



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 9 FOR 2013
SUNDAY 12 MAY, 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>

Please tell all the Mothers you know: “Happy Mother’s Day from the Men’s Shed”

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 5 June

Calendar of upcoming events at the Shed (or elsewhere)

Put these dates in your diary –you will NOT want to miss these!

May

23rd: The **Yass Biggest Morning Tea** will be held at the Memorial Hall on Thursday 23 May starting at 8.30 am. Cost is \$5.00 each and includes a cuppa (coffee prepared by a real barrista) and lots of yummy treats.

Of course we would appreciate any donations (Homebaked goods, sandwich fillings etc). We would also appreciate any offers of help on the day.

Unable to make it and can't cook? You can still help out by making a donation to the following link.

<http://nsw.cancercouncilfundraising.org.au/personalPage.aspx?Referrer=direct%2fnone®istrationID=587763>

Cathy Cooke | Customer Service Manager | **Yass Valley Council**

PH: +61 (0)2 6226 9222

E: Cathy.Cooke@yass.nsw.gov.au | W: <http://www.yassvalley.nsw.gov.au>

29th: Visit from the Yass Friendship Group – 10am until noon. Come along and see what all the excitement is about!

June

5th: First Wednesday Morning Tea – at the Shed 10am until 1130 (or later if the conversation is good). Remember, there are no workshop noises allowed on this day to distract from blokes having a good chat!

News Review

There is no actual new news to report this week.

Give me a hand here and send me some items so that our readers remain interested!

Membership News

No new members – current membership = 87.

Good news about members recently in the wars:

- Mark Ritchard (head and hip injuries sustained in a fall from his roof). Mark is now home and is manfully resisting his Doctor's orders to stay off his legs and to use crutches.
- Richard Saxby and David Hale (both of whom have had recent hospital stays) were at the Shed on Saturday and both look well – so that news remains very good.

Members currently in the wars:

- Bob Frank is in Canberra Hospital having had a fall and broken his hip on Wednesday last. The most up to date information I have is that he has still not had the hip replacement operation they have decided is the best way to deal with his injury. At this stage, that operation is scheduled for Monday. If anyone is in Canberra and has a half hour to fill, I suggest you and Bob would both enjoy the diversion. If you would like to talk with Bob, call 6244 2222 ask to be connected with Ward 6B
- Ken Reidy has recently had a stint in hospital in Yass – not sure of the malady, but you don't knock Ken over too easily, so it must have been man flu or something equally serious!

We wish all of these men all the best and that they continue improvement and long may they stay healthy!

First Men's Shed Seminar for 2013

The First Seminar for 2011 was held on Thursday 18 May. From all reports I have received, the talks were interesting and worthwhile.

I need to thank, in particular, David Staines for doing his show, Ron Doyle for the sound system, the Freemasons for the wonderful food options. Bill Findley and Roger Holgate for helping with the preparations, and all of the folk who attended on the night – you are all very much appreciated.

The Seminar did not attract as many people from the Shed membership, nor from the Community, as we would have liked. In the end we got around 24 people – not bad on a chilly evening, but we have to remember that the Yass Freemasons come out, too, to feed us and it was not, perhaps, much of an event for them. We need to keep in mind that we need to support those who support us!

However, we also need to recognise that we might not have put on the kind of event that our membership and the wider Yass Valley Community requires, so, the Seminar organising group has decided to go back to our tried and true approach of running meaningful and relevant health related events during our Seminar Series, and, perhaps to organise speakers on other subjects for our occasional lunches that we have planned.

Accordingly:

Next Seminar: **Dementia**

The Seminar will be presented by Robyn Rutherford, Dementia Adviser with Alzheimer's Australia. You can find out lots more about this organisation and the various dementia conditions by visiting this website: <http://www.fightdementia.org.au/>. This website has been added to the "Linked sites" on the Shed's website front page should you lose this reference, but need to find it in the future.

We have asked Robyn to focus primarily on early signs and detection, places to go for advice and support and for strategies for healthy living that might extend a dementia-free life for longer.

Stand by for dates and other relevant information.

GST (goods and services trading) OR *Lost and Found** - **contact Richard Rowan**

*(I was *LOST* in my mess but I *FOUND* a solution at the Shed)

This is a section of the newsletter where members can avail themselves of the great knowledge pool within the shed. Secondly it is also a place where members can get rid of stuff or seek stuff. New items added this week are in **red type**.

Help needed or available

Alzheimer's Australia

Alzheimer's Australia is the peak body for people with Dementia and their families and carers, providing advocacy, information, education and support services. Additionally, services are available to community service providers and others in the community.

Dementia Advisory Services

We support people with Dementia and their family carers by providing information, emotional support, and practical day-to-day advice about coping with Dementia and memory changes. We can also link you with other services and supports, including community education programs in NSW and ACT if necessary.

Contact details for **Dementia Advisory Service in the Yass** area are:

Phone: 6241 0881

Mobile: 0457 507 299

Required

Vinyl records of the 50s, 60s and 70s. Our ex-president John Woodin lost his extensive record collection during the recent floods in Queensland. The Shed is putting together a package of vinyl records to assist him in rebuilding his collection. If you have some old records please drop them off at the shed. We already have somewhere near 150-200 donated – John lost nearly 300 (or perhaps more than that number).

Please come and collect

We have had quite an amount of timber of varying kinds and sizes donated in recent times. If you have that small job to do but haven't got the right materials, we may have them and at a very competitive price (a gold coin or two depending on how much you need/take).

Wanted

Al Phemister - 0419 439 710 has been invited to build a sculpture to celebrate the Canberra Centenary. His approach is to try to represent the development over the full 100 years and is looking for old (weldable – ie iron or steel) tools such as garden tools (shovels, rakes, hoes, mattocks etc) as well as other tools (hammers, hand shears, large spanners and the like). If you have a box full of such things taking up space, Al would be very keen to take them off your hands (if you are lucky enough to live on a property or know someone who does – this may be a goldmine for Al. To make it easy, we will have a box at the Shed into which you can drop your offerings. Alternatively, give Al a ring and he will take it from there. We already have a few items finding their way to the box – redouble your efforts and see what you can do to help Al and his project.

Wally Bondareff - 0428 27 0017 (a resident of Tuggeranong – but that is a good thing, some really wonderful people come from there!) is looking to buy, acquire or obtain a 1920s or 1930s Ford/Buick/Chevy in a state that requires major rebuilding. If you have one or know someone who does, give Wally a call and see what can be worked out.

For Sale

David Staines – 0408 340 040. Project Air, 2 HP direct drive Air Compressor – 20L tank. In good order \$70.00 ono

YVMS Shedde Shoppe

We have a good selection of stuff for sale (things made by members and some other donated things like tables (both dining and computer), a bike, an “Abs Cruncher” exercise machine, and lots of other things – you never know, but we might just have what you want! Contact me if you want more info.

The latest item is a Parker 3 seater in excellent condition (green and cream stripes - \$400)

Even if you don't need anything from the shop, come along and buy something – we need the funds!



Other

If anyone is interested there are a couple of small projects at the shed waiting for someone to take them on. A small table and a kitchen stool for restoration, repair of a recliner chair, and a number of similar challenges.

Bill Findley - 6226 3841 has details of a female 4yo German Shepherd, desexed, all jabs fully up to date needing a good home. The dog is quiet, a really good, docile and friendly pet – but will need exercise. If anyone is interested or knows someone who might be interested, please give Bill a call.

Richard Rowan is managing this column on behalf of all Shed members. The way it works is that you give Richard the info – I will publish it here with your contact details, and hordes of Shed members will then contact you (and both of you will be happy). **Richard can be contacted on 6226 6839, 0429 980 337 or richard.rowan@ozemail.com.au.**

Community Service Announcement for Women (courtesy Ron Doyle)

Because I'm a man, when I lock my keys in the car, I will fiddle with a coat hanger long after hypothermia has set in. Calling the NRMA is not an option. I will win!

Because I'm a man, when the car isn't running very well, I will pop the hood and stare at the engine as if I know what I'm looking at. If another man shows up, one of us will say to the other, 'I used to be able to fix these things, but now with all these computers and everything, I wouldn't know where to start.' We will then drink a couple of beers.

Because I'm a man, when I catch a cold, I need someone to bring me soup and take care of me while I lie in bed and moan. You're a woman. You never get as sick as I do, so for you, this is no problem.

Because I'm a man, I can be relied upon to purchase basic groceries at the store, like beer, milk or bread. I cannot be expected to find exotic items like 'cumin' or 'tofu.' For all I know, these are the same thing ([Rowan : take note!](#)).

Because I'm a man, when one of our appliances stops working, I will insist on taking it apart, despite evidence that this will just cost me twice as much once the repair person gets here and has to put it back together.

Because I'm a man, I must hold the television remote control in my hand while I watch TV. If the thing has been misplaced, I may miss a whole show looking for it.....though one time I was able to survive by holding a calculator.. ...

Because I'm a man, there is no need to ask me what I'm thinking about. The true answer is always either sex, cars, sex, sports or sex. I have to make up something else when you ask, so don't ask.

Because I'm a man, I do not want to visit your mother, or have your mother come visit us,

or talk to her when she calls, or think about her any more than I have to. Whatever you got her for Mother's Day is okay; I don't need to see it. And don't forget to pick up something for my mother, too.

Because I'm a man, you don't have to ask me if I liked the movie. Chances are, if you're crying at the end of it, I didn't ...and if you are feeling amorous afterwards.. ..then I will certainly at least remember the name and recommend it to others.

Because I'm a man, I think what you're wearing is fine. I thought what you were wearing five minutes ago was fine, too. Either pair of shoes is fine. With the belt or without it, looks fine. Your hair is fine. You look fine. Can we just go now?

Because I'm a man, and this is, after all, the year 2013, I will share equally in the housework. You just do the laundry, the cooking, the cleaning, the vacuuming, and the dishes, and I'll do the rest..... Like wandering around in the garden with a beer wondering what to do.

Hero of the week



This week's hero is Doctor Raja Ahluwalia, seen here [←](#) presenting the Black Dog Institute's message on Bipolar Disorder and related issues at our final Seminar last year.

Dr Raja is this week's hero for an entirely different reason.

He has saved your Secretary from a fate almost as bad as death, namely he has, through great skill, determination and daring managed to preserve the beauty and wonder of the face your Secretary presents to the world and which will now ensure that said Secretary continues to be mistaken regularly on Comur Street for George Clooney out for a walk.

Dr Raja recently removed a nasty growth from the Secretary's face and the result is a joy to behold. Many people (including many in the medical profession) have commented on the great stitching!

Accordingly, the Shed Seminar Committee has decided to ask Dr Raja if he would be willing to do another Seminar at the Shed addressing the following subjects:

- Men are good at needlework too;
- Are scars more manly than tattoos?
- How to make a scalpel seem friendly;
- How to stitch a moving target;
- Songs to sing while slicing surgically;
- How to maintain concentration when the subject of the stitching is screaming and throwing his arms about; and
- The 5 most famous faces I have saved (well, the other 4).

Important footnote: The growth Dr Raja identified and recommended be removed was a nasty squamous cell carcinoma. He got to it in time and there are no residual problems.

MESSAGE: Don't leave any things you notice too long – get them checked and live a little longer!

Don't forget!

Exercise Classes at the Shed – Tuesdays 2-3pm

Classes will be held this coming Tuesday and next (with Mark in attendance). During the holidays, Mark may not be there, but we will probably still come along to maintain the levels of flexibility and feeling good that we are now enjoying. \$5 per session.

Reward Points at Home Hardware

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

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

| | |
|---|--|
| 29/4: Graham Davis 1/5: Raja Ahluwalia 2/5: Ron Coleman 4/5: Ron Rouston 6/5: Eric Sunnocks 11/5: David Rowe | 13/5: Philip O'Brien, Philip Walsh 16/5: Nate Harvey Cox 17/5: Sandy Butt 22/5: Llewyn Dowling 23/5: Allan Carey 29/5: Clarrie Schlunke 30/5: Joe Morrissey |
|---|--|

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 | 1st Wednesday 10 – 11.30am <u>Coffee & Conversation</u> YVMS | Thursdays 2 – 5pm <u>Full Shed Activity</u> YVMS | Saturdays noon to 4pm <u>Full Shed Activity</u> YVMS |
|--|--|--|---|--|
| Richard Rowan 6226 6839 | Wayne Stuart 0419 292 022 | Len McGuigan 6226 1549 Phil O'Brien 6226 2168 | Joe Morrissey 0412 258 300 Richard Saxby 0408 802 411 | No volunteer(s). 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!

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.

Some of the 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 |

w

Wayne Stuart

Secretary, Yass Valley Men's Shed

0419 292 022

secretary@yassmensshed.org.au

<http://yassmensshed.org.au>