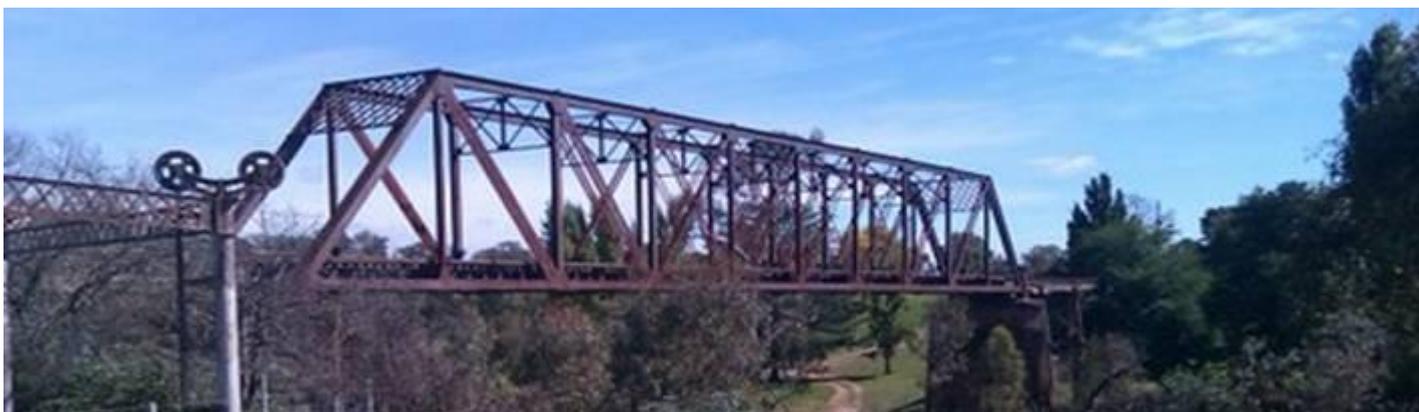




# THE MEN'S SHED MESSENGER

CO-PATRONS:

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



MESSENGER NO 4 FOR 2013  
SUNDAY 24 FEBRUARY 2013

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

**Morning Tea at the Shed** – No work or workshop noise to distract from good conversation, coffee, tea and cake.  
**Next one is Wednesday 6 March**

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)

**Put these dates in your diary – some of them you will NOT want to miss!**

### March

4<sup>th</sup>. 1530 to 2000hrs (approx) **BlazeAid Dinner** (McGuigan, Rowan, Morrissey, Holgate, O'Brien, Staines and Stuart)

6<sup>th</sup>. 1000 – 1130hrs **First Wednesday Shed Morning Tea** (no workshop).

13<sup>th</sup>. 1000 – 1200 **Friendship Group** followed by **lunch at Riverbank Park at 1230**. The Group will cook for Shed members attending (we need to let them know numbers – if you don't book you won't be fed!).

14<sup>th</sup>. 0930 to 1200 (approx) **U3A trial run in the YVCC** to see if the hall suits their need for weekly meetings.

18<sup>th</sup>. 1530 to 2000hrs (approx) **BlazeAid Dinner** (McGuigan, Rowan, Morrissey, Holgate, O'Brien, Staines and Stuart)

20<sup>th</sup>. 1500hrs. Half hour **presentation to Horton House residents** about the Men's Shed (Stuart). Seniors week activity.

## April

1<sup>st</sup>. 0800 to 1400hrs. Do "gates" duty at the **Jerrawa Show** (Rowan and Stuart)

3<sup>rd</sup>. 1000 – 1130hrs **First Wednesday Shed Morning Tea** (no workshop).

18<sup>th</sup>. 5.30 – 6.30pm. Brief **Membership Meeting followed by Annual General Meeting**. Chef Extraordinaire Rowan will again amaze us with a new 3 course meal afterwards. You need to book – otherwise you will have to be happy watching those who did book having a wonderful time!

## News Review

### Bushfires near Yass - help with the recovery

A group of Shed volunteers organised and delivered a two course meal for 43 BlazeAid volunteers at Bookham last Monday night (18 February).

In this picture → Phil O'Brien, Joe Morrissey Len McGuigan (pink pinny) and Roger Holgate are all busy preparing the pasta and seafood marinara for one half of the main course purchased from Woolworths with a \$100 donation. Richard Rowan is obscured in this photo and Wayne Stuart is the photographer.



The second half of the main course was a range of pizzas and salads



donated by Yass Country Kitchen.

The meal (which also included dessert) seemed to be a great success and we were invited to do it again, which we will do on two further occasions – Monday 4 March and Monday 18 March.

←As you can see, the volunteers seem to be enjoying the Shed's culinary efforts (did you notice there is not much left on the plate in the right foreground?).

### Committee Meeting – Thursday 21 February

The meeting held last Thursday night was well attended (5 Committee members and some 11 non Committee members attended). Some interesting and important issues were discussed and agreed. The Minutes are currently being finalised and they will be circulated to all members shortly.

Significant decisions included:

- BlazeAid assistance and Shed funding of the provision of meals;
- The Shed will lay a wreath at the 11 o'clock ceremony on Anzac Day;
- Decision on the Shed's response to calls for donations to charities; and
- The date for the AGM (5.30pm on Thursday 18 April).

There were discussions on:

- The Seminar Series for 2013;
- The Car Boot Sale for this year; and
- Entertainment and social events for the coming year.

With regard to these last items, no formal decisions were made and further work is needed.

While we have two Shed members (Richard Rowan and Peter Hurley) who have taken up the challenge to organise and run the Seminar Series, we don't have any members who have undertaken to do the same for the Car Boot Sale and to act as organiser(s) for the Social events. The meeting agreed that all of these activities cannot simply be lumped onto the Committee members who already have their hands full.

If you want to see these kinds of events, we need a few members to get a bit more involved and to help spread the load. Otherwise, the Car Boot Sale will not be held and social events will be sporadic at best.

Lend us a hand, you will enjoy it and it will contribute to the good times of all members.

### **Bundaberg floods – John Woodin - update**

On Friday 15 February we finalised the collection for John and Marilyn and transferred \$900 to their bank account. The donors (who we are proud of and who we thank very sincerely) are, in order of receipt:

Richard Rowan, Wayne Stuart, Ron & Robyn McMullen, Brian Millett, Rob Barker, Roger Holgate, Richard Saxby, Geoff Kell, Howard Hollingsworth, Ray & Della Armour, Ron & June Doyle, Allan McGrath, Phil O'Brien, John Backhouse, Rick Williams, Peter Bernasconi, Claudia Stuart, Libby Stuart, Wayne Dawe, Len McGuigan, Allan Carey, Llewyn Dowling, Anonymous (Shed Member) and John d'Arx.

I have received this note in reply from John:

Marilyn & I feel very humbled by your kind actions and that Shed members and others have responded in such a loving and generous way.

We will receive this in the spirit it has been given. Words are inadequate to express how we both feel.

Two teams arrived today, one to start getting rid of gyprock up to a metre off the ground, for renewal, and all the doors were removed 19 of them. All the skirting and architraves are being removed. The Electricians have removed all the sockets and light switches and isolated for power to come from the outside box only, while work is done.

Technically the house will be in lockdown with an NRMA key facility, so we won't have after hours access, not that we need it. The Internal Garage roller door and Motorised facility is going to be replaced, as it has now failed. 2 aircons are also to be replaced. We will need to negotiate the New Kitchen Layout and also the Ensuite situation and pay the difference (that was part of our planned house upgrade changes before the flood). It would seem that the house will be like new when we move back in, as they do all the painting etc, and we will have had all the changes done rather than slowly over a 2 year timeframe.

The works being carried out by Council and the SES are just incredible, but necessary to get everyone back to a normal way of life.

Love and regards from John & Marilyn

### **Shed management info and updates**

**Kitchen update:** to accommodate the increasing frequency of marvellous meals, snazzy snacks and foody frolics at the Shed in recent times – and to make it easier for Richard Rowan to do most of these great things, we have

enlarged and enhanced the kitchen area in recent weeks. We now have an installed 2 bowl sink and a wall mounted set of shelves to better accommodate our kitchen needs.

Come and inspect and, if you are lucky, Rowan might be there showing off again!

**Shed Security:** Those members who have access rights to the Shed, please be careful to lock up properly and make sure the light/power is off when you leave.

If you happen to be driving by at any time when the Shed is closed and notice that the coloured lights over the roller door are lit, can you go in and turn them off (if you have access rights) or contact one of the Committee members who will make necessary arrangements.

## **Membership News**

*Membership stands at 83.*

### **Hero of the Week**

It is impossible to go past **Richard Rowan** this week.

He has taken on the job of “Captain” of the very successful BlazeAid Dinner Delivery Detachment and also provided a most wonderful 3 course meal following the Committee meeting last Thursday night. If you doubt me (and many do) here is the menu he put on single handedly for the members who attended the Committee meeting:

**Entrée:** avocado mousse with smoked salmon served on pumpernickel and French bread with a mayonnaise and dill sauce.

**Main course:** marinated prawns on a bed of fine rice noodles with marinated Spanish onion and capsicum topped with carrot flakes shallots and nuts served on a cos lettuce leaf.

**Desert:** small pavlova nests filled with strawberry and blueberry cream mix topped with a mixed berry (raspberry, strawberry and blueberry) ice cream and half strawberry garnish.



Rowan looking relaxed in the newly enhanced kitchen



Col, a BlazeAid organiser, and Ray Armour enjoying the main course



Notice there's not much talking going on?

And then on Saturday, he showed up again with salmon, avocado dip and a cream topping and proceeded to serve canapés to those present.

I challenge you to try to stay away next time (after the AGM on 18 April) when he has promised to do it all again (but a different and probably more exotic menu) Make sure you book for that one.

## Who said it's been a tough season in the garden?



Howard Hollingsworth showed up with these three exotic tomatoes on Tuesday. Each one of them 10cm or more in diameter (that's enough for one slice to cover a slice of bread).

I hope the rain gives your garden a kick along and you can emulate Howard before the frosts come again.

## A very worthwhile cause

David Staines tells us that his son (Phil) is trying to raise some funds for the Juvenile Diabetes Research Foundation by asking for sponsorship for him to do a tandem parachute jump in Canberra on 23 March 2013. His target is to raise \$5,000.

More details can be obtained by going to this website: [http://fundraise.teamcurediabetes.org.au/phil\\_staines](http://fundraise.teamcurediabetes.org.au/phil_staines). You can make or commit to a donation online if you wish or, perhaps, see David and give him your contribution.

Finding a cure or better treatments for Juvenile Diabetes is a most worthy cause and deserves support.

## YVMS *Shedde Shoppe* (formerly the Bargain Basement)

We have stuff for sale (things made by members and some other donated things like tables, a bike, and lots of other things – you never know, but we might just have what you want! Contact me if you want more info.

## Don't forget!

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

Back to normal from this coming Tuesday (8 January). Mark is back!! \$5 per session.

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

The 2013 season recommences on Thursday 31 January. Be there or be square! \$10 per session

### 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)

## Science Discovery of the Week

Did you ever walk into a room with some purpose in mind, only to completely forget what that purpose was? You have to turn around and go back where you came from to remember?

It turns out, doors themselves are to blame for these strange memory lapses. Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an 'event boundary' in the mind, separating one set of thoughts and memories from the next.

Your brain files away the thoughts you had in the previous room and prepares a blank slate for the new locale.

**It's not aging, it's the door!** Thank goodness for studies like this.

## 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

|   |   |
|---|---|
| <b>11/2: Tim Slattery</b>                 | <b>2/3: Kenneth Burden &amp; Bill Goode</b> |
| <b>19/2: Ron Barton &amp; Ron McGrath</b> | <b>4/3: Bob Evans</b>                       |
| <b>22/2: Jim Wickham &amp; Des Hore</b>   | <b>5/3: Edward Jessop</b>                   |

Happy Birthdays Chaps!!!

## Shed Opening Times and opening volunteers

| <b>Tuesdays –<br/>9am to noon<br/>Full Shed Activity<br/>YVMS</b> | <b>Tuesdays<br/>2 - 3pm<br/>Exercise Classes<br/>YVCC</b> | <b>1<sup>st</sup> Wednesday<br/>10 – 11.30am<br/>Coffee &amp;<br/>Conversation<br/>YVMS</b> | <b>Thursdays<br/>2 – 5pm<br/>Full Shed Activity<br/>YVMS</b>       | <b>Thursdays<br/>1.30-2.30pm<br/>Tai Chi Classes<br/>YVCC<br/>(starting 31 Jan)</b> | <b>Saturdays<br/>noon to 4pm<br/>Full Shed Activity<br/>YVMS</b>  |
|---|---|---|--|---|---|
| Richard Rowan<br>6226 6839  | 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 volunteer(s).<br>Hopefully one of our<br>regulars will manage to<br>attend each Saturday so<br>the Shed opens. No<br>guarantees! |

At all other times, if you are passing and see the doors open, please feel welcome and free to call in!

We like to have at least two volunteers for opening/closing duties to help share the load. If you can help by nominating to open/close the Shed (either on one of the regular days – or you would like the Shed to open at some other time and you are prepared to do the honours), please let me know and we'll make the arrangements.

### 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>       |

*Wayne Stuart*

Secretary, Yass Valley Men's Shed - 0419 292 022 - [secretary@yassmensshed.org.au](mailto:secretary@yassmensshed.org.au) - <http://yassmensshed.org.au>