

CO-PATRONS:

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



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Editorial:

This is the first Messenger since the AGM and the first one since I have relinquished my role as Secretary.

I have to report that the change is both good (more time to do my thing and to rediscover what my thing is) and tough - I am now somewhat out of the loop, so finding news and things to report is rather more difficult - for example, I have had limited news on membership status and no news of decisions by the Committee that might be of importance or interest to Members.

The **BLACK • HOLE** lives on and now it affects me too.

To this end, I ask all members (including Committee Members) to send me items and photos if you are at an event that I am not and you see it as newsworthy. The Messenger will from now on only be as good as the news

I can gather.

Now that I have the time, I have tried to "spruce up" the Messenger to make it a bit more professional looking and easier to read. If anyone has comments to make about this version or good ideas to help me in this ambition, please get in touch. If you prefer the old version we can go back there too - just let me know.

\$10,000 Grant from NSW Coalition Government



Our former and much loved local Member, the Hon Katrina Hodgkinson MP visited the Shed on Wednesday 20 May to deliver her second donation of \$10,000 on behalf of the NSW Government in a year (the previous donation having been used to purchase install and fit out our two containers, now known as the *Dara Madden Annex*).

Katrina and her Senior Electorate Officer, Margot Shannon, arrived at 2pm and, after a short welcome from David Staines, she spoke glowingly and with great affection and concern for Dara Madden, who was principally responsible (from the Shed's side) for securing these two very generous Grants. She also mentioned Dara's family who are personal friends.

Katrina asked the members present (over 30 members had attended the presentation) to remember Dara with a period of silence.

She then proceeded to speak about the influence and impact of our Shed and Sheds generally in doing good things for their members, and by extension for their local communities.



Following the presentation, R☆2 and The Kitchen Krew provided a wonderful (doesn't he always?) afternoon tea. Unfortunately, many more members arrived than had been planned for (lack of RSVPs!) so stocks were limited. Nevertheless the food was spectacular and I, for one, would travel miles to eat Richard's fare.



Many thanks to all Shed members for coming and supporting this important moment in the Shed's life and, more importantly, many thanks to Katrina, her Office and the NSW Coalition Government for providing this welcome and necessary assistance to our Shed.

If you are wondering what you missed in the food department from R☆2 and his Kitchen Krew:

- Savoury: salmon wraps with salad and dill yoghurt sauce.
- Sweet: oven baked glazed coffee scrolls with fruit and custard and a strawberry icing.

YVMS Membership Meeting and AGM - 9 May 2015

There were a couple of highlights of the AGM and associated membership meeting.

The New Committee elected by acclamation are:

- Dave Staines (President), Richard Rowan (Vice President), Ruben Larzabal (Treasurer), Joe Morrissey (Policies and Procedures Secretary), Reg Moebus (Membership Secretary) and Chris Brown (Shed IT Manager).
- No nomination was received for the Meetings and Correspondence Secretary and the AGM authorised the Committee to find and confirm the election of a Secretary in due course. A similar decision was made concerning finding an Honorary Auditor. The meeting only lasted half an hour or so.

The Main event of the day, however, was the terrific lunch that Chef☆Rowan (and a couple of his trusty offsiders) produced on the day. If you were clever enough to come to the AGM, you will have enjoyed R2's great lunch, if not, this is what you missed out on:

Entrée: roasted red capsicum and feta dip served with parmesan cheese baked mountain bread.

(Marinated red peppers blended with feta cheese, Greek yoghurt and pan roasted cashew nuts. The baked mountain bread before baking was applied

with herb butter (5 Chinese spices and a touch of Moroccan and Tuscan herbs) and a sprinkle Parmesan cheese.)

Main: marinated fish chowder served with baked herb mountain bread.

(Seafood mixture marinated (2 hours +) in herbs and spices with fish and soy sauce which was then lightly panfried. Blended vegetables (potato, carrot, celery, onion). Ingredients then added to chicken stock, accompanied by two cans of corn kernels. Fresh dill and parsley added before serving.)

Dessert: Blueberry panna cotta served with almond biscuit and berry sauce with cream.

(Fresh blueberries, Blueberry yoghurt, cream and white chocolate blended together and let set in individual serving containers for six hours. The source consisted of strawberries, raspberries and blueberries pan heated with a touch of sugar and served hot over the panna cotta with cream.)

During the membership meeting that followed, Brian Millett moved (seconded by Joe Morrissey) that Richard be acclaimed as the "Fantastic Unrivalled Chef Kingpin" - but when it was pointed out that this might have a slightly unintended acronym, the meeting settled on "Shed Honorary Chef Extraordinary". This proposal was greeted with instant, loud and prolonged applause.

Visit from the Belconnen Community Men's Shed

On Thursday of this week just gone, we had a visit from 14 members of the Belconnen Community Men's Shed. <http://belconnenshed.com.au/>

This is a recently established Shed and they were keen to visit us in case we had any ideas or solutions to problems we might have already solved and with which they are currently wrestling.

It was a very successful visit for both Sheds and we hope to visit their Shed in the near future.



Just part of the crowd (14 Belconnen Shed members and 20 YVMS members)

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

- **Wednesday 6 May - First Wednesday Morning Tea - 10 to 11.30am.** Len and Phil please take note.

I have heard a rumour (but seen nothing in print or by way of formal emails) that a couple of Police Officers will be attending this meeting to provide information on Policing generally in our region. This could be very interesting for members, so come along and hear what they have to say. ➔

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);

Jack Child - wine making (this has moved from Ruben’s place to the Shed). A small group of members has attended at Ruben’s vineyard to cover the crop, then harvest it. They have crushed the grapes and are currently involved in the intermediate stages leading up to bottling in the not too distant future -- join them if you would like to become involved;

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;

Chris and Joey Brown are currently developing and establishing a Shed and Community Computer installation with grant funds provided by Bendigo Bank at Boorowa. Chris and Joey are developing a familiarisation and user training program for community members to learn and/or improve their computer skills (one on one - no other “students” to distract the teacher). This program will operate in the special room reserved for us by Council in the YVCC on Saturdays between 2 and 4pm - but only by appointment. Each lesson will cost the student \$2 for a half hour. If you (or someone you know) would like to take advantage of this training let me know and I will put you in touch with Chris or Joey. Watch this space for more info.

Richard Rowan (R2) - cooking for pleasure or just to stay alive;

Tony “Lowie” Lowe is a highly skilled and qualified welder and metal worker. He has agreed to take on responsibility for the Metal Shop and is already instructing on a wide range of metal working activity;

Photography - Alex Tewes. The Yass Photography Club meets for about 2 hours at the Yass Valley Community Centre [next to the Men's Shed] on the first Thursday of every month (except January) at 7.30pm (no cost). There is usually a presentation or lesson first, then we share some of the photos we all have taken over the past month. During the second hour we usually have a workshop or activity, say a portrait session, product photography, night photography, or similar. We sometimes have excursions on a monthly basis. These have included a visit to the Crisp Gallery gardens, a Noir Photography street walk, a visit to the botanical gardens, etc. Let Alex know if you have any questions, and he looks forward to seeing you at the next meeting!

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 Shed seminars, 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, Wayne 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.

Projects on the boil or possibilities in 2015

At the recent meeting of all members held on 9 May, Len McGuigan suggested that we should “advertise” the projects and other tasks awaiting someone to volunteer to undertake them.

To this end, we have established a white board near the

entrance to the Workshop that will list all current “jobs” and who is doing them or whether we still are looking for someone. Keep an eye on the board and see if you have the skills that might help turn around a task that is outstanding. If anyone sees a job needing doing, feel free to write it up on this board. →

Workshop and Garden Corner

The setting up of the storage container is really starting to take shape along with the clean out and rearrangement of the front room and sections of the workshop. All that I can say is a "BIG THANK YOU" to anyone who has in any way assisted with this operation. Any of you who only randomly visit your Shed will see a big difference, with which I trust you will agree. All is not perfect but it is as good as we can get it at the moment. Nothing in life is perfect anyway!!

A snap decision brought about by the weather being so perfect for outdoors activities saw the side garden area cleaned up beyond expectations, along with some unexpected tidying up around the garden area.

Again, a "BIG THANKS" to all those who participated, we had a great day with a sense of achievement displaying pride in our surroundings.

Wayne has started a list of Projects on the board beside the entrance doorway to the workshop so members can pick their choice of how they may be able to assist.

One specific job request is for the manufacture of 12 possum boxes for a voluntary wild life care group. There will be no profit for the Shed on this Project, just us volunteering to assist another volunteer group. We need someone to take on coordination of this project which will require planning and working out a full materials list in relation to timber, glue, screws and general hardware etc which the requesting group will

purchase for us. For full particulars please talk to me, Roger. Due to other commitments both shed and personal I am highly unlikely to be able to be involved very much before probably late August.

Whilst on the workshop subject, the Treasurer's balance sheet shows a huge gap between workshop usage donations and equipment maintenance. All our equipment and supplies have to be maintained and it is time consuming and expensive and also requires personal time and expense to keep things up to date. As you all should know there is a voluntary workshop donations tin in place beside the first aid section. For ages this tin had contained just a miserable \$3.00 which I must say goes no way towards maintenance and supplies. To be fair this tin has shown an improvement in the last week or so, but still insufficient to cover running and maintenance costs. The very least we can all do is to contribute to this cause especially when using the Shed for personal projects. We pay \$25.00 for membership which only covers our insurance, Where does the maintenance money come from? Most sheds have a compulsory charge for using the workshop so your consideration to this cause will be much appreciated and help us avoid such impositions.

At last it is good to see some welding tuition in progress. Thanks "Lowie", keep up the good work.

Roger Holgate.
Workshop Manager.

The importance of perception

A man, after many years of living hard and really enjoying himself suddenly starts feeling his mortality. He goes to his Doctor and asks what he now has to do so he will live as long and happily as possible.

The Doctor asks him the following questions:

*Dr: do you enjoy sex and have it often? Patient: yes. - Dr: **Give it up!***

*Dr: do you enjoy drinking alcohol and have it often? Patient: yes. - Dr: **Give it up!***

*Dr: do you enjoy smoking and do it often? Patient: yes. - Dr: **Give it up!***

*Dr: do you enjoy gambling, playing the pokies etc and do it often? Patient: yes. - Dr: **Give it up!***

*Dr: how about cards, computer games, chess and other competitive games? Patient: yes. - Dr: **Give it up!***

*Dr: do you exercise at least once everyday, have you given up fatty foods, non-stop eating, junk food, soft drinks etc? Patient: No. Dr: **Do it NOW!***

*Dr: do you help around the house, do what your wife wants, respond as soon as she asks you and do it all with a good grace? Patient: no. Dr: **Start now!***

After this the patient then asks his Doctor "If I do all of these things will I live longer?"

Dr: "Not necessarily, but it sure will feel like it!"

Yass Valley Iconic Views for this edition



Adverts, Updates and Reminders:

Membership News

Membership is now 106 with the recent arrival of Andrew Molchanoff and Alex Noakes Welcome boys!.

Shed taxi service - waiting for your call!

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 pretty much anytime.

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

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.

Birthdays around this time

May:

1/5: Raja Ahluwalia
2/5: Ron Coleman
4/5: Ron Rouston
8/5: John Corson
11/5: David Rowe, John Jones
13/5: Phil O'Brien, Philip Walsh
15/5: Alf Atkin
16/5: Nate Harvey-Cox
17/5: Sandy Butt
22/5: Llewyn Dowling
23/5: Allan Carey
29/5: Clarrie Schlunke
30/5: Joe Morrissey

June:

1/6: Dave Staines (Today!!, Happy birthday Dave!)
6/6: Charles Turner
9/6: Bob Nash
15/6: Doug Holston
16/6: Ron McMullen
18/6: Alex Noakes

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), Home Hardware (Yass), IGA (Yass), KidsBlitz, the Lansdowne Foundation, Long Paddock IT Services, Miller's Pharmacy, NSW Coalition Government, NSW Member for Cootamundra, the Hon Katrina Hodgkinson MP, 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.

Wayne Stuart (Messenger Editor), 0419 292 022 wayne@stuartoz.com, <http://yassmensshed.org.au>

Tuesday Exercise Classes - Len McGuigan (coordinator)



YVCC
(next door
to the
Shed)



Class time: 2-3pm. The classes 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?

Everyone in the Yass Valley is welcome Tell and invite your friends - it is good for you and for them too!

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

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.