



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 13 FOR 2014
SUNDAY 29 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:

BarkerHarle (Consulting Engineers), Bunnings (Belconnen), Goodradigbee Bookkeeping, Home Hardware (Yass), IGA (Yass), KidsBlitz, the Lansdowne Foundation, NSW Coalition Government, NSW Local Member Minister Katrina Hodgkinson, Southern Cable Services, Steve Bugden Plumbing, Touie Smith Jnr, Yass & District Printing, Yass Fire Brigade, YassFM, Yass Freemasons, Yass Lions Club, Yass Rotary Club, Yass Valley Council, Yass Valley First Aid Training, Yass Valley Physiotherapy, The Yass Tribune, Woolworths (Yass).

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.

Membership fees (\$25.00) now due

Membership fees come due on 1 July and there is a period of grace until 31 July, after which your membership becomes non-financial. At the time of writing 50 members need to renew their membership (which means we have half our membership already paid up for 2014/15 – many thank yous to those members).

I have written to all members who are yet to renew their memberships to remind you and provide the options on how to pay. If you haven't already had a note from me, you are up to date with your dues!

You have two options:

Cash – drop in and pay at the Shed on any day that we are open – or put your payment in an envelope and drop it in the letter box next to the notice board beside the roller door; or

EFT - The procedure for you to follow if you wish to use the EFT option is as follows:

1. Log on to your bank account and select the “payments” or “transfers” option.
2. Fill in the details of the account into which you wish to transfer these funds:

a. Name of Bank:	Westpac (Yass)
b. Name of account:	YVMS
c. BSB:	032 771
d. A/c No.	148894
e. Amount:	\$25.00
3. Where you are requested to state the purpose of the payment (so we know what the payment is for and who it is from) can you provide information in the following format please: “W Smith Subs”. Substitute your name for “W Smith”.
4. Finally (and most important) can you then send an email to me advising that you have made the transfer. I will then issue a receipt which will be placed under your name tag on the board at the Shed. Please send that email to the Secretary address (secretary@yassmensshed.org.au).

Let's see if we can keep our membership at or around the iconic 100 members point going into the new membership year – and then build on it some more!!

Calendar of upcoming events at the Shed (or elsewhere)

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

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 establishment and set-up 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 next 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.

Possible Garage Sale at the Shed??

Notwithstanding our very successful Car Boot Sale recently, we still have a lot of things in the YVCC and also in the Shed that we need to move on.

It has been proposed that we hold a “Garage Sale” at the Shed on Saturday July 19 to move on as much of that stuff as possible.

We need to clear out our things in the YVCC as it will soon open for business as the new northside Yass Valley Community Centre (if progress by Council on the refurbishment is anything to go by).

The idea is

- We move all the stuff for sale to the front (long) room of the YVCC (providing Council is not in there doing refurbishment of that space);
- open at 9am and run all day. The Shed is open normally from noon anyway, so manning the event should not be too much of a challenge; and
- anything left at the end of the day we take to the tip or give free to a good home.

The only organising required will be:

- Sorting through what we can put in the sale
- Promoting the sale (a note in the Trib and perhaps a couple of flyers around town); and
- A couple of volunteers to open at 9am and sit with the sale until noon – at which time the afternoon shift would kick in

A couple of volunteers for the morning shift on the day and we can get on and organise. Please let me know if you can help.

News Review

YVCC Update

Last Wednesday morning, Len McGuigan and Allan McGrath attended the Council’s S.355 Management Committee meeting set up to manage the development of the Yass Valley Community Centre (YVCC) next door to the Shed.

It is reported that the development/refurbishment is going well. So far:

- the big room has been recarpeted;
- the conversion of the former ladies toilets to a unisex disabled toilet is finished,
- the former toilets at the back of the building are being refurbished and will become the ladies’ toilets – they have been painted. Re-tiling and installation of washing facilities and replacement of the pedestals remains to be completed. Al Phemister, Roger and Len have finished the security gate that will be installed in the opening at the back of the building where the new ladies’ loos will be;
- the ceiling in the kitchen has been fixed and repainted; and
- we understand that there are plans to also refurbish the long room at the front of the building (subdivide?, carpet?)

At this point there is no “opening” date – but when that does happen, it is likely to be a community event including an open market type day will be organised by the Council (hopefully they will issue themselves a DA for the event) so we could take advantage and hold a shed sale on the date if we so decide. We will be advised on a date as soon as it is known.

Shed improvements in capability, security, assets and planning

We have now had the final inspection by Council on the containers, now that Roger, Len and Alf have finalised welding the containers to the reinforcing steel that was embedded in the foundations for the purpose. One of the conditions of our DA was that the containers be tied down to prevent movement.



Many thanks to all who have had a hand in this major project.

As soon as we get the final approval from Council, and spend the remaining \$800 in the Grant on installing electricity, Dara will be able to complete the acquittal of the grant with the NSW Government and we will start moving timber into one of the containers, so we can then commence a major reconfiguration of the workshop and front room areas of the Shed and YVCC.



Before

You will recall that, in recent times, we have been concerned at the increasing frequency of minor security lapses at the Shed.

The Committee has discussed this issue at some length, looked at a number of issues and options and has decided to beef up the security to pre-empt any possible foreseeable security issue. We have over the last 6 years, managed to collect a larger amount of valuable equipment and the Committee has agreed



After

that it is prudent to enhance security.

The first of two initiatives is to enhance the security at the entrance – so we have purchased a new digital security lock for the door. This lock will provide much more robust security at the entrance and also has the great advantage that when the door closes, the Shed is automatically locked – no longer a need for double checking that the former digital padlock is properly used.

The Committee has also purchased a video surveillance system → for installation in the Shed. There was considerable debate in the Committee and the wider membership on this issue, but at the end of the day the following benefits were agreed:

- The local police are very supportive, provided warning signs are prominent (which will be done);
- Will help monitor out of hours access to the Shed;
- Will assist in solving any thefts that might occur;
- Could provide a record of any “incidents” that might need to be investigated (safety etc);
- An adequate back to base alarm system is both expensive and who would hear an alarm out there (and respond) anyway? and
- We will have a policy that strictly controls the use of the system.



Our in-house security expert, Alf Atkin with the assistance of IT gurus Chris and Joey Brown will install the system for us. Many thanks to them!



Joe Morrissey has discovered a “free to good home” kitchen (see photos) in Canberra and has managed to secure it for us.

He has managed to negotiate the stove and fridge for the same price as well!

Joe, Rob Barker, Ray Armour and Ruben Larzabal went to Canberra yesterday, extracted the kitchen from its current home,



Our very own MasterChef (Richard Rowan) is beside himself at the prospect of being able to exercise his talents in the new Shed Kitchen (once installed) and bookings for any future events should be made right now!

loaded it on a ute and trailer and transported it to Yass where it now resides cosily in one of our Containers awaiting installation.

The plan is to revamp the current kitchen space so we can live a little more comfortably and creatively in there and perhaps even run some basic “cooking for codgers” classes over time?

Message from the Workshop Manager

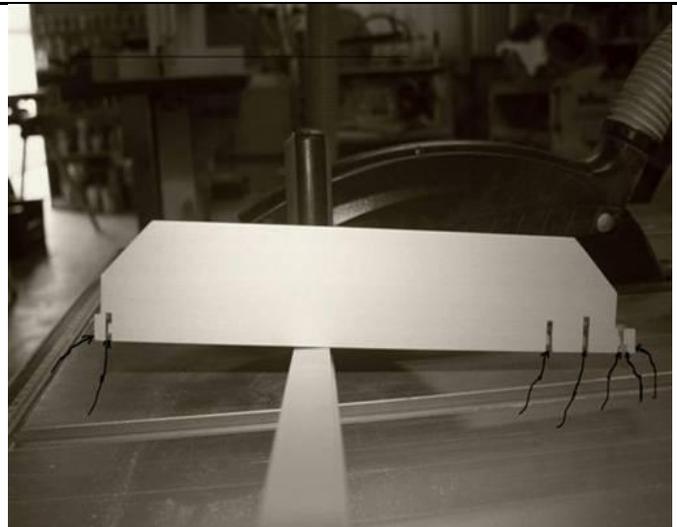
Workshop Corner

A few issues have been coming to our attention in recent times, and the general feeling is that we need another workshop refresher and discussion session which is in the planning for early spring.

In the meantime we are bringing to your attention the damage that was discovered to the mitre guide on the Metabo Bench Saw. The picture has seven arrows pointing to seven times that the guide has contacted the saw blade.

It is **essential to check the saw blade to guide clearance and adjust as necessary before commencing any cut.**

Roger Holgate.
roger42@dodo.com.au
02 6226 1664
0428 509 242



Visit by Wade Bottorff, Vice President of the



(Canada)

We were very lucky and privileged to have Wade visit us last Monday and Tuesday (Wade is second from left →).

At pretty short notice we were able to galvanise a number of members to meet at the Soldiers Club for a few drinks followed by dinner. Pat McGuigan joined the group for dinner to provide that little bit of “class” the normal members just cannot do.

Wade outlined progress and impediments to the development and establishment of their Shed in Canada – at this stage they don't have a venue and political understanding and support are their greatest challenges at the moment. He also mentioned that they have around 10 members, but cannot expect membership to grow until they have a home to go to.



On Tuesday morning, Wade then came to the Shed and we showed him (rather proudly, I thought) over our various attractions and assets (← one of them is second from left in this photo).

We also managed to discuss a strategy to see if we cannot assist the Okanagan Men's Sheds to get some political support back home in Canada, by engaging the assistance of Katrina Hodgkinson (MP) and Mayor Rowena Abbey. Those initiatives are underway. We think they might work and we hold great hopes.

In any case, we have made the offer to Wade, for him to communicate back to his Shed, that we will try to assist

them in any way that we can. Wade was also pretty impressed that we went to the trouble of organising some Canada-like weather for him to enjoy while he was here!

How is this for irony? Apparently, on the morning of Wade's visit to the Shed, Richard Maxwell who was “The Voice of Yass” on Yass FM that morning, mentioned to the burgeoning and widespread YassFM listening public that Wade would be visiting the Shed all the way from our Brother Shed in Canada and urged members to get along to meet him. I have asked around a fair bit amongst our membership since that broadcast to see how many members might have heard the announcement to call to the Shed – NOT A ONE SO FAR! I heard about the broadcast from Wade who heard it while getting ready or en route to the Shed in his hire car. How about that? We broadcast that a bloke from Canada will be at the Shed and the only one to hear it is the bloke from Canada!! It's a good thing he showed up!

Tuesday Exercise Classes



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

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



ANU Research PhD on Men's Sheds

David Staines received the following email this week:

From: Emily Haesler [<mailto:emily.haesler@anu.edu.au>]
Sent: Friday, 27 June 2014 1:56 PM
To: president@yassmensshed.org.au
Subject: Potential involvement in research project

Dear Mr Staines,

I am contacting you to discuss a PhD research project I am undertaking at the ANU Medical School. My project is investigating the role of Men's Sheds in men's health and is being conducted through interview with men attending sheds in and around Canberra. The interviews are focused on health, friendships and being a man.

I am seeking your collaboration at the Yass Valley Men's Shed in allowing me to attend the Shed and conduct interviews with any of your members who would be interested in participating.

I have already conducted about 30 interviews with men at three Men's Sheds. Arrangements for conducting interviews have varied according to the preferences of the shed co-ordinators and the men. At one location I attended the Men's Shed on a weekly basis and conducted interviews in a private office at their shed during their social day. At other venues I visited the shed social day only 1-2 times and conducted interviews in the homes of men who were keen to participate.

The interviews I have already conducted range from 30 minutes to 2.5 hours in length, depending upon the specific man and how much history etc he shares. I believe that all the men who have contributed to my project through an interview have enjoyed the discussion and the sharing of their histories and experiences.

A bit about myself – I am a Canberra resident living in Gordon with my young family. I worked as an aged care nurse in Victoria for many years and now work in medical and nursing research. My previous and current work is in post-graduate education for general practitioners, and wound management research with a multidisciplinary international team.

If you think the men at Yass Valley Men's Shed would be interested in participating, I would love to come out to meet you at your convenience. Please contact me either by return email or phone (see below).

If you would like references, I am sure I can put you in touch with the Coordinator at Tuggeranong Men's Shed.

Best regards and I look forward to hearing from you,

Emily

Emily Haesler

Visiting Fellow and PhD candidate, ANU Medical School, Academic Unit of General Practice, Australian National University
Senior Research Fellow, Department of Nursing, Deakin University
Honorary Associate, Australian Centre for Evidence Based Aged Care, Department of Nursing and Midwifery, La Trobe University
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Canberra Hospital, Building 4, Level 2
PO Box 11 WODEN ACT 2606
T: +61 2 6244 2946 (9am to 3pm)
M: 0405 541 994 (anytime)
Emily.haesler@anu.edu.au

If you would like more information on this project, see the attached information sheet.

If you would like to be part of this project, please let me know and I will contact Emily to see what we might be able to arrange.

Membership News

- Membership has moved (if only briefly) to 104 financial members until 30 June with the signing of new member Al Coney this week. Congratulations, Al! We hope we see lots of you at the Shed in the coming weeks and years!
- We have received two letters of resignation and news of two others – so as of 1 July numbers will drop to 100 and with half of our members still needing to submit their dues for the coming year, we might see financial membership fall considerably at the end of July when financial status ceases. However, based on the experience of previous years membership numbers will recover quickly.

Congratulations, Commiserations & Informations



The VALMAR Boys are at it again.

A lady called a month or so ago with an idea for a garden gate using old garden tools – look ← what emerged from that



challenge! (she wanted to paint it).! And James has now finished his latest project to build a spice rack↑ – great work James!

Request for German speaker/reader to help a mate. Many thanks to those who responded to my call for help. I got 5 responses making suggestions and offering to put me in touch with contacts who might be able to help and one from Gary Meixner, who speaks and reads German and who has offered to help in any way he can. How good is this little network we have!! Many thanks, Gary and all the members who offered help and assistance.

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 also need to guard against:

- 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 and that it is always fully and properly 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 important Rules!

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.

Just because it's a Men's Shed does not mean we are not in touch with our feminine side!!



A distraught husband filing a report on his missing wife:

Husband: I lost my wife (he sounds a bit misty), she went shopping a couple of days ago and has not come home yet.

Inspector: What is her height?

Husband: I've never noticed.

Inspector: Slim or healthy?

Husband: Not slim, can be healthy.

Inspector: Colour of eyes?

Husband: Never noticed.

Inspector: Colour of hair?

Husband: Changes according to the season.

Inspector: What was she wearing?

Husband: Pantsuit or dress...I don't remember exactly. What is all this? Can't you just get organised, get out there and find her? Stop mucking about asking all these questions for God's sake!

Inspector: Did she go shopping in a car?

Husband: Yes.

Inspector: Tell me the number, name and colour of the car?

Husband: Black Audi A8 with supercharged 3.0 litre V6 engine generating 333 horse power teamed with an eight-speed tiptronic automatic transmission with manual mode. And it has full LED headlights, which use light emitting diodes for all light functions and has a very thin scratch on the front left door. Numberplate is "SEXY AS"

And then the husband started crying uncontrollably...

Inspector: Don't worry sir, we will find your car...

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

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

11/7: John McClung

17/7: Merv Wright

18/7: Stan Walsh and Mark Ritchard

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>

This text is converted from a Flyer sent to the Shed by Ms Haesler.

ANU Human Research Ethics Committee Protocol 2012/508

INFORMATION SHEET

I would like to invite your voluntary participation in this research study investigating the influence of attending a men's shed on health knowledge and behaviours.

To volunteer for an interview please complete an interest form or leave your contact details with the shed co-ordinator so the researcher can contact you.

This research study is being undertaken by Emily Haesler, a PhD candidate at ANU Medical School. Emily has a background in aged care nursing and a range of medical and nursing research including relationships between families and nursing home staff, wound management and education of general practitioners.

This research study is being undertaken through interviews, surveys and (unobtrusive) observation of men's shed gatherings. Your participation in an interview for this project is invited.

The interview will be undertaken at your convenience, will take between 30 minutes and 2 hours and will be conducted by Emily Haesler. The interview can take place over more than one session if you prefer. The interview could be conducted at the men's shed or at another venue by mutual arrangement.

The interview will focus on:

- Your perceptions of your own health
- Things you do to promote your own health
- Your perceptions of being a man
- The activities you take part in at the men's shed
- Health information you receive from the shed
- People at the men's shed that you associate with

See page 2 →

Prior to participating in the interview you will be asked to record the names of people you have associated with recently, both at the men's shed and outside of it. During the interview you will be asked to complete a visualisation of your social network – this activity will involve placing magnets on a magnetic board.

With your consent, the interview will be audio-taped and transcribed, and photos will be taken of the social network board you construct. Audio tapes will be destroyed following transcription and interviews and photos will be coded to maintain confidentiality. You will not be identified as part of the research findings and reports.

All research data will be stored at the ANU Medical School in a manner in which the researcher only will have access. You may choose to withdraw from participation in the study at any time during or after the interview, in which case all data pertaining to your interview will be destroyed

Further information or concerns

Any concerns or complaints about this research can be made to the researchers or the ANU Ethics Office. If you wish to discuss this study contact:

Ms Emily Haesler 02 6244 2946
ANU College of Medicine, Biology and Environment 0405 541 994
ANU Medical School
PO Box 11, Woden ACT 2606
Emily.haesler@anu.edu.au

If you have any problems or queries about the way in which the study is conducted and do not feel comfortable contacting the researcher, please contact my supervisor or the ANU Health Research Ethics Committee.

Associate Professor Christine Phillips 02 6125 7665
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Human Research Ethics Committee 02 6125 3427
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Australian National University
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Human.ethics.officer@anu.edu.au

Yours sincerely,
Emily Haesler