

YASS VALLEY MEN'S SHED

NEWSLETTER NO 8 OF 2011



THE MEN'S SHED MESSENGER

NO 20

FRIDAY 24 JUNE 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> 15/6 Doug Holston 16/6 Ron McMullen 22/6 Wayne Mann 23/6 Les Gray</p> <p><u>Next two weeks</u> 1/7 Jason Söderblom 5/7 Richard Saxby, David Villanti and Richard Rowan 7/7 Charlie Linabury and Colin Statham</p>
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Headline News

YVMS Membership Renewal time!

It is that time of year again, folks! We need each one of you current 79 members (otherwise the great Yass Valley Men's Shed will falter) and we need your membership fees (to pay electricity, Insurance etc).

The good news is, Membership fees have been reduced for multiple year buyers:

- One year - \$20 (concessions available)
- Three Years - \$50
- Five Years - \$80

Membership fees become due and payable on 1 July 2011 (for those who have not already paid).

I will be contacting each member individually during the next week to advise these options (and to tell those already paid up in advance, what their precise situation is).

Yass Community Centre – YCC - (formerly the old BP Roadhouse)

The Council has appointed nominees from the following community groups to serve on the Council's S.355 Committee that will oversee the activity and improvements etc. The Committee is being chaired by Councillor Allan McGrath (a Shed Member) and comprises:

- Yass Valley Men's Shed (Members: Len McGuigan and David Hale)
- Yass Photography Club;
- Spinning and Weaving Group;
- U3A (University of the 3rd Age) Art Class; and
- Yass Friendship Group.

The locks on the building have been changed and we are hopeful that other work needed to allow the Centre to open and operate legally, effectively and safely will be completed soon. You will get that news as soon as we get it! If you can't wait for this to happen, confront a councillor or bounce a bureaucrat!

Other News

- The YVMS Committee has reviewed our membership application obligations (as required by the NSW Office of Fair Trading Rules on which our Constitution is based and we are required to operate). Under those rules a new member needs to be nominated and seconded by two existing members (other than Committee members) and then the Committee is required to approve the membership application. New membership forms reflecting this change are on the desk inside the front door. It is expected that this change will have little impact on the ease of people joining the Shed.
- Wayne Stuart (Secretary) and some members of the Dickson Men's Shed gave a presentation on the potential for Men's Sheds to help men dealing with grief in their lives to come to terms with that grief. The presentation was part of a Palliative Care Week Seminar on Men's Grief held at the National Library of Australia on Thursday 26 May. It was a very useful and informative night. Look out for future opportunities.
- The next visit of the Yass Friendship Group is planned for 9.30am Wednesday 7 September. Pencil this date in your diaries and try to come along and see how much fun can be fitted in to an otherwise normal Wednesday morning.

Workshop Warrior – Roger Holgate

- Roger is away at present dragging his caravan all over NSW, QLD, NT, SA and back again – so no news from him in this edition. However there are a number of projects currently on the books if anyone is interested:
- the repair of our pool table cues.
- We have a lapidary table in need of repair and rejuvenation. If anyone is interested in bringing that device back into operation, come along and roll up your sleeves (otherwise we will move it on to a new home – is anyone interested?).
- And don't forget that there is a garden area available for winter plantings or preparation for next season, There must be some of you who would like a little extra area for your vegetables, flowers etc.
- Where are the leather workers? We have steel filing cabinet of leather and tools which has been donated and is just waiting for someone to use and create.

Life Lesson for this week

Man Flu - The Facts...



Man-Flu is more painful than childbirth. This is an irrefutable scientific fact*.

*(Based on a survey of over 100,000 men.)

2. Man-Flu is not 'just a cold'. It is a condition so severe that the germs from a single Man-Flu sneeze could wipe out entire tribes of people living in the rainforest. And probably loads of monkeys too.
3. Women do not contract Man-Flu. At worst they suffer from what is medically recognised as a 'Mild Girly Sniffle' – which, if a man caught, he would still be able to run, throw a ball, tear the phone book in half and compete in all other kinds of manly activities.
4. Men do not 'moan' when they have Man-Flu. They emit involuntary groans of agony that are entirely in proportion to the unbearable pain they are in.
5. Full recovery from Man-Flu will take place much quicker if their simple requests for care, sympathy and regular cups of tea are met. Is that really so much to ask? Florence Nightingale would have done it.



6. More men die each year from MFN (Man-Flu Neglect) than lots and lots of other things. (Like rabbit attacks or choking on toast).
7. Men suffering from Man-Flu want nothing more than to get out of bed and come to work, but they are too selfless to risk spreading this awful condition amongst their friends and colleagues. In this sense, they are the greatest heroes this country has ever known.
8. In 1982 scientists (in a secret CIA laboratory 300 metres below the Nevada Desert) managed to simulate the agonising symptoms of full blown Man-Flu in a female chimp. She became so ill that her head literally fell off.
9. Man-Flu germs are more powerful than He-Man, The Thundercats and The A-Team combined. They are too strong for weak, nasty tasting 'lady medicines' like Lemsip, so don't bother trying to force them on a victim of Man-Flu.
10. While it may seem like a Man-Flu sufferer is just lying around enjoying 'Diagnosis Murder' it is a commonly recognised medical fact that the exact pitch and frequency of Dick Van Dyke's voice has remarkable soothing powers.

Every minute in this country one man is struck down by Man-Flu. Women, all we ask is that each of you offers them a cup of tea, some kind words and your undivided attention and care. Then maybe, just maybe, we'll beat this monstrous disease together...

John Woodin (President)	6226 4485
Ray Hill (Vice President)	6226 3344
Wayne Stuart (Secretary)	0419 292 022
Reg Moebus (Treasurer)	6227 3238
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