



THE MEN'S SHED MINI MESSENGER

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

MESSENGER NO 16 FOR 2012

SUNDAY 6 MAY 2012

If you want to see previous editions of the Messenger, you can find them all on the YVMS Website at this address (just click on it): <http://yassmensshed.org.au/newsletter-archive>

Important dates for your Diary

24 May (Thursday) 5.30pm	Committee Meeting (all welcome) + Gourmet BBQ afterwards (all welcome) – see item below
26 July (Thursday) 7pm	Financial Planning and info on Centrelink Benefits Seminar – will be preceded by a BBQ kicking off at about 5.30pm. More Seminar info coming soon

Headlines for this Week (see stories below)

- **What Katrina thinks about us!**
- **Men's Shed Hero of the Week**
- **Visit to the National Museum**

What Katrina thinks about us!

Our local Member of Parliament has formally announced that the NSW Government has granted the Yass Valley Men's Shed \$10,000 for a number of pre-identified purposes. You will note she makes some very welcome comments about our Shed. I have highlighted those I think are important.

Here is her official media release confirming the Government's very welcome, most generous and gratefully accepted Grant:



Katrina announces \$10,000 grant for Yass Men's Shed

20 April 2012

One of the State's most innovative and successful Men's Sheds has been awarded a \$10,000 grant by the NSW Government, The Nationals Member for Burrinjuck, Katrina Hodgkinson, announced today.

Ms Hodgkinson congratulated the Yass Men's Shed on being awarded the grant and **said the good work they are doing is an example to Men's Sheds across NSW.**

The funding follows a visit, at Katrina's request, to the Shed by the NSW Minister for Mental Health, Kevin Humphries, last week.

"Since its establishment the Yass Men's Shed has brought together men of all ages and from all walks of life," Katrina said.

"I thank Minister Humphries for recognising the great work done by the Yass Men's Shed and providing this funding."

Mr Humphries said Men's Sheds were a powerful tool in reaching out to men in the community, particularly those who may have a mental illness or at risk of developing a mental illness.

"By bringing men together in a social environment and providing them with a purpose, Men's Sheds are playing an extremely important role in combating issues such as loneliness, which can be a trigger for mental illness," Mr Humphries said.

"After visiting Yass Men's Shed last week I cannot speak highly enough of the wonderful work they are doing to promote social inclusion among men and providing a practical way of dealing with men's health issues."

"The Yass Men's Shed has forged a reputation in the local community as a place where local men form friendships as they work together in areas as diverse as gardening and running health seminars," Katrina said.

"This funding will be used to purchase vital tools for the workshop and to help increase the garden's production. "It will also allow the Shed to develop and run exercise classes for its members and the wider Yass Valley community," Katrina said.

For the record, the items we sought that funding for are:

Workshop: a timber thicknesser, a good quality scroll saw and a kit of metal bending tools (if you would like more info on this last item, have a look at this website: www.chevingtonmetalttools.com . One of our members, Al Phemister, who is a successful and multi awarded sculptor in metal has offered to set up this Metalcraft series of tools on an appropriate work bench so we can get best benefit and efficiency. Thanks Al!

Garden: a heavy duty rotary hoe or tiller so we can better manage the increasing areas that we have and are planning to have under cultivation for next season and beyond. With the proceeds of another Grant we received in the latter part of last year, we are in the final stages of improving the water reticulation to the garden areas so that we can open up and water new beds. The Committee and other members have a fond hope that one day in the not too distant future, there will not be much grass to mow in the field behind the Men's Shed; and

Health: enhancing our current holdings of health exercise equipment which we purchased last year with a grant from the Council. Now that the Council has authorised us to use the building next door for Shed purposes, we intend to start exercise classes as soon as we get the new equipment. The exercise classes will be designed to improve balance, core strength and muscle tone so falls and fractures become less of a threat as we all get a bit older. Stand by for more info and timing on this important new Shed initiative.

YVMS Hero of the Week

This week's HERO is Len McGuigan.

Len has accepted the YVMS Members' invitation to make himself available to take on the position of President of the Men's Shed for the next year. He was elected at the Membership and AGM meetings last week.

This is not a small thing and we are very grateful that he has agreed to it. He has some big shoes to fill given the terrific start that Paul Haslam and John Woodin have provided over the last 4 years.



Congratulations, Len!

We are convinced that because he is so well known in the town (he has lived here all of his life) that Len might be a catalyst to help us attract many new members and even prompt the more regular attendance of members that we don't see so often. He also has very good working links with Council and other important agencies and businesses in town.

If you watch the Trib this week, you will see (I hope) an article in which Len has been interviewed and gives his views on a number of matters.

His **BIG message** is that the Shed is NOT a job centre and nor is it a place for old men talking about their ailments or their depressions – it is whatever you want it to be. It may interest you to know that our current membership has members in their teens, 20s, 30s, 40s, 50s and older age groups.

Visit to the National Museum of Australia's back rooms to look at old cars, etc!!

As mentioned in the Messenger last week, the visit to the National Museum is now looking like a goer.

I have advised the organisers (the Murrumbateman Shed) that we have at least 10 members who have expressed a desire to go. However, we don't seem to have consensus on a preferred day (we would have to fit with the day that the Murrumbateman members wanted as well). So in the end I suggested that they contact the Museum, settle on a day and I will communicate that date to members and see how many can come on that day.

This is what they are now doing.

Stand by for more news on this event.

General News

Committee Meeting – Thursday 24 May

The meeting will commence at 5.30pm. We will be trying a new approach to the meeting arrangements which, we hope, will streamline the event and have it over in half an hour or so – at least that is the challenge.

All members are warmly invited to the meeting and if that is not enough excitement for one day, we will be holding the first of many (we hope) Gourmet BBQ challenges after the meeting. On this occasion Richard Rowan (Chef) and Wayne Stuart (Cook) will be throwing down the Gauntlet to all Members by preparing and serving a number of exquisite and mouth-watering offerings that you will just have to be there to believe! We are confident that other members will then take up the challenge to win the coveted YVMS Gourmet BBQ Champions' Trophy for 2012. Being a Chef is not a sissy thing to do! So find a Cooking Colleague and start planning your assault on our taste buds.

If you would like to add an item to the Committee Meeting Agenda, please let me know.



Patron: Councillor Nic Carmody, Mayor of Yass Valley

Yass Valley Men's Shed Inc.

DRAFT Agenda for Committee Meeting to be held at 5.30pm on
Thursday 24 May 2012

Opening/welcome

Present

Acceptance of the Agenda

Apologies

Previous Minutes - including a consolidated Report on “Virtual Committee Meeting” decisions (Secretary)

Membership Status and Correspondence (Secretary)

President’s Report (not needed this time as the AGM got the latest one)

Treasurer’s Report (not needed this time as the AGM got the latest one)

Reports by YVMS Groups (if any)

General Business:-

- Update on the YVCC building and project – including report on work to be completed by Council (electrics in the YVCC, trench digging for the water reticulation project, maintenance of mower etc)
- YVMS Seminar program for 2012/13
- Possible Men’s Shed wreath for Anzac Day next year.
- Acquisition of computers to help members and anyone in the Community who would like one-on-one lessons in the functions YOU are interested in.
- Status of Grants applications for the Shed
 - ✓ Update on progress with the \$10,000 Grant from the NSW Government
 - ✓ Status of Grant from the Lansdowne Foundation (Reg Moebus)
 - ✓ Others?
- General Discussion on Len McGuigan’s call for members’ input on the future of the Shed, how it can be improved etc.

Any Other Business

Next Meeting.

Things you can do for the Shed – and they won’t hurt!

We have been thinking about some of the untapped resources that probably exist within our own membership base and, if we’re right, there may be ways you can help the Shed with very little inconvenience to yourself – it might even provide some extra space for your life at home to improve:

Things we need that you may no longer want (thanks to Richard Rowan for this idea)

Perhaps you have a shed full of stuff (especially tools) that you once prized but is now just taking up space. It could be useful for members to use at the Shed. At the moment we are in need of specific items the most pressing of which are:

- A Triton table stand (with safety shut off switch) to which we could attach our Triton router table top – we have very recently acquired a router to complete the set!
- A steel or cast iron BBQ plate to match the one we already have – the BBQ currently has a grate on one side and would be more efficient if we could replace the grate with another plate – anyone out there saving up a BBQ plate for a rainy day? It’s raining at the Shed!
- If you have other items that you think we might use (within reason) we will be pleased to talk with you about a donation. For example, we need

- a set of good quality wood chisels (doesn't matter how old as long as they are in good condition);
- a set of heavy duty (good quality) wood turning chisels (doesn't matter how old as long as they are in good condition);
- a trolley (or two) for moving heavy things around (a three wheel step version would be ideal),
- another wheelbarrow or a garden 4 wheel cart would also be most useful
- a drill set (1/16 to 1/2 in 1/64th increments);
- a dowelling jig;
- 5/8" pedestal drill;
- 10" table saw;
- Sliding compound mitre saw;
- 355mm metal cut off saw.

This is not an exclusive list, but the list contains those things that are still obvious gaps in our holdings of effective equipment. If you can provide any of these items, not only will the membership be most grateful to you, but you can be assured that anything we accept will go to a very good home and be lovingly looked after.

Reward Points at Home Hardware

We regularly find our collection of consumables (screws, sandpapers, glues, fillers, silicones etc etc) need to be topped up or we need to purchase a small item such as a hinge, a bracket, a drawer knob or similar. We are finding that while our gold coin donation box in the workshop is a good source of minor funding, it is not sufficient to cover the cost of consumables.

There is a solution!

If our members were prepared to ask the cashier at **Home Hardware** to add the loyalty points for any purchase you make from time to time to the Yass Valley Men's Shed Loyalty Points membership account (you don't need to show a card – just ask and they'll do it), then we will have the opportunity to use those points to replenish and have ready for your use next time you come, those things you will need.

Think about it and help us out – please.

YVMS history project

We have just had our 4th anniversary and if we don't soon start organising our current collection of information and records and then collating and storing it in an organised and appropriate way, the challenge might well become too daunting. At the moment we have an amount of newspaper cuttings relating to reports in the Trib about our various activities. We also have photos of visits and events at the Shed (eg the Official Opening with politicians and the Ngunnawal Smoking Ceremony and visits by the Yass Friendship Group). As time goes on these things will deteriorate if not looked after, could be lost, or the task will just become too much.

At the moment, the task is likely not to be too onerous - and once the initial work is completed, ongoing upkeep will be very easy – there is not that much history happening on a weekly basis at the Shed!.

Is there anyone in our number who loves to organise material and create and maintain a series of scrap books or other historical collection approach to such a challenge? Can be done at your place or at the Shed. If you are into family trees – then this might be a mild sideline for YOU.

If you also happen to be electronically brilliant (or even proficient), we might (over time) see if we can't digitise the history and have it as a dedicated page on our website.

If you are so inclined and wish to win a Hero Award for your generosity and ability, contact me (Wayne Stuart 0419 292 022) and we will get this show on the road.

Have a surf – enjoy yourselves! www.yassmensshed.org.au

A slightly shorter one this week (thanks to Geoff Kell)

A massive and hairy Scottish SAS Soldier, in full dress uniform, marches into a pharmacy.

Very carefully he opens his sporran and pulls out a neatly folded cotton bandana, unfolds it to reveal a smaller silk square handkerchief, which he also unfolds - to reveal a condom.

The condom has a number of patches on it.

The chemist holds it up and eyes it critically.

"How much to repair it?' The Scot asks the chemist.

"Six pence" says the chemist.

"How much for a new one?"

"Ten pence" says the chemist.

The Scot painstakingly folds the condom into the silk square handkerchief and the cotton bandana, replaces it carefully in his sporran, and marches out of the door, shoulders back and kilt swinging.

A moment or two later the chemist hears a great shout go up outside, followed by an even greater shout.

The Scottish soldier marches back into the chemists and addresses the proprietor, this time with a grin on his face.

"The regiment has taken a vote," he says. "We'll have a new one."

If you like Scottish jokes – here's another:

A bloke with his face painted blue walks into a Glasgow Library and says to the prim Librarian:

"Excuse me, Lassie, dey ye hae ony books on suicide?"

At which, she stops doing her tasks, looks at him over the top of her half glasses and says:

"Buggeroff! Ye'll nay return it!"

General Invitation

If you would like to see any additional information in the Messenger or have any suggestions or contributions to make, please feel free to contact me

Birthdays around this time

26/4: Blake Swadling
29/4: Graham Davis
1/5: Dr Raja Ahluwalia
2/5: Ron Coleman
4/5: Ron Rouston
6/5: Eric Sunnocks
13/5: Philip O'Brien and Philip Walsh
16/5: Nate Harvey-Cox
17/5: Sandy Butt

Happy Birthdays Chaps!!!

Shed Opening Times

Tuesday – 9am to Noon

Thursday – 2pm to when the last one leaves – sometimes (if there is interest) 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!

Current YVMS contacts and “Code Holders” (should you wish to access the Shed out of normal hours):

John Woodin	6226 4485	jwoo3@bigpond.com
Ray Hill	6226 3344	rayhill01@dodo.com.au
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