



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 10 FOR 2013
SUNDAY 26 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>

Important regular events @ the Shed

Every Tuesday, 9-10am

TMC – not telling you what this is – you will have to come along!

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!

Next Tuesday (28 May) –

TMC (still not telling!) 9-10am.

Then the **Trib is sending a roving reporter to the Shed at 11am** to take photos and publish a story about the VALMAR young men who are coming to the end of their current projects. We are hoping for a big splash in the Trib – so come along and make the Trib think we don't have enough room and it is about time a caring donor in the town offered to double the size of our Shed.

Wednesday May 29th: Visit from the Yass Friendship Group – 10am until noon. Come along and see what all the excitement is about! It's our shout for morning tea.

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

We received the following request this week:



Dear Yass Valley Men's Shed,

In collaboration with *beyondblue*, The Australian Men's Shed Association is supporting important research on a variety of topics relating to membership of Men's Sheds. The information gathered through this research will help to determine the benefits of belonging to a Men's Shed and the findings will be made available to all Men's Sheds across Australia.

Your help and support is needed to ensure the success of this research that ultimately will help extend the reach of the Men's Shed movement in Australia.

Shortly, the research company UltraFeedback will contact you to ask if you would assist in engaging your Shed members in this research.

While it's your choice whether or not to participate in the research, we would greatly appreciate you responding to UltraFeedback.

If the members of your Shed decide not to participate in this study, your decision will not, in any way, affect your relationship with the AMSA.

Thank you for considering to be an important partner in our research project.

Should you require any additional information or wish to discuss this project, please contact Gerard Fox from *beyondblue* on 03 9810 6100.

Yours sincerely

A handwritten signature in black ink, appearing to read 'David Helmers'.

David Helmers
Executive Officer, AMSA

A handwritten signature in black ink, appearing to read 'Kate Carnell'.

Kate Carnell AO
CEO, beyondblue

Should you have any questions regarding your rights as a research participant, please go to the Australian Market and Social Research Society website at www.amsrs.com.au. UltraFeedback are also happy to answer any questions you may have and can be contacted on 1800 143 733.

If anyone is interested in being part of this survey, can you let me know please and I will forward you the relevant info when it comes. I have discussed this with a few members and already we have a couple of members interested in responding – however, the wider the range of members responding, the better and more reliable will the results be – AND more importantly, we will have the chance to have our say about what we think on Shed Philosophy, Activity and Management. This kind of feedback could help us in future attempts to access funding which so far has been unsuccessful when approaching formal Shed funding organisations (probably because we have not so far slavishly “joined” their view of how a Shed should be). Thanks.

WORKSHOP REFRESHER (a note from the Workshop Manager)

Misuse and ensuing damage to equipment has been very minimal in the recent past, especially when we make comparison to our early days. I put our success down to previous training and familiarisation sessions which we have held along with our equipment accreditation system.

Following discussions with other committee members I feel the need for a little refresher session and discussion on a few items such as:

- Cordless batteries,
- band saw operation,
- general saw usage,
- belt/disc sander use,
- metal detector operation, and
- very importantly, dust extraction.

Dust extraction, besides clearing dust away from the internals of machines is important in relation to our health. We have the equipment so why not use it to our best advantage. I will own up as to one who does not always strictly adhere and will happily accept any prompting or criticism.

The planned times for these sessions are:

Thursday 30th May at 3pm; and
Saturday 1st June at 2pm.

Further sessions can be arranged for anyone wishing to attend but unable to make these times.

Regards to all,

Roger Holgate.

Membership News

No new members – current membership = 87.

Membership Dues

It is almost **THAT** time of year again, chasps. As of 1 July, our new membership year will commence. Accordingly those who are not paid up in advance will be receiving a note asking for you to renew your membership for one year (\$20), 3 years (\$50 – a saving of \$10), or 5 years (\$80 – a saving of \$20 or 5 years for the price of 4).

We do have quite a number of members who have taken advantage of the multiple year option – give it a thought and you won't have to worry about being chased for the next several years!

News of members

- Bob Frank is now well into recovery mode having had his hip replacement operation last Friday week. He has learned how to walk again and is now practising so they'll let him out. He hopes to be back in Yass sometime in

the coming week. 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. I'll let you know when he gets back.

Shed Seminars for 2013

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).

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

Timber for sale: We have, in the week just passed, acquired quite an amount of various types and dimensions of timber, some of which we will have a use for in Shed Projects, but much of which is likely to wait for inspiration for a long time. Accordingly, if you have a project at home or know someone who does, we will have very good prices on this timber.

Al Phemister - 0419 439 710 . Al has an early 70's model Ford 250 V8 flat bed truck for sale. This would be a good one for the collector. Dual or single rear wheel setup. \$1,500 ono.

Wayne Stuart – 0419 292 022. Two heavy duty custom made boot liners in impervious black plastic (new cost \$170) as new condition.

The liners fit the recently superseded Hyundai i30 hatch and Santa Fe models and will really protect your car's boot from damage and make it much easier to keep clean. Even if you don't have one of these cars, you might know someone who does and they would make a great present.



The photo is of the Santa Fe version and the i30 one is identical but smaller (pedants are invited to tell me what is wrong with that last statement!) \$50 each, ono.

YVMS Sheddé 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 (according to the furniture specialists and valuers among our members) is either a Loius XIV, Tudor or Jacobean



upholstered telephone table (see picture) which is going for a song. Don't be the second person to contact me about this one!

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.**

Asian Philosophy (courtesy Roger Holgate)

Confucius Says: It's OK to let a fool kiss you; but don't let a kiss fool you.

Confucius Says: A kiss is just shopping upstairs for downstairs merchandise.

Confucius Says: It is better to lose a lover than love a loser.

Confucius Says: Man with a broken condom is called a Daddy.

Confucius Says: A drunken man's words are a sober man's thoughts.

Confucius Says: Marriage is like a bank account. You put it in, you take it out, and you lose interest.

Confucius Says: Viagra is like Disneyland ... a one-hour wait for a 2-minute ride.

Confucius Says: It is much better to want the mate you do not have than to have the mate you do not want

Confucius Says: A joke is like sex. Neither is any good if you don't get it!

Don't forget!

TMC at the Shed 9-10am on Tuesdays

– if you don't come, you will never know what your mates are up to..... And DON'T try to find out by asking a member who does attend on Tuesdays – they will not tell you, you will just have to come. Support your Shed, we are trying our best to make it interesting for you.

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

13/5: Philip O'Brien, Philip Walsh	29/5: Clarrie Schlunke
16/5: Nate Harvey Cox	30/5: Joe Morrissey
17/5: Sandy Butt	1/6: David Staines
22/5: Llewyn Dowling	6/6: Charles Turner
23/5: Allan Carey	9/6: Bob Nash
	15/6: Doug Holston
	16/6: Ron McMullen

Happy Birthdays Chaps!!!

Shed Opening Times and opening volunteers

Tuesdays – 9am to noon Full Shed Activity YVMS	Tuesdays 2 - 3pm Exercise Classes YVCC	1st Wednesday 10 – 11.30am <u>Coffee & Conversation</u> YVMS	Thursdays 2 – 5pm Full Shed Activity YVMS	Saturdays noon to 4pm Full Shed Activity 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
David Staines	0408 340 040	yccc@dodo.com.au

Wayne Stuart

Secretary, Yass Valley Men's Shed
0419 292 022
secretary@yassmensshed.org.au
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