

# YASS VALLEY MEN'S SHED

NEWSLETTER NO 4 OF 2011

## Special Post-Men's Health (Depression) Seminar Edition



### THE MEN'S SHED MESSENGER

NO 17

TUESDAY 15 FEBRUARY 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>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 28/2 Geoffrey Atkinson</p>
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#### Headline News

##### **Depression Seminar at the Yass Valley Men's Shed.**

This event was a great success. Some 108 people registered for the night and (not that I was counting) it seemed that most of them showed up – plus a couple of unannounced arrivals too. We also had a healthy showing from regional centres (including a strong showing by members of the Murrumbateman Men's Shed). I hope others were there, too, but if they were they didn't make a big fuss about it so I don't know who they might have been.

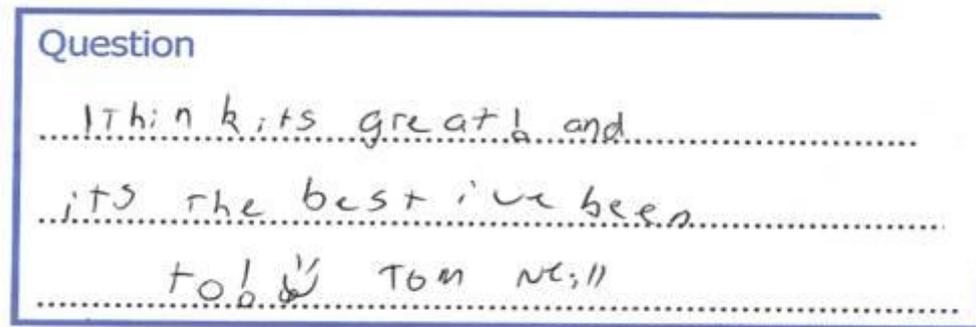
The pre-event BBQ was very well attended (at one stage there was a scramble to get more supplies) – everyone was very happy with the quality and variety of the fare supplied and the provider of that fare, the

Yass Lions Club, and the funder, NSW Industry and Investment and their representative Dick Kearins, are thanked and congratulated.

Many attendees took advantage of the free health checks and much of the free beyond Blue information also was taken away (as was the intention) by those attending.

The presentation by the Beyond Blue presenter, David Juriansz was both entertaining and informative and the personal contributions by Jim Wickham and Bradley Foxlewin were both brave and very helpful in showing that Depression can be overcome with the right help and understanding.

Many, many thanks to all who attended and special thanks to all members (especially Peter Hurley) and community members who worked hard to make this night a great success. One of the pieces of feedback on the night came from perhaps the youngest member of the audience who provided this:



The new Community Centre in the BP Roadhouse also worked very well and augurs well for the future. It was a very hot night and fitting in 100+ people in those conditions was a challenge – so some stood or sat outside. However, it is certain that this facility will improve and be made more comfortable as time goes on and it is also certain that many community uses will emerge for it now that it has had its baptism – and such a successful one.

Readers may be interested to hear that on the night, A Disaster Relief collection resulted in \$288.30 being collected which will be forwarded to the Lions Club for distribution to appropriate people adversely affected by these massive disasters (the Lions Club take no management or handling fees but pass on the entire collection to the people for whom it was collected).

There was also a raffle which has been running since late 2010 and which was drawn on the night (the purpose of which is to fund the purchase of a push mower to do the areas that the Ferrari cannot reach). This Raffle raised \$324.00. The three prizes (all of varying amounts of Lindt Chocolates) were won by:

1<sup>st</sup>: John D'Arx, 2<sup>nd</sup>: John D'Arx, and 3<sup>rd</sup>: Brian Millett (clearly John D'Arx is a skinflint and didn't buy the third ticket!).

Finally, it is very important to thank the Yass Valley Council for their generosity and vision in making this facility available to the Yass Valley Community. You might be interested to hear that there were three Councillors at the Seminar. The Yass Valley Men's Shed will work hard to ensure the success of this venture and to help other community groups get good value from this new and exciting resource.

## Reminder and Invitation

The upcoming Bowls Day at Cootamundra is set down for Thursday 3 March:

- 9-30 for morning tea, bowls to start 10am.
- Morning & afternoon tea and light lunch provided.
- Cost will be \$6 per head (green fees)
- Plus your own drinks if you need anything other than tea or coffee.
- The greens are in excellent condition and we will have a great day.

At this stage, I understand there are 5 takers from the Yass Valley Men's Shed. It would be really good if a couple more could sign on to make the car pooling arrangement a bit more economic (not to mention the fact that you might have some really good fun).

If you are interested, please call John Woodin 6226 4485 / 0414 860 781 or [jwoo3@bigpond.net.au](mailto:jwoo3@bigpond.net.au) and book yourself a place (if you can provide a car, that would be welcome news too!)

## Poem for this week

*A new slant on a favourite subject!!!*

### New Alphabet :

*A is for apple, and B is for boat,  
that used to be right, but now it won't float!  
Age before beauty is what we once said,  
but let's be a bit more realistic instead.*

*A's for arthritis; B's the bad back,  
C's the chest pains, perhaps car-di-ac?  
D is for dental decay and decline,  
E is for eyesight, can't read that top line!*

*F is for fissures and fluid retention,  
G is for gas which I'd rather not mention.  
H high blood pressure--I'd rather it low;  
I for incisions with scars you can show.*

*J is for joints, out of socket, won't mend,  
K is for knees that crack when they bend.  
L's for libido, what happened to sex?  
M is for memory, I forget what comes next.*

*N is neuralgia, in nerves way down low;  
O is for osteo, bones that don't grow!  
P for prescriptions, I have quite a few,  
just give me a pill and I'll be good as new!*

*Q is for queasy, is it fatal or flu?  
R is for reflux, one meal turns to two.  
S is for sleepless nights, counting my fears,  
T is for Tinnitus; bells in my ears!*

*U is for urinary; troubles with flow;  
V for vertigo, that's 'dizzy,' you know.  
W for worry, now what's going 'round?  
X is for X-ray, and what might be found.*

*Y for another year I'm left here behind,  
Z is for zest I still have-- in my mind!  
I've survived all the symptoms, my body's deployed,  
and I'm keeping twenty-six doctors fully employed!*

Current  keyholders are:

<b>John Woodin (President)</b>	<b>6226 4485</b>
<b>Ray Hill (Vice President)</b>	<b>6226 3344</b>
<b>Wayne Stuart (Secretary)</b>	<b>0419 292 022</b>
<b>Reg Moebus (Treasurer)</b>	<b>6227 3247</b>

**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