



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 6 FOR 2014
SUNDAY 23 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)

Defibrillator and CPR demonstrations

Demonstration of and relevant training relating to our new Defibrillator (kindly donated by Yass Rotary); and Basic understanding and perhaps some training/demonstration of CPR

Presented by: Emma Ritchard of Yass Valley First Aid Training

When: 2-4pm Thursday 27 March, 2014 (next Thursday!)

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

What else: Afternoon tea will be served!
All welcome to attend (including any members of Yass Rotary and the U3A who might be interested)!

If you would like to ensure that there is a place for you (and also some afternoon tea) please RSVP to me by email.

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 U3A have already placed advertising flyers in businesses and on notice boards around town. We have asked the Trib to run an article in this coming Wednesday's edition and hopefully they will follow up with an entry in "What's on" in the Friday edition of the following week. Already, it seems that there is a good deal of interest with quite a few people already booking places to park their car boot or their trailer.

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. Don't miss it!

News Review

Pulling our weight in the Community

Many thanks to Brian Millett and Richard Rowan who volunteered to sit on the Yass Show Gates last weekend on behalf of the Shed. We will get a donation for their efforts – both of which are very much appreciated (their efforts and the donation that those efforts will bring!)

And then, on Easter Monday, Richard Rowan and Wayne Stuart will be doing similar duty all day on the gates at the Jerrawa Show. Come along, enjoy the Show, annoy Richard and give him reason to exercise his inimitable invitation for you to depart.

Containers at the Shed

- Holes dug, concrete footings poured, pier formwork built by Len McGuigan for 12 piers (all different heights).
- Concrete should be poured into formwork this coming week;
- Hopefully containers will be delivered and placed on piers during the following week.



Before the work commenced ("Greenfield site")



Current stage of progress (concrete foundations all poured, pier formwork in place)

At this stage special thanks should go to:

- **Len McGuigan** for taking on the project as project manager – and organising concrete and building of the pier formwork;
- **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 of the containers on our foundations;
- **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.

Update on action happening in the conversion of the old BP Roadhouse to a new and shiny Yass Valley Community Centre.

The Council's S.355 Yass Valley Community Centre Management Committee met on Wednesday and received the following information (extracted from the draft Minutes of that meeting):

- Work has started on conversion of former female amenities to accommodate a unisex disabled amenities. This work is expected to be completed by early April 2014.
- Quotations are currently being sought to carry out the installation of emergency lighting & one Fire hose reel to comply with DA requirements. It is anticipated that work will be completed by May 2014.
- Floor coverings and renovation of two single female amenities will be undertaken as per budget allowance.
- It is anticipated all work to comply with DA will be undertaken so that DA approval can be sought prior to 30 June 2014
- Following a request from the Men's Shed & U3A the committee agreed to supply and install an instant hot water service to the kitchenette area. This work is to be incorporated into future electrical works required for DA compliance.
- The committee discussed applicable charges for the centre once it is operational the following recommendation for hire charges was supported by the committee.
 - \$10 hour - Community use only
 - \$60 day/event hire – Community use only
- The Home Living Support Service Friendship Group of approximately 20 people meet weekly on a Wednesday from 9am – 3.30pm.
 - In 2012 the HLSS Friendship Group received grant funding to install the current air conditioning units to the main meeting room. This has been a contribution that all users of the centre will benefit from.
 - In recognition of the contribution of the air conditioning for use in the Community Centre the committee unanimously recommend that the HLSS Friendship Group have their fees waived for the a period five (5) years with a further review undertaken in March 2018.

The committee members are supportive of having the Community Centre operational by 1 July 2014, therefore it was decided that community awareness of the Community Centres use should be advertised. Expressions of interest for bookings which would include regular usage and casual bookings could be lodged with Council's Business Services Section to gauge interest prior to opening. [NB we will need to do this for regular/permanent Shed bookings. ws]

It was proposed by the committee that Yass Tribune be asked to do a story on the progress of the building in preparation for the impending opening.

Australian Prostate Cancer Research

We received some info at the Shed recently 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 It is free to join and easy to use.

This is the last week I will run this information in the Messenger. However the ProstMate web link will be on our Men's Shed website should you need to look for it in future.

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.

Membership News

- Membership remains at 95.
- Early notice that membership dues become due again on 1 July – but we are happy to help you beat the rush around that time and will take your early payment very happily if you so wish.
- We haven't seen Richard Saxby for some time. Well, good news. He called at the Shed on Thursday – he has a new pacemaker and expects to be coming to the Shed regularly again from now on.

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! So far, we have 3 nominations – a minimum 4 still needed.

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).

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** or **Rob on 6226 1794**.

***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) – 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**.

Wanted

A set of drums to suit teenage boy. Preferably in “good” to “as new” condition. If you have a set sitting in your garage, let me know and money could change hands.

For sale etc

- **Llewyn Dowling** 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 Llewyn, give him a call – he is happy to come, have a look and make you an offer.

Llewyn's phone number is 0409 464 010.

- **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. 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!

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

Here is another one supplied by Len McGuigan.

I am not exactly sure of my facts here, but I think this photo might have been taken back in the '50s or early 60s.

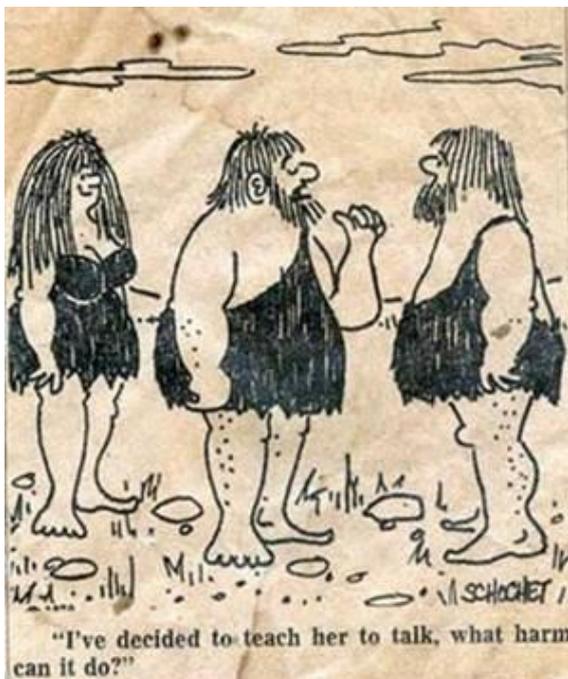
I understand it contains the images of at least two and perhaps more people very well known to many of us.

Let me know if you think you recognise anyone in the photo.

Winners will be announced next time.



Is this the REAL Original Sin – not committed by a woman at all?



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

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.**

Birthdays around this time

7/3: John d'Arx, Bill Findley, Tony Warren	26/3: Rick Williams
9/3: Ray Armour – TODAY!!!	27/3: Allan McGrath
12/3: Peter Hurley	9/4: Alistair McGregor
13/3: William Grace	10/4: Ken Reidy
15/3: James De Mestre	11/4: Roger Holgate
17/3: Ron Doyle	13/4: Brian Millett

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

0419 292 022

secretary@yassmensshed.org.au

<http://yassmensshed.org.au>