



# THE MEN'S SHED MINI MESSENGER

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

MESSENGER NO 21 FOR 2012

SUNDAY 10 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

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

How cold do you think it might have been at the Shed last night?

This photo was taken at about 9.45 this morning after the sun had been on the tank for about an hour.

Any volunteers to camp out overnight to see if the stalactite actually reaches the 44 gal drum?



## Headlines for this Week (see stories below)

- **NSW \$10,000 Grant – Money's in the Bank!!**
- **Weekly Morning Tea at the Shed??**
- **Working Bee last Thursday**
- **Men's Health Day at Murrumbateman Men's Shed – Friday 16 June, 1PM**

## NSW \$10,000 Grant – Money's in the Bank!!

We now have the Grant Money in our account and Roger Holgate has already swung into action and finalised the order for the Thickenesser and the scroll saw plus some additional items (spare blades etc). The remainder of the items we have funding for will be purchased in the next couple of weeks.

We have sent letters of thanks to Ministers Kevin Humphries and Katrina Hodgkinson for their roles and assistance in getting this funding.

We will also be trying for a suitable "splash" in the Trib soon (in addition to the very helpful and complete article that appeared in the Trib yesterday) – hopefully we will have some machinery to use as a photo for the article as well.

## Weekly Morning Tea at the Shed??

You will recall this item last week??

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 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!)

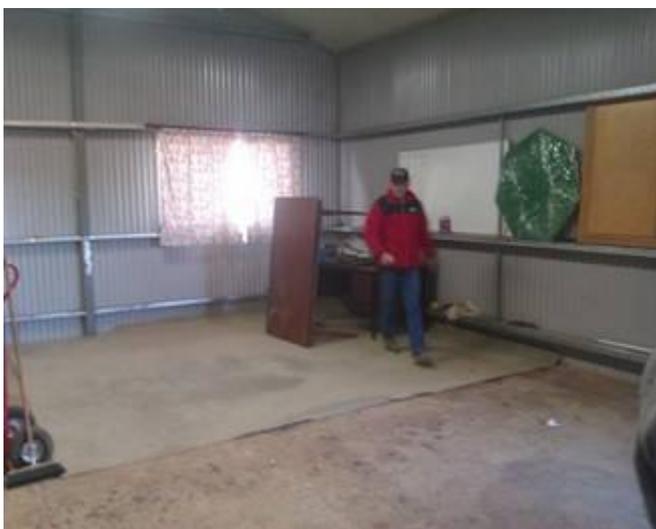
The BIG challenge in organising and making this happen is that we need a couple (ideally) of blokes who would be prepared to "host" these mornings. The Shed would provide the coffee and refreshments (voluntary gold coin collection on each day to cover costs).

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.

There has only been one response to this suggestion so far – a couple of blokes are tentatively interested to host such a morning (on a day when we would not normally be open and probably on a once a month basis – eg "the last xxxday morning of the month") **BUT only if there is interest from the membership for such a commitment from them!**

So – let us know if you are interested and support these blokes who are trying to improve the opportunity for members! Also let us know if you would like to do another day in each month so we can do it a bit more frequently.

Put yourself in this picture in our new "Snug"!



Before ("Whirlwind" Woodin on the job)



After (Coffee and conversation in the "Snug")

PS: we are still waiting for someone to take up the Great Gourmet BBQ Challenge – don't let us think you are all frightened!

## Working Bee at the Shed – last Thursday

Many thanks to the good roll up of members for the BIG MOVE, last Thursday (the pikers amongst you can now take a big breath and continue to come knowing that much of the work is now behind us).

In particular, I want to thank: Ray Armour, Joe Morrissey, Ron Doyle, Roger Holgate, John Woodin, Richard Saxby, Ken Reidy, Richard Rowan and Bill Findley who have all worked very hard and made the day not only successful – but also a lot of fun.

Come along some time and tell us what you think of the new arrangements in the Shed and also, now, in the Annexe.

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

Don't forget that 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 15<sup>th</sup> 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.

## "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

I have had no takers for this event so far (perhaps you have contacted the Murrumbateman Shed direct?).

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.

## YVMS Heroes of the Week

This week's heroes are three blokes from Valmar who have joined the Shed in recent weeks and who are helping make our Tuesday's very enjoyable and rewarding.

Here you see two of these new members, Andrew Todd and James DeMestre with Len McGuigan. They have built two bird feeders over the last couple of weeks and now only need to put the finishing touches on them.

Many thanks to David Hale for finding the plans for this bird feeder – I am sure Andrew and James hope David is on the job and has a number of further projects for these boys to undertake.



And here is Daniel Anderson with a pool table triangle that he and Roger Holgate knocked up last Tuesday.

This triangle is the finishing item needed for the pool table back at Valmar.

## General News

### 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),
- a drill set (1/16 to 1/2 in 1/64<sup>th</sup> increments);
- a dowelling jig;
- 5/8" pedestal drill;
- 10" table saw;
- Sliding compound mitre saw;
- 355mm metal cut off saw
- 15 litre water bottle holder/dispenser – with tap (for the kitchen in the Annexe).

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 recently 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 18 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](http://www.yassmensshed.org.au)

## Health and safety Q&A



***Cyril failed a Health and Safety course at the Senior Center today.***

**One of the questions was:**

***"In the event of a fire, what steps would you take?"***

**"F\*\*\*ing' big ones" was apparently the wrong answer.**

### 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

29/5: Clarrie Schlunke  
30/5: Joe Morrissey  
1/6: David Staines  
6/6: Charles Turner  
15/6: Doug Holston  
16/6: Ron McMullen  
22/6: Wayne Mann

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	<a href="mailto:jwoo3@bigpond.com">jwoo3@bigpond.com</a>
Ray Hill	6226 3344	<a href="mailto:rayhill01@dodo.com.au">rayhill01@dodo.com.au</a>
Wayne Stuart	0419 292 022	<a href="mailto:wayne@stuartoz.com">wayne@stuartoz.com</a>
Reg Moebus	6227 3238	<a href="mailto:wargeila@bigpond.com">wargeila@bigpond.com</a>
Roger Holgate	6226 1664	<a href="mailto:roger42@dodo.com.au">roger42@dodo.com.au</a>
David Hale	6226 4227	<a href="mailto:haled3@optunsn.net.com.au">haled3@optunsn.net.com.au</a>

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*Wayne Stuart*

Secretary, Yass Valley Men's Shed

0419 292 022

[secretary@yassmensshed.org.au](mailto:secretary@yassmensshed.org.au)

<http://yassmensshed.org.au>