



THE MEN'S SHED MINI MESSENGER

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

MESSENGER NO 24 FOR 2012

SUNDAY 1 JULY 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>

A very special **Happy Carbon Free Day** to all our members and may this warming world (in which we sit around shivering) now begin to become even more cool for us all.

On the other hand, the world has not ended, nor are the streets of Yass teeming with now out of work citizens. In fact not too much has changed evidenced unequivocally by the fact that you are getting this Messenger and therefore the world is OK!

Important dates for your Diary

3 July (Tuesday) 10am

Demonstration of the new and amazing MetalCraft metal bending and twisting equipment at the 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. Full details below. **Please give me your acceptances if you wish to come – most important!**

Welcome to new Members

No New Members this week.

However, now that it is July, Membership Payments are due.

The good news is that we have already had advance payments from 47 of our 82 members (ie nearly 60% of current members) are financial for 2012/13, some even for years beyond that).

Under our Rules, all **members remain financial until the end of July** at which time, we have to remove any such member from our list of current members.

Please take the time to renew your membership if you haven't done so yet – or, at minimum, let me know that you intend to renew (if this is, in fact, your intention), and I will keep you on the list as an "iou" member.

Headlines for this Week (see stories below)

- **New Machines – demonstrations, accreditation etc**
- **Other Shed News for this Week**
- **Upcoming Pensions, Planning and Community Banking Forum at the Shed Annexe**
- **Heroes of the Week**

New Machines – demonstrations, accreditation etc

Demo of metal bending gear this coming Tuesday



Al Phemister will be at the Shed after 10am on Tuesday of this coming week (3 July) to demonstrate the mysteries and marvels of the MetalCraft equipment (see photo at left).

Al advises that this equipment is pretty straight forward and, but for one safety issue which he will carefully explain, not too much instruction will be required for him to feel happy about accrediting interested users.

We have still to determine how we will deal with having metal supplies for bending by members of the Shed.

At this point, we will try to have some stocks for training and practice use – but metal is not cheap and we need to institute a practice where users bring their own metal if they wish to use the machines on a regular basis and in particular, for personal projects.

Of course, any items produced for sale will be funded from Shed funds.

Accreditation arrangements

We have held 4 accreditation sessions so far and only one person has so far actually got their name in the Register to use some of our machines. We think, therefore, that holding pre-arranged demonstrations and training for groups may not be the best solution.

Accordingly, you will find a clip-board with a number of forms hanging in Jack's Workshop under the accreditation register on which you can indicate your training/accreditation requirements. This approach has been endorsed by Len McGuigan and – to prove its efficacy – already three members have filled in the form requesting training and accreditation on a number of our machines.

If you wish to be trained and accredited to use any of our machinery, please place your name on this list and indicate in the second column the machine(s) you would like to be authorised to use. One of our accreditors will talk with you to arrange the relevant training etc at a time to suit you both.

Please remember that all of the new items of equipment (and many of our existing ones) are quite advanced and require a considerable level of understanding and skill for them to be used safely and effectively.

The Committee is currently in the process of approving a formal Policy and Procedure to govern the training and accreditation of Shed members in the use of our considerable list of machines and equipment.

Other Shed News for this Week

Job Done!



Our regular Tuesday members (Daniel, Andrew and James) have finished their second project in recent weeks and you can see the two bird feeders they have now finalised with the help of Commander Rowan (RAN) who demonstrated and showed off his amazing rope tricks (whipping and knot tying – if you need instruction in such things – or even an explanation of such esoteric skills, I am sure he will oblige).

Earlier, Daniel made a pool table triangle and is now in the process of making a metal sculpture.

Come along one Tuesday and see these blokes having fun – it is very infectious!

Another donation

We have been granted 60 litres of Cabots Stain which John Woodin has kindly volunteered to collect for us from Canberra on Monday.

The Stain was offered by Cabots to all Men's Sheds (something in the order of \$1million value) and on a rough estimate, I reckon 60 litres of quality Cabots stains might be worth in the order of \$1,000 value if we had to buy it in the shops.

Security lighting

Movement activated sensor security spotlights have been installed (by the Council) this week. Now we have light at the back of the Shed and behind the Annexe as well as at the front covering most of the hard stand in front of the Shed and the Annexe.

Many thanks to the Council for making this important improvement.

The Council has also arranged for the final work related to exit lights over exit doors and the outstanding room lighting in the meeting room of the Annexe. All that remains to be done now, is for the second of the two air conditioners to be made workable – this is a very important item in light of the fact that we will have a lot of visitors on the night of the upcoming (26 July) **Pensions, Planning and Community Banking Forum**. I understand that this work, too, is in hand.

Exercise classes

Now that we have our Swiss exercise balls and exercise mats (see photo), we can now plan our exercise classes.

Mark Ritchard (the Physiotherapist at Yass Valley Physiotherapy – across the road from Woolworths and the Shed supporter who donated our Men's Shed caps a few years ago) has agreed to come to the Annexe on a Tuesday afternoon after the school holidays are over) to introduce the kinds of exercise classes we could run and to assess the needs of those interested in participating etc.

At this stage, the classes would concentrate on improving such things as balance and core strength, and would involve a number of gentle exercises and activity using the Swiss balls and exercise floor mats that we have. The classes would run for approximately one hour (2pm until 3pm on Tuesdays).



But first, we need to see what interest there is.

If you are interested, can you let me know by return email and I will then try to set up an initial Tuesday afternoon for us to meet Mark and for him to assess the needs of the members who actually show up and show interest. This will help him to develop and deliver a targeted, gentle but effective exercise regime that will make you all feel and perform a lot better.

Over to you – let me know by return email if you are interested! I have already had some healthy interest from 7 members following my email message on this subject earlier in the week.

Pensions, Planning and Community Banking Forum at the Shed Annexe

Don't forget to let me know if you wish to reserve a seat at this free and most important Forum.

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 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. Listen for the dulcet tones of Richard Rowan advertising the event on YassFM.

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 retirement 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 Heroes of the Week

My Heroes this week are **Ron Doyle and Graham McLeod** who are not only regular and committed members, but they continue to attend very regularly (Ron on most occasions that we are open) in spite of them both not being very well at the current time.

Hats off to both of these inspirational members!

Other Stuff

Don't forget!

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.

Think about it and help us out – please.

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

I have had the following update from the President of the Murrumbateman Shed (Terry Hunt) who is organising this event:

Wayne

Just a catch up

The visit has been approved, all we are waiting on now is the date. Maybe, because of the interest, we may get a second visit, but that is just speculation on my part.

Terry Hunt

Mob 0414 55 34 83

I will keep you all informed – especially the 15 or so of our own members who have indicated their interest.

It may not happen overnight, but it will happen!

YVMS Website

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

For those of you not yet convinced that Climate Change is here – here is how you can tell

You know Global Warming is real when ...

You notice the best parking place is determined by shade instead of distance.

You eat hot chillies to cool your mouth off.

You go outside - your shadow stays inside.

You learn that a seat belt makes a pretty good branding iron.

You discover that your bird feeder is clogged with puffed wheat and popped corn.

You discover that hot air balloons can't fly because the air outside is hotter than the air inside.

You see lizards carry a leaf to put under their tail when they sit down.

Hot water now comes out of both taps.

No one would dream of putting vinyl upholstery in a car or not having air conditioning.

You realize that asphalt has a liquid state.

You see birds using potholders to pull worms out of the ground.

The chickens are lying hard boiled eggs.

You see a bee take its yellow jacket off.

The hump on Camelback Mountain is shrinking.

The hamburger is all ready cooked after coming off the cow.

You experience condensation on your butt from the hot water in the toilet bowl.
By the time you get to work, the radiator is boiling over, your clothes are dripping wet with sweat and you smell like roasted Garfield.
You no longer associate bridges or rivers with water.
The trees are whistling for dogs.
The four seasons are: tolerable, hot, really hot and ARE YOU KIDDING ME?!?

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

15/6: Doug Holston
16/6: Ron McMullen
22/6: Wayne Mann
1/7: Jason Söderblom
5/7: Richard Saxby, David Villanti, Richard Rowan
7/7: Charlie Linabury, Colin Statham
11/7: John McClung
18/7: Stan Walsh
20/7: Graham McLeod

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):

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