

YASS VALLEY MEN'S SHED

NEWSLETTER NO 3 OF 2011

Special Men's Health (Depression) Seminar Edition





THE MEN'S SHED MESSENGER

NO 16

FRIDAY 4 FEBRUARY 2011

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 – 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>Members' Birthdays</p> <p><u>Last two weeks</u></p> <p>No birthdays in the last two weeks.</p> <p><u>Next two weeks</u></p> <p>19/2 Ron McGrath, 22/2 Jim Wickham, Des Hore</p>
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Headline News

- ☑ **Depression Seminar at the Yass Valley Men's Shed.** Thursday 10 February – **THIS COMING WEEK!!**

6.00pm: 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 registered nurse will be on hand to informally deal with any sundry health enquiries, take blood pressures & sugar levels.



7.30pm: The Seminar will commence 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.

9.00pm: refreshments provided.

Get Friday's Trib and read all about this great event on page 3 – read also about the new Yass Community Centre being set up in the BP Roadhouse adjacent to the Shed (Pages 1 and 3 of the Trib).

We are hoping for a very strong turn-out of both Men's Shed members and visitors from the local and adjoining communities. Already more than 60 people have registered – don't be the only person in town to miss out!! 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) or 0419 292 022 as soon as you can.

The Seminar will be held in the new Yass Community Centre (the old BP Roadhouse next to the Men's Shed – so there is lots of space and more than enough parking.

Poem for this week

You might recall that last week I advised you all of the great generosity of the Yass Valley Council in providing a ride on lawn mower (a scarlet **Ferrari** – no less!!) on long term loan to the Shed.

Here is the response by the wife of one member who seems to think it's funny:

BOYS AND THEIR TOYS

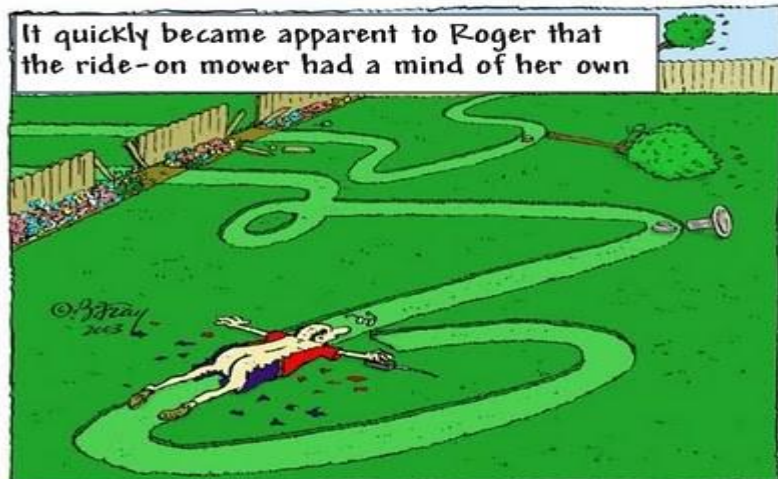
The boys from Men's Shed are rejoicing,
They're full of unrestrained joy
The object of their ecstasy?
An exciting brand new toy!
Yes, their Ferrari has arrived
With beauty and features galore,
She's set to make their lives easier

What red-blooded bloke could ask for more?
There's been many a sharp intake of breath
As they've cast their eyes along her length,
And a perceptible purr of pacemakers
As they've marveled at her strength!

They reckon she's not much good in long grass
But under the bushes she's really beaut.
She's comfortable, easy to get started
And from a blokes perspective considerably cute?!
Now, I reckon they'll all be thinking they've died
And gone to heaven up above,
Guess there's just no accounting
For the contraptions our fellas love!!

So now girls, if your bloke should go missing
You'll know exactly where he'll be found...
He'll be over at Men's Shed
Driving that bloody mower round and round!!

...MARJE HOLGATE 2011...



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