



# THE MEN'S SHED MINI MESSENGER

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY

MESSENGER NO 28 FOR 2012

SUNDAY 29 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

31 July (Tuesday), 2 to 3pm  
And then every Tuesday at the same time

YVMS Exercise class – concentrating on flexibility, balance and feeling good.

1 August (Wednesday) 10 to 11.30am – and then every first Wednesday of the month

Morning Tea at the Shed – No work or workshop noise to distract from good conversation, coffee, tea and cake.

## Welcome to new Members

No new members this week.

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Don't forget, now that it is July, Membership Payments are due. Of our current 87 members, some 22 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.

I will follow up with those members who have yet to renew their membership this week – to gently remind them.

## 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

Following the very successful “trial” event held a couple of Tuesdays ago, we will start the real exercise classes on this coming Tuesday and they will run for an hour between 2 and 3pm each Tuesday for the remainder of the year – there will be some gaps when holidays or other major events occur (Melbourne Cup, School holidays, Easter, ANZAC Day, Christmas holidays etc.)

Our plan is to run these classes for 40 weeks in a normal year.

We have submitted an application to the Yass Valley Council to help us make it a little more worthwhile for Mark Ritchard to give up his business for about an hour and a half while he travels to and from the Shed and conducts these classes.

For those of you who are hung up on qualifications and who might be wondering if we are getting the best available leader in our pursuit of svelte bodies and long lives, Mark holds qualifications and practices as a Grade 2 Sports Physiotherapist with a specialty in Exercise Prescription. So we are getting the very best!

In addition, it was agreed at the last “trial” day, that each of us who attend will pay Mark \$5 for the hour long class. This is a very modest price to pay (ask anyone who has a Gym Membership!!). More importantly, his commitment to us will leave Mark considerably out of pocket for that time – even if we succeed with our proposed Council Grant.

So show him we appreciate what he is doing for us and our health by:

- ✓ coming along,
- ✓ making him welcome and
- ✓ supporting his classes

## Pensions, Planning and Community Banking Forum at the Shed Annexe

The latest in the series of Men’s Sheds Forums was held on Thursday night and it was a very successful evening.

It kicked off with a marvellous BBQ provided by the Yass Freemasons. If you missed that part of the night, we have a couple of in house psychologists and counsellors who can help you with your guilt and suffering for missing it. I have to say that the BBQ sausage, egg, onion and cheese sandwich that I purchased for \$4 was to my mind a more wholesome and wonderful and fulfilling (with the emphasis on filling) experience than the opening ceremonies of the Olympics.

Even if you are not interested in our forum subject matter – the trip to the Shed to have one of the Freemasons BBQ efforts will make you bless the Shed for having provided the opportunity to enjoy one of their masterpieces!



[ some of the 40-45 member crowd who attended on the night]

The Forum was very well presented by three presenters, Chris Evans and Deb Waddell (from Bendigo Bank) and Glenn Klein (from Centrelink). The information was detailed but generally in language that made sense to most of us for most of the time. The good thing was that we all got to carry away our own show bag from both organisations so, we can find out more on the issues that interested us when the urge takes us.

The other thing that is worthy of note, is that Deb Waddell who is an investment adviser with Bendigo Bank offered to come back to Yass to talk in more detail, one on one with individual members of our community, if there is an interest. If this offer is of interest to you, let me know and I will seek more information from her so that we might organise a day on which Deb could meet interested people and get more detail about how to plan for and manage retirement arrangements to your best advantage.

Feedback on the night and since from both members of the Shed and non members who attended has been very positive.

Many thanks also, to Ron Doyle who (again) loaned, installed, drove, pulled down and removed the sound system on the night. It was such a smooth operation that no-one noticed the flurry of activity.

Also, many thanks to Len McGuigan who managed to finally have the heaters in the hall working for the night. Len is relentless when you get him lined up on a target! The hall was very comfortable and the air conditioning certainly was more than adequate on a very cold night.

Last, and by no means lest, very many thanks to Peter Hurley and Richard Rowan for organising another very successful Forum.

These guys are now champing at the bit trying to find an appropriate subject for the next Forum. If anyone has a subject you would like to know more about, let me know and I will feed it into the mix.

## Other Shed News for this Week

### Grants Applications

Our Champion "Tour de Grants" Coordinator, Dara Madden has been burning the midnight oil again and has managed to submit two Grant applications during the week:

1. An application for \$2,000 submitted to the [Yass Valley Council](#) to offset the cost of Having expert leadership and expertise in the presentation of our Exercise Classes; and
2. An application for \$5,000 submitted to the [Commonwealth Department of Families, Housing, Community Services and Indigenous Affairs](#) (FaHCSIA) for a number of items that have now found their way to the top of our "Workshop Want List" including:

Table Saw	\$2,300
2 x specialised orbital sanders	\$429
Precision wood drill sets	\$200
Turning and hand wood chisels	\$830
Pedestal Drill	\$750
Dowelling Jig	\$110
<b>Total</b>	<b>\$4,619</b>

### Visit to the National Museum of Australia Mitchell Annexe

Sixteen YVMS members visited 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. We also joined up with 7 members of the Murrumbateman Shed (who organised the outing) and 7 members of the Hall Shed. The YVMS members who attended were:

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

Competition for this week – find the 16 YVMS members in this photo:



We saw some amazing things and it was really interesting to see the effort and expertise that is required to restore what can only be described as “junk” into gleaming show room condition items.



Many thanks to Al Phemister who drove the bus and who did not provide even one moment of excitement or reason for inadvertent sphincter clenching.

On the way home, we were invited to have a quick visit and look over the Murrumbatemen Shed. What a great job those blokes are doing converting a not very optimal beginning into a very useful and useable space.

We are also very interested in the way they have solved a storage problem for materials etc, that we, too have been struggling with. This racking hangs from the roof and I am sure we can do something quite similar.

See photo →



Keep your eyes open for future outings and events and don't be one of our members who "missed the bus" again.

## YVMS Hero of the Week

I think you will agree with me that this week's hero has to be **Mark Ritchard** who not only donated 100 Men's Shed caps (which cost \$800) a couple of years ago, but has now agreed to deliver our exercise classes and whose contribution to that effort will see him donating, over the 40 weeks of the next year, his time which if he was seeing patients would bring him considerably more income than we will be able to generate – even if we are successful with our application for a grant from Council.

If you need physio – you will always get expert help and very good value from Mark!

## 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.

#### Morning Tea at the Shed – First Wednesday of each month – 10 to 11.30 am

We have been hoping to lock-in this event permanently for some time now, following the great success of our first Wednesday morning tea back in June.

Phil O'Brien and Len McGuigan have agreed to host the morning teas each month – so many thanks to both of them.

Come along and enjoy a conversation, coffee/tea and cake without the need to do jobs or the interruption of noise from the Workshop!

Hope to see lots of you there **this coming Wednesday at 10am** and then each first Wednesday from then on! WE HAVE HEATING

## YVMS Website

Have a surf – enjoy yourselves! [www.yassmensshed.org.au](http://www.yassmensshed.org.au)

## Overheard at the “Pensions, Planning and Community Banking” Forum last Thursday night....



## 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

18/7: Stan Walsh and Mark Ritchard  
20/7: Graham McLeod  
25/7: Jack Phemister  
27/7: Charlie Royall  
28/7: John Woodin  
29/7: Cameron Madden \*\*\* today \*\*\*  
4/8: Reg Moebus  
6/8: Peter Bernasconi  
9/8: Col McMillan  
10/8: Alex Tewes  
11/8: John Wolstencroft  
12/8: Warren Hall and Max Wykes  
14/8: Garry Reynolds

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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*Wayne Stuart*

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