



THE MEN'S SHED MINI MESSENGER

PATRON: COUNCILLOR NIC CARMODY, MAYOR OF YASS VALLEY



MESSENGER NO 35 FOR 2012
FRIDAY 28 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.

Thursday, 11 October
5.30 – 6pm

Farewell party for John Woodin. Don't miss your opportunity to give John a good send-off. (more below)

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
- Hero of the Week

- Farewell Party for John Woodin
- 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.

YVMS Hero of the Week

Our hero this week is Richard Rowan.



Richard is fighting back manfully after some serious health problems that have seen him in hospital for more than 2 weeks now, in Intensive Care for one of those weeks and having lost some 11kgs (so far).

He is maintaining a positive attitude and has determined that his cooking is much better than what is on offer from the Calvary Kitchens! He is keen to return to Yass (hopefully next week) so he can connect again with the VALMAR boys on Tuesdays and with his many friends at the Shed.

He has had visits from some members and is very grateful for those.

He has his computer with him, so if you get a moment, why not send him a supportive message and order him back to Yass and the Shed with no further mucking about! His email address is:

richard.rohan@ozemail.com.au

Farewell Pizza Party for John Woodin – Thursday 11 October 5.30pm



John has felt the need to abandon Yass and head for the warmer climes of Queensland. He will be leaving in the third week of October.

John has been a most valuable member of the Shed serving as President in 2010/11 and 2011/12. He was a significant mover and shaker in the Council's agreement to agree to the establishment of the old PB Roadhouse (next door) as the proposed Yass Valley Community Centre and was a leading and active participant in the refurbishment of the Centre.

All members (and wives/partners – if they are game enough to come) are invited to a Pizza Party at the Shed starting at about 5.30 on Thursday.

Joe Morrissey will bring his pizza oven and we can produce 12 inch pizzas every 10 minutes or so for as long as you can stand it.

Bring your own pizzas with your own preferred fillings (NB – only 12 inch bases - bigger and you will have to take them home again!)

It would be good to see lots of members there to give John a good send-off. It will be important for us to tell some “stories” about John – the funnier and more entertaining/embarrassing the better!

YVMS Bargain Basement (stuff for sale)

Table for Sale

This table was donated by Graham and Velvy McLeod and has been refurbished by Graham over the last couple of months (with significant assistance from Len McGuigan) and finished with our Cabots varnish stain.

It is a standard size dining table – if you need accurate measurements, ask and I'll get them for you.

If you need a good quality, heavy duty table, this could well be the item for you.

Make us an offer – you will find we are not hard bargainers - but it would be good for this table to go to a good and appreciative home.



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 French thin 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 #3

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

This week's Shed is the **Melba Shed**



Melba Shed



This Shed is unusual in that they don't have a workshop and all of their activity seems to be outings, visits by interesting speakers and community working group activity. Have a look over their website and see how the blokes in Melba make their Shed work for them.

You can find the Website by clicking on this link: <http://melbashed.com/>

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!!

Visit to The Entrance Men's Shed

While on my recent drive to and from Coffs Harbour I called at The Entrance Men's Shed and was hosted to morning tea and some interesting discussions concerning their activities and plans.

I highly recommend that you take the time to call in on Men's Sheds when you are on a holiday – they are always welcoming (a bit like us, really) and it is good to see what other blokes get up to and how they see their world.

You can get a bit of an idea about the Entrance Men's Shed if you have a look at this web site:

<http://theentrancemenshed.blogspot.com.au/>

The Entrance Men's Shed (TEMS)



Interesting events about to happen

The Men's Shed Blokes' Barby – Tuesday 30 October – 11am to 3pm

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

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 scores 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

Blade Shearing Display - 64 Old Errowanbang Road. Errowanbang...via Carcoar. 15-18 November 2012

The Old Errowanbang Woolshed Blade Shearing Display



Woolshed

Carcoar NSW



November 15-18th 2012
8:30am-4:00pm

Lot 64 Old Errowanbang
Errowanbang Rd Carcoar
NSW 2791

Old Errowanbang woolshed is open to the public in November. The historic woolshed nestled into the hillside has 4 levels, 40 stands, an indoor plunge dip and can house 3000 sheep undercover.



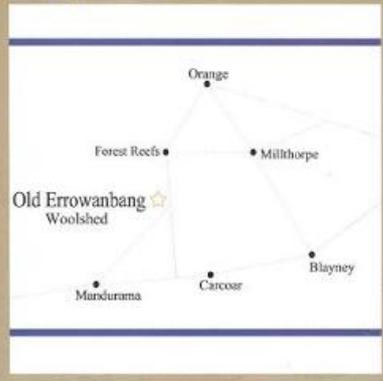
Come and Join the activities

- Blade & mechanical shearing displays.
- Guided tours of the woolshed
- Helicopter rides
- Sheep dogs at work
- Market Day Sunday the 18th
- Old machinery and vintage cars
- Displays, music, poetry, artwork
- Delicious food stalls and much more

Entertainment for the whole family

Adult: \$10 per person
Children 5-16 yrs: Gold Coin donation
Children under 5yrs FREE

FOR MORE INFORMATION
And regular updates including a schedule of events please go to
W: <http://oldererrowanbangwoolshed.wikispaces.com>
E: errowanbangwoolshed@hotmail.com
f: Old Errowanbang Woolshed



All proceeds go to the restoration of this Historic Woolshed

Don't forget!

Exercise Classes at the Shed – Tuesdays 2-3pm

An almost full house again last Tuesday (notwithstanding that Mark Ritchard is on school holidays). Thanks very much to those who are making this a most successful activity for the Shed and the Community. We had women attend every session so don't be shy! Invite a lady in your life. And now that we have more equipment, we can happily accommodate a bigger class size. .

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

Truism: borrowed (with gratitude) from the first newsletter from the new Real Estate Agency in Town – Gilbert Real Estate

At birth we were given two ends. One to sit on and one to think with.

Success depends on which one you use. - Heads you win – tails you lose.

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

14/9: Rob Barker

12/10: Norm Leaney

14/10: Patrick Carey

Happy Birthdays Chaps!!!

Shed Opening Times and opening volunteers

Tuesdays – 9am to noon Full Shed Activity YVMS	Tuesdays 2 - 3pm Exercise Classes YVCC	1st 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). Hopefully one of our regulars will manage to attend each Saturday so the Shed opens.
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@optunsnets.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>