



THE MEN'S SHED MINI MESSENGER

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

MESSENGER NO 20 FOR 2012

SATURDAY 2 JUNE 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

7 June (Thursday) 2pm	Working Bee at Shed to move into the Annexe.
16 June (Friday) 1pm	Men's Health Day at Murrumbateman Shed
26 July (Thursday) 7pm	Next YVMS Seminar – on Pensions, Planning and Community Banking – will be preceded by a BBQ kicking off at about 5.30pm. See item below

Headlines for this Week (see stories below)

- **Update on NSW \$10,000 Grant**
- **Weekly Morning Tea at the Shed??**
- **Working Bee next Thursday – 2-3pm**
- **Men's Health Day at Murrumbateman Men's Shed – Friday 16 June, 1PM**

Update on NSW \$10,000 Grant work by the YVMS Committee

All the work is now done and the final signed submission was lodged with the NSW Department of Health on Wednesday of last week (23/5).

The \$10,000 will arrive in our bank account early this week – great news.

Roger Holgate (Workshop Manager) is searching out the best deals on optimal equipment for which we asked for funding so that we can best use the funds for the purposes it has been provided.

Updates will also be provided in the Messenger when as we spend it on the approved items.

Weekly Morning Tea at the Shed??

At the recent Committee Meeting it was proposed that we institute a morning tea at the Shed each week when no workshop activity is undertaken.

The point of this is to give those members who suspect they might “get a job” if they turn up, the opportunity to come along and just enjoy some conversation, tea/coffee and biscuits with other like minded members. You might even like to play cards, darts, pool/billiards etc (but no jobs!)

The BIG challenge in organising and making this happen is that we need a couple (ideally) of blokes who would be prepared to “host” these mornings. The Shed would provide the coffee and refreshments (out of a voluntary gold coin collection on each day to cover costs).

Our current thinking is that the coffee mornings would start at 10am and finish at 11.30 which should be enough time for a good social interaction and not keep you away from other pursuits for too long.

We need for a few more members to put their hands up to attend on either a Monday, Wednesday, Thursday or Friday morning for this proposed weekly event – if you can help, then you get to choose the day that suits you and you will open the Shed help organise the coffee/tea and close up at the end.

There are a couple of “issues” with this proposal that you need to understand:

- ✓ We are finding that there are a number of members who open the Shed and attend pretty much on all three current opening days. It is not possible for these members to take on the responsibility of another day (or they might find they have divorce proceedings initiated!!);
- ✓ It is an opportunity for the Shed to open on another day/time – thus getting better use of the facility and perhaps offering an opportunity for those members who do not find the current opening times suit their availability to visit the Shed
- ✓ It will offer to members another variation on the opportunities the Shed offers them – especially if a member or two would like to be more engaged, but thinks there are no real options for them to take up.

Over to you.

We need to determine three basic things here:

1. Are members generally interested in a morning tea option during which only the social side of things is offered? Let me know your answer to this question?
2. If so, do you have a preference for any particular day? And
3. Can we have a couple of volunteers to take on this exercise if we get enough interest?

Working Bee at the Shed – next Thursday (7 June 2011)

Pending the finalising of the Development Application that will allow the opening of the former BP Road House as a Yass Valley Community Centre, the Council has approved the use by the Shed of the main areas as an Annexe to the Shed.

This is to allow us to rationalise the current Shed to allow installation of new equipment that will shortly be purchased with the NSW Government’s \$10,000 Grant monies. The new machines will take up some room and we need now to look at how we reorganise to achieve the most efficient outcomes.

The Plan is to move most of the front sitting room area next door to the Annexe and establish it in the kitchen area. We will leave the big meeting room essentially clear for seminars, exercise classes etc.

The bookcases in the front room in the Shed will be moved down much closer to the current “kitchen” space, leaving room for the office desk and a half dozen or so chairs at that end of the room. All of the other items (organ, pool table, lounges, music centre etc) will be moved into the Annexe.

Accordingly, we need to call another working bee to help make this move easy and quick.

If you are at a loose end next Thursday, could you come and if you have trolleys or devices that will assist in making the moving of the pool table and the organ easier – that would be much appreciated.

Men’s Health Day at Murrumbateman Men’s Shed – Friday 16 June, 1pm

The Australian Men’s Shed Association (AMSA) is running a “What’s Your Score Event” during Men’s Health Week at Murrumbateman Men’s Shed. The event will be held on Friday June 15th at 1pm.

At the event, Dr Rob Walters will speak about Men’s Health issues and things to look out for in order to keep ourselves fit and happy, Andrew Stark from AMSA will speak about AMSA and how Men’s Sheds are going nationally and **Minister Warren Snowdon will also attend where he will make an announcement and speak about Men’s Sheds.** Minister Snowdon is the Federal Minister with responsibility for Men’s Health.



Australian Men’s Shed Association
SHOULDER TO SHOULDER

“What’s Your Score?” campaign, in celebration of Men’s Health Week 2012 information

HISTORY

Men’s Health Week has been celebrated in Australia since 2003, growing from strength to strength. Previous spokespeople have included Tim Mathieson, V8 Supercar Driver Mark Winterbottom, NRL stars Sam Thaiday and Tim Grant, NRL Legend Terry Lamb and the Brumbies.

Since 2008 Men’s Health Week has held events in every state and territory and this year, the “What’s Your Score?” campaign will see greater coverage than ever before, with up to 60 Men’s Sheds events and 10 White collar corporate events being just the beginning.

Topics covered by Key note speaker (Dr Rob Walters)

- Background of Men’s Health Week & the What’s Your Score campaign (people will be encouraged to complete the survey to get ‘their score’)
- Skin Cancer - Approximately two in three Australians will be diagnosed with skin cancer before the age of 70
- Prostate Cancer - 1 in 4 men will be diagnosed with prostate cancer by the age of 85.
- Mental health - 1 in 6 men will suffer from depression in their lifetime
- Sexual health - Symptoms of erectile dysfunction can often be a result of an underlying cause such as diabetes, hypertension or low testosterone.
- Type 2 diabetes & related lifestyle choices

If you wish to attend this event, can you let me know so I can advise likely numbers from the Yass Shed please? There will be a need for catering and accommodation planning etc.

General News

Quick check of recent funding successes, disappointments and cash donations

NSW Government Grant approved - \$10,000

Lansdowne Foundation (Murdoch Family) grant approved - \$5,295

Cash donation from Southern Cable Services, Yass (Kay and Terry Lemon) - \$600

Cash donation from Anna Shannon (honorary auditor) - \$100

Cash Donation from Gundalong Polo Club (Megan Philip) - \$150

Cash donation from Brendan Abbey (paid \$100 for repairs to a veranda fence section which cost \$27 approx in materials) - \$73

Cash donation from Carey's Caves (Easter YVMS collection) - \$145

Dara Madden advises that we missed out on the grant we applied for from the NRMA – but we live to beg another day!

Membership Renewal Time again!

It's that time again, folks!

Current annual memberships need to be renewed with effect from 1 July 2012. I will be sending individual communications (emails to you and letters to those who don't have email) in the next short while confirming your current status – quite a number of members will get a pleasant surprise when they find they have paid for several years in advance!

A single year membership is \$20, 3 years for \$50 (a saving of \$10) and 5 years for \$80 (5 for the price of 4!)

We are happy to take your money at any time!

Don't forget!

Things we need that you may no longer want

- A Triton table stand (with safety shut off switch) to which we could attach our Triton router table top and router.
- 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

Don't forget that you can help us a lot by giving the Shed your points when you make a purchase at Home Hardware. Just ask the cashier to allocate the loyalty points to the Yass Valley Men's Shed.

A BIG thank you to members who have been giving the Shed your points. Roger and I went to Home Hardware today to collect some much needed minor hardware (screws, thinners etc) and found we had \$36 in the kitty – well done and many thanks!

Think about it and help us out – please.

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

We now have more info on this outing.

It seems that the visit will take place on a Tuesday sometime in the next 4 to 6 weeks.

If you would like to attend please let me know – I am advised that they are looking for a group of about 25+ so there should be plenty of places – although, I have had expressions of interest from about 15 members so far – and don't forget, Murrumbateman and Hall Shed members are also invited.

I will provide more updated info as it comes through.

YVMS Seminar Program – 2012 – item for your diary!!

The First Seminar for 2012 is on **“Pensions, Planning & Community Banking”** with the following components:-

- 💰 **Real Community Banking – Chris Evans, Branch Manager, Bendigo Bank Jamison, ACT (about 15 minutes on Planning and Pensions)**
- 💰 **Financial Planning for the Future – Deborah Waddell, Financial Planner Bendigo Bank, ACT/NSW (about 30mins)**
- 💰 **Pensions & Entitlements – Glenn Klein, Financial information Services, Centrelink, ACT (about 30mins)**

The Seminar will be held in the Men's Shed Annexe (the old BP Roadhouse) starting at 7pm on Thursday 26 July and will be preceded by a BBQ starting at 5.30pm.

As usual, this Seminar is for all members of the Yass Valley Community and we will be publicising widely in the next several weeks.

We expect that the talking part of the Seminar will last about 1 hour and 15 minutes and there will be time for questions and discussions.

This is an important part of everyone's planning – so it should be most interesting and very worthwhile (tell your friends).

This Seminar was given at the Murrumbateman Men's Shed last year and it was, from all accounts, a very good one to attend.

We will need to do planning for this Seminar, so, if you intend to come, could you let me know by return email please and we will make sure that you're accommodated on the night.

YVMS Website

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

Books and Covers

A tough looking group of bikers were riding when they saw a woman about to jump off a bridge, so they stopped.



The leader, a big burly man, gets off his bike and says, "What are you doing?"

"I'm going to commit suicide," she says.

While he didn't want to appear insensitive, he didn't want to miss an opportunity either, so he asked... "Well, before you jump, why don't you give me a kiss?"

So she does... And it was a long, deep, lingering kiss.

After she's finished, the biker says, "Wow! That was the best kiss I've ever had! That's a real talent you are wasting. You could be famous. Why in the world would you want to commit suicide?"

"My parents don't like me dressing up like a girl.....".

The authorities think she may have been pushed.

Members' requests for help

Bill Findley is looking for a non-working bar fridge. He wants to use the fridge as a cupboard and it needs to be around normal size ie: 900 x 600 x 600 (approx).

If you can help Bill, give him a call (6226 3841 or 0407 417 068) or email him: wfindley@bigpond.net.au

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

17/5: Sandy Butt
22/5: Llewyn Dowling
23/5: Allan Carey
29/5: Clarrie Schlunke
30/5: Joe Morrissey
5/6: Richard Rowan
6/6: Charles Turner
15/6: Doug Holston
16/6: Ron McMullen

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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Wayne Stuart

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