



THE MEN'S SHED MESSENGER

CO-PATRONS:

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



BC Canada



Brother
Sheds



NSW Australia

MESSANGER NO 11 FOR 2014
SUNDAY 1 JUNE 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> - go back and dig out some YVMS history.

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, Goodradigbee Bookkeeping, 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.

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/>

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)

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!

Next Wednesday (4 June) – double bunger!!

There will be two very good reasons to come to the Shed next **Wednesday** morning (4 June):

1. First Wednesday Morning Tea– kicks off at 10am; and
2. The next visit by members of the Yass Friendship Group also starting at 10am

Come along and enjoy yourself doubly.

We will, most likely, hold both events at the same time in the YVCC on the new carpet and enjoy some warmth from the air conditioning in there.

Both these events are very enjoyable individually – it can only be better having both on at the same time!

Proposed visit by some members of the Tumut Shed – some time in June

We have received a communication from one of the movers and shakers at the Tumut Men's Shed.

The Tumut Shed is in its early stages and we have provided them with some of our policies and procedures to help them to not have to reinvent any wheels unnecessarily. At the time of providing that information, we also extended to the Tumut Shed members an open invitation to come to our Shed when it suited them for a bit of socialising and exchange of ideas etc.

It seems that the Tumut members are now keen to take up that invitation – probably in the second half of June (if I have understood the latest exchange correctly).

I will keep you informed and if we can organise it, I think we might need to roll Richard Rowan out with his Chef's hat on so they go home really envious of us.

News Review

Call for Shed members to help and engage

We are noticing a falling away of attendances and involvement in Shed activity. This is making it harder for those who attend to cover the various calls on members who do attend on our normal open days and is likely, if not redressed, to lead to a need to reduce opening times or the possibility that those carrying the load might also decide not to come as often or, perhaps, not at all.

For example there were only two members at the Shed last Tuesday and with the VALMAR boys coming, it made for some serious concerns about how to supervise the use of machinery etc. In the end, it was simply decided that no machinery would be used on the day – this is not a good outcome for our VALMAR members who come expecting and entitled to use all of their skills, capacities and capabilities, but which cannot be exercised if we don't have members in attendance with accreditation on those machines – or there are insufficient members there to properly and safely oversee the activity.

We need volunteers to commit to opening and closing the Shed on open days – ideally more than just a couple for each day, so when a conflicting obligation arises in the life of any one designated opener, the Shed is not left unopened, perhaps annoying other members who decide to attend on that day, but who have not or don't want to sign up for opening rights. It is also important for members to come along and support the Shed by being there and engaging in the various activities – just chatting is one of the more important ones!

As you know, we are open on Tuesday mornings 9-12, Thursdays 2-4.30pm and Saturdays 12-4pm. If you like to come and often do come on any one or more of those days, it would be really helpful if you would commit to opening and closing duties so we can continue to provide this great opportunity to our members and the community of the Yass Valley.

We now have over 100 financial members, surely we should see more than two members attending. Come along and help keep our Shed vibrant and alive.

Visit to the Junee Shed

Unfortunately, I was unable to go on the drive and visit to the Junee Shed last Tuesday – the plan was to see how they had set up their Containers so we would not have to re-invent any wheels. From my inquiries, I understand that those who went for the event included: Len McGuigan, Joe Morrissey, Roger Holgate, Reg Moebus, Warwick Sainsbery and Ruben Larzabal. Here is a report on that day out from Len McGuigan (Thanks Len!):

From: len McGuigan [<mailto:lpa2582@bigpond.com>]

Subject: Re: Visit to Junee Shed

All enjoyed themselves

Containers turned out not be containers, just looked like it from the road, so were no help for us. Their shed is so big you get lost in it.

I personally did not get any new ideas maybe one of the others did.

Thanks Len



Thanks very much to Ruben Larzabal for these photos.

Following that trip, Roger Holgate has provided this link <http://www.youtube.com/watch?v=ZRFu56YkbCk> to a video showing the ride up (and down?) the "Bethungra Spiral" near Griffith - apparently something any self-respecting enjoyer of engineering and trains cannot miss. Perhaps our new YVMS Social Planning Group might organise a day

out for those interested in having an excursion to this little gem and also we might manage to fit in a visit to another Shed in the region and possibly a counter lunch somewhere new as well?

Membership fees due on 1 July

Following the decision by the members and Committee who discussed the issue following the AGM, the annual membership fee is \$25 effective immediately.

The multi-year concessional rates have been discontinued – BUT any members who have those multi-year memberships do not need to do anything until those membership years have been completed.

This is an early reminder that membership fees come due on 1 July and there is a period of grace until 31 July, after which your membership becomes non-financial. Get in early and beat the rush!!

As of right now, of our 103 currently financial members, some 37 have already updated their memberships and will be financial in the next year. Thanks very much to those members for your ongoing support.

Pulling our weight in the Community

Conference on Suicide Prevention: We (the Shed) have been invited to present two workshops (one morning and one afternoon) at an upcoming conference in Canberra on Men's Suicide Prevention to be held at the Southern Cross Club on Wednesday 11 June. We actually had a visit last Tuesday morning at the Shed from Rob Regent, a representative of MensLink one of the organisers of the event and the person who actually asked us to be involved.

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" (their words).

Three members have volunteered to develop and present two 75 minute workshops for this conference with the following three basic features:

- 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.

Message from the Workshop Manager

Fellow Members,

At the recent special committee meeting I was asked to compile a workshop want list for the next 12 months.

I will do that, but I would like some membership input to tell me just what you would like us to have.

To start the list off I have added a Blade Guard and Stand (*for which I have obtained the part numbers*) for the recently donated Triton 2000 work centre.

There are a couple of items on the board at the shed which I will also add.

Please give the request some serious thought and let me know either either by the board at the shed, by email to roger42@dodo.com.au or by either of the phone numbers below.

Roger Holgate. (02 62261664 or 0428509242)

Tuesday Exercise Classes



We now have 2 classes on Tuesdays
(until further notice):

- 11am to noon; and
- 2-3pm



The classes are not onerous or difficult. They are designed to improve core strength and balance and if you ask any of the current people who attend, I think you will find that they all report they feel much better for going to the class.

The cost is \$5 per session.

It is also important to know that **these classes are not just for Shed members or just for men**. At present we probably have a 50/50 representation of both men and women come to the classes. Tell and invite your friends – they will all be made welcome!

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 either in the Shed or in the Community, but our normal resources don't cover the extra cost.

Yass Valley Community Centre (YVCC)

Good progress is being made with the refurbishment of the YVCC. So far new carpet has been laid in the big meeting room, the toilets are being painted out and the old toilets at the back of the building are being converted into Ladies toilets – hand basins and new pedestals will be installed and they will also be repainted. Access to these loos will be from inside the building once the security grille being manufactured by some Shed experts is finished and installed.

There was also a Council bloke there on Thursday washing down the fascia above the windows on the front veranda preparatory to painting – so perhaps the works might also include a bit of a spruce up in the front as well which will improve “street appeal”.

It is now looking like the Centre could open to the general public in the not too distant future.

Membership News

- Membership has hit 103 financial members – our latest member being Kaine Hodgkinson (sequential no 169). Welcome and congratulations Kaine.

Congratulations, Commiserations & Informations

Important Notice for all Members. It is **essential** for ALL members to sign the attendance book every time they attend at the SHED – this is especially important when members go to the Shed out of hours. We have had a recent spate of:

- Lights/power left on (this often results in the urn boiling dry and the safety switch engaging – still dangerous, we don't want or need a fire!);
- Tool cupboards doors wide open and tools left lying around – the most recent being a grinder – please tidy up when you finish!; and

- People who attend out of hours leaving the place in a mess – sawdust, metal bits everywhere etc etc. please tidy up when you finish!

It is also important for insurance reasons for us to know who has been in the place.

Please try very hard to accommodate this need – when you signed up, you undertook to abide by the Rules of the Shed – this is one of the more important Rules!

More Masterpieces from our intrepid acceptor of challenges



As you know, our Workshop Manager is rarely daunted when challenged.

Recently he was dared to see if he could make a set of Chess Pieces (having amazed everyone with his Tulips).

Roger has risen to the challenge and here is his latest triumph made on his home woodlathe. He tells me each piece took about an hour to turn and finish. Pretty nifty, no? Each set is made from high grade contrasting timber.

Notice the clever solution to the Knight piece – he has made the knight and not his horse (which might be pretty difficult on a woodlathe)! If you want to know more – ask Roger he is happy to talk about these things. I think he might even consider selling to anyone who values them properly.

The problem with women drivers

This morning on the Barton “freeway” I looked over to my right and there was a woman P plate driver overtaking me in a brand new Volkswagen Golf doing 105 km per hour with her face up next to her rear view mirror putting on her eyeliner!

I looked away for a couple of seconds and when I looked back she was halfway over in my lane, still working on that makeup.

As a man, I don't scare easily, but she gave me such a fright I dropped my electric shaver, which knocked the meat pie out of my other hand.

In all the confusion of trying to straighten out the car using my knees against the steering wheel, my mobile phone slid out from between my shoulder and my ear, and fell into the coffee between my legs, which splashed and burned ‘Big Tom and the Twins’, ruined the phone, soaked my trousers and disconnected an important call.

Bloody women drivers!

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**.

We have had no new requests for this column for some time and I have had no feedback on the effectiveness of notices that have been in this Section/Service for some time.

Accordingly, I thought I would remove them all and see if anyone in the Black Hole squeals or complains – or, perhaps some new suggestions are made for items for inclusion.

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.

Games/Recreation at the Shed or in the YVCC

If anyone has some games that might enhance the possibilities for use of the YVCC when it opens, a donation of those things would be very welcome to future users, I am sure.

Things like carpet bowls etc. We already have a ¾ size billiards table, balls cues etc and a table tennis table. We also have a dart board (but no darts).

Birthdays around this time

16/5: Nate Harvey-Cox

17/5: Sandy Butt

22/5: Llewyn Dowling

23/5: Allan Carey

29/5: Clarrie Schlunke

30/5: Joe Morrissey

1/6: David Staines (Today!!!)

6/6: Charles Turner

9/6: Bob Nash

15/6: Doug Holston

16/6: Ron McMullen

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!)

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

W

Wayne Stuart

Secretary, Yass Valley Men's Shed

0419 292 022

secretary@yassmensshed.org.au

<http://yassmensshed.org.au>