



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 7 FOR 2014
SUNDAY 6 APRIL 2014

Current Shed Membership: 98!!

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 Valley First Aid Training, 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)

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.
- I am very pleased to report that we have more than a full quota of nominees at this stage – but don't let that deter you. Can you imagine the fun asking some of the applicants to sell you on what they will do for you when they are on the Committee. I look forward to hearing the new President talking about core promises and non-core promises and the new Treasurer talking about black holes left by the previous administration. It might even be enlivening to have an actual election on the night when we have to vote for 7 Committee members from a field of 8, 9 or more contenders.

The Members who have already nominated are: David Staines (for President), Richard Rowan (for Vice President), Rob Cameron (for Treasurer), Wayne Stuart (for Secretary), Richard Maxwell, Ron Doyle, Reg Moebus and Chris Brown.

- **ALL** Shed 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!

Car Boot Sale at the Shed

Due to inclement weather yesterday, the Car Boot sale was cancelled and has been rescheduled for Saturday 26 April – more below.

News Review

Defibrillator and CPR demonstrations

Emma Ritchard of Yass Valley First Aid Training provided a most illuminating and worthwhile familiarisation course at the Shed on Thursday 22 March when she demonstrated the new defibrillator which had been donated by Yass Rotary late last year.

Emma also demonstrated the latest CPR techniques and quite a few of the 22 people (members and guests) who attended got to try out their own skills on the dummies Emma brought along. In addition, Emma provided very

useful information on a number of conditions and diseases as well, including Heart attack, stroke, Diabetes and Anaphylaxis.

MOST IMPORTANTLY: Emma provided us with a 24 hour emergency phone number that accesses highly trained medicos at Canberra Hospital. She urged us all to add that number to our mobile phones, to have it close to hand/near your home phone and to carry it in your wallet or purse if you don't have a mobile. The Service is called **HEALTH DIRECT** and the number is **1300 136 221**.

Make a record of this Service and number right now before you forget!

May I suggest to all members that we try to help Emma as she has helped us. Accordingly, if you are a member of an organisation that could also benefit from her instruction, please urge that organisation to take advantage – similarly, if you need help or a top up with your first aid training or CPR skills give her a call and get some very professional help!

Car Boot Sale at the Shed

Was a great success – even though it was raining quite heavily and consistently at 8am and **it was decided to call the event off**.

Notwithstanding this setback, the U3A set up in the YVCC and the Shedde Shoppe had already been stocked and was well underway. I am not sure how the U3A fared, but on this non-car boot sale day, the Shed has managed to take around \$300!!!

It has been decided in consultation with the U3A, that we will reschedule the Car Boot and Trailer Sale for Saturday 26 April (the day after ANZAC Day). So dig around and see if you want to try your luck next time. If we can do so well on a fizzer of a day – imagine what will happen if we run it again on a good day!!

Many thanks to all those who have put in a lot of work – especially Len McGuigan and Rob Cameron. It would not have happened without them! Stand by to see and hear more publicity, posters, Trib and YassFM announcements etc.

Many thanks also to the U3A who we shared the organisation and costs with.

If you have any observations or suggestions to help improve next time around, don't be shy – we like positive criticism!

Pulling our weight in the Community

Jerrawa Show: On Easter Monday, Richard Rowan and Wayne Stuart will be doing gate 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.

Conference on Suicide Prevention: We (the Shed) have been invited to attend an upcoming conference in Canberra on Men's Suicide Prevention to be held at the Southern Cross Club on Wednesday 11 June. The organisers (a local agency called MensLink – www.menslink.org.au) have invited a number of organisations to make presentations to groups of health professionals to help them to understand what services and opportunities there are in the community to assist men at risk of suicide and what experiences there might be that these professionals could use to help in their work with such at-risk individuals. The invitation has come to us because the organisers have heard of "the great reputation of Yass Men's Shed".

Three members (David Staines, Richard Rowan and Wayne Stuart) have volunteered to develop and present two 75 minute workshops to this conference with the following three basic features (this is our thinking at this stage):

- What are Men's Sheds, what do they do and, in specific terms, what does our Shed do (David Staines);
- Professional analysis related to the fact that Sheds do not aim to be counselling services or similar, but they do provide environments and coincidental psychological help to at-risk individuals (Richard Rowan); and

- Some specific anecdotes and case studies/examples based on our own experience of 6 years (Wayne Stuart).

We will keep you informed on this project.

Containers at the Shed

Concrete piers were poured and completed on Tuesday 25 March;



Before: three of Rob Pollock's workers getting ready to finish the piers



After: job done

The containers will be delivered and placed on their piers on Wednesday next (9 April) commencing shortly after 9am. It would be appreciated if some members could come to help with any muscle work that might be needed to help locate the containers as they are swung into position. After the delivery and placement of the first container, the truck will return to Goulburn, for the second – so there will probably be a couple of hours to rest in between activity.

At the end of the morning, we will have a simple celebratory BBQ. We have invited Minister Katrina Hodgkinson and Mayor Rowena Abbey and their staff to help us celebrate and witness this important milestone. The Minister has a conflicting appointment in Dubbo, but the Mayor has indicated that she will attend.

It would be good if lots of members come along to help us celebrate another big progress point in the life of the Yass Valley Men's Shed.

Complaint concerning behaviour at the Shed

A complaint has been lodged with three Committee members to the following effect (it has been slightly edited for reporting/privacy reasons):

“For some time I have found that the frequent use of foul expletives at the shed, particularly when ladies are within earshot, is more than unnecessary and undesirable.

I also believe that its frequent and loud use is deterring some, possibly quite a few members from attending.

I believe that there are new members of the shed whose backgrounds would undoubtedly find this language rather offensive that they may very well be lost from the shed or their involvement *may* not be as active as would be in the best interests of the shed.

I have become, personally, less interested in attending the shed because of the offensive manner shown.

I would prefer that my name not be mentioned in the matter as I believe I speak for a number of other members.

I leave the matter in your hands”.

The Committee’s response to this complaint is as follows:

“We agree that sometimes the language is a bit blue and that this may offend some folks – and possibly even contribute to a lack of enjoyment at the Shed. We therefore fully support the call for improved behaviour at the Shed.

HOWEVER, we think we need to be very careful to balance a number of things at the Shed:

- The Shed **MUST** be a comfortable place for all members to come and enjoy themselves (therefore language and behaviour needs to be under control – though NOT under strict censorship by a minority);
 - The Shed **MUST** be a place where men can express themselves, let off steam, relax and be themselves – that, after all, is what the Shed is for! (therefore language and behaviour should not be overly constrained or unnaturally controlled);
 - The Shed is for men – we welcome women and invite them to many of our events. However, if they come to the Shed, especially unannounced, they need to be aware that they might encounter a situation they would not expect at home or in mixed company, and if it is known that a woman will be coming, perhaps a warning that this is the case would be helpful; and
 - If we impose stringent language and behaviour restrictions (especially in regard to language and behaviour that is not, generally these days, seen as particularly offensive by society (cf. any movie or TV station and see how long it takes) then we stand to lose as many members as we retain.
- ✓ The Committee urges all members to have regard for the comfort and enjoyment of all other members while at the Shed.
- ✓ We also urge all members to live and let live.

YVMS Committee, 6 April 2014

Tuesday morning Exercise Classes – 11am to noon

Come along and join us. We usually have about a 50/50 men/women contingent. Tell or invite your friends! The exercises are not stressful and concentrate on balance and core strength.

Membership News

- Membership is now at 98 – our latest members being John Jones and Alf Atkin (seq. nos. 163 and 164) + former member Charles Turner (seq. no. 44), turned up and has become financial again. Welcome John and Alf and welcome back Charles.
- 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.

Congratulations, Commiserations & Informations

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).

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.

Are you worried about flying?

TEL AVIV, Israel. The Israelis are developing an airport security device that eliminates the privacy concerns that come with full-body scanners. It's an armoured booth you step into that will not X-ray you, but will detonate any explosive device you may have on your person.

Israel sees this as a win-win situation for everyone, with none of this crap about racial profiling. It will also eliminate the costs of long and expensive trials.

You're in the airport terminal and you hear a muffled explosion. Shortly thereafter, an announcement: Attention to all standby passengers, *EI AI* is proud to announce a seat available on flight 670 to London. Shalom!

Recent elevations in Yass

It is with no little pleasure that I wanted to let you know (before you read it in the news, see it announced on TV or it is tweeted/facebooked or otherwise communicated to you) that King Tony, our exquisite Prime Minister who has recently reintroduced ancient and British honorifics in our fair (used to be Australian) polity, has selected me as his first "real" knight and this decision not been forced upon him by the simple need to have a GG with a title – thus dragging us back to the last Century.

I have waited patiently for 67 Queen's birthdays and 67 Australia Days and it has finally arrived – Oh Joy!

Sith Lord and King Tony has been very kind to me in bestowing this great honour and he even went to the extent of asking me if I had a particular style of knighthood that I would prefer.

It did not require much thought to decide that I want to be a Jedi Knight → and, apparently, from henceforth I will be known as:

Sir Obeywayne Carn-obey!

I was so excited when King Tony ("His Grand High Eminence" to you) called me to tell me this news, that I think I might have invented a new National Bunyip Aristocracy form of salutation when I said to him in a deep and meaningful voice:

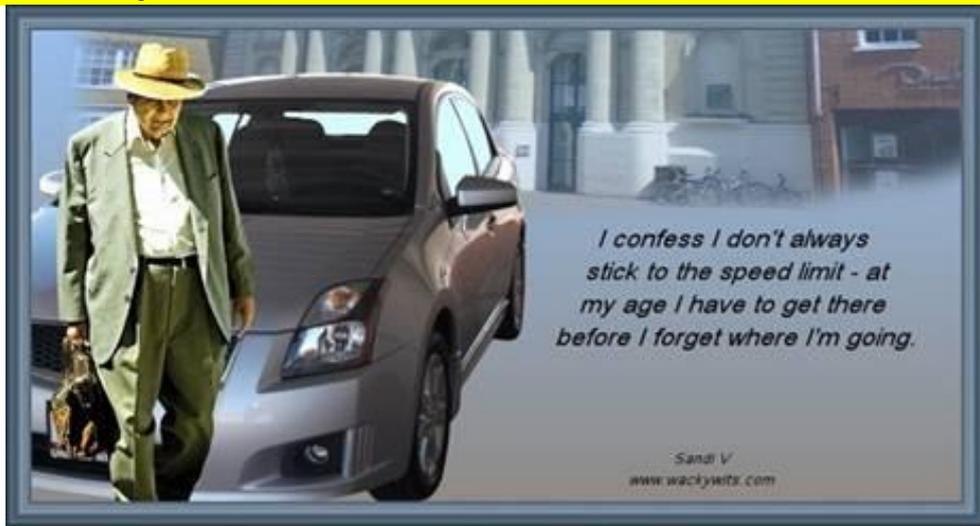
"May the farce be with you!"

So far I have only been game to get dressed up in my new finery in my Shed.

[Editor's note: if this item has left you bewildered or not following, I suggest you obtain the 6 episodes of the Star Wars Movie collection and enjoy them all. No correspondence will be entered into with ignorant non-Star Wars literate dumbos!]



Memory



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

26/3: Rick Williams

27/3: Allan McGrath

9/4: Alistair McGregor

10/4: Ken Reidy

11/4: Roger Holgate

13/4: Brian Millett

26/4: Blake Swadling

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

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