

**CO-PATRONS:**

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



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**Quote of the week:**

It does not matter how slowly you go as long as you do not stop.  
Confucius

**SHED COMMITTEE**

- President: Dave Staines 0408 430 040
- Vice President: Richard Rowan 0478 598 593
- Treasurer: Ruben Larzabal
- Secretary: Jack Child
- Membership Secretary: Reg Moebus
- Shed IT Manager: Chris Brown
- Policy and Procedures Secretary: Joe Morrissey

***Editorial – from the Cave***

I took a call last week from a lady moving from Lismore to Yass to take up a one year Drama teaching appointment at Yass High School. She wondered if some members might be able to help her unpack her trailer. Alf Atkin, Noel Lymbery and I managed to unload all of the stuff during the rain and snow events on Wednesday and the lady has now settled in and started her new job. She seems very happy with her reception and welcome to Yass and assures me a donation is on the way.

We had a visit at the Shed on Saturday from Bill and Wendy Findley. They both look and sound terrific and very happy with their move to South West Rocks. Bill has offered to drop off stuff he doesn't need as soon as Roger gets back. He seemed very impressed with the much more open workshop and metal shop.

Yass' famous and favourite son, Kim Nelson, passed away this week. Kim was not a member of the Shed, but was an inspiration and talent the like of which comes by only once in a generation. Our sincere condolences to Kim's family and friends.

***Visit by Angus Taylor MP***



Angus Taylor MP ("Rose") surrounded by a veritable thicket of thorns during his very successful visit on Wednesday 5 August. If you missed it, you not only missed meeting our local member, but also another opportunity to be health and heart smart by eating R2's health food extraordinaire!

## Shed Membership Renewal time

The Shed's official membership has fallen to 72 (according to the current Membership Register). Quite a number of our members are, unfortunately, now unfinancial. If this is you and you want to, there are two ways to pay:

**Cash/cheque** given to one of the Committee members or by posting in our letterbox at the Shed; or

**EFT** - The procedure for you to follow if you wish to use the EFT option is as follows:

1. Log on to your bank account and select the "payments" or "transfers" option.
2. Fill in the details of the account into which you wish to transfer these funds, as follows:
  - a. **Name of Bank: Bendigo Bank (Boorowa)**
  - b. **Name of account: YVMS**
  - c. **BSB: 633-000**
  - d. **A/c No. 1530 73226**
  - e. **Amount: \$25.00**
3. Where you are requested to state the purpose of the payment (so we know what the payment is for and who it is from) can you provide information in the following format please: "W Smith Subs". Substitute your name for "W Smith" (this is important so we know who has paid!!).
4. Finally (and most important) can you then send an email to Reg Moebus (Membership Secretary - [wargeila@bigpond.com](mailto:wargeila@bigpond.com) or phone him on 0419 018 762) advising that you have made the transfer. He will then issue a receipt which will be placed under your name tag on the board at the Shed.

## Bendigo Bank Grant application in process

Joe Morrissey (bless his little Irish socks) has volunteered to prepare and lodge an application to Bendigo Bank for sufficient funds to erect a roof over the two containers and the space in between. This improvement will provide shade to the Containers (especially in summer) and also deliver an all weather option for outside work and entertainment. Watch this space for more news.

## Another fitness option?

Members who have been around for a while, will remember that some time ago, one of the fitness options we provided for both members of the Shed and the wider Yass Valley Community was the opportunity to engage in Tai Chi.

That option lasted some time, but other things intervened (including classes being available at the Soldiers Club).

Those classes are continuing and it is worth reminding members (and their family and friends) that it is a very worthwhile (physically, mentally and socially) activity.

At least give it a try and see if it is for you.

Here is an authoritative comment about the discipline:

*"This gentle form of exercise can prevent or ease many ills of aging and could be the perfect activity for the rest of your life."*

Tai chi is often described as "meditation in motion," but it might well be called "*medication* in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

*Harvard Health Watch*

## TAI CHI @ THE CLUB

Give it a try - first day free

Please note  
Change of day

### FRIDAYS

10.15 - 11.45 am during school terms (as a rule)

YASS SOLDIERS CLUB MEEHAN STREET YASS

- Qigong/Tai Chi for the everyday • Gentle but effective
  - Flexibility, strengthening, balance, relaxation
  - Falls prevention • Variety
  - Learn together or just follow the leader
- Please wear sensible shoes

**MIXED GROUP - BEGINNERS VERY WELCOME AT ANY TIME!**

Costs: Term payments\* based on \$12/10 per week - plus \$20/15 mid-year start fee for new participants

\*Option to pay off weekly \*Discount for missed days (Casual - \$17/15 per visit)

Phone Lizz Murphy 0428 005641 Email [lizzmurphy7@gmail.com](mailto:lizzmurphy7@gmail.com)

## Veterans' Health Week

Veterans, and others, might be interested in a magazine we have received this week. It is full of items, information and articles on a wide range of activity and services available. The magazine is on the coffee table in the front room.

*Wayne Stuart - Messenger Manager (0419 292 022)*