



THE MEN'S SHED MINI MESSENGER

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

MESSENGER NO 26 FOR 2012

SUNDAY 15 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>

Important dates for your Diary

17 July (Tuesday) time 2-3pm	Demonstration of proposed new Exercise Classes to be held in the Annexe – hopefully every Tuesday from now on.
24 July (Tuesday) time tba	Visit to the National Museum of Australia's Mitchell Annexe to view the behind the scenes exhibit preparation and refurbishment operation – see item below
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

This week we have two new memberships to celebrate: **Edgar Mongan** and **Cameron Madden**

A very sincere and warm welcome to both new members – we hope to see you often at the Shed.

Don't forget, now that it is July, Membership Payments are due.

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)

➤ **Exercise Classes at the Shed**

- **Upcoming Pensions, Planning and Community Banking Forum at the Shed Annexe**
- **Other Shed News for this Week**
- **Hero of the Week**

Exercise Classes at the Shed



Come along to the Shed Annexe between 2 and 3pm next Tuesday (24 July) to see if you are learning more and watch a demo on the proposed new Exercise Classes we have been promoting for quite some time.

Mark Ritchard (Physiotherapist) will talk to us about the kinds of gentle exercise and related activities we can do to improve:

- Balance
- Flexibility; and
- Core strength.

I strongly recommend you come and see for yourself. You have nothing to lose and you will be a lot better and more confident.

If there is sufficient interest, we will then hopefully run these classes every Tuesday afternoon from 2-3 for about 40 weeks in order to help you maintain the benefits).

No need to book – just show up on Tuesday and see for yourself.

Pensions, Planning and Community Banking Forum at the Shed Annexe

If you look carefully, you will see this poster ↓ all over town. If you listen carefully, you will also hear this event promoted and talked about on Yass FM

All you have to do is come along and learn how to have a much better retirement. (Free, gratis and no charge!)

Everyone in the Yass Valley is welcome and warmly invited – bring your family and friends!

Important update: since the last Forum, we now have working heating in the venue!



THE MEN'S SHED SEMINAR SERIES

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

First Forum for 2012
Thursday 26 July 2012 – 7pm

“Pensions, Planning & Community Banking”

The Forum will provide information to interested community members who are either retired already or planning for retirement.

This Seminar is for all members of the Yass Valley Community.

The main features of the presentations will be:

Bendigo Bank: Real Community Banking, and
Financial Planning for the Future

Centrelink: Pensions and Entitlements

The Seminar will be held in the Men’s Shed Annexe (1428 Yass Valley Way, North Yass), starting at 7pm on Thursday 26 July.

A BBQ starting at 5.30pm will be provided by the Yass Freemasons (there will be a small charge for their cooked food).

The Forum will last about 1 hour and 15 minutes and will include time for questions and discussions.

If you would like to attend this important Forum, **please RSVP to:**

Wayne Stuart (Secretary) on 0419 292 022,
or
by email to secretary@yassmensshed.org.au

Previous Men’s Shed Seminar Series Forums held:

Prostate Health (2010).

Depression (2011).

Wellbeing (2011).

It is important to know how many people might be coming so we can plan seating arrangements and refreshments. That’s why we would like you to RSVP. However, if the day comes and you then decide you would like to come, don’t feel that you cannot come simply because you have not booked – we would love to see you anyway!

Other Shed News for this Week

Garden suggestion

It has been suggested that we could use some corrugated tanks (aluminium or iron) in cut down form, to build some above ground gardens for the coming season. I think this is a great idea – we have a number of members who like to garden but find getting down and dirty is to their liking – but the getting down part is a challenge. We have toyed with the idea of sleepers and other solutions – so far to no avail.

If anyone has any such tanks or knows of anyone wanting to get rid of such tanks, I am sure we can find the means to collect, cut, install safely and start to get them ready for the Spring.

Let me know.

Reg Moebus

Reg is having a stay in hospital this week. We wish you good luck and a relaxing time, Reg. Let us know if we can all come to visit you and help you eat all those grapes you will be getting!

Visit to the National Museum of Australia's back rooms to look at old cars, etc!! Tuesday 22 July

The Following YVMS members will be travelling to Mitchell on Tuesday 24 July to visit the back rooms of the National Museum of Australia to see some of the exhibits stored there and also to observe the restoration and other processes involved in keeping the history of the Nation secure and in good order.

John Woodin, Ken Reidy, Wayne Stuart, Ron McMullen, Len McGuigan, Bob Frank, Garry Reynolds, Al Phemister, Jack Phemister, Roger Lawrence, Richard Rowan, Ron Doyle, Bill Findley, Dara Madden, Cameron Madden, David Hale.

My apologies to those members of the Yass Community who had registered to come along. We had to cull the list to members only because of the very good (oversubscribed) interest in this trip and we were asked by the Murrumbateman Shed to keep our numbers to 16. The Murrumbateman and Hall Sheds will each be sending 7 members.

Murrumbateman is trying to organise a second trip for those who have missed out this time.

I will let you know immediately I have complete details (departure and return times etc) of the actual trip. David Hale has organised the Andalini Bus for us (no charge, all we have to do is return it with a full tank). Al Phemister is appropriately qualified to drive the bus and has offered to do so.

YVMS Hero of the Week

This week's hero is Allan Carey who was spotted trying to tame the new rotary hoe in the Garden this week.

There were moments of hilarity when Allan was led in various directions by the machine.

The ballet and battle of wills lasted for some time.

However, in the end, Allan prevailed and that, to my mind, is heroic!

Now that the rotary hoe is cowering, defeated, in its shed and waiting for more work, the garden preparation looks like being a much more efficient and effective exercise this year.



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.

YVMS Website

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

Amazing dog joke

A guy is driving around town and he sees a sign in front of a house. 'Talking Dog For Sale '

He rings the bell and the owner appears and tells him the dog is in the backyard.

The guy goes into the backyard and sees a nice looking Labrador retriever sitting there.

'You talk?' he asks.

'Yep,' the Lab replies.

After the guy recovers from the shock of hearing a dog talk, he says 'So, what's your story?'

The Lab looks up and says, 'Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so I told ASIO.

In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one figured a dog would be eavesdropping.'

'I was one of their most valuable spies for eight years running. But the jetting around really tired me out, and I knew I wasn't getting any younger so I decided to settle down.

I signed up for a job at the airport to do some undercover security, wandering near suspicious characters and listening in. I uncovered some incredible dealings and was awarded a batch of medals..'

'I got married, had a family of puppies, and now I'm just retired.'

The guy is amazed. He goes back in and asks the owner what he wants for the dog.

'Ten dollars,' the guy says.

'Ten dollars? This dog is amazing! Why on earth are you selling him so cheap?'

'Because he's such a bullshitter... He never did any of that shit. He was in the Navy!'

(I know this is a true story based on the punch line – did you notice this line is very reminiscent of the way Navy blokes talk? ws)

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

5/7: Richard Saxby, David Villanti, Richard Rowan, Edgar Mongan

7/7: Charlie Linabury, Colin Statham

11/7: John McClung

18/7: Stan Walsh

20/7: Graham McLeod

25/7: Jack Phemister

27/7: Charlie Royall

28/7: John Woodin

29/7: Cameron Madden

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
Wayne Stuart	0419 292 022	wayne@stuartoz.com
Reg Moebus	6227 3238	wargeila@bigpond.com
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Wayne Stuart

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