



THE MEN'S SHED MESSENGER

CO-PATRONS:

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



It seems this picture is the most popular and won the contest of "iconic view of Yass".

MESSANGER NO 21 FOR 2013
SUNDAY 27 OCTOBER 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 Monday – 6-7pm

Shed Show on Yass FM (100.3) This coming Monday you will have to tune in to hear the mystery of the Shed Rep solved for this week.

Every Tuesday, 9-10am

S&M – not telling you what this is – you will just have to come along! After 10am the VALMAR boys arrive for their weekly activity and special brand of fun.

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 workshop noise to distract from good conversation, coffee, tea and cake. **Next one is Wednesday 6 November**

YVMS Website

- Have a surf – enjoy yourselves! www.yassmensshed.org.au
- You will find all the previous Messengers in the "Newsletter Archive – go back and dig out some YVMS history.
- We also have a number of interesting and helpful links to other Sheds and worthwhile organisations.

Calendar of upcoming events at the Shed (or elsewhere)

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

Next YVMS Health Seminar – Alzheimer's – This coming Thursday 31 October



THE YASS VALLEY MEN'S SHED **and** ALZHEIMER'S AUSTRALIA
ARE PROUD TO PRESENT AN IMPORTANT COMMUNITY INFORMATION NIGHT

'Your Brain Matters'

a risk reduction program that guides people on how to look after their brain health.

The program will be presented by:

Libby Smith and Verity Jackson

Dementia Advisors for Alzheimer's Australia, NSW.

To live a brain-healthy life, you need to look after your brain, your body and your heart.

The presentation will cover:

- risk factors of dementia,
- common memory problems,
- factors that affect memory and thinking,
- what to do if you are worried about your memory or someone close to you,
- symptoms of dementia,
- tips on living a brain healthy life.

Where: **Yass Valley Community Centre**, 1428 Yass Valley Way, North Yass (next door to the Men's Shed)

When: **Thursday 31 October 2013** commencing at 7.00 PM. The Yass Masons will provide their famous pre-seminar barbecue commencing at 6pm.

All members of the Yass Valley Community (Men and Women) are warmly invited to attend this important and informative health seminar.

RSVP: the YVMS Secretary, Wayne Stuart on 0419 292 022 or by email secretary@yassmensshed.org.au

At this stage we have more than 40 registered attendees – RSVP me if you intend to come.

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

News Review

Briefly.....

Christmas Party

We are in the throes of organising a Christmas Party for members and their guests. The party will be at **lunch time on Saturday 7th December** – so, unless some party poopers want to go to the Shed that day, it will be closed

Stand by for an announcement of the venue and the likely cost per person – we will be trying for a place that serves traditional fare (roasts etc) to keep the appeal as broad as possible.

If you would like to book, please RSVP to me anytime in the next several weeks.

YVMS Brother Shed in Canada

David Staines has shown the kind of initiative that sets him aside and makes us all happy that the defence of the Nation is in good hands and has made contact with a bloke in Canada called Art Post. They have, between them, organised that we consider setting up a “Brother Shed” arrangement. The Canadian Shed - which will be called “The Okanagan Men’s Sheds” - is only just starting up, so we have offered to help them in any way we can (IMPORTANT ANNOUNCEMENT: Line up at the Shed in ranks of 4 on Monday at midnight if you would like the business class tickets to Vancouver that will get you an all expenses paid couple of weeks in Canada to help these blokes get established. If you can fit in the odd wedding while you are there, I am sure the Liberal Party will arrange to have all of your expenses refunded to you on the public purse!).

Once the arrangements are finalised and agreed by both our Sheds, we intend to provide information and news on the progress of the Okanagan Men’s Sheds* in the Messenger, and we will prominently display a logo along the following lines to show the connection:



CANADIAN AND AUSTRALIAN BROTHER SHEDS

*You might have noticed that the name and logo are plural (Okanagan Men’s Sheds). We understand that the intention is to establish more than one Shed in their region under the one banner should this first one be the success they are hoping for.

The Committee would be interested to get Members’ feedback on this great idea and any suggestions you might have to ensure the connection becomes a vibrant, friendly and successful one.

Cooma Cottage fence restoration project.

The Shed has been invited to do much of the fence re-building work – primarily the painting and fixing of the pickets (some 500 of them) to the fence railings. All of this work will be done on site at Cooma Cottage. The benefit for the Shed is that we will be paid \$2,500 if we do that job and do it well.

I have now had some indicative responses to the call for volunteers – are there any more of you out there interested in this little challenge?.

I will let you know when the project is likely to start – perhaps other volunteers are waiting for that information before committing?.

BlazeAid project – equipment boxes.



The 5 x YVMS BlazeAid boxes are awaiting collection and distribution. This is likely to happen soon as we have heard that there are some 65 that have been built by Sheds in the local region of which 23 are to go to Tamworth and the remainder (42) to go to Kilmore in Victoria. It seems the urgency is mounting now that the warmer weather is approaching (if not already here) and there are so many serious fires on the go already throughout the State.

Many thanks again, to those members who helped with this project.

Yass Rotary's two billy carts.

I hope you will all congregate at the bottom of the Rossi Street hill next weekend at the Classic Yass Festival to watch how the Shed's billy carts fare in the Corporate Challenge. Our carts will be raced and wear the livery of Kaffeine and Meagher Automotive.

Go along and cheer our carts on

When they cover themselves and the Shed in glory – just remember that Roger Holgate, Al Phemister and the VALMAR boys all had a hand in building these carts. Should they crash and burn – just remember That Roger Holgate, Al Phemister and the VALMAR boys all had a hand in building these carts!



Containers at the Shed

I hope you don't think this issue has gone away. Len McGuigan and Wayne Stuart will be meeting with the Council's Planning Manager on Tuesday morning to determine what needs to be done, to get approval and to ensure we do not overstep any requirements or boundaries (it is their land and premises after all).

Once we have this information and approval, we will determine how we get the necessary \$10,000 to put this expansion of workshop and storage options into effect.

Stand by for more news on this important matter.

Membership News

Our membership remains at 84.

The YVMS website now has a Membership Application form that can be downloaded and printed should someone ask you the question.

Tuesday afternoon Exercise Classes – 2-3pm



You, too, can do stuff like this (and look this good while doing it!) The exercises are not too stressful and concentrate on balance and core strength.

COME JOIN US!! We usually have about a 50/50 men/women contingent.

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)

I have decided to suspend this “service” for the time being. Most of the adverts have been unchanged for some time and in contact with Richard Rowan, he tells me that “business is slow”. If you would like to advertise anything: eg, ask for help, seek advice, offer a skill or anything else you can think of that might benefit you or other members, contact Richard↓

Richard (R2) 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.

Survey @ the Shed

We had 11 members show up at the Shed yesterday (Saturday) and I conducted a survey of all of them following a number of blokes saying that they find it hard to get back to sleep once they wake up at around 2am. Most of them mentioned that they toss and turn until close to 5 or 6am and get back to sleep just in time for the alarm to wake them up.

I have (after much deliberation and consultation – not to mention detailed and extensive scientific research) found the solution to this dilemma.

Roger Holgate will be at the Shed every morning from 2.05am until 4am to welcome, make you coffee or tea, cook a load of crumpets and engage in equipment training and accreditation classes, workshop and tool maintenance or just have a good old chat. Tony Gough from Dalton has also promised that, to support Roger in this selfless and honourable service, he will also show up with his latest cake or pastry triumph to enhance the experience of “the Shed in the Wee Hours”.

Let me know what you think of this idea (don't you bother replying, Roger or Tony!)

Don't forget!

S&M 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 to put towards the purchase of a defibrillator – I hasten to add that the defibrillator will not be needed for the svelte and toned members of the Exercise Group!!

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.

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

4/10: Ian Lumsden

12/10: Norm Leaney

18/10: Daniel Anderson

22/10: David Hale, Dennis Wicklander,

Luke Laundess

23/10: Al Phemister

24/10: Wayne Stuart

29/10: Warren Dickson

13/11: Len McGuigan

14/11: Bill Dalton, Howard Hollingsworth

15/11, Con Novitski, Chris McHarg

Happy Birthdays Chaps!!! (don't forget, significant others are real people too – we are happy to wish them “happy birthday” if you ask!

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

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	Joe Morrissey is currently doing this for us (sometimes) – 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.

w

Wayne Stuart

Secretary, Yass Valley Men's Shed

0419 292 022

secretary@yassmensshed.org.au

<http://yassmensshed.org.au>