



# THE MEN'S SHED MESSENGER

CO-PATRONS:

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



MESSANGER NO 41 FOR 2012  
SUNDAY 25 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 6 February 2013](#)

**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).** Wives/partners are most welcome (and some have already agreed to attend). **This event replaces the Wednesday Coffee Cake and Conversation event normally held on the first Wednesday of each month.**

Please confirm if you (and a partner etc) are coming (if you have not done so already) – we need to confirm numbers with the restaurant no later than on 30 November (Friday of this week).

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

**Thursday, 6 December – 7pm**



and



PRESENTATION ON MOOD DISORDERS: DEPRESSION & BIPOLAR DISORDER.

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

**WHEN:** Thursday 6<sup>th</sup> 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](mailto:secretary@yassmensshed.org.au)

## Membership News

This week we welcome another new member – **Wayne Skeers**. We hope to see lots of you Wayne (great name, by the way) provide diversion, entertainment, some inspiration but, mostly, what you want.

Wayne's arrival has brought our membership to 80.

## Hero of the Week

This week's Hero is **Joe Morrissey**.

As you know, Joe is struggling manfully on with his Movember challenge. Joe called in at the Shed on Thursday and we got this photo of his progress with the latest agricultural experiment in Yass. After Joe left a number of members and visitors were seen wandering around with post traumatic stress disorder (and we hear Joe's wife is currently living temporarily in Murrumbateman!)

Don't forget, there is a Pledge Page next to the sign in book until the end of the month 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



**Before** (no this is NOT a photo of Captain Luc Picard, the Commander of the Starship "Enterprise")

health.

A number of members have signed the pledge and offered to sponsor Joe. I think we could do a lot better though. So next time you sign in, please consider sponsoring Joe and helping with medical research and support for men's health issues. Who knows, your dollars might fund the break-through that saves your life or the life of a loved one.



**After** (no, this is NOT a photo of Albert Einstein)

The pledge page looks like this:



### **Joe Morrissey's amazingly brave and potentially disastrous MOVEMBER Challenge**

Please assist Men's Health by sponsoring Joe in his quest to be the most Manly Man at the Men's Shed!

| Name | Pledge \$ |
|------|-----------|
|      |           |
|      |           |

## ***YVMS Shedde Shoppe (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 Shedde Shoppe.

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 #7**

This fortnight's Shed is the **YOUNG Men's Shed**. This is the link to their website:  
<http://getitalldoneinyoung.com.au/business/young-mens-shed/>

This will be the last of the items on sheds in our region. The others nearby don't seem to have detailed info on the Net.

If you would like to investigate and/or visit 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.

### **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)

**So far, not one ticket has been sold – come on!!**

### **Recent Valmar Men activity at the Shed**



← Andrew Todd with a mobile he has made and painted as a gift for his sister and her about to be born baby.

The adventures continue.

### **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. **Last one for the year will be held on Thursday 6<sup>th</sup> December.**

## **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)

## **For those of you looking to save money on double glazing**

**Last year I replaced all the windows in my house with that expensive double-pane energy efficient kind, and today, I got a call from the contractor who installed them.**

**He was complaining that the work had been completed a whole year ago and I still hadn't paid for them.**

**Hellloooo,..... just because I'm blonde doesn't mean that I am automatically stupid.**

**So, I told him just what his fast talking sales guy had told me last year, that in ONE YEAR these windows would pay for themselves!**

**Helllooooo? It's been a year! I told him.**

**There was only silence at the other end of the line, so I finally just hung up.**

**He never called back.**

**I bet he felt like an idiot!**

## **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 – Happy birthday today, Geoff!!**  
**28/11: Roger Lawrence**  
**3/12: Blake Reid**  
**10/12: Curtis Cox**  
**15/12: Andrew Todd**

Happy Birthdays Chaps!!!

## Shed Opening Times and opening volunteers

| Tuesdays –<br>9am to noon<br><u>Full Shed Activity</u><br>YVMS | Tuesdays<br>2 - 3pm<br><u>Exercise Classes</u><br>YVCC | 1 <sup>st</sup> Wednesday<br>10 – 11.30am<br><u>Coffee &amp;<br/>Conversation</u><br>YVMS | Thursdays<br>2 – 5pm<br><u>Full Shed Activity</u><br>YVMS          | Thursdays<br>2 - 3pm<br><u>Tai Chi Classes</u><br>YVCC<br>(starting 25<br>October) | Saturdays<br>noon to 4pm<br><u>Full Shed Activity</u><br>YVMS   |
|--|--|---|--|--|---|
| Richard Rowan<br>6226 6839<br><br>John Daley<br>0427 264 967   | Wayne Stuart<br>0419 292 022                           | Len McGuigan<br>6226 1549<br><br>Phil O'Brien<br>6226 2168                                | Joe Morrissey<br>0412 258 300<br><br>Richard Saxby<br>0408 802 411 | Wayne Stuart<br>0419 292 022<br><br>-  | 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">haled3@optunsn.net</a>       |

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### *Wayne Stuart*

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<http://yassmensshed.org.au>