



THE MEN'S SHED MESSENGER

CO-PATRONS:

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



MESSSENGER NO 12 FOR 2013
SUNDAY 23 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, (hairy) 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 I. I am pleased to report that 3 members have indicated they would like to be involved – any more?.

Yass Valley Community Centre (YVCC)

Following the Committee's recent attempts to get feedback on progress with the official opening or even some scheduling of an initial meeting of the S.355 Committee on which we have two reps and also progress with some concerning repairs in the centre which could have a safety implication, I have the following updated info to impart:

- It seems that the first meeting of the S.355 Committee will occur in the next month;
- The reports we have lodged concerning safety and other works that are needed are being looked and scheduled for attention; and
- Quotes and budgeting for the major remaining works necessary to bring the Centre to standard for use as a public access facility is in hand.

Thanks to Allan McGrath for this updated information.

Membership News

No new memberships this last fortnight current membership remains at 89.

Other news of members:

As reported to you last week, **John Woodin** and his wife, Marilyn, have now moved very happily back into their Bundaberg home after a significant rebuild following the Bundaberg floods. John has hinted that he will try to visit Yass a bit later in the year and will be sure to catch up with members at the Shed during that visit. If the planets align, we will try to make that visit a bit of a celebration and have a party of some kind. Richard Rowan is already testing recipes and innovative names for them in anticipation. We will keep you informed on this planning.

Roger Holgate has set off for warmer places with Marje and the caravan. They plan a relaxed and unhurried visit to Townsville to visit their daughter and her family and will be away for 8 weeks or thereabouts. En route they will visit the Glass Mountains and Bundaberg, where they will deliver to John Woodin part of the significant collection of vinyl LPs members have generously donated to help rebuild John's much loved collection which was totally lost in the floods. We wish Rog and Marje a safe, very happy and relaxed trip and promise them a warm welcome when they return (I hope someone will volunteer to mow the grounds before his return so Rog will actually decide to return).

I had a brief phone chat with **Bob Frank** on Thursday. He is happily at home and still recovering from his recent broken hip, now replaced. He said he is still needing mechanical assistance with walking, but hopes to progress quickly and be back walking the dog very soon.

Membership Dues

It is **THAT** time of year again, chaps. 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!

And don't forget, you can renew your membership by one of two methods:

1. Cash/cheque given to one of the Committee members or by posting in our letterbox at the Shed; or
2. By Electronic Funds Transfer as follows:
 - i. Log on to your bank account and select the "payments" or "transfers" option.
 - ii. 2. Decide the payment you wish to make (\$20 for 1 year 2013.14, \$50 for 3 years 2013.16, or \$80 for 5 years 2013.18).
 - iii. Fill in the details of the account into which you wish to transfer these funds:
 - a. **Name of Bank:** Westpac (Yass)
 - b. **Name of account:** YVMS
 - c. **BSB:** 032 771
 - d. **A/c No.** 148894
 - iv. Where you are requested to state the purpose of the payment (so we know what the payment is for and who it is from) can you provide information in the following format please: "B Bloggs Subs 13.14" (or 2013.16 or 2013.18 if paying for longer periods). Substitute your name for "B Bloggs" (eg W Smith, B Jones etc). Please note that some banks won't allow any characters other than alphanumeric in the transaction record – hence the suggested "2013.14" format.

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

Please come and collect

We had a visit from Richard Wilson and Neil Macready (apologies if I have the spelling wrong) from YassFM on Saturday and they delivered an almost full trailer load of vinyl LPs, 33s, 45s and some 78s. There must be somewhere between 2-3,000 records in all! If anyone is interested in adding to your collection, come and help yourselves. The pile is quite large and impressive, and, at this stage, no attempt has been made to sort the collection into genres. However, on the basis of a quick look, I can say that there is a very wide range of music including classical, country and western, crooners, rock and roll, folk, bands, 50s 60s 70s 80s, jazz, instrumental, vocal, Irish, humour and lots more.

If anyone has about 10 plastic milk crates they can donate to the Shed, we might set about trying to sort this collection into some basic order – and at the same time, store it more efficiently.

Many thanks to YassFM – it would be a terrible shame to see such a treasure trove simply dumped!

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

A young bloke, **Ben Scanes**, called at the Shed today to deliver a bag of sheep manure for Len and Pat McGuigan's garden. It transpires that Ben has a small business in which he will sell you all the sheep poo you can possibly need or want for a modest fee per bag (three bag sizes available). If you would like to take advantage of this offer, phone this number: **0409 819 324**, talk to Ben's mother (Veronica) and make the arrangements that suit you both (they deliver).

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~~. **Now going for a song at \$3,800**

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.

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 Loius XIV, Tudor or Jacobean upholstered telephone table 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, 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.**

SHED COMPETITORS (courtesy Richard Rowan)



But I ask you – are we really interested when the Men's Shed offers so much more than just booze?

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 - \$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.

Birthdays around this time

| | |
|--|---|
| 1/6: David Staines 6/6: Charles Turner 9/6: Bob Nash 15/6: Doug Holston 16/6: Ron McMullen 22/6: Wayne Mann | 1/7: Jason Söderblom 5/7: Richard Saxby, Richard Rowan, David Villanti 7/7: Colin Statham, Edgar Mongan 11/7: John McClung 17/7: Merv Wright 18/7: Stan Walsh, Mark Ritchard |
|--|---|

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 | Joe Morrissey is currently doing this for us – but he cannot commit full time. 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.

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

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 |
| Dave Staines | 0408 340 040 | yccc@dodo.com.au |

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Wayne Stuart

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