond Blue and personal experiences will be shared with the audience by Jim Wickham and Bradley Foxlewin (both Shed Members). A local medico will also be in attendance to handle any tricky medical questions. The formal presentations will finish at about 9pm after which there will be refreshments provided.

We are hoping for a very strong turn-out of both Men's Shed members and visitors from the local and adjoining communities. Bring a few friends along. Both men and women are equally welcome.

It is important for planning purposes (both for the BBQ and the Seminar) for us to have an idea of numbers. If you intend to come, please advise your name, likely numbers in your party and if you will be coming for the BBQ. **Please RSVP to Wayne Stuart** ([wayne@stuartoz.com](mailto:wayne@stuartoz.com)) or 0419 292 022 before next Thursday 3 Feb 2011.

### **Council provides ride on mower for Men's Shed use**

The Yass Valley Council has made a Ferrari ride on Mower (not dissimilar to the image →) available to the Men's Shed so that we can keep the grounds and grass behind the Men's Shed and BP Centre under control. With the rain we have had since December, it has been necessary to have a working bee every couple of weeks with members bringing their own push mowers. The Shed is very grateful to the Council for this generosity.



### **Progress at the BP Centre.** So far with not too much effort and some good fun, we have managed the following initial improvements:

- the painting of the steps in front of the BP centre to meet safety standards is effectively completed;
- both front ladies and gents toilets have been opened and cleaned;
- the public areas of the BP centre have been cleaned (carpets vacuumed and all hard floors washed). Carpets will be shampooed next week;
- all windows front and back have been cleaned
- skirtings in the carpeted room have been reglued to the walls;
- the blocked sump at the Men's Shed end of the building has been cleaned out;
- the untidy grass growing in the gaps in the concrete in front of the BP has been cleared (still to be poisoned);
- Grass behind the building has been mown; and
- Quite a number of other minor improvements have been made as well

Come along some time and check out the progress.

## Other News

- ### The **Council is making garden mulch available** to anyone interested to turn up with a trailer at the Tip to collect some. If any members can collect a trailer load for the Shed garden, that

would be terrific. We can use that material in a number of ways (principally for paths and weed suppression between the garden beds). Just drop the trailer load in a pile on an unused space near to the garden beds and the gardeners will take it from there – thanks.

- ☑ There will be a **Committee meeting next Thursday at 5.30pm** to put the finishing touches to the Health Seminar night arrangements. Anyone who is interested is most welcome to attend. There will be a BBQ (byo) afterwards for anyone wishing to stay on for a bit of relaxation and conversation.
- ☑ **Dolls House for Sale** - If anyone is still looking for that perfect Gift for a loved daughter or granddaughter (age 5 to 10 years + or -) – we have just the thing. A generous donor has provided a kit dolls house which some members have now constructed (it is amazing!!) has furniture several floors and lots of rooms + an attic. Talk to John Woodin (6226 4485) who will amaze you with the price and the great value.

## Standing items and reminders

- ☑ Anyone who wants the Shed to be 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 (0419 292 022) if this is an attractive option for you. Alternatively, if it is a “one off” visit, borrow the key from Allan McGrath at Kidz Blitz (be sure you buy something while you are there!)

## Workshop and Project Corner – provided by Roger Holgate, Workshop Manager

### General Notices:

- If you would like to use any tool whatsoever with which you are not familiar, please do hesitate to ask for assistance and instructions. Most times someone will be available to assist.
- Please do not try to use a tool other than for the purpose for which it was designed. Our tools at this stage are primarily light to medium duty therefore must be respected.
- Any member with a special project that they would like to tackle but lack confidence, please talk to a committee member and we will endeavour to get the right person to assist you. We are all there to help each other with our own respective talents.
- There is now a jobs register and appropriate forms in a red clip board/folder on the front desk at the shed for any projects that we have agreed to do (if you accept a job, please register in that book so we know what is “on the books” and can monitor progress of jobs (and advise the requestor if there are likely to be delays etc).
- **To keep track of requested workshop projects** both cost-wise & progress-wise, it has been decided that we start using previously designed job sheets along with a register book. This book is clearly on display on the sign in desk. If you accept a job on behalf of the Shed, please write it up in the book – this will help us keep track of projects and be a good history of effort and achievement over time. If you have done a job in the past, please check the book to see if it is there and if not, please enter it too.

## Not so much the Joke of the week – but rather a thought for the week.

Here is a question recently asked of the Dalai Lama.

“What is it about humanity that amazes you the most?”

He answered:

“Man, because:

- He sacrifices his health in order to make money
- Then he sacrifices his money in order to recuperate his health
- He is so anxious about the future that he doesn't enjoy the present
- As a result he doesn't live in the present or the future
- He lives as if he is never going to die;
- And then he dies having never really lived.”

**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**

**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.

Wayne Stuart  
Secretary  
0419 292 022