



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 40 FOR 2012
SUNDAY 18 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.

Calendar of upcoming events at the Shed (or elsewhere)

Tuesday, 4 December – 12 noon

Men's Shed Christmas Party Lunch – Lien's Vietnamese Restaurant (BYO). We have had to move this event back one day in time (from Wednesday to Tuesday) for logistical and other reasons (apologies). Wives/partners are most welcome (and some have already agreed to attend). This event is in the place of the Wednesday Coffee Cake and Conversation event normally held on the first Wednesday of each month.

At this stage we have the following bookings (albeit for the former Wednesday date): Reg & Kaye Moebus, Roger & Marj Holgate, Len & Pat McGuigan, Richard Rowan, Wayne Stuart, Brian & Penny Millett, Ray & Della Armour, Bill & Wendy Findley, Phil O'Brien. Please confirm if you (and a partner etc) are coming – we need to book the restaurant.

PLEASE NOTE: the Tuesday Exercise Class will not be held on that day.

Thursday, 6 December – 7pm



PRESENTATION ON MOOD DISORDERS: DEPRESSION & BIPOLAR DISORDER.

WHERE: Yass Valley Men's Shed, 1428 Yass Valley Way, Yass, NSW 2582.

WHEN: Thursday 6th December 2012. BBQ: From 5.30 p.m.
Presentation: 7.00 to 8.15 p.m.

The presentation will focus on:

- An explanation of each of these two mood disorders; The causes of them; Living with them; Fears of seeking help; How to seek help
- Understanding Resilience (as it applies to mood disorders); Building resilience (strengthening oneself to struggle positively with mood disorders).

ALL MEMBERS of the YASS VALLEY COMMUNITY are WELCOME.

If you wish to attend please Contact:

Wayne Stuart: Mobile: 0419 292 022 or secretary@yassmensshed.org.au

Membership News

This week we welcome another new member – **Tom Kelly**. We hope to see lots of you Tom and hope the Yass Shed can provide you with inspiration but, mostly, what you want.

Tom's arrival brought our membership (briefly) to 80 members again.

Then we heard the sad news of the passing of **Pat Carey**. Pat joined the Shed in May and had some health issues and I am sorry to hear of his passing. He was also a long time mate of Max Wykes who comes to exercise classes on Tuesdays. The Men's Shed offers our condolences and best wishes to Pat's family and friends, and especially to Max.

Heroes of the Week

This week's Heroes are **Roger Holgate, Allan Carey and Russell Hill** who got out of bed very early on two mornings in response to our call for a working bee starting at 6.30am to prepare the site for our two 10,000 litre water tanks. The Wacker packer was delivered just after 6.30 on Thursday morning (you might notice he grabbed it and let Allan and Russell do the heavy lifting!) The weather was cool and the site preparation was finished by 9am at which time we had 3.5 cu metres of sand delivered and that too has now been spread and we await the delivery of the tanks.

Many thanks to Steve (Buggo) Bugden and Al Phemister who delivered and operated the digger that made the serious hole in the ground to begin with (you can get a bit of an idea by looking at the pile of dirt and rocks they managed to excavate for us).



(my significant and most important role was to show up briefly to take photos, make suggestions and generally get in the way).

UPDATE

Last week's Hero, **Joe Morrissey** is struggling manfully on with his Movember challenge. Roger and I caught up with Joe this week and got a preview of what can only be (charitably) described as a rather ratty looking albino caterpillar. Roger's counselling is coming along nicely and we expect him back at the Shed soon.

Don't forget, there is a Pledge Page next to the sign in book for the next few weeks for members to record their pledges to assist Joe in his quest to help raise vital funds and awareness for men's health, specifically prostate cancer and male mental health.

YVMS SHED SHOP (formerly the Bargain Basement)

As our collection of donated items, refurbished furniture and items made by members has increased quite significantly in recent times, we have now consolidated all of these items in the long room at the YVCC (so you can see the whole collection all in one place).

Don't forget Christmas is just around the corner and there are lots of good things that might appeal in the Shed Shop.

Our current offerings include:

- ✓ A large kitchen/dining table (refurbished by Graham McLeod);
- ✓ A selection of Cabot's Stains (\$5 for 500ml and \$10 for 1litre);
- ✓ 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

Sheds in the region #6

This fortnight'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.

The Hall Men's Shed – visit

Four members of the Hall Shed called in yesterday (Saturday) for a visit after having already visited the Murrumbateman Shed.

The Hall Shed (which we featured a couple of weeks ago in our “Sheds in the Region” snippet) has some 20 members. They were very interested to see how other Sheds “do it” and we got some very good feedback from them. Murrumbateman had provided a BBQ – but we were able to provide tea, coffee, soft drinks and biscuits. The Hall blokes have promised to invite us to visit them in the New Year.

Murrumbateman Shed Raffle



The Murrumbateman blokes have made an amazing rocking horse and are raffling it (\$2 per ticket – 3 tickets for \$5). You might have seen a photo of it in the Trib some time ago with Ian Mathieson (The First Bloke and Patron of Men's Sheds in Australia) riding it when he visited the Murrumbateman Shed).

You can buy tickets at the Shed – they are on the desk near the sign in book. Put your payments in the donation box on the desk. (Honour system operating here)

Recent Valmar Men activity at the Shed



↑ Llewyn Dowling, James DeMestre and Roger Holgate with James' great coat rack he made as a present for his family.



← Isaac Croker giving Richard Saxby suggestions and instruction on how to make a bird feeder which, when finished, Isaac will take home with him.

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 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

Fifty Sheds of Grey (with many thanks to Brian Millett)

The novel "Fifty Shades Of Grey" has seduced women - and baffled blokes. There is now a version for men in which the author, Colin Grey, recounts his love encounters at the bottom of the garden. Here are some extracts...

Fifty Sheds Of Grey

We tried various positions - round the back, on the side, up against a wall... but in the end we came to the conclusion the bottom of the garden was the only place for a good shed.

She stood before me, trembling in my shed. "I'm yours for the night," she gasped, "You can do whatever you want with me." So I took her to McDonalds.

She knelt before me on the shed floor and tugged gently at first, then harder until finally it came. I moaned with pleasure. Now for the other boot.

Ever since she read THAT book, I've had to buy all kinds of ropes, chains and shackles. She still manages to get into the shed, though.

"Put on this rubber suit and mask," I instructed, calmly. "Mmmm, kinky!" she purred. "Yes," I said, "You can't be too careful with all that asbestos in the shed roof."

"I'm a very naughty girl," she said, biting her lip. "I need to be punished." So I invited my mum to stay for the weekend.

"Harder!" she cried, gripping the workbench tightly. "Harder!" "Okay," I said. "What's the gross national product of Nicaragua?"

I lay back exhausted, gazing happily out of the shed window. Despite my concerns about my inexperience, my rhubarb had come up a treat.

"Are you sure you can take the pain?" she demanded, brandishing her stilettos. "I think so," I gulped. "Here we go, then," she said, and showed me the receipt.

"Hurt me!" she begged, standing seductively in front of my workbench. "Very well," I replied. "You've got fat ankles and no dress sense."

"Are you sure you want this?" I asked. "When I'm done, you won't be able to sit down for weeks." She nodded. "Okay," I said, putting the three-piece lounge suite on eBay.

"Punish me!" she cried. "Make me suffer like only a real man can!" "Very well," I replied, leaving the toilet seat up.

"Pleasure and pain can be experienced simultaneously," she said, gently massaging my back as we listened to her Coldplay CD

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

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

25/11: Geoff Kell

28/11: Roger Lawrence

3/12: Blake Reid

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

Wayne Stuart

Secretary, Yass Valley Men's Shed 0419 292 022 secretary@yassmensshed.org.au <http://yassmensshed.org.au>