



# 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

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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)

### 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

### Katrina's visit to launch our new Containers

Here is an extract from Katrina's Facebook Page:

"Today I officially opened the two refurbished containers at the Yass Valley Men's Shed. Funding for these great facilities came from the NSW Liberals and Nationals Government. The most delicious morning tea was next with food cooked and prepared entirely by the members – my compliments to the chefs!"



Katrina was very gracious and generous in her remarks, saying that she was a great supporter of the Yass Shed and other Sheds in her electorate and is firmly convinced that a modest investment by Government results in much greater returns to the community in terms of health, volunteering in the community and social cohesion.

The President of the Yass Valley Men's Shed, David Staines, briefly (yeah, right!!) offered the sincere gratitude of the Shed and its membership both to Katrina and her Government and also to Rowena and the Yass Valley Council for their respective roles in making the acquisition, approvals and installation of these containers possible and trouble free.

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



Eleven members of the Tumut Men's Shed + driver visited last Wednesday for our monthly First Wednesday Morning Tea celebrations.



We also managed to field around 15 of our own members who took great delight and no little pride in showing the Tumut members our Shed and how we do our thing.

As they were leaving, the Tumut people presented a "pyrography" art work of an old commercial building ↑ in Tumut to us. You can see this great piece on the notice board in the Tea Room.

Dara Madden has offered to help the Tumut Shed by sharing some of his secret boy's bizzo on how to apply for and successfully obtain grant funding for major needs.

It is really good when Sheds share expertise and information.

We will be invited to the Tumut Shed for a return visit in due course. Stand by for that invitation.

## **Health and Safety Award Nomination**

Speaking of Dara, a month or so ago, he saw an advert for a series of awards for a range of enterprises who have good health and safety programs. Thinking we were pretty special in this area, he nominated us for one of those awards that would apply to our kind of organisation (not for profit).

Last Thursday we had a visit from a NSW Workcover "auditor", George Hyland, Senior Inspector. Work health and Safety.

He was interested to test our submission given that we had passed the first test and had been short-listed for an award on the basis of (who is surprised?) the "excellent submission lodged by the Yass Valley Men's Shed".

The visit went very well (we think) and George seemed to be impressed with much of our activity and the focus we put on safety. We were able to answer all of his questions satisfactorily and in a few cases showed him safety and control initiatives that he has not seen before and which he will report back to his superiors.

Following the visit, we received the following email from George after we had provided some additional information by email:

**From:** Hyland, George [<mailto:George.Hyland@workcover.nsw.gov.au>]  
**Sent:** Friday, 5 September 2014 4:52 PM  
**To:** Wayne Stuart  
**Subject:** RE: Extra info related to your visit

Thanks Wayne

And thank you and your fellow members for their time and hospitality yesterday.

The fact that an organisation such as the Yass Valley Mens Shed have implemented (and continues to implement ) so many safety initiatives I found very refreshing.

You and your committee obviously have the safety of your members at the forefront of the activities you conduct and for that fact you are to be congratulated.

I wish you well in the remainder of the Safety Awards process.

Regards George

## **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!

## **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. We also have a coordinator – Richard Maxwell (well done, Richard!) Let’s get this initiative up and running!

## YVCC NEWS

### New Shed Service

The wonderful “artiste” who crafted *The David Hale Room* sign now hanging proudly in the YVCC 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.

## 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!

## Tuesday Exercise Classes



**For the next 6 weeks or so the morning class will be in abeyance (quite a number of afternoon people are away, so we will consolidate the groups).**

➤ **Class time: 2-3pm until further notice**



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 91 financial members. If there are any members who have not caught up with their dues and who want to do that, there are a couple of really nice blokes at the Shed who will be very happy to help make you “legal” again.

## **Safety Warning...**



**None of these blokes (not from OUR Shed, obviously) are wearing breathing protection or goggles and two of them have forgotten their hearing protection!**

## **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

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

22/9: Rick Jackson

26/9: Garry Flaherty

29/9: Chris 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*

Secretary, Yass Valley Men's Shed

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