



# THE MEN'S SHED MESSENGER

CO-PATRONS:

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



MESSENGER NO 38 FOR 2012  
SUNDAY 28 OCTOBER 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 regular events @ the Shed

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.

## Welcome to new Members

No new members this week

Current membership (following the death of Graham McLeod) stands at 79

## Headlines for this Week (see stories below)

- Vale Graham McLeod
- Tai Chi at the Shed
- YVMS Bargain Basement (stuff for sale)

- See “Interesting events about to happen” (below) for a list of upcoming outings and in-house events to entertain you.

## Vale Graham McLeod (20/7/24 – 24/10/12) – *Lest we forget*

Friday’s Trib reported that Graham “passed away peacefully”.

All members who knew Graham will truly and sadly miss his sense of humour, his indomitable spirit and his keenness to ensure he got to the Shed every Saturday as frequently as humanly possible.

It was amazing to see Graham arrive on his scooter in all kinds of weather – even the coldest winter day Yass could serve up would not daunt him!

He was one of the members who actually produced things and there are a number of mementos at the Shed which will now take on much more significance. Things like the coffee table in the sitting room, and the many coasters he stained and finished.

He also (along with Len McGuigan) refurbished the large dining table currently for sale in the YVCC and also built and finished a nest of 3 tables which he then presented to his wife, Velvy.

Graham was more than a bit of a Hero to many Shed members and he will be sorely missed.

A condolence card has been sent to Mrs McLeod on behalf of all Shed members.

The card contained this message and picture: ➔

Graham’s funeral service will be held at St Clement’s Anglican Church at 11am on Tuesday (30/10)



Dear Mrs McLeod,

Please accept the very sincere condolences of all the members of the Yass Valley Men’s Shed following the death of Graham.

All the members who knew Graham found him to be an inspirational and wonderful man and he added a dimension to Saturdays at the Shed that will be impossible to replace.

We mourn for you and also for us.

If there is anything you need and the Men’s Shed can help, please don’t hesitate to contact us.

With the very best wishes of all of the members of the  
*Yass Valley Men’s Shed*



I would suggest that it is most unlikely that the Shed will be open on Tuesday morning as I suspect quite a number of members will wish to attend Graham’s Funeral.

However, Exercise classes will be held between 2 and 3pm as usual.

## Tai Chi Classes every Thursday 2-3pm



### TAI CHI Classes

**gentle, enjoyable fitness**

The first class was held on Thursday and it was a great success because a number of community members attended. Unfortunately not a lot of Shed Members showed up and I hope, to be fair to Keren Walker who has made a big effort to provide these classes for us, that we can provide more interested members next time.

Come along – it is a great way to get fitter, improve strength and balance and also have some real fun! And, it doesn't hurt!

## YVMS Bargain Basement (stuff for sale)

We are starting to get a good collection of things for sale. If you are interested contact me and we can take it from there:

<p><b>Kitchen/dining table</b></p>  <p>Good quality heavy duty table restored by Graham McLeod and Len McGuigan</p>	<p><b>Cabots' stains</b></p> <p>Don't forget that we have a good selection of Cabots stains if you have a need.</p> <p>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.</p>	<p><b><u>Projects on CD (\$5)</u></b></p> <p><b>Ray Hill</b> has very kindly put together a CD containing:</p> <ul style="list-style-type: none"> <li>❖ Over 350 projects for your workshop</li> <li>❖ Jig making made easy</li> <li>❖ Making storage units for your shed</li> <li>❖ Making work benches</li> <li>❖ Pen making</li> </ul> <p>In addition the CD contains:</p> <ul style="list-style-type: none"> <li>◆ Timbers available in the local area</li> <li>◆ 60 timbers with pictures and their uses</li> </ul>
<p><b>Heirloom Bean Seeds</b></p> <p>Howard Hollingsworth has prepared packages of 5 varieties of Heirloom beans available 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:</p> <ul style="list-style-type: none"> <li>• Heavenly Gold (climbing)</li> <li>• Purple King (climbing)</li> <li>• Sex without strings (bush beans)</li> <li>• Scarlet Runner (runner beans)</li> <li>• Sunset Runner (runner beans)</li> </ul>	<p><b>Shed-made items</b></p>  <p>Come and see the range of items members are turning out for sale.</p>	<p><b>Compact computer desk</b></p> 

### Large computer/office desk



### Repco Racing Bike



Multi speed , tool kit.

### Other stuff

There are other items for sale as well. Why not come along and rummage – we may have exactly what you are looking for!

## Other Stuff

### Sheds in the region #5

This week's Shed is the **Grenfell Men's Shed.**

It is most timely to look at this Shed as they are having their 10<sup>th</sup> anniversary celebration bash next Saturday (3 November) and a couple of our members are going to attend and fly the Yass Flag.

If you are interested in having a look at this Shed, you can do it virtually (before you saddle up and go for a drive) by visiting their website: <http://www.grenfell.org.au/mensshed/>

If you would like to investigate other sheds in our region, here is a device that will help you find all of those relatively nearby:

<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 next annual holiday!

## Interesting events about to happen

**The Men's Shed Blokes' Barby – Tuesday 30 October** on the lawns in front of Parliament House – 11am to 3pm

**The Entrance Men's Shed – coming to us!** **Another opportunity for a BBQ lunch!!**

The Secretary/Treasurer of that Shed, Bob Ihlein, will be in Canberra for the Biggest Front Lawn Barby on Tuesday of next week (see item immediately above) and will, on the following Thursday (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!!!**) **I have had no indications of attendance from any members so far** (apart from Richard Rowan and me)!

## Red Cross REDiPlan Emergency Workshop – 9.30 to noon Wednesday 7 November – Yass Memorial Hall.

Morning tea will be provided and there is no charge to attend.

To register please call 6226 2146 or 0402 518 122.

## ???Movies/videos at the Shed/YVCC???

I have, for a long time, dreamed the dream of Saturday afternoon Matinees and how good they used to be.

We now have the capability to enjoy this traditional enjoyment of yesteryear, having recently acquired a video/data projector (purchased) and a home theatre system (donated).

If there is interest, can you let me know if you would be interested to have a Movie event on a regular or semi-regular basis? My thoughts are:

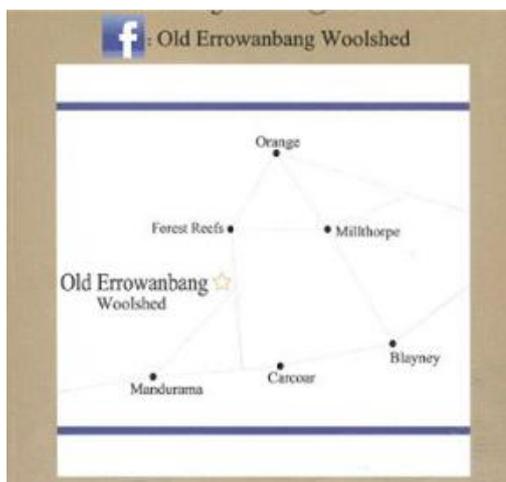
- ❖ We do it on a day that the Shed is open anyway;
- ❖ We have a long list of DVDs from all eras in our collection at the Shed – but also can borrow from the Yass Library's burgeoning collection OR perhaps a Member could bring a favourite from his collection along;
- ❖ We should not just do movies, but also music concerts (Springsteen, Neil Diamond, The Eagles, Roy Orbison and the list is endless), plays, TV/Movie Series (such as Dickens, Jane Austen, the various Brontës, Lord of the Rings, Star Wars, .....)

Don't be a black hole

- ✓ let me know what you think–
- ✓ give me some suggestions (optimum times to have the events/titles to present),
- ✓ do we want to open it up to the wider community and hold it in the YVCC (we could charge a gold coin and make some money for the Shed).
- ✓ Give me your feedback.

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

Featuring: Blade and mechanical Shearing ♦ guided tours of the woolshed ♦ helicopter rides ♦ Sheepdogs at work ♦ Market Day Sunday 18<sup>th</sup> ♦ Old Machinery and vintage cars ♦ Displays, music, poetry, artwork ♦ delicious food stalls ♦ much more.



## Don't forget!

### Exercise Classes at the Shed – Tuesdays 2-3pm

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.

### Tai Chi classes at the Shed – Thursdays 2-3pm

Easy, enjoyable and good for you! Come along we have lots of room.

### 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.

## YVMS Website

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

## Two Irish jokes

Joke 1 (with thanks to John Backhouse)

### Irish Sugar Test

One day an Irishman goes into a pharmacy, asks to speak with the Pharmacist, reaches into his pocket and takes out a small bottle and a teaspoon.

He pours some liquid onto the teaspoon and offers it to the chemist.

"Could you taste this for me, please?"

The chemist takes the teaspoon, puts it in his mouth, swills the liquid around and swallows it.

"Does that taste sweet to you?" says Paddy.

"No, not at all," says the chemist.

"Oh that's a relief," says Paddy. "The doctor told me to come here and get my urine tested for sugar."

Joke 2 : - Thinking this was a pretty neat joke, I sent it on to Joe Morrissey – no prizes for guessing his antecedents – and I got this response:

Wayne,

The laugh's on you.

There are two types of diabetes. The most common is diabetes mellitus. That has two sub types, type one (insulin dependent) and type two Non-insulin dependent), I'm sure you have heard of both recently. Type 1 is relatively static in numbers, and usually starts in childhood or adolescence. Type 2 used to be called maturity onset diabetes, but is now spreading to lower age groups because of obesity.

Diabetes insipidus, on the other hand, is much rarer. It results from a deficiency in the pituitary gland

(sometimes because of pituitary abnormalities, sometimes as a result of trauma). The deficiency leads to an excess production of urine (which is what diabetes means). However, the characteristic of diabetes insipidus is that there is a large volume of weak urine (hence the vulgar expression piss weak). In diabetes mellitus the urine is concentrated and darker in colour.

However ..., and here's the killer, mellitus means sweet, and insipidus means weak. Yes, in the old days, the only way to tell them apart was by taste. So, my Irish friend is quite correct.

By all means put the joke in the Messenger - just add my explanation. If you don't believe me, ask any doctor.

Joe 1, Wayne 0!!!

I have decided to conduct a survey to see if Joe is right and the second entry is a better joke than the first. I agree it is interesting and perhaps informative and even important info – but funny?? Email me with your vote – I need to put this Irishman back in his box!

## 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**

**13/11: Len McGuigan**

**14/11: Bill Dalton and Howard Hollingsworth**

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 <sup>st</sup> Wednesday 10 – 11.30am <u>Coffee &amp; 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  John Daley 0427 264 967	Wayne Stuart 0419 292 022	Len McGuigan 6226 1549  Phil O'Brien 6226 2168	Joe Morrissey 0412 258 300  Richard Saxby 0408 802 411	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!

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	<a href="mailto:rayhill01@dodo.com.au">rayhill01@dodo.com.au</a>
Wayne Stuart	0419 292 022	<a href="mailto:wayne@stuartoz.com">wayne@stuartoz.com</a>
Reg Moebus	6227 3238	<a href="mailto:wargeila@bigpond.com">wargeila@bigpond.com</a>
Roger Holgate	6226 1664	<a href="mailto:roger42@dodo.com.au">roger42@dodo.com.au</a>
David Hale	6226 4227	<a href="mailto:haled3@optunsn.net.com.au">haled3@optunsn.net.com.au</a>

w

*Wayne Stuart*

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<http://yassmensshed.org.au>