



THE MEN'S SHED MINI MESSENGER

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY



MESSINGER NO 34 FOR 2012
SUNDAY 9 SEPTEMBER 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

Every Tuesday, 2 to 3pm

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

Every First Wednesday of the Month, 10 to 11.30am – next one is Wednesday 3rd October

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

Every Thursday, 2 to 3pm
(to be confirmed)

YVMS Tai Chi Classes – for greatly enhanced health and well being. Due to start in early October.

Welcome to new Members

No new members this week.

Current membership stands at 79

Headlines for this Week (see stories below)

- **Tai Chi at the Shed**
- **Other Shed News for this Week**

- Hero of the Week
- YVMS Bargain Basement (stuff for sale)

Tai Chi Classes starting in October



TAI CHI Classes

gentle, enjoyable fitness

Keren Walker who already provides Tai Chi classes in Yass has agreed to provide a class at the Community Centre next door to the Shed on Thursday afternoons between 2 and 3pm.

Cost of the class will be \$10 per person, with \$1 of that payment going to the Shed as a payment for organising etc.

If you are interested in attending these classes, or know someone who would like to attend (men and women are all most welcome), let me know so I can let Keren know.

A feature of Keren's classes is that there are worthwhile and effective exercises that can be done using a chair if balance or strength is an issue.

It is planned that the program of lessons will commence early in October. Watch this space for the precise date.

So far I have had interest expressed by a number of people so it looks like the classes will definitely start early in October. Watch this space for more details.

I would be grateful if anyone who does intend to come (or anyone you know) can confirm their interest and intentions – these classes are **definitely NOT only** for Shed members, so bring your friends, or suggest to them that they will be most welcome.

I would like to give Keren a reasonably accurate idea of the numbers she can expect.

Other Shed News for this Week

Donation of Exercise equipment



Mark Ritchard (see photo at left), our super expert exercise class guru (and the proprietor of Yass Valley Physiotherapy) has donated 4 more Swiss Balls and 3 more Exercise mats for use on our Tuesday afternoon exercise classes. The value of this donation would be well in excess of \$100.

The challenge is to now attract some more people who would like to attend so those assets get a good workout!

Many thanks to Mark for this generosity which not only helps the Shed, but will also contribute to better health, wellbeing and enjoyment of life by anyone who cares to take advantage of the classes on Tuesday afternoons (2-3pm).

YVMS Heroes of the Week

Mark Ritchard – who else?

Members will remember that Mark donated 100 YVMS caps when the Shed first kicked off and also sourced for us the initial 10 exercise balls and 10 mats for a very competitive price. A worthy recipient of the highly valued Hero award!

YVMS Bargain Basement (stuff for sale)

Cabots' stains

Don't forget that we have a good selection of Cabots stains if you have a need.

If you (or a friend) needs some stain, come along and have a look at our holdings. We are offering the stain at very competitive prices.



Projects on CD

Ray Hill has very kindly put together a CD containing:

- ❖ Over 350 projects for your workshop
- ❖ Jig making made easy
- ❖ Making storage units for your shed
- ❖ Making work benches
- ❖ Pen making

In addition the CD contains:

- ◆ A list of timbers available in the local area
- ◆ 60 timbers with pictures and their uses

All pages are viewable on a computer and each page can be printed.

If you want a copy of this CD, it is yours for the modest cost of \$5 (which is a donation to the Shed).

A small stock of the CD can be seen on the "For Sale" shelves near the Shed kitchen entryway. Some have gone already, so if this appeals to you get in for your copy before they are all gone!

Heirloom Bean Seeds for your veggie patch

Howard Hollingsworth will have packages of 5 varieties of Heirloom beans available for sale at the Shed from next Tuesday morning for \$2.00 per packet (these seeds will cost you more than twice as much for fewer seeds if you buy them elsewhere. Varieties are:

Climbing Beans

Heavenly Gold

Outstanding. This is the tastiest bean we have ever eaten. Totally stringless, even when obviously over mature, the sweet pods are a soft yellow, flat and typically 15cm long. Plants are prolific. These beans came to Australia with Italian migrants.

Purple King

Hardy strong-growing purple-podded cultivar that turns green when cooked. Ornamental dark pink flowers, followed by crisp purple beans. Harvest in 13 weeks.

Bush Beans

Sex without strings

Description from an old seed catalogue reads: "sensuous and tender, the golden curves of this dwarf butter wax bean are available to all – with no strings attached."

Runner Beans

Scarlet Runner and Sunset Runner

As striking as sweet peas in flower, these coarse-podded beans are preferred by many to thin French pods. Also known as a seven year bean, this perennial dies back in Autumn to re-emerge each Spring for 7 years.

Will flower in just 9 weeks from sowing, producing pods in cooler summers or late Autumn in warmer regions. Excellent nitrogen fixing legume.

Brilliant red flowers. First described in 1750. Tasty pods can be used sliced or enjoyed steamed. The pink seed can be used as a winter bean.

Howard is also working on packaging up some sweet corn seeds also for sale.

Shed-made items for sale

We still have a number of items made by some of our members for sale. Come along and have a look – especially if you have a birthday or other celebration coming up that you would like something that little bit different to give.

We expect, soon, to start having some new metal work pieces on the shelves for sale too – if you would like to commission a piece we will certainly try to meet your need – but you will need to find the right bloke on the right day and be able to give clear instructions about what it is you want.

There are also a number of items that are donated from time to time on the shelves, come along for a browse.



Other Stuff

Sheds in the region #2

This is the second in the series of looks at other Sheds in the region following Ron Doyle's terrific suggestion. _

This week's Shed is the [Murrumbateman Men's Shed](#). Terry Hunt has just gone live with their new website which is still very much in the development phase – but already there is good info to be had.



Given our proximity and our close friendship with this Shed, I strongly urge that you have a look at the website and call in next time you are passing – they are great blokes.

You can find the Website by clicking on this link: <http://murrumbatemanmenshed.org.au/>

Watch this space for some info on other Sheds in the Region every fortnight.

Men's Sheds within 200km of Yass

For those of you with the urge to plan little drives in the country, have a look at this website. Many thanks to David Hale for this hint:

<http://www.mensshed.org/Find-A-Shed/.aspx?search=yass&distance=200&filter=-1>

It shows details for all Men's Sheds in a 200km radius of Yass. If you scroll down the page past the map, you will find all of the Sheds addresses, contacts, in many cases email addresses and in some cases, websites.

Have surf on this site and then plan your annual holidays by seeing how many Men's Sheds you can drag your wife along to when she thinks she is getting you out of town to get you away from the Yass Shed!!

Interesting events about to happen

Turning Wave Festival – Friday 14 to Sunday 17 September – NEXT WEEKEND!!

Have a look at this website www.turningwave.org.au/information and prepare yourself for a great weekend in Yass in September.



Also note that you can a free ticket for the weekend if you volunteer to do as little as 6 hours volunteering to help the weekend run smoothly – See the website for info and forms.

The Men's Shed Blokes' Barby – Tuesday 30 October



JOIN US FOR A
**BBQ ON THE BIGGEST FRONT LAWN
IN AUSTRALIA**

beyondbite

It's the Men's Shed Blokes Barby!

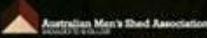
On Tuesday, 30th October the Australian Men's Shed Association will be having an open day on the grounds of Federal Parliament House in Canberra. It will be a great day giving you the chance to meet men from all over Australia and talk to your parliamentarians about your shed and what sort of impact it has had on your community.

If we want more support for our sheds, this is the best way to get it!

Date. Tuesday, 30th October 2012
Time. 11am - 3pm
Where. Parliament House Front Lawn

3m x 3m areas will be available for your shed to set up a small display showing your wares and the traditional sausage sanga's on the menu! Spots for displays are limited so please book early if your shed is interested in showing off your wares. If you cant do a display just try and be there to enjoy the day!

For more info or to register your interest please contact Marty Leist at registrations@mensshed.net or 0439 469 810 or Cate Bailey at cate.bailey@aph.gov.au

Don't forget!

Exercise Classes at the Shed – Tuesdays 2-3pm

Full house again last Tuesday. Thanks very much to those who are making this a most successful activity for the Shed and the Community. We had four women attend last session. Don't be shy! And now that we have more equipment, we can happily accommodate a bigger class size. There is now room for 5 more people if you or some friends are interested.

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 number of members have made this a regular practice and we have benefited to the extent of us having a credit of some \$25 currently – **so it IS worth it.**

Think about it and help us out – please.

YVMS Website

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

Esoterics corner

Thanks to John Daley for this little piece of essential info:

The term "She'll be apples" originated from the nursery rhyme where "What are little girls made of?" - sugar and spice and all things nice.

According to <http://www.abc.net.au/newsradio/txt/s2251572.htm>:

The Australian expression "She'll be apples" is rhyming slang for "apples and spice" - so "she'll be apples" means "she'll be nice".

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

14/8: Garry Reynolds

18/8: Tim Holmes

20/8: Arnold Rigby

22/8: David Todd

Happy Birthdays Chaps!!!

(no further birthdays until mid September)

Shed Opening Times and opening volunteers

Tuesdays – 9am to noon Full Shed Activity YVMS	Tuesdays 2 - 3pm Exercise Classes YVCC	1 st Wednesday 10 – 11.30am Coffee & Conversation YVMS	Thursdays 2 – 5pm Full Shed Activity YVMS	Thursdays 2 - 3pm Tai Chi Classes YVCC (starting October)	Saturdays noon to 4pm Full Shed Activity YVMS
Richard Rowan 6226 6839	Wayne Stuart 0419 292 022	Len McGuigan 6226 1549	Joe Morrissey 0412 258 300	Wayne Stuart 0419 292 022	No volunteers (so far)
John Daley 0427 264 967		Phil O'Brien 6226 2168	Richard Saxby 0408 802 411	-	

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

Wayne Stuart

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0419 292 022

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