



THE MEN'S SHED MINI MESSENGER

CO-PATRONS:

COUNCILLOR ROWENA ABBEY, MAYOR OF YASS VALLEY & NIC CARMODY, INAUGURAL PATRON AND FORMER MAYOR OF YASS VALLEY



MESSANGER NO 36 FOR 2012
SATURDAY 13 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 7 November](#)

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

Every Thursday, 2 to 3pm

YVMS Tai Chi Classes – for greatly enhanced health and well being. [Due to start on Thursday 25 October.](#)

Headline Newsflash:

Did you notice in the letterhead (above) and on all of the pages of our Website, that we are now showing the new co-Patrons of the Yass Valley Men's Shed?

Many thanks to Mayor Rowena Abbey for agreeing to become our new co-Patron and to former Mayor Nic Carmody for agreeing to stay on as co-Patron.



The Men's Shed was very fortunate to receive a visit from newly elected Mayor Rowena Abbey on Thursday morning (11/10). Len McGuigan, Roger Holgate, Al Phemister (who were continuing with the security gate project for the YVCC) and Wayne Stuart were there to meet the Mayor and to welcome her to the Shed for the first time.

The Mayor made time to look over the Shed which has been very significantly supported by Council since the Shed's establishment in 2008. We gave her a full briefing on the various activities and plans for the Shed in the foreseeable future.

We also took the opportunity to show the Mayor over the former BP Roadhouse building next door which has been approved for development as a new Yass Valley Community Centre.

She seemed to be very pleased to see the progress that has been made with the centre and was supportive of the community uses to which it has been put so far as well as very keen to see it completed so that the entire Yass Valley Community can have access to this very valuable community asset.

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 on Thursday 25 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), we look forward to seeing you there.

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.

YVMS Hero of the Week

Our hero this week is Len McGuigan.



Len is actually **Resident Artist of the Week** (RAW) (but we don't have one of those awards – so he will have to be happy being the hero.)

← Here we see him meticulously working on the new security gate for the back of the Community Centre.

Len is busily organising, commanding, advising and instructing in all manner of skills and artistic activity needed to build the new security gate and panel to go on top of it at the entrance to the toilets at the back of the YVCC. The Shed has offered to do that task for the Council to help them progress the readiness of the YVCC.

Come along and see how Len, Roger and Al Phemister are now getting in touch with their inner Michelangelos and doing really sensitive and moving stuff with steel.

← This is what the work of art looks like so far.

There is still quite a bit of work remaining to be done on the project. Come along and have a look – it is quite amazing what these guys are doing with a couple of lengths of steel, some bending and twisting equipment and three very large and powerful imaginations.

There is an instruction and ideas book that came with the bending equipment. That book is missing at present and a new one will cost \$30. If anyone happens to have taken that book home for a quiet and enjoyable read in front of the fire while the snow piles up outside, can you quietly return it please to the bending table? We need it so that more people can learn to use and enjoy this amazing asset.



Farewell Pizza Party for John Woodin

It is with great regret that I have to announce that John Woodin → is about to leave us for sunnier (and warmer) climes. He is off to Queensland (poor b@stard)!! (that's not politically incorrect or sexist – it's an email address!)

However, not to be put off by such bad judgement, we all (well about 30 of us altogether including wives and one grand-daughter) gathered at the Shed for a farewell Pizza Extravaganza on Thursday.

While the weather was a bit cool (as a mark of respect for John and Marilyn, we suspect), we all had a very good time.

There were a few good stories told, but I will wait until John is a long way away before I publish them in this little newsletter.



Many thanks to Joe Morrissey → who donned the red pinny, got stuck in and produced a seemingly never-ending supply of pizzas of many and varied kinds (including vegetarian!).

See, you only thought we could do BBQs didn't you?

We will remember and have it firmly recorded in the YVMS Annals that John was a great President and a bloke who got fully engaged in the things that were worth doing . His efforts in the YVCC conversion challenge were endless and his paint colour selection skills will be sadly missed (especially by blind people!)

Farewell, and great good luck and happiness in your new adventures, John and Marilyn! Let us know how the new Shed you join compares.



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 – thanks to Howard Hollingsworth

We have packages of 5 varieties of Heirloom beans for sale at the Shed 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.

Sales are going well some 20 packets have already gone – so don't delay, you may miss out! Howard is also working on packaging up some sweet corn seeds also for sale.

Shed-made items 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 donated items, come along for a browse.



Other Stuff

Sheds in the region #4

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 **Hall Shed**.

It is most timely to look at this Shed as we recently received this note from Kevin Stone at the Hall Shed:

"At least six of the guys, including me, would like to pay a visit to both the Murrumbateman and Yass sheds. We could make a day of it one Saturday, possibly in November, by stopping in at Murrumbateman in the morning, then travelling on to Yass for the afternoon. We're keen to meet your members and chat about what you do, as like you, we see it as a great way to share ideas and gain friendships. So can you give us an idea of what date would suit."

Len has already answered this request and we hope to arrange a day and announce it to you all quite soon.

Another opportunity for a BBQ???

We don't know very much about the Hall Shed at all – other than this brief item on the wider Hall community website: <http://www.hall.act.au/read/1441/mens-shed-powers-up.html> and this brief info found on another site:

Hall Cottage
Palmer Street
Hall ACT 2618

The Hall Men's Shed is an affiliate of the Village of Hall and District Progress Association (VHDPA). It is a fairly new Shed, having just been formally established in August 2011 and joined the AMSA in late 2011.

Members participate in a range of activities from just enjoying a cuppa and discussions with other men to physical projects of a community nature. Examples of our projects to date include construction of a new gate for the local showground; repair of display cases and restoration of furniture for the school museum; restoration of garden furniture and making of toys such as rocking horses and wooden puzzles for the local Pre-School.

Woodwork is currently the central theme of the shed's activities, but in the future we would like to expand with a community garden and branch into some metalwork. Plans are in place to have presentation by guest speakers and visits to local places of interest.

The shed is open on Thursday Mornings from 10:00 to 12:30.

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 – now they are coming to us!

Another opportunity for a BBQ lunch!!

I reported recently that I called in at The Entrance Men's Shed on my recent family reunion trip to Coffs Harbour and had a very enjoyable couple of hours there.

The Entrance Men's Shed (TEMS)



I am very pleased to announce that the Secretary/Treasurer of that Shed, Bob Ihlein, will be in Canberra for the Biggest Front Lawn Barby (see item immediately below) and will, on the Thursday following (1 November), call at Yass to visit us. He will be at the Shed at 12.30 and I have invited him to have a BBQ lunch with us.

Everyone is most welcome to come along (if you are coming, let me know so I can organise enough food for all!!)

Interesting events about to happen

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

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

beyondblue

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 can't 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

Grenfell Shed – 10th Anniversary – Saturday 3 November 2012



Join us to celebrate 10 years of Operation

West St. Grenfell

SAT. 3RD NOVEMBER 2012

Official Opening 10am

Lunch - \$15 pp

Food Tickets paid for at Registration Table

RSVP by 20th October 2012

If you are interested in this event, let me know, we will try to organise a car or two if there is enough interest (would be a round trip on the day). Note that we need to RSVP by 20 October!!

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

 Old Errowanbang Woolshed



All proceeds go to
the restoration of this
Historic Woolshed

Don't forget!

Exercise Classes at the Shed – Tuesdays 2-3pm

Mark is back after the school holidays. Thanks very much to those who are making this a most successful activity for the Shed and the Community. 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 that we can use the funds to replenish consumables (glues, screws, sand papers etc etc from time to time) – so it IS worth it.

Think about it and help us out – please.

While on this issue, Home Hardware is about to change their policy on the use of points/rewards cards. They will soon allow only the person who can actually produce the card to actually make purchases using the points that have been accumulated. We are having trouble finding the card – does anyone know here it might be or who might have it?

YVMS Website

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

Grey Nomad - essential companion and Asset

I have a little Satnav, it sits there in my car
A Satnav is a driver's friend, it tells you where you are

I have a little Satnav, so important in my life
It does more than the normal one, my Satnav is my wife

It gives me full instructions, on exactly how to drive
"It's 70 k's an hour" it says, "and you're doing seventy five"

It tells me when to stop and start, and when to use the brake
And tells me when if ever, it is safe to overtake

It tells me when a light is red, and when it goes to green
It's quick to tell me constantly, things I've already seen

I'm sure no other driver, has so helpful a device
For when we leave and lock the car, it still gives out advice

It fills me up with counselling, each journey's pretty fraught
So why don't I exchange it, and get a quieter sort?

Ah well, you see, it cleans the house, makes sure that I am fed
It takes care of everything I need, and - keeps me warm in bed!

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

12/10: Norm Leaney

14/10: Patrick Carey

16/10: Ross Hutton

18/10: Daniel Anderson

22/10: David Hale, Dennis Wicklander and Luke Laundess

23/10: Al Phemister

24/10: Wayne Stuart

29/10: Warren Dickson

Happy Birthdays Chaps!!!

Shed Opening Times and opening volunteers

Tuesdays – 9am to noon <u>Full Shed Activity</u> YVMS	Tuesdays 2 - 3pm <u>Exercise Classes</u> YVCC	1 st Wednesday 10 – 11.30am <u>Coffee & Conversation</u> YVMS	Thursdays 2 – 5pm <u>Full Shed Activity</u> YVMS	Thursdays 2 - 3pm <u>Tai Chi Classes</u> YVCC (starting 25 October)	Saturdays noon to 4pm <u>Full Shed Activity</u> 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. No guarantees!
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):

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

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Wayne Stuart

Secretary, Yass Valley Men's Shed

0419 292 022

secretary@yassmensshed.org.au

<http://yassmensshed.org.au>