



# 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 39 FOR 2012  
SUNDAY 11 NOVEMBER 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, 1.30 to 2.30pm**

**YVMS Tai Chi Classes** – for greatly enhanced health and well being.

## Other things happening during this coming week and beyond

**Wednesday (14<sup>th</sup>) – 10m til noon**  
come along and watch this group!

**Visit by the Yass Friendship Group** – if you like to watch people having fund ,

**Saturday (17<sup>th</sup>) – afternoon**  
to “our place” (more below)

**Visit by 6 members of the Hall Shed** – come along and welcome these blokes

**Thursday 6 December 7pm**

**Black Dog Institute Forum on Depression and Bipolar Disorder** (more below)

## Welcome to new Members

No new members this week

Current membership stands at 79

## Headlines for this Week (see stories below)

- **Hero of the Week**
- **Workplace Safety – Duty of Care etc – VERY IMPORTANT**
- **Next Men’s Shed Forum – Depression and Bipolar Disorder**
- **YVMS Bargain Basement (stuff for sale)**

### Hero of the Week

This week’s Hero is [Joe Morrissey](#)

Joe has signed up for the **Movember** “no growing” challenge and has already started applying hair restorative compounds, Seasol, swine manure and other agents reputed to help with enhancing the growth of difficult “plants” to his top lip.

My spies tell me he is in Melbourne this week – probably having a session with Shane Warne’s and Ricky Ponting’s hair transplant specialists. For the record, here is a picture of Joe as you might remember him: ➔ (You should be very prepared for a visual nightmare next time you see him!)

As you know, Movember is a men’s’ health movement. Joe has asked me to ask you to support his attempt by sponsoring him (all donations will go to help in men’s health research etc) – In Joe’s own words: “Here’s the link, for the Shed geeks. <http://mobro.co/joemorrissey2>

For those of you not willing or able to support him on-line, Joe will happily accept cash donations for this excellent cause – Men’s Health, as you will know, is a main theme we try to promote in our Shed.

As a consolation (reward) we might have a social event at the end of the month – I should remind you all that Joe is the expert Pizza Chef who put on an amazing event just a few weeks ago at the Shed. Joe will collect the monies and will also accept donations from those who can’t stand it any longer and demand he shave it off **IN PUBLIC** at that event (providing, of course, that he does not gets bits of his moustache in the pizza!)

Men’s Health is a very good cause and I think Joe deserves serious and significant support – see what you can do to help him – after all giving a bit of money is easy - being the subject of ridicule, snide comments and total rejection by the womenfolk of south eastern Australia is not to be dismissed lightly.

There will be a Pledge Page next to the sign in book for the next few weeks for members to record their pledges (subject, of course, to Joe doing the manly thing and ending up with a mo like Saddam Hussein).



## Workplace Safety, Duty of Care etc – VERY IMPORTANT

New Workplace Health and Safety Laws came into effect in a number of States (including NSW) on 1 January 2012. While, strictly speaking, these laws do not apply to our Shed on a technicality (while we are incorporated, we do not employ staff), nevertheless, there are implied obligations and common law obligations that we do need to recognise and implement in our Shed (not to mention at our own homes etc).

The link: <http://www.visionscapedirect.com.au/templates/MensShed-1Col.aspx?messageID=14146&contactID=3221629> contains all of the relevant info and covers (for sheds like ours) such things as:

### **DUTY OF CARE:**

**For the purpose of these guidelines, the following information about DUTY of CARE applies to ALL sheds.** Sheds and their individual members owe a duty of care to any person in the Shed. This is a duty that exists in society, not only in Sheds but whenever we interact with other people; in the Shed, at home, in the street, at the shops, etc.

This duty is a legal term, which by definition means;

*"an obligation, recognised by law, to avoid conduct fraught with unreasonable risk of danger to others".*

**This duty of care applies not only to volunteers, members of a Shed, but also to visitors to the Shed and contractors who may visit from time to time.**

**AMSA understands this to mean that each person has a duty to look after your mate. If you see a potentially dangerous situation, then you have a duty to take action to prevent harm to yourself, or another person.**

For example, if a shedder is not skilled, or trained, to operate a machine, then they should not be allowed to operate the machine in question without assistance from someone who is skilled.

Another example could be: A shedder may be skilled but impaired in some way to safely operate a machine, the Duty of Care would require that someone assist that person, and require that they do not work unsupervised. It maybe that the person should not be allowed to operate the machine and another shedder, perhaps 'cut to size', enabling the impaired shedder to assemble and finish the item.

Workplace Health and Safety is a serious matter and requires a serious attitude to comply with procedures in order to avoid injuries and make sure we return home safely.

The common law duty of care can be addressed, using a risk management approach, and incorporating the outcome in safe operating procedures or other management procedures relevant to the operations, types of machinery and equipment used by the shed. The topics to be addressed include each of the following:

### **Management of risks**

A duty imposed on a person to ensure health and safety requires the person:

- (a) to eliminate risks to health and safety, so far as is reasonably practicable, and
- (b) if it is not reasonably practicable to eliminate risks to health and safety, to minimise those risks so far as is reasonably practicable.

### **What is reasonably practicable**

**Reasonably practicable**, in relation to a duty to ensure health and safety, means that which is, or was at a particular time, reasonably able to be done in relation to ensuring health and safety, taking into account and weighing up all relevant matters including:

- (a) the likelihood of the hazard or the risk concerned occurring, and
- (b) the degree of harm that might result from the hazard or the risk, and
- (c) what the person concerned knows, or ought reasonably to know, about:
  - (i) the hazard or the risk, and
  - (ii) ways of eliminating or minimising the risk, and

- (d) the availability and suitability of ways to eliminate or minimise the risk, and
- (e) after assessing the extent of the risk and the available ways of eliminating or minimising the risk, the cost associated with available ways of eliminating or minimising the risk, including whether the cost is grossly disproportionate to the risk.

### **Primary duty of care**

(1) A person conducting a business or undertaking must ensure, so far as is reasonably practicable, the health and safety of:

- (a) workers engaged, or caused to be engaged by the person, and
- (b) workers whose activities in carrying out work are influenced or directed by the person, while the workers are at work in the business or undertaking.

(2) A person conducting a business or undertaking must ensure, so far as is reasonably practicable, that the health and safety of other persons is not put at risk from carried out as part of the conduct of the business or undertaking.

(3) Without limiting subsections (1) and (2), a person conducting a business or undertaking must ensure, so far as is reasonably practicable:

- (a) the provision and maintenance of a **work environment** without risks to health and safety, and
- (b) the provision and maintenance of safe **plant and structures**, and
- (c) the provision and maintenance of safe **systems of work**, and
- (d) the safe **use, handling, and storage** of plant, structures and substances, and
- (e) the provision of **adequate facilities for the welfare at work of workers** in carrying in carrying out work for the business or undertaking, including ensuring access to those facilities, and
- (f) the provision of any **information, training, instruction or supervision** that is necessary to protect all persons from risks to their health and safety arising from work carried out as part of the conduct of the business or undertaking, and
- (g) that the **health of workers and the conditions at the workplace are monitored** for the purpose of preventing illness or injury of workers arising from the conduct of the business or undertaking.

**The YVMS Committee has in place a number of policies and procedures designed to make sure that our Shed is as safe for members and visitors as it can be and is protected against any legal implications that might arise. We have also pro-actively put in place safety systems and practices designed to help all members avoid any accidents or adverse impacts while they are at the Shed.**

**However, it is clear that these duties rest on every member of the Shed – so please be vigilant, bring any concerns you may have to the notice of a Committee Member, help any member you think might be needing some help and, remember, the Duty of Care rests with YOU as well.**

**Next Men's Shed Forum – Depression and Bipolar Disorder - Thursday 6 December at 7pm**

**Dr Raja Ahluwalia and Peter Hurley** (both trained presenters of the Black Dog Institute's program – and both members of the Yass Shed) will make a presentation at the Shed at 7pm on Thursday 6 December.

This is a different-focus event from the one presented in February 2010 by Beyond Blue – so there will be new and different information on offer.

The presentation aims to give an explanation of each of these two mood disorders, the causes of them, living with them, fears of seeking help, how to seek help and building resilience to strengthen oneself to struggle positively with mood disorders.

The Forum is open to all members of the Yass community (so mention it to any friends you think might be interested).

We are in the process of organising a BBQ before the event to start at around 5.30pm. This will be confirmed closer to the night.

## YVMS Bargain Basement (stuff for sale)

We have a good collection of things for sale. Our current offerings include:

- ✓ A large kitchen/dining table (refurbished by Graham McLeod);
- ✓ A selection of Cabot's Stains (\$5 and \$10);
- ✓ A DVD with over 350 projects to make for your workshop (\$5);
- ✓ A selection of Shed-made items (mostly timber: cutting boards, bowls, coasters etc – variety of prices – get in early for Christmas)
- ✓ Two large computer/office desks;
- ✓ Repco Racing Bike;
- ✓ Etc,etc.

Come along and have a rummage – we probably have just what you are looking for – or will talk you into needing what we actually have!

If you are interested contact me and we can take it from there.

## Other Stuff

### YVCC News

The Council has called for nominations for its S.355 Management Committee to oversee the ongoing development, opening and operation of the Yass Community Centre (next door to the Shed). Under the rules, if members of this committee are there to represent the views and interests of a community group (such as the Men's Shed) then those people must be nominated by the relevant community group.

We had three nominations for this Committee from Members. The Shed had been invited to nominate members for two positions.

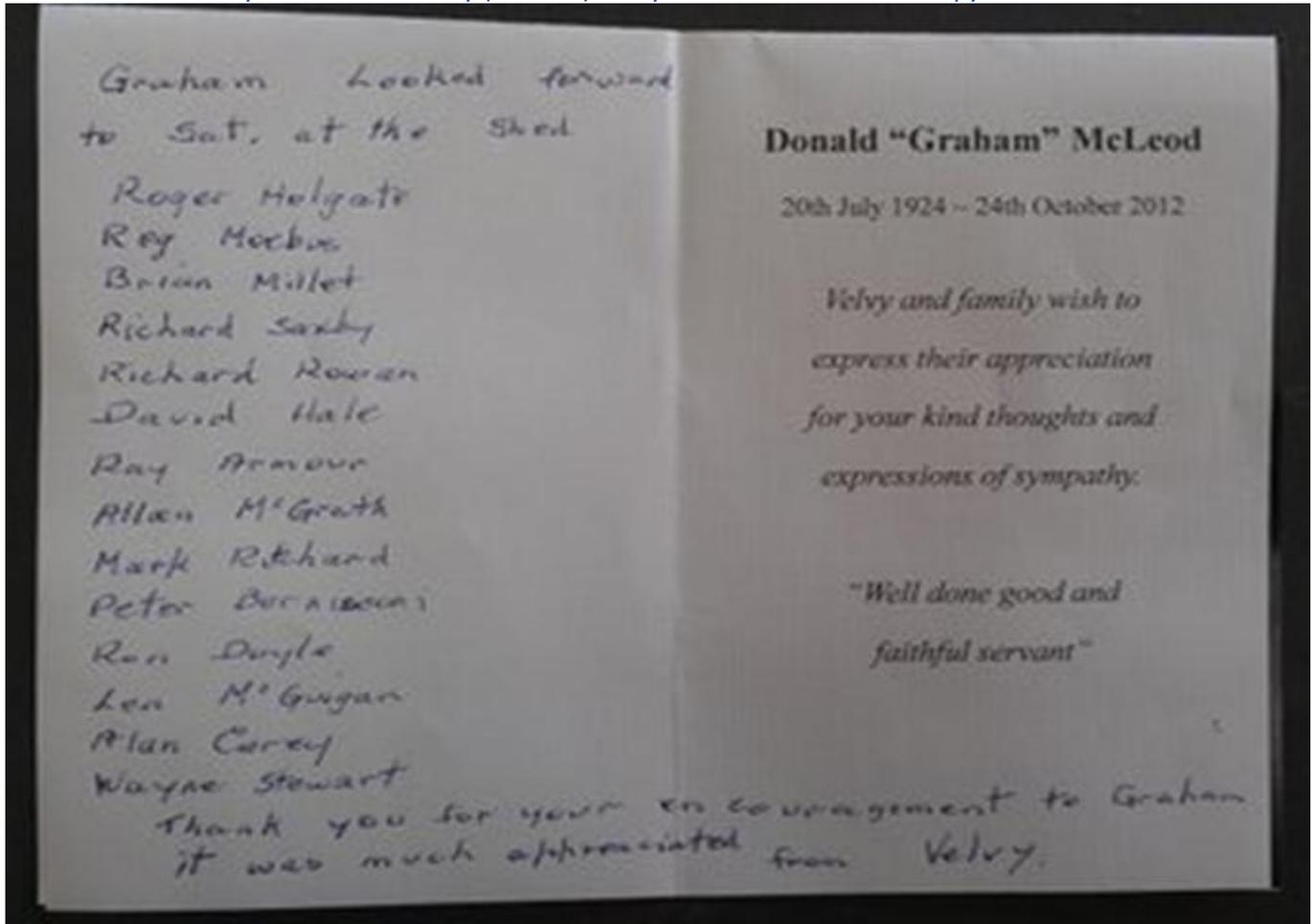
The nominees were: Len McGuigan and David Hale (who were both Shed representatives on the Committee before it lapsed on the occasion of the recent Council Elections) and Allan McGrath, who as a Councillor, had been the Chairman of that Committee.

David Hale has subsequently withdrawn his nomination, so the Shed has formally submitted the nominations of Len McGuigan and Allan McGrath for the term of the current Council.

I understand Council will consider all nominations to this and similar Committees at its coming meeting(s).

## Graham McLeod – note from Velvy

We received a thank you note from Velvy (McLeod) today at the Shed. Here is a copy of it.



The list of names in the card is of members who were known to have attended Graham's funeral, if your name is missing, please don't be offended – it was a big crowd and some members were perhaps, not advertising their presence or recognised in their good clobber.

You can see the card pinned to the notice board at the entrance to the tea room at the Shed.

## Sheds in the region #6

This week's Shed is the **Goulburn Men's Shed**. This is the link to their website:  
<http://www.goulburn.mensshed.org/page22373/Home.aspx>

A number of our members visited the Goulburn Shed some months ago and we were very interested to see and hear about their bikes restoration program in which they make refurbished push bikes available to African countries such as Namibia, but also to Australian destinations that need help (such as Victorian towns after the bushfires, Queensland towns after the floods and also to remote Aboriginal communities).

The Goulburn Shed is set up in the old Railway Workshops (so the venue alone is most interesting) – and in addition, they also have several model train layouts to play with, if that is your interest.

If you happen to have time in Goulburn, it is well worth a call to see them. They are very welcoming.

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!

## **The Entrance Men's Shed – visit last week!**

The Secretary/Treasurer of that Shed, Bob Ihlein, visited our Shed on Thursday 1 November. We mounted the traditional BBQ for him (and those other members who came along to welcome him), and Richard Rowan, again, provided his inimitable sauce which turns simple sausages into morsels fit only for the most discerning palates. We have had the following note from our visitor this week thanking us for our hospitality:

-----Original Message-----

From: The Entrance Men's Shed [<mailto:temensshed@gmail.com>]

Sent: Friday, 9 November 2012 6:55 PM

To: Wayne Stuart

Subject: Thanks

Wayne and Members of Yass Valley Shed

Thanks for your hospitality the week before last I should have sent an email sooner but just run out of time.

Regards

Bob

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Phone (02) 4332 1023

[temensshed@gmail.com](mailto:temensshed@gmail.com)

<http://theentrancemenshed.blogspot.com>

## **???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.

**It seems I am the only one with this dream – not a single response to this idea – oh well, I'll either be there all alone enjoying movies, musicals etc on the big screen or it's back to the drawing board.....**

## **Don't forget!**

**Visit by the Yass Friendship Group this coming Wednesday 14/11 (10am until lunch time).**

This is always a most enjoyable morning – I think we have more fun than they do – come along and see for yourself!

**Visit by six blokes from the Hall Shed during normal opening hours next Saturday (17/11)**

They will be calling at Murrumbateman Shed during the morning and having a BBQ lunch there – Yass Shed members have been invited to that BBQ lunch – if you intend to go to that lunch, can you let me know so I can inform them and they can cater for you? Thanks.

**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 1.30 to 2.30pm**

Easy, enjoyable and good for you! Come along we have lots of room. This too is open to all members of the Yass Valley Community.

**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)

## **Living with Wives**

Living with Wives #1

Recently, a radio host invited callers to reveal the nicknames they had for their wives.

The best call was from a brave chap who called his wife "Harvey Norman".

The Host asked him "why that name?"

He replied, "Absolutely no interest for 36 months."

### Living with Wives #2

Several days ago, as I left a meeting at a hotel, I desperately gave myself a personal pat down. I was looking for my keys. They were not in my pockets. A quick search in the meeting room revealed nothing.

Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot.

My wife has scolded me many times for leaving the keys in the ignition.

My theory is the ignition is the best place not to lose them.

Her theory is that the car will be stolen. As I burst through the door, I came to a terrifying conclusion. Her theory was right. The parking lot was empty.

I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then I made the most difficult call of all, "Honey," I stammered; I always call her "honey" in times like these.

"I left my keys in the car, and it has been stolen."

There was a period of silence. I thought the call had been dropped, but then I heard her voice. "Idiot," she barked, "I dropped you off!"

Now it was my turn to be silent. Embarrassed, I said, "Well, come and get me."

She retorted, "I will, as soon as I convince this policeman I have not stolen your car."

### **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**

**23/10: Al Phemister**

**24/10: Wayne Stuart**

**29/10: Warren Dickson**

**13/11: Len McGuigan**

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

**15/11: Con Novitski and Chris McHarg**

**20/11: James Mather**

**21/11: Leslie Yeaman**

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*

Secretary, Yass Valley Men's Shed

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<http://yassmensshed.org.au>