



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 16 FOR 2014
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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.

Calendar of upcoming events at the Shed (or elsewhere)

Katrina is coming!!

The Member for Burrinjuck and NSW Government Minister, Katrina Hodgkinson MP will be visiting the Shed at 10.30am on Friday 29 August.

We have had a standing invitation in the Minister's Office for her to come back to the Shed so she can see what we have done with the \$10,000 Grant she obtained for and presented to us late last year. With that money we have purchased and installed two 40foot Containers including foundations and securing them to those foundations.

We received a letter from Council during the week advising us that the Development Application for those containers has now been finalised and we can begin to use the Containers. The next steps are to organise and install electricity and to start the fitout for intended uses of both containers.

All members are warmly invited to attend the Shed on Friday 29 August at 10.30 to welcome and thank the Minister.

With any luck our kitchen might be turning out delectable morning tea-type food for all to enjoy. (Social Committee?? Over to you.)

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 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 **AND IN HIS NEW KITCHEN(!)** so they go home really envious of us.

News Review

Shed taxi service??

Len McGuigan has suggested that we set up a service for members who would like to come to the Shed but who might not have the means to get there easily.

We need two things to make this system fly:

1. A coordinator (any volunteers?); and
2. Volunteers to be available to collect and deliver home those who need a lift (any volunteers?) It would be good if we could get a couple of volunteers from each area of Yass so the drivers do not need to divert too far from home to provide this useful and probably most desirable service.

Let me know if you can volunteer for 1 or 2 and we will try to set this up

I think it is a great idea – don't leave it to others – be an active part of helping mates enjoy the Shed!

YVCC NEWS

The following progress has been made at the YVCC by Council in the last couple of weeks:

- tiling in the two toilets at the back of the building, replacement of pedestals and install a new vanity in the men's front toilet. this will not hold up final DA approval
- CLASS Locksmiths have installed the Main room crash bars and door lock (keyed alike to match other doors).
- The hot water service has been installed.
- The fire hose reel has been installed and connected to the mains hydrant.
- Front Sign was ordered last Thursday 450mm x 1200mm sign.
- A builder will be engaged to construct the inside wall to subdivide the long front room and they will both be carpeted.
- a final inspection has been booked for sign off on the "change of use" DA. The crash bars installation was the final task required for DA approval.

It is looking like the formal opening of the Centre cannot now be too far away.

First Wednesday Morning Tea – Wednesday 6 August – 10am to 11.30am Launch of the new Men's Shed Kitchen



If you did not come to the launching of the new kitchen, you have missed out BIG TIME! We had around 30 people turn up.



Not only is it a great new facility, but there were some amazing people there and some really good and interesting conversations to be had.



We even had two former



members renew their memberships!! (Joe appears in four of these photos – see if you can spot him! No prizes!)

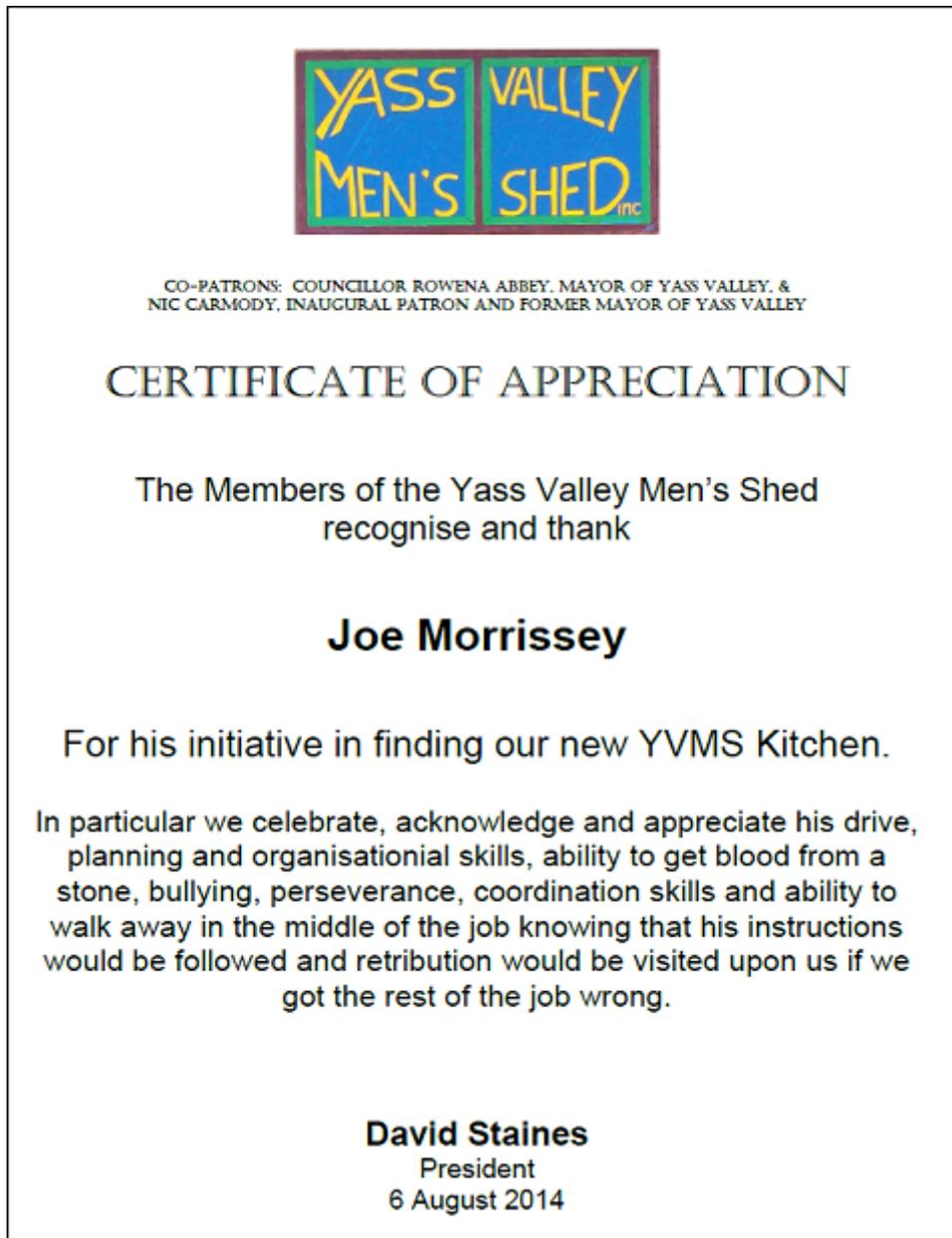
There was some pretty special food as well. Richard (Michelin) Rowan covered himself in glory again with his ham and cheese croissants prepared and cooked entirely on site (and in our new \$20 stove).

David White came along with a batch of his special and award winning homemade sausage rolls and there was barely a dry eye in the house.

Many thanks to all who made it a memorable and special day.

Joe was presented with a bottle of Jamesons Irish Whiskey for (a) having a good idea and (b) getting on with it!

Here is a copy of the Certificate of Appreciation given to Joe Morrissey on the day



(NB: There is no Bottle of Jamesons Irish Whiskey for the first pedant to point out the spelling mistake in the Certificate! Ed.)

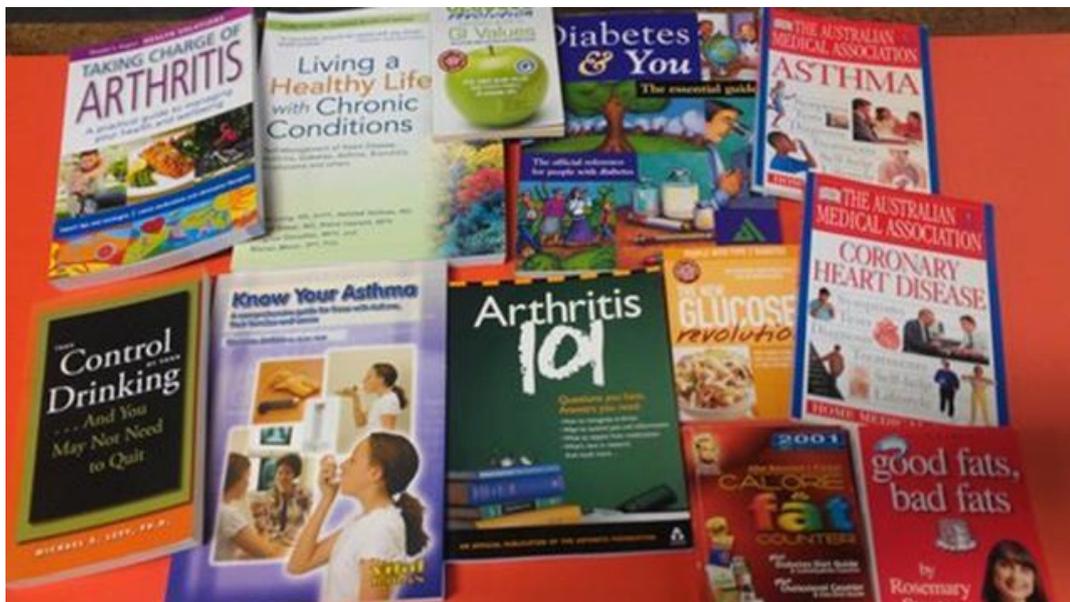
Health info at the Shed

The redevelopment of the kitchen area has prompted some other changes as well in the front room of the Shed. We have organised a shelf in the sitting area with some selected items of health info for all members to consult at your leisure.

During the week, a lady from the town, Alex Webb, contacted us and then delivered a selection of health resources (see photo below). We have added these books to the other health related items and consolidated them all into a specific and co-located collection.

All members are invited to peruse, read, borrow as you will.

Many thanks to Alex and her daughter in Wollongong who obtained these very useful reference books for us – I, personally, am now looking forward to seeing what other life limiting conditions I might have. Any help from colleagues with my self diagnoses will be much appreciated.



Shed Shop

With the impending opening of the YVCC in the next short while, a concerted effort has been made by a few members to clean out the long room at the front of the centre and following our recent successful Garage Sale, most of the remainder of the things in there have gone to the Salvation Army.

The Shed Shop has been moved back to the Shed and now resides on the bookcase in the front room → – it is clearly sign-posted. We are hoping that it will now be a bit more successful as visitors are more likely to see it when they come to the Shed.

Have look at what we have there for sale – if you have a birthday or some other celebrations coming soon, you will get a genuine Shed made bargain for much less than you would pay for a similar item elsewhere!

Two challenges:

1. Come along and buy something; and
2. Come along and make something that we can sell in the Shop!



PhD Study on the impact of Men's Sheds on men's health and wellbeing

A few weeks ago I published an approach we had received from Emily Haesler, a Nurse, Health Academic & Consultant and PhD student who is doing a major study on how Men's Sheds impact on and assist men with their health and wellbeing.

Here are some of her titles/positions:

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

Associate Researcher, Department of Nursing, Curtin University

Emily has visited the Shed twice and has conducted in depth interviews with 6 members.

We will now wait until sometime during 2015 when her thesis will be completed and presented and then the study will be available. We will try to get a copy for installation in our "Health Library"

Many thanks to Emily for including us in that study and our very best wishes in her finding out what makes us all tick (we've got NO idea!!) Also we all wish her the best of fortune with her studies and her PhD efforts.

Help for Ron Rouston

Ron dropped by the Shed today. He is in need of some specific help for a garden project (and his health now does not allow him to do it himself) and if all works out, he would also like some occasional help to keep his garden under control. He is prepared to pay a fair price for the help he gets.

If you can help (or know someone who can) can you get in touch with Ron please.

He lives at: 53 Demestre Street; Ph: 6226 3534

Many thanks.

YVMS History Project

Our Shed is now over 8 years old and we have been accumulating some memorabilia over that time.

David Hale's personal "Shed File" has recently been given to the Shed by Deb Pfitzner and it, too, contains quite a deal of interesting and valuable history.

The Messenger charts the regular activity and events, but a real "scrap book" style collection we could have on display is also a very attractive option, especially with the historical bits and pieces we already have.

If anyone is interested to take this task on, we would be very grateful. It does not need to be a professional job, nor one that is particularly artistic. We simply need to get the info into some kind of order and preserve it before the task gets too big and too daunting for anyone to tackle.

If anyone is interested, contact me (0419 292 022 ()) or talk to me at the Shed and I can take you through the thoughts we currently have on the project.

We will leave the planning and delivery of the project entirely in the hands of the history volunteer – you will not be directed in how to go about it, how to present it or be directed and critiqued – you will be doing us a great favour and will be much appreciated for it!

Visit by the South West Men's Shed Alliance

The visit by the Alliance went off very well yesterday. There were about 25 members from Sheds all over the south west of the State and they enjoyed their time and meeting in Yass. They all got to have a good look over our Shed and I think we impressed most of them.

The Yass Freemasons provided another of their marvellous BBQs – if you haven't had one of their steak and egg sandwiches, you just have not lived! Many thanks to them – they even had a good time and gave the Shed a \$50 donation for our efforts in getting them the gig.

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 the cost is \$5 per session.

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 has now settled and as of this weekend we have 89 financial members. There are still a few members who I expect will bring their memberships back to fully financial and perhaps a few who have decided to let theirs go. On the plus side we have had two members who have been unfinancial for the last year or so who have come back to us. I am quite confident we will build back up to the 100 mark in the not too distant future.
- Peter Bernasconi is home but is not receiving visitors until his condition will allow it. It is very good to hear you are home, Peter – we hope to see you at the Shed again very soon!

Puns: the English language's way to entertain and make you feel a bit sick at the same time!

1. How does Moses make his tea? Hebrews it...
2. Venison for dinner again? Oh deer!
3. A cartoonist was found dead in his home. Details are sketchy.
4. I used to be a banker, but then I lost interest.
5. Haunted French pancakes give me the crepes.
6. England has no kidney bank, but it does have a Liverpool.
7. I tried to catch some fog, but I mist.
8. They told me I had type-A blood, but it was a Type-O.
9. I changed my iPod's name to Titanic. It's syncing now.
10. Jokes about German sausages are the wurst.
11. I know a guy who's addicted to brake fluid, but he says he can stop any time.
12. I stayed up all night to see where the sun went, and then it dawned on me.
13. This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
14. When chemists die, apparently they barium.

15. I'm reading a book about anti-gravity. I just can't put it down.
16. I did a theatrical performance about puns. It was a play on words.
17. I didn't like my beard at first. Then it grew on me.
18. Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
19. When you get a bladder infection you know urine trouble.
20. Broken pencils are pretty much pointless.
21. What do you call a dinosaur with an extensive vocabulary? A thesaurus.
22. I dropped out of the Communism class because of lousy Marx.
23. All the toilets in the Yass police station have been stolen. As of now, it appears the police have nothing to go on.
24. I got a job at a bakery because I kneaded dough.
25. Velcro - what a rip off!

If you think our Shed is pretty special, have a look at these – there are a number of categories (courtesy, Dave Staines):

<http://www.express.co.uk/news/uk/496687/Shed-of-the-Year-2014-Britain-s-Best-Shed-Winner>

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 – help me out

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

17/7: Merv Wright

18/7: Stan Walsh and Mark Ritchard

25/7: Jack Phemister

27/7: Charlie Royall

28/7: John Woodin

29/7: Cameron Madden

4/8: Reg Moebus

6/8: Peter Bernasconi, Derrick Mason

10/8: Alex Tewes – TODAY!!!

11/8: John Wolstencroft, John Nash, Michael Poulton

12/8: Warren Hall

14/8: Garry Reynolds, Ruben Larzabal

18/8: Tim Holmes

20/8: Arnold Rigby

22/8: David Todd

29/8: Tom Kelly, Joey Brown

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!)

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Wayne Stuart

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0419 292 022

secretary@yassmensshed.org.au and <http://yassmensshed.org.au>