



# THE MEN'S SHED MESSENGER

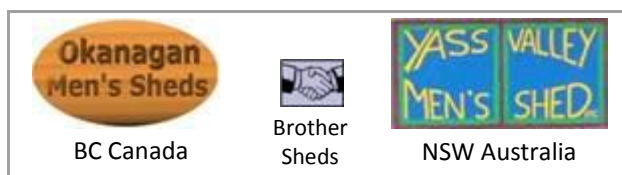
CO-PATRONS:

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



MESSENGER NO 5 FOR 2014  
SUNDAY 9 MARCH 2014

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>



**The Yass Valley Men's Shed is very grateful for the generous support of the following entities:**  
Yass Valley Council, The NSW Coalition Government, NSW Local Member Minister Katrina Hodgkinson, the Lansdowne Foundation, Yass Rotary Club, Yass Freemasons, Yass Lions Club, Southern Cable Services, Yass Valley Physiotherapy, Yass & District Printing, The Yass Tribune, YassFM, KidsBlitz, Steve Bugden Plumbing, IGA, Woolworths, Touie Smith Jnr, Goodradigbee Bookkeeping.

Please let me know if you think the list is missing an important sponsor/supporter.

**For information on Shed Opening Times, regular events and contacts: please click on this link**

<http://yassmensshed.org.au/>

If you would like to read last fortnight's Messenger – here is the link: <http://yassmensshed.org.au/wp-content/uploads/113-No-2-of-2014.pdf>

You will find all the previous Messengers in the "Newsletter Archive" <http://yassmensshed.org.au/newsletter-archive> – go back and dig out some YVMS history.

**Download a Membership Form if you know someone who would like to join our Shed.**  
Click on this link <http://yassmensshed.org.au/wp-content/uploads/YVMS-Membership-Application-Form.pdf> and print the form for them.

## Calendar of upcoming events at the Shed (or elsewhere)

### Seniors' Week celebrations at the Shed.

On Thursday 20 March we will be having a combined Shed/U3A international food nosh-up starting at around 4.30 at the Shed (or depending on numbers – in the YVCC). The idea is that members of both organisations will bring a dish of no more than 4 servings which represents a favourite of theirs, or is a famous ethnic dish (Russian meatballs, Hungarian goulash, English fish and chips, Irish tatties, Chinese curried prawns and rice, Japanese raw fish (not whale, I hope) etc. We will also have the BBQ going and some other exotica will be prepared and served via that resource.

This is your chance to win the play off for “Your Kitchen Rules” we will vote on the night for the best dish provided!

Two RSVPs will help us plan and deliver a good night for all:

1. Please let me know if you wish to attend (so we know how many to cater for); and
2. Please let me know if you can bring a dish or will bring something to prepare on the BBQ (so we know what the “food gap” is that we will need to fill)

At the request of our Treasurer who is a bit concerned that our entertainments are starting to cost a bit, we will have the donation bin out and a \$2 per person donation will be most gratefully received on the night so the Shed will not be too much out of pocket.

Let me know your responses to 1 & 2 above please!

**Defibrillator and CPR demonstrations** will be conducted by Emma Ritchard of Yass First Aid on **Thursday 27 March from 2 to 4pm**. All members and their guests will be most welcome to attend and learn a bit more about these important subjects. More detail in coming weeks.

**Car Boot Sale at the Shed** will be held on **Saturday 5 April**. Len McGuigan will be organising on behalf of the Shed and Rob Cameron will be organising on behalf of the U3A who are joining with us for the event. Planning for this event will commence immediately – have a clean up and get rid of some of your excess stuff on 5 April! **Talk to Len (6226 1549) or Rob (6226 1794)** about it if you are interested or would like to help out (it won't happen without help!)

**The YVMS Annual General Meeting** will be held on **Thursday 24 April at 6.30pm**. This meeting will be preceded by a very brief Membership Meeting at which a new Committee will be elected for the next year and which will be endorsed at the AGM.

- Members are urged to nominate for the Committee (7 members) and to nominate a role in which they would like to serve – it is **YOUR** Shed – put something back! Your Shed needs fresh ideas and new directions – the best way to get that is by having new blood on the Committee – it is NOT an onerous or difficult commitment. The last thing we want is for those who have been serving for a long number of years to walk away – too tired or disappointed at the commitment of fellow members to continue. There will be nomination forms on the sign-in table from now on.
- ALL members are warmly invited to come to the AGM and we will have another of our amazing Dinners (already being planned by our Chef Extraordinaire).

**ANZAC Day** (**Friday 25 April**). Richard Rowan and David Staines will, again, place a wreath at the cenotaph in Comur Street on behalf of the Shed at the 11am service. In the week prior to the event, it would be appreciated if anyone having Rosemary growing in good quantities could donate sufficient for a good sized wreath which we will construct at the Shed.

**Every Thursday Night - YassFM Mens' Shed personalities' interviews** –listen in on Thursdays 6-7pm to the Richard Maxwell Drive Show when he will interview an ever changing list of Shed members who will talk about their former working lives, their music interests and also their take on our Shed. This coming Thursday (13 March) you will hear the dulcet tones of Brian Millett regaling us with his Boys' own Adventure life which has taken him to many parts of the world and he will also share some of his favourite music with the discerning YassFM audience. Don't miss it!

## **News Review**

### **Containers at the Shed**

This project is now moving along and we can expect to see some changes very soon:

- The installation of concrete foundations will be done in the next short while (cost \$1,200). The contractor has been to the site and is now fitting us into his schedule.
- Our two containers are in Goulburn being cleaned and painted (inside light grey and outside mid to dark green). They should be ready for delivery in a fortnight or so. The provider of the containers will also deliver and place them on the foundations for the total price of \$8,000.

Len McGuigan is the coordinator of this project and he will be helped by quite a number of people with the project from now onwards.

At this stage special thanks should go to:

- **Len McGuigan** for taking on the project as project manager;
- **Rob Barker** who drew the site plans for us and has continued to liaise with Council on tricky related issues for us;
- **Richard Maxwell** who found and is organising the painting, delivery and placement on our foundations (when built);
- **Joe Morrissey** who recommended and introduced us to the concrete foundations man, and, of course
- **Dara Madden** without whose efforts we would not have the money and the whole project would fall over.

We will need significant volunteer help with some of the later tasks – so please help us when the call comes if you can.

### **YVCC**

It seems that there might be some action happening in the conversion of the old BP Roadhouse to a new and shiny Yass Valley Community Centre. We received this info from Tony Stevens at the Council on Tuesday of this week just gone:

“I have spoken to the builder and advise that Blake Apps has started dismantling the external female toilets and setting new plumbing for the disabled amenities and there will be workmen on site starting from today.

Please be mindful that this area is a worksite and should not be accessed until completed. This area will be barricaded in the next few days to limit access to workers only on the site. It would be appreciated if this area could remain clear so the tradesmen can set up at the front of the building.”

### **Help eradicate Myna Birds in the Yass Valley**

Look at this website for more info:

[http://www.feralscan.org.au/mynascan/pagecontent.aspx?page=myna\\_aboutmynascan](http://www.feralscan.org.au/mynascan/pagecontent.aspx?page=myna_aboutmynascan)

Or contact Ross Webster at [rosswebster@westnet.com.au](mailto:rosswebster@westnet.com.au). Ross can help if you think you have an infestation and you would like to access a trap to help in this eradication program.

## **Seniors' Week Saturday 15 March to Sunday 23 March**

The U3A Yass is organising a number of events during Seniors' Week. Here is their program – if you are free for any of these events, the U3A would love to see you attend. **PAY SPECIAL ATTENTION TO THE EVENT ON THURSDAY!**

### **SENIORS WEEK 15 -23 March 2014**

#### **U3A and Men's Shed Program**

All events will take place at the Yass Valley Community Centre  
(building adjacent to the Men's Shed)

**Thursday 20<sup>th</sup>** - **10am – 12pm:** Australian History - Debate  
"Racism is Alive and Well in Australia"  
Men's Shed members welcome.

**12.30pm - 3pm:** Art (U3A only)

**4.30pm - 7pm:** Men's Shed and U3A International Feast.  
Bring (or cook on site) your favourite historical/ethnic dish.

**Saturday 22<sup>nd</sup>** - **10am:** Morning Tea at Community Centre,  
Men's Shed and U3A combined. Bring a small plate to share.

**10.30am:** Movie: "**Quartet**" (till 12pm approx.)  
Great British comedy about retired musicians.

## **Australian Prostate Cancer Research**

We received some info at the Shed this week on this issue.

PROSTMATE is a personalised online program for men who have experienced prostate cancer and their families. It provides tailored information, advice and support that has been developed by medical experts and researchers.

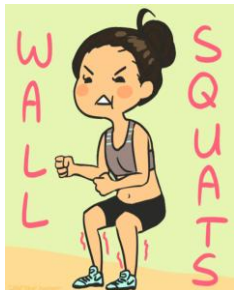
PROSTMATE is a confidential online portal with individually tailored health information, online tele-health consultations, tools to track progress, treatments and appointments and self-help modules to enhance individual's health and wellbeing. The program is offered to anyone affected by prostate cancer and should provide much needed information and support.

For more information go to the website: [www.prostmate.org.au](http://www.prostmate.org.au) It is free to join and easy to use.

## **Membership News**

- Membership has jumped to 95 with the arrival of new member John Corson. John's sequential membership number is 162. Welcome John – we hope to see lots of you at the Shed!

## Tuesday morning Exercise Classes – 11am to noon



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

Come along and join us We usually have about a 50/50 men/women contingent. Tell/invite your friends!

The contributions made by members of the Exercise group each week (\$5 per person per session) are being saved in the YVMS Good Deeds Fund for use when we would like to help out, but our normal resources don't cover the extra cost. In recent times this fund would have been helpful for the BlazeAid cooking efforts, to offset some of the BlazeAid boxes costs the Shed absorbed and other good things we do that stretch the budget.

## Congratulations, Commiserations & Informations

The Shed Committee will (hopefully) be renewed and reinvigorated at the coming AGM. It would be good to have a good dose of new blood when the elections arrive. If you would like to contribute to the management of the Shed, please fill in a nomination form ( a supply of these forms can be found on the table next to the sign-in book) and indicate which function you might like to have. We need new ideas and new energy to keep the place relevant, vibrant and moving positively forward. Do your bit!

Bill Findley is about to leave us for warmer and greener pastures. He (and Wendy) are moving to South West Rocks on the mid north coast soon. Come along and catch up with Bill before his dulcet tones and his authoritative pronouncements on all matters relevant and otherwise are lost to us forever.

Computerised exercise machine. The Shed has a large fully automated exercise machine that can give you the full range of exercise from a gentle walk on the flat to a hard run uphill. If you need to lose some weight or have a need for exercise but don't have the time or inclination to go running around the hills, this might be for you. Just imagine, you could have completed a vigorous 5km run and be Yass' Biggest Loser while watching My Kitchen Rules! Contact the Secretary to discuss options/possibilities for getting this machine to your place (hire or buy).

David and Chris Staines have generously donated a foot massage machine to the Shed. If anyone suffers from sore or tired feet at the end of the day, this might be the answer you are looking for. Ask and you might benefit from the inquiry. Many thanks to David and Chris.

Many thanks to Len McGuigan and Rob Cameron who are organising the upcoming Car Boot Sale on behalf of the Shed and the U3A. If you need any information or would like to book a site (\$10 each) contact [Len on 6226 1549](tel:62261549) or [Rob on 6226 1794](tel:62261794).

**GST(goods and services trading) OR Lost and Found\* - [contact Richard Rowan](mailto:richard.rowan@yvmshed.com.au)**

\*(I was **LOST** in my mess but I **FOUND** a solution at the Shed) – NB new items this week in red type.

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 **on 6226 6839, 0429 980 337 or [richard.rowan@ozemail.com.au](mailto:richard.rowan@ozemail.com.au)**.

## *For sale etc*

A bloke from Young by the name of **Dale Davis** called at the Shed on Thursday afternoon of last week. He is a collector and is **prepared to pay** for any things you might have that are taking up space or that you no longer need.

He collects Old and Antique items including: Enamel signs, motor oil bottles, cow bells, camp ovens, petrol bowsers, old tins, traps and old cordial bottles.

If you have any old stuff that fits any of these categories or something you think might interest Dale, give him a call – he is happy to come, have a look and make you a good financial offer.

His phone number is 0419 638 265

**60 litre (2.2 cu ft) GMC Electric Cement Mixer – in good condition \$250. Call 6226 3534**

We have lot of "good stuff" at the Shed (including 4 recently arrived good quality dining chairs and 2 heavy duty plastic recliner chairs for outside use (by the pool etc). Come along, have a look and haggle/negotiate with us - we do great deals! For the right price we will even part with stuff we think we might need!

## **Organised Entertainment outings?**

Apparently Dendy (Civic), Palace Cinema (New Acton) and Capitol (Manuka) all screen from time to time direct screenings of major entertainments such as Operas, Ballets and Plays from London West End and the Shakespeare Globe Theatre, Paris Opera and the New York Metropolitan Opera (the Met). Here is the Dendy website as an example: <http://www.dendy.com.au/Promotion/Dendy-Arts-2013-2014-Season>

Joe Morrissey would like to hear if there is any interest in us organising a group to go to specific screenings on selected occasions during the year. If you are interested (in principle), can you let Joe know ([joe.morrissey49@gmail.com](mailto:joe.morrissey49@gmail.com) or 0412 258 300) and if there is enough interest, we will decide how excursions to special events might be organised and managed.

## **Business(es) run by members that you might like to know about and support**

**Llewyn Dowling** has set up a yard tidying and rubbish removal business. Llewyn is reliable, courteous, efficient and does what he says he will do when he says he will do it. His quotes, too, are realistic and good value. Llewyn holds Police Check clearances. **Give Llewyn a call on 0498 120 985** – tell your friends too. I have had some very good feedback from two Yass residents who saw the advert in the Messenger and engaged Llewyn. Both clients are very satisfied and pleased with Llewyn's work.

**David Todd** provides a full garden service (mowing, weeding, weed spraying, edging, pressure washing, clean up jobs, rubbish removal). To do these jobs he has a Bobcat 42' zero turn mower, Honda push mower, Stihl brushcutter, Stihl chainsaws, Honda blower, pole saw, rotary hoe, Honda Spitwater high pressure water blaster/cleaner. **(David will donate to the Shed \$5 per hour when his service is used by Shed members!)** Call David on 0499 055 219 and don't forget to tell him you are a Shed Members so the Shed will get his generous donation!

If any Shed members would like to advertise their business in the Messenger and have their expertise made known to members, let me know. Try to keep the entry to Name, brief description and contact details please.

## **Photos from the Archives – Members' first wheels**

Still no photos from your early archives have been provided to me – I suspect you are not interested in keeping this effort going (no effort for me and not much for you!)

**A bloke tries to stay fit, active and attractive for his wife and all he gets is criticism** (thanks to Richard Maxwell).....

### *Yoga and Old Age*



*“You didn't shave very well and your tie is crooked!”*

*Bloke at a horse race whispers to Paddy next to him,*

*"Do you want the winner of the next race?"*

*Paddy replies "No tanks, oi've only got a small yard."*

*A boy asks his granny, 'Have you seen my pills, they were labeled LSD?'*

*Granny replies, 'f@@k the pills, have you seen the dragons in the kitchen?'*

## **Don't forget!**

### **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). Think about it and help us out – please. **It IS worth it.**

# 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

21/2: Lachlan Brodrick

22/2: Jim Wickham, Des Hore

4/3 Bob Evans

7/3: John d'Arx, Bill Findley, Tony Warren

9/3: Ray Armour – TODAY!!!

12/3: Peter Hurley

13/3: William Grace

15/3: James De Mestre

17/3: Ron Doyle

Happy Birthdays, Chaps!!! (don't forget, significant others are real people too – we are happy to wish them "happy birthday" if you give me the details – this includes Canadians!)

w

*Wayne Stuart*

Secretary, Yass Valley Men's Shed

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<http://yassmensshed.org.au>