

YASS VALLEY MEN'S SHED

NEWSLETTER NO 18 OF 2011



THE MEN'S SHED MINI MESSENGER

NO 9

SUNDAY 2 OCTOBER 2011

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

Headline News for this Week

Dara Madden, the Shed's Grants Acquisition Officer has done it again! Already, since he was elected to this position at the AGM in April, Dara has developed, submitted and successfully obtained the following Grants:

Yass Valley Council (Health Equipment)	\$ 850
Yass Garden Club	\$ 450

He has now struck it rich for us with the Federal Government in a Grant designed to assist Volunteer organisations improve their communities. Dara has received confirmation that (in response to his silky persuasive skills) the Federal Government will provide a grant to the Yass Valley Men's Shed as follows:

For purchase and installation of dust extraction equipment	\$2,000, and
For improving and making safer the electricity supply in the Shed	<u>\$1,850</u>
Total	\$3,850

(If anyone knows of a qualified electrician who can and would be willing to help us do the necessary work within that budget, please let us know).

Since Dara has been on the job, he has single-handedly now obtained for us Grants totalling \$5,150. This means that he has been helping us to do what we want and need to do to improve the Shed at the rate of \$1,030 per month, \$257.50 per week or \$36.79 per day!!

Congratulations, many thanks and "you're our hero" Dara!!

I personally challenge anyone who sees Dara in a Pub or Coffee Shop to buy him a drink to celebrate (I strongly suggest you start lurking in any Yass watering holes that take your fancy, Dara – you might even want to blog, tweet or facebook where you will be, and when, to help us out)!

General News

Working Bees at the Shed and the Yass Valley Community Centre

As I mentioned last week, we will not be having formal working bees for a while to allow members to recover from the significant efforts that have been put in by a good number of dedicated members in recent times.

However, the Yass Council's S.355 Committee that is the Management Committee for the Yass Valley Community Centre, will be meeting in a couple of weeks to discuss and decide if it can recommend to Council that the Centre is ready for its formal/official opening. It would be really good if all remaining painting and cleaning inside the buildings (that the Shed has promised it will do) was finished in time for that meeting, so that there can be no suggestion that there are still "issues" to be finalised or resolved.

These are mostly relatively minor painting and cleaning tasks. If you want to help with these jobs, we can get you sorted and helping on Tuesdays, Thursdays and Saturdays during normal Shed opening times.

Workshop News

We will be running YVMS workshop orientation days on [Saturday 15th October](#) and again on [Thursday 20th October](#) for those unable to make it on the Saturday.

The purpose of these days will be to show members just what tools and equipment we have managed to acquire at this stage, where the tools are stored and to familiarise members with their correct usage, designed to prevent personal accidents, health risks, and damage to tools and machinery.

While we are still very much in the process of setting up the workshop, there are some dangerous procedures coming to notice and a lot of incorrect usage of tools.

We also intend to organise demonstrations by people who are experts in their field in the future.

Please put these two times in your diary:-

- Saturday 15th October at 2pm.
- Thursday 20th October at 3pm.

Roger Holgate (Workshop Manager)

Climate Change Talk at the Soldiers Club

"The Critical Decade: Climate Science, Risks, and Responses"

a free public lecture by

Will Steffen

Director, ANU Climate Change Institute

Friday 21st October 2011

5:00 – 6:30 pm

Yass Soldiers Club
86 Meehan Street, Yass (just off Comur Street)

Prof. Will Steffen is an exciting and accomplished international speaker who is at the forefront of climate research and serves on the Prime Minister's Multi-Party Climate Change Committee as well as the Government's Climate Commission. His lecture will describe what is now happening to the Earth's climate and what we can expect next. He will assess the impacts on rural communities in Australia. The event will be a marvellous opportunity to find out what the latest science has to say, to consider what response options we have, air your concerns, and get your questions answered.

Everyone is welcome

supported by the Yass Branch, NSW Farmers Association

The Yass Men's Shed Health Seminar Program

The Third in the Yass Men's Shed Health Seminar Program will be held on Thursday 1 December and Thursday 8 December 2011 at the new Yass Valley Community Centre at 1428 Yass Valley Way, North Yass (next door to the Men's Shed).

The title of this program is "**Looking into the Mirror**" and it will deal with issues including self-identity, self-esteem and looking after yourself, managing the pressures of living, anger management and staying relevant.

The two Sessions will be structured as follows:

Looking into the Mirror 1

Thursday 1 December 7.30pm.

Self-identity, self-esteem and looking after yourself

This forum will discuss openly matters in three areas: physical, emotional and psychological health. It will also canvass areas such as self, relationships and what it means to be an emotionally and mentally well individual in today's world. The question is: if we cannot see ourselves as positive individuals how do we see others and react accordingly in our daily life?

Looking into the Mirror 2

Thursday 8 December 7.30pm

Managing the pressures of living, anger management, staying relevant and controlling my goldfish

This session is linked to the previous topic generally called 'self-esteem' and will address and canvass the topics of anger management and the pressures of living in today's world. The session will openly discuss the source and the process of anger and how it can be managed.

Both seminars will be presented in the style of a "fireside chat" with the opportunity for the audience to engage, ask questions and take part in the conversation. The presenters will be two members of the Yass Valley Men's Shed, both of whom are highly qualified and experienced in the field of practical psychology:

- **Richard Rowan** RFD, BA Psychology and BA (Hons) Psychophysiology and Organisational Psychology, MAPS. Richard is a Registered Psychologist and Member of the Australian Psychological Society with in excess of 30 years' experience in a variety of psychological areas.

- Peter Hurley Master of Social Science (Counselling), Graduate Diploma in Counselling, Bachelor of Arts. Peter has worked for 20 years in related areas and currently works as a Generalist Counsellor, Community Health Centre, Dept of Health (NSW), Southern Local Health Service in Yass.

Everyone (men, women and children) will be most welcome to attend these informative, and, perhaps, life changing seminars. Members of community groups may wish to bring a number of their members who are interested in these topics.

The Yass Lions Club will hold a sausage sizzle (pay as you go – but prices are very modest) starting at 6pm on both evenings for those who prefer not to have to organise meals before an event of this kind.

We hope to see many people at these events.

If you wish to attend, please contact me with numbers and we will reserve a seat(s) for you.

Watch this space for info on:

- Organising a car or cars to go to the upcoming Bowls Day organised by the Boorowa Men's Shed – date to be notified later.
- The next Men's Health extravaganza which will be held in the new YVCC (first two Thursdays in December) promises to be bigger and better than ever. I hope to get a detailed information brochure (email) out to all members early in this coming week.

Mini Messenger one-liner

Worrying works! 90% of the things I worry about never happen.

Birthdays this week

None

Shed Opening Times

Tuesday – 11am to 2pm

Thursday – 2pm to when the last one leaves – sometimes (especially now that the weather is improving) includes a BBQ at dinner time.

Saturday – Noon to when the last one leaves (usually between 3 and 4pm)

At all other times, if you are passing and see the doors open, please feel welcome and free to call in!

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Wayne Stuart

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