

YASS VALLEY MEN'S SHED

NEWSLETTER NO 21 OF 2011



THE MEN'S SHED MINI MESSENGER

NO 12

SUNDAY DECEMBER 4, 2011

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

Headline News for this Week

Health Seminars off to a good start

The first of the two current Health Seminars carrying the overall title "Looking into the Mirror" was held last Thursday night and was attended by a respectable 40 people.

The discussion was led by two highly qualified members of the Shed, Peter Hurley and Richard Rowan.

The first event discussed Self-identity, self-esteem and looking after yourself and proved to be engaging and elicited opinions both supportive and challenging. In overall terms, it is my (personal) opinion that the discussions actually delivered what we had hoped and planned for: some intelligent and focussed discussion on issues that are important in the Yass Valley in 2011 and gave an opportunity for the audience to engage, debate and challenge the views of the experts. I have only had one email following the event, and it says this:

From: Warren Nielson
Sent: Friday, 2 December 2011 1:36 PM
To: Wayne Stuart
Subject: RE: Seminars

Hi Wayne,

Couldn't track you down last night when we were leaving, so just wanted to say thank you for the informative evening and thank you to all involved for their efforts in organising these seminars.

You are lucky to have 2 such knowledgeable chaps to draw on and their delivery certainly evoked plenty of thought and hopefully we will now think twice if we see someone in a 'low' situation. They did remind us that we can make a difference – even if only a small one.

Thanks Again.

Cheers

Warren Nielson

Ps unfortunately we can't be there next week (presentation night for the kids) but if there is a handout would love to get a copy if possible. Thanks."

The Second event will be held this coming Thursday and I urge all who came to the first night to do it again this week. The two seminars are linked and the coming one, which will deal with **Managing the pressures of living, anger management and staying relevant** will build on the information and groundwork laid in the first seminar – although it is not essential to have been to the first evening’s discussion if you would like to come along.

The night will start (again) with a BBQ starting at 6pm (thanks to the Yass Freemasons Lodge for last Thursday’s wonderful effort) and the discussion will commence at 7.30 and run for about an hour. There will be light refreshments available again on the night.

If you wish to attend and did not attend the first event, I would be grateful if you would RSVP to me please (secretary@yassmensshed.org.au) or phone 0419 292 022) so we can ensure seating and food to meet the demand.

General News

Other Health News

We have taken delivery this week of 10 Swiss Balls and 10 Exercise Mats purchased with the assistance of a grant from the Yass Valley Council for that purpose. As soon as the YVCC (Yass Valley Community Centre) is open for business to the Yass Valley Community, we will be initiating a series of mild (but very effective) exercise classes for interested members (and community folk too, if interested) to utilise the great venue and these great health assets. Stand by for more news on this issue.

Workshop News

We have now completed our current series of YVMS workshop orientation days. Roger Holgate and Len McGuigan gave a detailed and comprehensive tour of the workshop and explained the uses and constraints on the use of all the major items of machinery. Feedback has been very good.

The purpose of this exercise is 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.

One of the reasons for these orientation days is that we have noted that most Men’s Sheds have an accreditation system that controls the use of equipment to those members who have undertaken a familiarisation course on the machines that they wish to use. We are not quite at that stage in the Yass Valley Men’s Shed at this point, but we have experienced some damage to equipment that can only have been caused by members using the equipment in a way that is not intended or beyond the equipment’s performance capability.

It is also essential for all users to appreciate the need for good practice in the workshop (such as always using the dust extraction equipment which has been installed and attached to most of the wood cutting/turning equipment). This makes the Shed safer and more pleasant for the actual user and also for other members who might be present.

If these orientation workshops do not result in a reduction in damage and excessive wear and tear, then we may be forced to get more bureaucratic than we would like and impose some kind of accreditation process on users. This is

not our preferred outcome – but we need to be conscious of both our duty of care for the safety of our members and the care and longevity of our expensive machinery.

If you missed the orientation days and would like a demo – I am sure Roger and/or Len will be very happy to give you a personal tour of the machinery – or a specific demonstration on the machine(s) of your choice.

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.

Mini Messenger off line for a couple of weeks

I apologise for the long absence of Messengers from your Inbox. I hope you have managed to survive without your regular Shed Newsletter and I promise to be better in future.

Mini Messenger - Self Esteem lesson of this week



Birthdays for the next 4 weeks

10/12: Curtis Cox; 16/12: Doug Aspinall; 17/12: Duncan McGregor; 18/12: Bob Frank, Don McCann; 19/12: Ray Hill; 20/12: Dara Madden; 21/12: Cliff Jones; 30/12: Paul Heath.

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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