



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 11 FOR 2013
SUNDAY 9 JUNE, 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 3 July**

Calendar of upcoming events at the Shed (or elsewhere)

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

Saturday 6th July – 1pm



Both Richards (← Saxby and Rowan →) will celebrate their respective birthdays on Friday 5 July. There will be a **Prestigious Pizza Repast provided on Saturday (6th)** to celebrate these milestones at the Shed commencing at 1pm.

Both Richards are active, well known and iconic (in their own ways) members of the Shed. Come along, wish them well and enjoy some pizza with us. Everyone is most welcome.



Let me know if you want to organise an event – or if you want me advertise an event, and IT WILL BE DONE!

News Review

We received the following request a couple of weeks ago:



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 Gerad 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.

So far there has been little interest from members in helping with this survey. If you are interested please let me know, please.

Yass Valley Community Centre (YVCC)

It is some time since there has been any apparent movement to formally open the centre to the general public and it seems appropriate to update members on the current situation as we see it.

We have recently reminded the Council administration that there are a couple of issues needing attention at the YVCC:

1.	Hinges on road access gate to right-rear of YVCC broken – this is a safety issue
2.	Electricity (both power and light) in back half of centre not working (could be a safety issue as it seemed to happen at the same time when the water pipe burst last year).
3.	Ceiling repair in kitchen where water pipe was exposed for repairs.
4.	Cover stripping beneath ceiling on veranda needs installing. Birds land and defecate from this ledge. Hard to keep clean, looks really bad and has health implications.

Notwithstanding this, we have continued to see increasing use of the Centre by groups who have a Shed Member who is willing to invite them in, provide reasonable and responsible supervision, do the opening and closing duties and ensure the place is left tidy.

- The Yass Photography Club has used the venue for a photo shoot recently.
- As from early in August the Yass U3A will have the YVCC for both the morning and afternoons on Thursdays (school holiday times excluded) for their History and Art groups.

So that we keep control of this burgeoning activity, we now have a YVCC Booking Register which is a small green diary, placed on the left-hand back corner of the desk inside the roller door (where you sign in upon arrival). If you need to use the Centre, for your own or for the purposes of a group with which you are associated, you are welcome to use the Centre for those purposes. Just make sure you make the booking in the Register so you are not disappointed when you arrive to find it is already in use.

Bookings can be made by contacting me as well – but the Shed operates best when members organise for themselves and take responsibility.

Freddie has left the building

As you probably know, five VALMAR clients, who are also members of the Men's Shed, attend on Tuesday mornings and a number of our members very generously provide their expertise and mentoring skills to help these boys develop their skills, learn some new things and generally have a good time.

The mentoring/helping members of whom I speak include Roger Holgate, Richard Rowan, David Staines, Allan Carey and Al Phemister who have all spent some quality time showing these boys how to make things etc. Kudos should also be accepted by Llewyn Dowling, Mark Garland and Michelle Bush who attend on Tuesdays with the boys to cover the legal and support requirements that are necessary for this activity to take place.

There are a number of projects being undertaken by these members and the biggest one of all was completed and taken away last Tuesday.



David Staines, James Demestre and Daniel Anderson (with considerable input from Al Phemister & Roger Holgate) completed the Taj Mahal of dog kennels for James' dog, *Freddie*, last Tuesday and it was loaded on a trailer for delivery to its new home near Harden.

This is SOME doghouse. It has 3.5 rated pink bats in the walls and ceiling, all weatherboards are handmade and it has a veranda and weathervane?!

← James, Daniel and David looking smug.



← Weathervane made by Al Phemister from mild steel (polished) – note the clever use of a bike wheel axle so the weathervane can swing with the breeze.

Thanks also to Roger Holgate and Daniel Anderson for working on making and mounting the N, S, E, W arrangement.



← Kennel loaded up and ready for delivery.

This was no less a task than those houses you see being moved around the place on semi trailers.

This dog house needed about 6 hefty blokes all pushing and shoving (and some others providing very helpful advice) to get it loaded.

Freddie's house is NOT going to blow away in the next storm!

Membership News

Two new members have joined (yesterday). **Richard Maxwell and David White.** The Committee has already voted to accept these new members (efficient, hey?!) Welcome Richard and David!!

These two new, and very welcome, members bring the total number of current members to 89!!

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 completing his recovery in Yass Hospital. He is making good progress learning how to use his new hip, however, I think he is a bit frustrated there – so if you can spare half an hour, call by and cheer him up a bit! At last report he was likely to be discharged on Tuesday June 11.

Shed Seminars for 2013

Next Seminar: Dementia

The Seminar will be presented by the 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 the presenter 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.

We are also now looking at planning later seminars in the year on subjects such as Wills, Health Directives etc and Funeral planning and arrangements, costs etc.

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

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.

For Sale

Peter Hurley - 0403 210 883 "In sound condition" Ocean Blue 2002 Nissan Pulsar Hatch, automatic transmission: 238,000 km. Tyres half worn; Registration: November. Mechanically very good (new water pump 2 years ago; has a mechanical timing change [not those rubber belts that break]). Has a refined piece of wire as an aerial. Has a tow bar. Has never had any electronic problems. Hand over is preferred for 02/07/13.

Price starting at: \$4600.00.

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 *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 (according to the furniture specialists and valuers among our members) is either a Louis 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.**

OLD PEOPLE'S INTERNET PROVIDERS (courtesy Brian Millett)

If you are struggling a bit in your life right now, don't take up religion, you can get all the help you need from one of these marvellous websites:

ihavenoideawhatimdoing.com

whatsthisbuttonfor.net

getmygrandsonontheline.com

itsnotmeitsthegoddamnedmachine.com

whycantwegobacktotheoldway.com

imgoingtokilljeffreyforgettingusinvolvedwiththismishegas.com

ididexactlywhattheytoldmetodo.com

getawayfrommeiknowwhatimdoing.net

howdoweknowitsworking.org

itsnotdoinganything.edu

youchangedmysettingsagainididntyou.com

williloseitforgoodifiattachmycopy.net

itsmakingthatsoundagain.org

somethingswrongcallblake.com

imgonnacracksomebodyinthejawiswearartogod.com

ourliveswereperfectlyfinebeforethiscontraptioncamealong.edu

Hero of the Week

This week's hero is Roger Holgate, our intrepid Workshop Manager.

Roger has been conducting a series of "Workshop Refresher" courses over the last couple of weeks, all of which have turned out to be both well attended and very successful.



Thurs. 30/5 First refresher session



Sat. 1/6. A couple of attendees are out of shot



Sat 8/6 Final Session for now

At a guess, there have been in the order of 15 to 20 members who have taken advantage of Roger's offer. I think Roger deserves both a big accolade (and a pay rise) for all the very good things he does in the Workshop and grounds.

Following Roger's very successful safety and familiarisation sessions, you won't see any of our members doing this kind of thing anymore! →

Of course, this approach is not so unsafe if you have a chainsaw with the chain installed backwards!



And, finally, a note from the MAN himself:

A big thankyou to all those who took an interest and took part in our Workshop Refresher sessions.

I feel that it was a great success and my suggestion to have a discussion every couple of weeks on a particular item of equipment was greatly received.

I will endeavour to arrange this in a couple of months time.

Thank you all again.

Regards,

Roger Holgate.

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..... 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 – HE'S BACK!). \$5 per session. We are now saving the \$5 contributions and when we get enough in the kitty, the Exercise Class will be going to Thyme to

Taste for a classy afternoon nosh up following the Class. Join up now, you have only better health and better eating to look forward to!

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

<p>22/5: Llewyn Dowling 23/5: Allan Carey 29/5: Clarrie Schlunke 30/5: Joe Morrissey 1/6: David Staines 6/6: Charles Turner</p>	<p>9/6: Bob Nash – TODAY!!! 15/6: Doug Holston 16/6: Ron McMullen 22/6: Wayne Mann 1/7: Jason Soderblom 5/7: Richard Saxby, Richard Rowan, David Villanti 7/7: Colin Statham, Edgar Mongan</p>
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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	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

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Wayne Stuart

Secretary, Yass Valley Men's Shed

0419 292 022

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