



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 42 FOR 2012
SUNDAY 2 DECEMBER 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. **No class this week**

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. **Next one in Feb 2013**

Every Thursday, 1.30 to 2.30pm

YVMS Tai Chi Classes – for greatly enhanced health and well being. **Classes have finished for 2012 – stay tuned for the recommencement date in 2013!**

Another donation !!

I heard late yesterday (Saturday) that **Yass Valley Property** has donated \$250 to the YVMS and also promoted our Seminar to be held this coming Thursday evening. This donation is very much appreciated and will help defray the costs to the Shed of running this event.

On behalf of the Yass Valley Men's Shed, many thanks to Yass Valley Property its principals and staff for this very generous donation and gesture. It is great to see that businesses are interested in supporting community activity in our terrific town.

As I mentioned on YassFM earlier on Saturday, the Shed membership is very grateful for the help provided to the Shed by businesses in Yass, individuals who also make donations, major organisations such as the NSW Coalition Government and Yass Valley Council which have both been very supportive and generous this year and also both the Yass Tribune and Yass FM for helping us get our message out, promoting our events and generally keeping both our presence in the Yass Valley and some of the ways in which we are trying to help before the minds of the Yass Valley Community.

Calendar of upcoming events this week at the Shed (or elsewhere)

Tuesday, 4 December – 12 noon

Men's Shed Christmas Party Lunch – Lien's Vietnamese Restaurant (BYO alcohol – other drinks available). This event replaces the Wednesday Coffee Cake and Conversation event normally held on the first Wednesday of each month.

Members and friends who have booked are:

- Mayor Rowena Abbey, Nic Carmody (both the co-patrons!!), Reg & Kaye Moebus, Richard Rowan, Wayne Stuart, Brian & Penny Millett, Ray Armour, Bill & Wendy Findley, Phil O'Brien, Allan McGrath, Len & Pat McGuigan, Roger & Marge Holgate, David Staines +1, Mark Ritchard, Lynne Jenson, John Daley, Tim & Tom Kelly, Bob Frank, Richard Saxby +1, Larry & Priscilla Ruffell, Peter Hurley, Ron & Robyn McMullan.

PLEASE NOTE: the Tuesday Exercise Class will not be held this week.

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

And, to get you in the mood....

Christmas Carols At



SUNDAY 9th DECEMBER
GATES OPEN FROM 6:30PM
CAROLS FROM 8PM

Featuring the Yass High School Concert Band
& the Yass Public School and Mount Carmel Combined Choir
Glowsticks, BBQ & Drinks
Available to purchase
FREE Entry
Bring a seat/rug,
picnic and torch!



Please note in case of wet weather:
Relocation to Anglican Church Hall announcements on Yass FM 100.3

This event is sponsored by the Yass Valley Council

Hero of the Week

This week's Hero is [Norm Leaney](#).

Recently Nic Carmody mentioned that he and his golfing colleagues have a tradition that whoever 3 putts last in any round of golf gets to buy the beers when they get back to the Club House.

This tradition has come to be known as "holding the snake". However, it wasn't always easy to remember who had last 3 putted and occasionally there would be some contesting of that fact.

Nic therefore thought what they needed was an actual snake replica to help them with their golf (and with their drinking!)

This is where Norm comes in. He went out and found an appropriate stick spent hours whittling and finishing it (including installing two gum nuts as eyes) and what you see → is the outcome. I hear from Nic that it is successful on two fronts:

1. It is absolutely fit for purpose and does its intended job very well; and
2. It has managed to put a scare into the odd person who thought it was real.



Norm didn't want to have his photo taken with his snake for fear of the comments that might follow!

You might recall that **the hero for last week was Joe Morrissey** (who can't remember if he is Captain Luc Picard, of Starship Enterprise fame or Albert Einstein, of Smart Bugger fame).

Joe tells me that the Einstein persona is about to depart our Valley as he will be shaving off the famous moustache at **lunch next Saturday at the Shed**. This will be **AN EVENT** and not to be missed (we are quietly confident that major national media will be there). Well, actually, the BBQ, which will start at 1pm, will be the event and several people will be closely watching Joe to make sure none of the departing moustache finds its way into the food!

It would be good to have a good turnout, to help congratulate Joe on his manly effort and also to congratulate him on the funds he has raised for men's health issues, awareness and research.

If you owe Joe money, please bring it with you. Equally, if you don't owe Joe money but would like to contribute to this most worthy cause, bring money and I am sure Joe will accept it graciously and gratefully. Donations are tax deductible.

Well done, Joe!



Membership News

Membership is unchanged this week and steady at 80.

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).

Christmas is just around the corner. 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; two office desk lamps;
- ✓ Repco Racing Bike; a working Hewlett Packard printer (complete with software drivers. All it needs is ink), a working JVC car radio/CD player (50Wx4).
- ✓ 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

Murrumbateman Shed Raffle



The Murrumbateman blokes have made an amazing rocking horse and are raffling it (\$2 per ticket – 3 tickets for \$5 book of 10 for \$15). You might have seen a photo of it in the Trib some time ago with Tim Mathieson (The First Bloke and one of the three Patrons of Men's Sheds in Australia) riding it when he visited the Murrumbateman Shed during the year.

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). More info here: <http://murrumbatemanmenshed.org.au/>

So far only 3 tickets sold – this is a great prize – come on!!

Don't forget!

Exercise Classes at the Shed – Tuesdays 2-3pm

No class this coming Tuesday. I will advise what the situation is for classes over the Christmas holidays in next week's Messenger.

Tai Chi classes at the Shed – Thursdays 1.30 to 2.30pm

The 2012 season has come to an end. Watch this space for an announcement on the start date for 2013.

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

Communication is not always what it seems....

An attorney arrived home late, after a very tough day trying to get a stay of execution for a client who was due to be hanged for murder at midnight.

His last minute plea for clemency to the governor had failed and he was feeling worn out and depressed.

As soon as he walked through the door at home, his wife started on him about, 'What time of night to be getting home is this? Where have you been?' 'Dinner is cold and I'm not reheating it'. And on and on and on.

Too shattered to play his usual role in this familiar ritual, he went and poured himself a shot of whiskey and headed off for a long hot soak in the bathtub, pursued by the predictable sarcastic remarks as he dragged himself up the stairs.

While he was in the bath, the phone rang. The wife answered and was told that her husband's client, James Wright, had been granted a stay of execution after all. Wright would not be hanged tonight. Finally realizing what a terrible day he must have had, she decided to go upstairs and give him the good news.

As she opened the bathroom door, she was greeted by the sight of her husband, bent over naked, drying his legs and feet.

'They're not hanging Wright tonight,' she said.

To which he whirled around and screamed, 'FOR THE LOVE OF GOD, WOMAN, DON'T YOU EVER STOP?!'

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

20/11: James Mather (turning 21!!)

21/11: Leslie Yeaman

25/11: Geoff Kell

28/11: Roger Lawrence

3/12: Blake Reid

10/12: Curtis Cox

15/12: Andrew Todd (turning 21!!)

17/12: Duncan McGregor

18/12: Bob Frank, Don McCann

19/12: Ray Hill

20/12: Dara Madden

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 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	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.com.au

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Wayne Stuart

Secretary, Yass Valley Men's Shed

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