



THE MEN'S SHED MINI MESSENGER

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

MESSENGER NO 27 FOR 2012

SUNDAY 22 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

24 July (Tuesday), noon

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 a special new membership to celebrate: **Mark Ritchard**

The YVMS Committee has unanimously agreed to grant Mark Honorary Membership of the Shed. Mark is the proprietor and resident physiotherapist at Yass Valley Physiotherapy (opposite Woollies in Polding Street). The entry in the Shed's Membership Register contains this information supporting His Honorary Membership:

“Mark Ritchard – conferred in recognition and gratitude for his very significant donation of Men's Shed caps which helped build identity and cement the early sense of belonging for Shed members and also for his agreement to provide professional help in assisting members lead a healthier and more active life.”

A very sincere and warm welcome, Mark – we hope to see you often at the Shed.

We also have another new member - **Laurie Nathan**. Laurie is our 87th member (on our current list) and is also most welcome and valued. We hope to see lots of you as well, Laurie.

Don't forget, now that it is July, Membership Payments are due. Of our current 87 members, some 23 will become unfinancial on 1 August – unless they pay for the 2012/13 membership year.

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

The Exercise class kicked off last Tuesday with more people turning up than we have exercise balls and mats for.

The blokes who showed up all seemed to enjoy themselves and are looking forward to the possibility that this could make them a bit fitter, more flexible and improve their balance and core strength over time.

At this stage, there are some wonderful sights to be enjoyed...

	<p>← The room set up and ready for anything.</p> <p>Bill Findley (and some dead bloke) learning the ropes →</p>	
	<p>← Len McGuigan demonstrating how easy it is to get warm on a cold Yass day</p> <p>Brian Millett demonstrating some of his more effective and most often exercised muscles →</p>	

Mark Ritchard was voted by all who attended a most intrepid, resourceful, energetic, listening and brave person to take on this group with a view to turning out a Shed full of Arnold Schwarzeneggers by the end of the year.

We intend to hold these exercise classes between 2 and 3pm each Tuesday starting on Tuesday 31 July (**Note:** we will **not** have a class this coming Tuesday (24 July!). If you would like to be included (and weren't at the first session), let me know as I might need to see if we can source some more balls and mats.

Don't forget! (I know where you all live!)



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, food 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 has completed his holiday in hospital and he is home, well, recuperating and happy. Well done, Reg – come and visit us at the Shed if you get a bit bored and need some conversation, coffee and rude jokes (but let us know if you're coming as we'll need to do some research on the jokes bit).

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.

Those coming are reminded:

- Be at the Shed at 12 noon or very shortly after. **The bus leaves at 12.15pm sharp!**
- We will most likely be collecting a couple of members of the Murrumbateman Shed en route;
- Rug up well – we have been warned that the NMA annexe in Mitchell is very cold;
- There will be security involved, so our names have gone ahead for that reason;
- No cameras allowed;
- We hope to have you back by 5pm or shortly thereafter.

For those who have missed out this time, we have irons in the fire about another visit – will let you know when and if that happens.

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 Hero of the Week

This week's hero is James Mather, one of our Valmar members who has made good progress on a bird feeder.

James started this project on Tuesday and already it has reached the stage where he is sanding and preparing it for painting/sealing – a decision he has yet to make.

He has been helped by John Woodin and Allan Carey in this project so far.

James is quite proud of his efforts and intends to give the feeder to his brother as a present.



Other Stuff

YVMS Website

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

It pays to pay attention

While attending a marriage seminar dealing with communication, Tom and his wife Grace listened to the instructor,

"It is essential that husbands and wives know the things that are important to each other."

He addressed the men, "Can you describe your wife's favourite flower?"

Tom, smiling but looking a little nervous, leaned over, touched his wife's arm gently and whispered, "It's self-raising, isn't 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

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
4/8: Reg Moebus
6/8: Peter Bernasconi

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
Roger Holgate	6226 1664	roger42@dodo.com.au
David Hale	6226 4227	haled3@optunsn.net.com.au

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Wayne Stuart

Secretary, Yass Valley Men's Shed

0419 292 022

secretary@yassmensshed.org.au

<http://yassmensshed.org.au>