



THE MEN'S SHED MESSENGER

CO-PATRONS:

COUNCILLOR ROWENA ABBEY, MAYOR OF YASS VALLEY & NIC CARMODY, INAUGURAL PATRON AND FORMER MAYOR OF YASS VALLEY



Iconic views of Yass



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Visit to the Shed by the Hon Pru Goward MP

The Hon Pru arrived at the Shed at 9.30 on Wednesday 4 Feb to share our regular first Wednesday Morning Tea. Pru was accompanied by one of her Electorate Office staff, Sally Cooper.

From the point of view of an observer, the good Minister seemed to enjoy her visit and was very supportive and congratulatory in her comments. Here she is with part of the group that attended →.



Michelin 3★ Chef Richard (R2) Rowan, again excelled himself by providing two exceptional dishes:

- Prawns with charred capsicum served on French bread with an avocado mousse; and
- “grass on toast” lightly cooked toast, with a herb butter, and a mixture of cranberry, caramelised onion, chutney with a sprinkle of mint and rocket lettuce.

have it on good authority that R2 ‘may shortly commence a cooking class’. Those members interested to, on the one hand, impress one's wife or alternatively eat better as an individual may wish to indicate to the President their interest and R2 will take it from there.

And now a “Review” of that event provided by “The Toothman” a bloke who knows what he likes!

Restaurant review:

Dear readers, again I had the privilege if not the absolute culinary pleasure of feasting at The Yass Valley Men's Shed. The occasion was a formal visit of introduction by Ms Prue Goward the hopeful new local member for Yass after the coming election.

Firstly I must say it was a bit of a pity that of our hundred+ members only 10 showed up. One wonders, when the shed has a 3 star Michelin reputation that so many members reneged on the opportunity to tantalise and engage their taste buds. Naturally none of the members would dare to mention the delights of their tasting experiences to their wives, partners or significant others. However, The Shed has a reputation as a fine food place. This reputation was not dented but enhanced during morning tea on the morning of 4 February 2015. One could expect that the minister, Ms Prue Goward, would have expected purchased lamingtons and some form of cake. It goes without saying, that those present enjoyed Michelin 3 star morning tea. Those members not present missed out.

The menu.....

Prawns with charred capsicum served on French bread with an avocado mousse. Can I say a delight. Fresh to the mouth, a sweet tang of lemon, and an aftertaste of mature braised capsicum. One was never enough, the plates of these delights were demolished quickly. I must admit this seems to me to be a favourite of the shed and probably one of its signature dishes.

Additionally, there was a new and adventurous dish served by the chef and called “grass on toast”. It looked like toast and jam. However, it was in fact lightly cooked toast, with a herb butter, and a mixture of cranberry, caramelised onion, chutney with a sprinkle of mint and rocket lettuce. I tasteful delight. I believe that this dish had other ingredients which were not disclosed by the chef. I also believe that the opportunity to taste this delight will not disappear. It was interesting to note that there were two versions of this delightful, delicious and somewhat engaging dish.

On speaking to the chef, the next major event for the shed will be the AGM. I do think that bookings will be required. Confidentially I have been informed that there will be a seafood chowder as a starter, followed by an Italian chicken dish and completed with a surprise apricot cake.

In summary there is no reason to downgrade The Shed's 3 star Michelin rating in fact it is edging towards a four star rating. It continues to be a small wonder that the chef can provide food for an unknown number of participants. It



would be of considerable advantage, I consider, to the chef if the number of members available to participate in various food activities would perhaps be appreciated.

In summary, the event was a gastronomical delight. The food was excellent the company enjoyable and again I will go back to eat.

The Toothman, Restaurant reviewer.

From the Editor's cave

The Secretary Returns!!

Yep, I'm back – refreshed and now clear in my head about what comes next (for me, at least).

Firstly, I am confirmed in my mind that I will **NOT** be nominating for the Committee or Secretary at the AGM in April. So, all you pretenders to the throne who have been waiting for me to fall off the twig so you could demonstrate how the job SHOULD be done – now is your chance to shine. Have a word with David Staines – he will be very glad to see you!

However, I have decided that there are two tasks I would like to continue doing (provided no one objects or wants to take those roles over from me), namely I would like to continue editing and issuing the Messenger on a monthly basis and also (an associated role) to manage and maintain the Shed Website.

If this is to be successful, I will need to receive information from other members so that the Messenger (and the Website) is kept current and the Messenger actually provides worthwhile news for members. My present thinking and planning for 2015 is that I will most likely not be attending at the Shed on a daily basis, which has been my practice for the last 7 years – in other words, I will be member like most members (including most current and past Committee members) and go when other things in my life allow it. Accordingly, Committee members will have an increased need to communicate with me, as will the new membership Secretary, the meeting secretary, any groups (garden, workshop, seminar, social etc) and anyone wanting me to advertise or report on activity etc. If this support is not forthcoming, then the Messenger will become very thin on the news front and will not survive very long.

If I may be permitted a personal call for help on behalf of the Shed, I think it is essential that the Committee look very seriously at building a good understanding of the talent in the Shed and actively seek out likely people who can help with various tasks. Volunteers feel a lot happier about volunteering if they are approached and reassured that they are highly regarded and will get support and kudos for helping. Don't wait for people to volunteer – it happens only rarely. A good management team actively recruits to ensure longevity and success.

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Calendar of upcoming events and plans at the Shed (or elsewhere)

Upcoming events

- **Wednesday 4 March** – **First Wednesday Morning Tea – 10 to 11.30am.** **At this event we will be hosting a visit from the Embassy of Uruguay – and Chef Rowan will be doing his thing again. Be there or be square!** The Ambassador is joining us to find out about our Shed and the Men's Shed movement generally with a view of the possibility of introducing the Men's Shed idea and activity into Uruguay. Maybe a new opportunity to start another "brother shed". Dave Staines has also invited Rowena and Katrina as well as a reporter from the Trib that day since we live in their "patch".

- Thursday 12 March, 12.30pm – BBQ being run by the OZHELP Foundation followed by a brief presentation on how they help men deal with stress, bullying, conflict problems with gambling and alcohol. Their main focus is helping the building industry but re keen to spread their message and ability to help as widely as possible. Come along for a free BBQ and some info you might not have had before.
- Wednesday 1 April – First Wednesday Morning Tea – 10 to 11.30am.
- Saturday 9 May at 1.30pm – **Membership meeting (to elect new Committee) and AGM.** Agenda and other information will be issued in the next couple of weeks.

• Shed training and demonstration opportunities

The following opportunities are available for interested members. The following Members have offered to run courses (some have already started). If you are interested, it is up to you to contact the “teacher/presenter” and make your own mutually acceptable arrangements. If you need contact details for any of these generous members, let me know and I will put you in touch:

- ☆ Ruben Larzabal – lead light (aka stained glass) (Thursday afternoons, already underway);
- ☆ Ruben Larzabal – wine making (this takes place at Ruben’s place – not at the Shed). Ruben has a crop of wine grapes ripening and the picking stage will be starting in the next several weeks – already there is a small but very keen group engaged on this challenge – join them if you would like to become engaged;
- ☆ Richard Rowan – cooking for pleasure or to stay alive. You might even get some brownie points if your better half arrives home one night to find you have prepared a three course feast featuring some of Richard’s signature dishes. Contact Richard if you would like to learn how he does it, or even if you only want to know at what temperature to boil eggs or water for that next cup of tea;
- ☆ Clarrie Schlunke is an expert wood worker and is currently conducting wood turning classes on Thursday afternoons. Call by on Thursday and see if you would like to also learn a new and very rewarding skill;
- ☆ Anthony Lee is a highly qualified welder and metal worker. He has agreed to take on responsibility for the Metal Shop and will be available to instruct on a wide range of metal working activity;
- ☆ Roger Holgate can show you a wide range of woodworking skills (wood turning, tricks on how to fix broken furniture, how to solve tricky problems by modifying or enhancing the item that is giving you grief etc. Roger is also available to demonstrate and instruct on basic welding skills. He is also very conscious of safety – so you will get not only some new skills, but will be taught the very best safety as well;
- ☆ Roger Holgate and Tom van Leeuwen are interested (if you are) in organising a beer brewing group. If this appeals contact one of them;
- ☆ Joe Morrissey and Graeme Fountain are keen bee keepers and honey producers. They are happy to discuss, show and help anyone also interested in pursuing this very rewarding hobby;
- ☆ Alex Tewes is an award winning photographer and will be “Happy to show members the basics of how to get more from their cameras”;
- ☆ Al Phemister is a successful metal sculptor who has work in a number of overseas countries in Europe, Asia and the North Americas as well as widely distributed across Australia. Al will be pleased to show anyone interested how to start and progress. He is also a wiz on the metal bending equipment we have in the front room at the Shed (if you want to see what these machines can do, take the scenic route along the back of the Community Centre and have a look at the security gate made by Shed members using that equipment).

- ☆ **Joe Morrissey** is developing a range of social activities and outings for the remainder of 2015. Stand by for more on this shortly.
- ☆ **Wayne Stuart** can (only just) play guitar. If anyone would like to be a Rock Star before it is too late, he can get you started with basic chords, basic strumming and finger picking and he also has a song book from which you might like to choose some easy pieces to get you started.

If any members would like to volunteer to show off and share their special talents for the benefit of others – let me know and I will add you to this list of good things to learn how to do.

Recent activities, announcements, achievements and celebrations etc

Another most generous and equally welcome donation

Andrew Douglas, proprietor of the Yass Pharmacy in Comur Street, visited the Shed last Saturday with a donation of \$355 being the proceeds of donations received from customers taking a 2015 calendar.

While he was at the Shed, Andrew also filled in an application form and has been signed up as our latest member, taking our numbers to 102.

Many thanks for the most generous donation, Andrew and a very warm welcome to the Yass Valley Men's Shed!!



Dave with the money, Ruben with the hat and Andrew with them!

Projects on the boil or possibilities in 2015

- ANZAC Day project. Dave Staines is taking the lead in building secure bases for 4 Perspex display cabinets which will be used in a display of Gallipoli memorabilia to be held in the Memorial Hall in the week before and the week following ANZAC Day. This job is yet to start.
- Computer project for the Shed and the Yass Community (using the grant we received from Bendigo Bank in the latter part of last year). Chris and Joey Brown have taken on this project and good progress is being made. We hope to have parts of the project being implemented sequentially over the next month or so. Already a remote (cloud) address has been effected and much of the Shed's electronic history and records deposited on/in? it.
- Finalising the fitout and occupation/use of the new containers (finalising of the Metal shop is currently happening, to be followed by a similar process with the Wood store). Anthony Lee is the Metal shop man and Roger Holgate is the current coordinator of the wood store project.
- A possible new project in which we will try to engage the VALMAR Members on Tuesdays, is to start making some Technical Aid for the Disabled items that might be used in local nursing homes, hospitals and similar circumstances. We will need a member to take some ownership of this project by seeking out info from hospitals, nursing homes etc to see what they actually need. **Is there a member who can coordinate this task and perhaps visit these places and find out the need please?**

If anyone would like to help with any of these projects – ie please don't leave it all to one person – please contact the coordinator for each project.

Workshop and Garden Corner.

This year's main vegetable season is drawing to a close and the shed garden has produced many kilo's of fresh vegetables including corn, potatoes, tomatoes, cucumber, water melon, squash and beans with pumpkins still to finish when the frosts arrive.

Many thanks to those members who assisted with cleaning up with the bulk of grass clippings following the grass escape over the holiday season while the mower was out of action.

Major workshop tidying and rearrangements are well under way with most of the metal working equipment moved into the metal shop container ready for a proper set up, thanks to those who have assisted in any way with this, any of you who haven't visited your shed recently will notice some considerable changes. Once the electrics are completed in the timber storage container a big difference should soon start be seen in the front room The assets register is currently being updated along with the discarding of some pieces of useless and unused items, also the list of outstanding jobs is being reviewed and owners of items left at the shed for repair are being contacted so they can decide whether to collect the items or let us destroy if no member is interested in taking on their project, a follow up message to re-arouse interest in these projects is being prepared.

A thanks also to Clarrie Schlunke who recently made up a circle cutting jig for the band saw, anyone who has not seen and wishes to use this innovative device should talk to either Clarrie or Roger for instructions on its use. Thanks again to Clarrie who has offered his skills and is conducting wood turning tuition, a couple of his students are showing great promise with just a couple of sessions, both Clarrie and his students are obviously getting a lot of personal joy and satisfaction from this.

Ruben is also keen to pass on his leadlighting skills and has a couple of students interested, our endeavour is to prepare a corner for this new interest in conjunction with our clean up of the front room.

Roger Holgate.

Workshop Manager

roger42@dodo.com.au

Ph. 0428509242

Member profile

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Notwithstanding my call for entries (and at least one promise) – not a sausage!
Like all my good ideas: “Another one bites the dust!”

I hope more of you will now bombard me with your stories so we can run a couple every issue – get to it!

Delegation – the art of the true leader

The Lone Ranger and Tonto walked into a saloon and sat down to drink a beer.

After a few minutes, a big tall cowboy walked in and said "Who owns the big white horse outside?"

The Lone Ranger stood up, hitched his gun belt, and said, "I do....Why?"

The cowboy looked at the Lone Ranger and said, "I just thought you'd like to know that your horse is just about dead outside!"

The Lone Ranger and Tonto rushed outside and sure enough Silver was ready to die from heat exhaustion. The Lone Ranger got the horse water and soon Silver was starting to feel a little better. The Lone Ranger turned to Tonto and said, "Tonto, I want you to run around Silver and see if you can create enough of a

breeze to make him start to feel better." Tonto said, "Sure, Kemosabe" and took off running circles around Silver.

Not able to do anything else but wait, the Lone Ranger returned to the saloon to finish his drink.

A few minutes later, another cowboy struts into the bar and asks, "Who owns that big white horse outside?"

The Lone Ranger stands again, and claims, "I do, what's wrong with him this time?"

"Nothing, but you left your injun runnin!"

Fifty shades...?

<p>The missus bought a Paperback Murrumbateman, Saturday, I had a look in her bag; ...T'was "Fifty Shades of Grey".</p> <p>Well I just left her to it, ...At ten I went to bed. An hour later she appeared; The sight filled me with dread...</p> <p>In her left hand she held a rope; And in her right a whip! She threw them down on the floor, And then began to strip.</p> <p>Well fifty years or so ago; I might have had a peek; But Mabel hasn't weathered well; She's eighty four next week.</p>	<p>Watching Mabel bump and grind; Could not have been much grimmer. Things then went from bad to worse; She toppled off her Zimmer!</p> <p>She struggled up upon her feet; A couple minutes later; She put her teeth back in and said... That I must dominate her!!</p> <p>Now if you knew our Mabel, You'd see just why I spluttered, I'd spent two months in traction For the last complaint I'd muttered.</p> <p>She stood there nude, naked like; Bent forward just a bit I thought oh well, what the hell, and stood on her left tit!</p>	<p>Mabel screamed, her teeth shot out; My god what had I done!?</p> <p>She moaned and groaned then shouted out: "Step on the other one!"</p> <p>Well readers, I can't tell no more; About what occurred that day. Suffice to say my jet black hair, Turned fifty shades of Grey.</p> <p><u>Editorial Comment:</u></p> <p>My wife and I have just returned from a very pleasant caravan trip to Kiama and surrounding areas. I have to say we saw some hundreds of shades of grey nomads!</p>
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Adverts, Updates and Reminders:

Membership News

Membership is now 102 financial members with the addition of our latest members, Jack Child and Andrew Douglas, whose sequential YVMS membership numbers are 182 and 183 respectively. Welcome, Jack and Andrew – we hope we will see lots of you at the Shed from now on.

Shed taxi service – waiting for your call!



Our Shed Taxi coordinator is Richard Maxwell. If you would like a lift to or from the Shed, either permanently or only occasionally, you can contact Richard on his mobile: 0416 022 416 or by Email: cherex@bigpond.net.au to book your taxi for a time and place that suits you (remember this only works when the Shed is open for normal activity (Tuesdays 9am to noon, Thursdays 2-4.30pm and Saturdays noon to 4pm – AND the First Wednesday of each month (10am to 11.30 when we have a morning tea and not workshop noise!)

Taxi drivers: Chris Brown in the Rossi Street (West) area and en route to and from the Shed from there on Saturdays. Also Richard Rowan (Tuesdays) and Wayne Stuart.

If anyone needs a ride to and/or from the Shed all you can also contact one of these drivers direct.

Tuesday Exercise Classes – Len McGuigan (coordinator)



YVCC (next door to the Shed)

- **Class time: 2-3pm (\$5 per person per session)**



The classes are not onerous or difficult. They are designed to improve core strength and balance and the cost is \$5 per session. **Please note, if you have a health problem, you should mention it before you start the program – perhaps consult your doctor or physio?**

These classes are not just for Shed members or just for men. At present we have more women than men come to the classes. Tell and invite your friends – they will all be made welcome!

See you in *The David Hale Room* at the Yass Valley Community Centre.

Shed Signage Service

If you want a sign made, eg: *The David Hale Room, Property* or *House* naming, *DOG*

Kennel name, “*Keep out of my room*” etc), let me know and I will put you in touch with the sign maker.

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!).
- **All proceeds go to the Shed.**

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

February:

10/2: Warwick Sainsbery

19/2: Ron McGrath, Ron Barton

21/2: Lachlan Brodrick

22/2: Jim Wickham, Des Hore

March:

4/3: Bob Evans

7/3: John d’Arx, Bill Findley, Tony Warren

9/3: Ray Armour

10/3: Tony Lowe

12/3: Peter Hurley
13.3: William Grace
15/3: James De Mestre
17/3: Ron Doyle
18/3: John Bracken
25/3: Graeme Fountain
26/3: Rick Williams
27/3: Allan McGrath

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!)

The Yass Valley Men's Shed is very grateful for the generous support of the following entities:

BarkerHarle (Consulting Engineers), Bendigo Bank (Boorowa), Bunnings (Belconnen), Goodradigbee Bookkeeping, Home Hardware (Yass), IGA (Yass), KidsBlitz, the Lansdowne Foundation, Long Paddock IT Services, Miller's Pharmacy, NSW Coalition Government, NSW Local Member Minister Katrina Hodgkinson, Robertson Landscape Supplies, Southern Cable Services, Steve Bugden Plumbing, Tank's Bakery, Touie Smith Jnr, Yass & District Printing, Yass Fire Brigade, YassFM, Yass Freemasons, Yass Lions Club, Yass Pharmacy, 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.

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.

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Wayne Stuart

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