



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

MESSENGER NO 12 FOR 2014
SUNDAY 15 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, Yass Fire Brigade, 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)

Saturday or Sunday 21 or 22 June!!

Joe Morrissey, our Special Outings and Social Activities Director has found this excellent event to start the YVMS special events rolling.

Do yourself a favour and join Joe on this little adventure into culture land. If you haven't seen any of these live on-stage performances recorded and played in a movie theatre – you are in for a real treat. The event will be screened at the Dendy Theatre complex in Canberra. Here is the official Trailer:

<http://www.youtube.com/watch?v=Z8P2BczmKu8>

If you would like to go – simply email Joe on joe.morrissey49@gmail.com or you can call him on 0412 258 300.

Tickets cost \$25 for adults, or \$24 for seniors/students.

National Theatre Live: King Lear



- [Sat 21 Jun 1:00 PM at Canberra](#)
[Sun 22 Jun 1:00 PM at Canberra](#)

Academy Award® winner Sam Mendes (Skyfall, American Beauty) returns to the National Theatre to direct Simon Russell Beale (Timon of Athens, Collaborators) in the title role of Shakespeare's tragedy. An aged king decides to divide his kingdom between his three daughters, according to which of them is most eloquent in praising him. His favourite, Cordelia, says nothing. Lear's world descends into chaos.

Proposed visit by some members of the Tumut Shed – some time soon

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 month or so.

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

Unassuming hero of the week

We had an unfortunate little accident at the Shed on Thursday when the tap on the urn collapsed. The first comment made was "well what do you expect with an ALDI urn?" Upon checking, we found that we purchased that urn for \$29 back in 2010 – so we have had good service from that urn which so far has cost us about \$7 per year (cost \$29.95 divided by 4 years).

Step in the hero! We also had an old urn that we have been meaning to throw out (its heating mechanism gave up on us quite some time ago) sitting on the top of one of our bookcases. Ray Armour set about salvaging the tap from

the dead urn and fitting it to the one that had just broken. There was a bit of manipulating needed as the fittings were not exactly alike. Our urn is now back to full working order. Please be gentle when using our urn – the handles are clearly designed and engineered to fall apart if not treated with extreme courtesy and understanding!

Well done Ray! – next time you are at the Shed, let us shout you a free cup of coffee!

Yass Fire Brigade fixes the placement of our Containers



Last Wednesday night (7 to 9pm) the Yass Fire Brigade under the Captaincy of Paul Hewitt and with the assistance and advice of former Captain Allan Carey, arrived with all manner of equipment, expertise and skill and moved both Containers so that they now sit properly on their foundations.

← Before the Firies came, the containers looked like this. (Note, in particular, the location of the container on the left in relation to its foundations)

This final adjustment of the containers on their foundations will allow us securing of the containers to their foundations (so they won't blow away) leading to signing off of the Development Application by Council.

← Afterwards. They are now perfectly located on their foundations.



Here are the boys in action ↑→.

It was very interesting to see how highly trained professionals can solve problems and a group of 8 or 10 blokes can quite easily move containers weighing 4 tonnes.

Having such an effective group working in our community is very reassuring for the average Yass Valley resident!



Len McGuigan with the assistance of Roger Holgate and Al Phemister is now managing the next steps in the process which are:

- Get the containers tied down to the foundations – then we can have the DA signed off by Council and we can start to use them;
- Plan, purchase and install electrical services (Bob Nash and John Backhouse are our in house experts on things electrical);
- Once we have expended the last \$800 remaining in our grant from the NSW Government for this project, Dara Madden will then acquit that grant;
- Once the electrical work is complete, we will then move into the containers which will free up a lot of space in the Shed for expanding for other uses (this last phase will involve some serious muscle and time – so stand by for the call to arms!)

Cats have got it made!



Ruben Larzabal (←) has a neighbour whose mother made for her a cat igloo by knotting together lots of coloured bits of material.

Unfortunately, the cat

Had serious problems using the igloo as it had no visible means of support.

The neighbour asked Ruben if he or the Shed could help. Ruben made a metal frame to fit inside the igloo and ← you see the result.

The neighbour was so happy she has donated \$50 to the Shed. Well done, Ruben! Another hero emerges!

Pulling our weight in the Community

Conference on Suicide Prevention: David Staines, Richard Rowan and Wayne Stuart presented a workshop at a conference in Canberra on Men's Suicide Prevention which was held at the Southern Cross Club on Wednesday 11 June. At first we were a bit surprised that we would be asked to speak at such a conference and wondered how we might be able to help with this serious issue. It emerges that the official figures for suicide in Australia are that there are an average of 6 suicides every day and of these 5 are men. The clear suspicion of the professionals is that this number could easily be twice or three times as large but evidence of unexplained deaths cannot conclusively be shown to point to suicide.

There were more than 100 health professionals (GPs, counsellors, phone counselling services and a number of community groups) involved as participants in the conference and the keynote address was given by Professor John Macdonald a noted mens health academic and practitioner (who also happens to be one of two Patrons of the Australian Men's Shed Association).

Our presentation had 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 where we have observe the Shed being of benefit to its members (Wayne Stuart).

We have had informal feedback from the organisers to the effect that the Yass presentation was very well received and gained a significant amount of very positive comment from conference participants.

Visit of the Yass Friendship Group

The Yass Friendship Group visited the Shed on Wednesday 4 June and this time we were able to host them in their soon to be new HQ – namely the Yass Valley Community Centre.

This will be a big improvement for a number of reasons:

- We will have new and very welcome neighbours;
- We hope to develop some mutual activities including games, gardening and occasional workshop activity – NOT TO MENTION MORNNG TEAS!

David making his “thank you” speech →

Some of the Friendship Group and Shed members mingling and enjoying the new venue (especially the very effective heating ↓).



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 45 have already updated their memberships and will be financial in the next year. Thanks very much to those members for your ongoing support.

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 have started that list, but I would still like some membership input to tell me just what you would like us to have.

Out of over 100 members I have only received input from 2 members since the last messenger went out.

Please give the request some serious thought !! What would you like to have available to be able to use at the shed yourself ?

Please let me know either verbally, by email to roger42@dodo.com.au or by one of the phone numbers below.

Roger Holgate.

02 62261664

0428509242

The Current Shed "Want List" looks like this. If you have any suggestions, please let Roger know:

Item	Supplier	App Cost	Purchased
WCA333 Triton Blade Guard	Magnet Mart		
WCA334 Guard Support	Magnet Mart		
UB100 Bar Bender(bends up to 16mm rod)	M&G Industrial	\$253.00	
1HP Pedestal Drill for metal shop	Carba tec	\$550.00	
Tap & Die set		\$500.00??	
Extra G3 Scroll Chuck for wood lathe	Carba tec	\$195.00	
18 volt Ryobi Router	Bunnings	\$79.00	
Router Bit set ¼" shaft	Bunnings	\$43.00	

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.

Membership News

➤ Membership remains at 103 financial members.

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!
- **ALSO: please double check the lock when you leave – we have recently had another event where the lock was not properly engaged and the Shed was therefore open to all comers.**

It is also important for insurance reasons for us to know who has been in the place and that it is always fully secured.

Please try very hard to accommodate these needs – when you signed up, you undertook to abide by the Rules of the Shed – these are more important Rules!

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). **Many thanks to Marje and Roger Holgate who have donated a set of Boules for use at the Shed.**

The reason why we have no religion at the SHED (thanks to David Staines for this one – even if you have seen it before – it is well worth a revisit)

THE THREE CLERGYMEN!

A Catholic Priest, a Baptist Preacher and a Rabbi all served as Chaplains to the students of Northern Michigan University at Marquette in the Upper Peninsula of Michigan.

They would get together two or three times a week for coffee and to talk shop.

One day, someone made the comment that preaching to people isn't really all that hard, a real challenge would be to preach to a bear. One thing led to another, and they decided to do an experiment. They would all go out into the woods, find a bear, preach to it, and attempt to convert it to their religion.

Seven days later, they all came together to discuss their experiences.

Father Flanagan, who had his arm in a sling, was on crutches, and had various bandages on his body and limbs, went first.

'I went into the woods to find me a bear. When I found him, I began to read to him from the Catechism... Well, that bear wanted nothing to do with me and began to slap me around. So I quickly grabbed my holy water, sprinkled him and, Holy Mary Mother of God, he became as gentle as a lamb. The Bishop is coming out next week to give him first communion and confirmation.'

Reverend Billy Bob the Baptist, spoke next.

He was in a wheelchair, had one arm and both legs in casts, and had an IV drip. In his best fire-and-brimstone oratory, he exclaimed... 'WELL, brothers, you KNOW that we Baptists don't sprinkle! I went out and I FOUND me a bear. And then I began to read to my bear from God's HOLY WORD! But that bear wanted nothing to do with me. So I took HOLD of him and we began to wrestle. We wrestled down one hill, UP another and DOWN another until we came to a creek. So I quickly DUNKED him and BAPTIZED his hairy soul. And just like you said, he became as gentle as a lamb. We spent the rest of the day praising Jesus. Hallelujah!

The Priest and the Reverend both looked down at the Rabbi, who was lying in a hospital bed. He was in a body cast & traction with IVs & monitors running in & out of him. He was in really bad shape. The Rabbi looked up and said:

"Looking back on it, circumcision may not have been the best way to start."

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

29/5: **Clarrie Schlunke**

30/5: **Joe Morrissey**

1/6: **David Staines**

6/6: **Charles Turner**

9/6: **Bob Nash**

15/6: **Doug Holston**

16/6: **Ron McMullen**

5/7: **Richard Saxby, David Vilanti, Richard Rowan**

7/7: **Colin Statham, Edgar Mongan**

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!)

Wayne Stuart

Secretary, Yass Valley Men's Shed
0419 292 022

secretary@yassmensshed.org.au

<http://yassmensshed.org.au>