



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 17 for 2014
Sunday 24 August 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.

Very Important Anniversary!!

Today, 24 August 2014, is the 57th Wedding Anniversary of Brian and Penny Millett. I hereby authorise and insist that you phone or email Brian with your most sincere and heartfelt best wishes.

Ph: 6226 3514; Email: bmillett@u030.aone.net.au

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 40 foot Containers including foundations and securing them to those foundations.

Following receipt of Council's final approval and sign off on our Development Application for those containers, work is now progressing on installing electricity and to start the fitout for intended uses of both containers.

The electrical work also includes the enhancement of the switchboard to allow for increased uses and also to improve the earth leakage system to improve safety significantly.



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

With any luck our kitchen might be turning out delectable morning tea-type food for all to enjoy. If my spies are accurate, I think Chef Richard ★★★ Rowan and Chef David ★★★ White will be in full flight on the day in the kitchen.

First Wednesday Morning Tea (3 September) - visit by members of the Tumut Shed



Come along to the next First Wednesday Morning Tea and meet some members of the Tumut Men's Shed.

At this stage, we expect around 6 to 8 members to come from Tumut to join us for morning tea and a tour of our Shed.



Len McGuigan and Phil O'Brien will be doing the hosting duties and I think they are planning an event that will use the new kitchen facilities to the advantage of all comers.

Hope to see lots of you there on the day.

Timber and Working with Wood Show – Friday-Sunday 5-7 September

We usually organise a car or two to go to the Working with Wood Show in Canberra for this annual event.

Already this year, Roger Holgate has mentioned that he will be going in on the Friday. If anyone would like to join Roger, let him know. If others want to go on another day, get yourselves organised and fill a car for a very enjoyable outing.

If I can help with the organising, let me know and I will try to put interested members in touch with each other.

South West Alliance Bowls Day in Yass – Thursday 18 September

Members from the Alliance Sheds which include Sheds from Boorowa, Canowindra, Cootamundra, Grenfell, Harden Murrumburrah, Murrumbateman, Temora and Young will be meeting in fierce contest for their annual grudge Bowls match at the Yass Bowling Club on Thursday 18 September starting at 0930 hrs.

Although our Shed is not a member of the Alliance, we have been invited to form a team (or more than one if there is interest) to take on all challengers and show these blow-ins how the game is played.



Talk to your mates and get a team or two organised. I understand 2, 3 or 4 people can constitute a team. Apparently the preferred contest is “triples”. So get a couple of mates organised and challenge for the trophy. Can you imagine the kudos of the Yass Valley Men’s Shed holding the South West Men’s Shed Alliance Bowls Trophy – AND we are not a member of the Alliance??!!

Let me know if you organise a team or even if you would like to join one if there are enough takers and I will do the organising (registration, naming rights, sponsorships, contracts, endorsements and a heavy duty and intensive training camps in Paris, London, Sutton and Queanbeyan).

Let’s show this Alliance mob that you don’t need to join to be the best!

Would you like to help save a life/lives?

We have been invited to provide some volunteers to help with Driver/Reviver efforts on the Hume Highway as Spring approaches. At this stage we don’t have many details, but I imagine the first event might be on the long weekend in October and, perhaps, during school holidays.

I think a normal “shift” is 12 hours – but before you panic and go into catatonic meltdown, we (the Shed) normally provide 3 volunteers for a 12 hour shift, so – 4 hours max each.

If you are interested, can you let me know and I will collect and collate names for onforwarding to the organisers.

Think about this seriously please – the life/lives you save might be known or very close to you. Also, you will meet an amazing cross section of Australia and the World rushing up and down the Hume.

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 suggestion 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 and/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!

So far I have one person put up their hand to collect people in the Rossi Street (West) area and en route to and from the Shed from there on Saturdays. No other takers so far. Is this another initiative that essentially has no interest?

Suggested new Community health activity for the Community Centre

Mark Ritchard (Physiotherapist, Honorary Life Member of the Shed and all round good guy) has made the following suggestion:

“As an interested member of our community I would like to recommend the establishment of a Table tennis competition for the Mens shed. I know a lady who drives to Griffith Canberra for a weekly competition.

It would be perfect for a falls prevention, fitness as well as dementia prevention. It would also attracting like-minded ladies and gentlemen to the facility enabling "shy" members of our community to the benefits of the shed.”



This is a great idea and will give the new Community Centre another worthwhile purpose and *The David Hale Room* will be ideal – it could easily accommodate at least two tables. We already have one table and a bucket of balls – I think most players tend to have their own favourite bats – but we may need to get a couple for occasional players.

My view is that this should be a “Community organised” effort. Of course the Shed would do its best to assist and facilitate.

If there is any interest from Shed members (players, organisers, competitors), please let me know – one organisational thing we will need to do is fix on a time for the competition and permanently book the time in the Centre.

Other ideas:

From time to time, we have had other suggestions for activities as well. These include:

- darts, billiards, snooker, carpet bowls, chess, lawn bowls, cards, boules, golf. We might also be able to organise Bridge classes if there is enough interest. We actually have an almost fully restored 7 sided (antique?) card table to be used in such activity.

Contact me – let's see if we can make the place even more attractive by having lots of community engagement!

Health info at the Shed

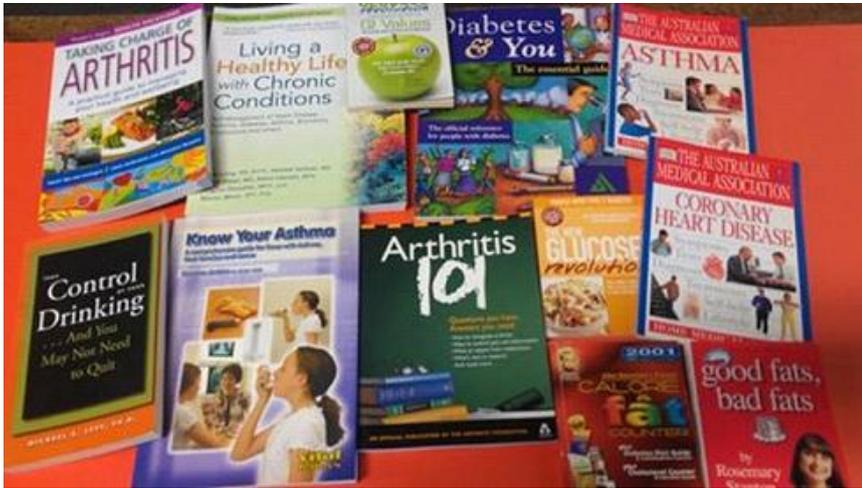
The redevelopment of the kitchen area has prompted some other changes as well in the front room of the Shed. We have organised a shelf in the sitting area with some selected items of health info for all members to consult at your leisure.

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 own self diagnoses will be much appreciated.



YVMS History Project

Our Shed is now over 6 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.

One of our noted history buffs and archivists, Brian Millett) has agreed to undertake this history project for the Shed.

We will leave the planning and delivery of the project entirely in the hands of Brian – he will have full artistic and creative freedom with the project and will not be directed in how to go about it, how to present it or be controlled and critiqued – it will be his creation, he will be doing us a great favour and will be much appreciated for it!

YVCC NEWS

The following is an extract from page 41 of the Ordinary Minutes of the Council Meeting held on 23 July 2014:

12.4 YASS COMMUNITY CENTRE - NAMING REQUEST

FILE: C.03.12.00 - SG

SYNOPSIS

A proposal has been received from the Yass Valley Men's Shed for Council to consider naming the main meeting room at the Yass Valley Community Centre 'The David Hale Room'.

RESOLVED that –

- 1. Council adopt the suggestion of the Yass Valley Men's Shed to call the main meeting room 'The David Hale Room'.**
- 2. A policy be developed for the naming of Council infrastructure after citizens who have made outstanding contributions to the community.**

(Jones/McManus) 170

David Hale was a member of the Community and of the Shed who did more than his health really allowed him to do comfortably. He was also a champion of the transformation of the old BP Roadhouse into a worthwhile and functional Community Centre.

It is fitting that he will now be remembered by having the main meeting room named in his honour.

A sign has been completed ↓ and is now hanging opposite the main doors in The David Hale Room.



Meanwhile the Council has been making progress with its own work in the Community Centre and the security ↑ gate made by Al Phemister, Roger Holgate and Len McGuigan has been painted and looks terrific.

New Shed Service

The wonderful “artiste” who crafted the David Hale sign you see above has offered to do it for anyone else who wants a personalised sign made for any purpose (*Property* or *House* naming, *Dog Kennel* name, *“Keep out of my room”* etc)

All proceeds will go to the Shed.

Arrangements are:

- You find/supply the piece of timber you want to use – minimum sizes will need to apply as the router bit will not do very small work;
- You finish it (paint, stain, polish etc);
- Price: \$50 for signs having less than 10 letters and \$5 per letter for signs having more than 10 letters (you will pay heaps more than this if you can actually find anyone to do it for you!).

Contact me and I will put you in touch.

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!

See you in *The David Hale Room*

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 climbed back to 90 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.

How you can tell that we are a Men's Shed

New seatbelt design:
45% less car accidents!!



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

4/8: Reg Moebus

6/8: Peter Bernasconi, Derrick Mason

10/8: Alex Tewes

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

5/9: Kevin Mitchell

14/9: Rob Barker

17/9: Duncan Waugh

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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