



www.yassmensshed.org.au

YVMS MATTERS

(aka "The Messenger")

No 9 of 2016

November 2016

Date: 1/11/16

YVMS Motto:

"Minimal bureaucracy
Maximum fun!"

CO-PATRONS:

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



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Quote for meditating upon:

The new roadside signs at the Murrumbateman Winery



Shed Committee

President: Bob Nash 0418 691 423
 Vice President: Roger Holgate 0428 509 242
 Secretary: Jack Child 0419 444 535
 Treasurer: Sam Noor
 Manager IT: Nicholas Londey
 Member: Tony Warren
 Messenger/Membership: Wayne Stuart (0419 292 022)

Public Officer: Brian Millett

NB: The Shed will be closed on Classic Yass Weekend Saturday 5 November

Editorial – from the Cave - Wayne Stuart

Chasps,

I think the best things that have happened this last period have been the little improvements that have been happening all around the Shed.

Allan Carey and Roger Holgate have installed a venetian blind over the naked window in the Common room. This is a great improvement and gives us back our privacy - not to mention improved security. We now have a notice board with certificates and honours on the wall just inside the double doors in the Common Room. Similarly, the big Info Board that we use for promotions has been updated and improved.

Geoff Atkinson has taken to sweeping the carpets and doing lots of clean up jobs - greatly appreciated. Clarrie has been working in Jack's Workshop at improving our machines. I am not sure what he has been doing - it's all a mystery to me! But it all looks damn good to me!

And probably best of all, with the tentative Spring now here, I notice garden beds are being worked on. Any time soon we will have all manner of good stuff jumping out of the ground. What a great time to enjoy the Shed!



WS Editor

Message from the President - Bob Nash

Members of the SHED.

Yet another month has passed us by, and the guy in the red suit and white beard is just around the corner. In fact 54 sleeps away.

I am very proud the way the shed is evolving, and the members who are attending on a regular basis. New members are a plenty but still room for a lot more. Lots of activity coming up with the newly formed Colo Vale visiting us to see how we operate on Tuesday the 8th and I do hope that as many members who can come on that day to welcome them and partake in a BBQ with them.

As I have said many times before don't be frighten to come forward and give your thoughts on how the shed should be going forward, any ideas are very welcomed.

Until next time.....



Regards.....BOB.

[Editor's Note: Our esteemed leader sent me this note with a sign-off along the Lines: "until next time... keep sh3dding". As Editor of this fine monthly, I refuse and vehemently swear that the words "sh3dding" and "sh3dders" will NEVER appear in this publication. I abhor those terms. They refer to and describe something that dogs do in the house on the carpets. None of our members are dogs, nor do they partake in such doggy activity or leave bits of themselves lying on the ground in their wake. To be fair, I don't think Bob was urging you to go around leaving bits of yourself on the ground as you went. This is my final word on the matter. I am sorry, call me old fashioned, but I believe we have high standards to uphold. WS Ed.]

Message from the Workshop Manager - Roger Holgate

October has been fairly much just a normal month in the workshop.

We acquired a quantity of hardwood and several large drawers from the renovations at the Catholic Centre, the hardwood has been de-nailed, the drawers dismantled and all timber put into storage.

We were also given quite an assortment of tools and sundry from the estate of the late Eric Bell. Amongst these tools there were lots of spanners which helped somewhat with our limited range.

I feel that for possibly less than \$200 we can give ourselves enough mechanical tools for our immediate requirements as I would expect that in time we would acquire more from donations. If we were to spend big on tool kits where will we store them and what would we do with what we already have

A table to promote the shed is being planned at the Memorial Hall on Saturday 5th November as part of the Classic Yass weekend. This link <http://www.classicyass.com/Arts%20%26%20Crafts.html> will explain what the display is all about. It will be in conjunction with Clarrie Schlunke, Allan Carey and myself displaying our personal projects and Peter Roberts taking charge of the Shed Shoppe. At this stage we have been offered assistance from Len McGuigan, Wayne Stuart, Brian Millett and Dave Staines to help throughout the day with sales and promotion of the shed. Wayne has recently updated our shed display board for the event.

Clarrie has been busy setting up feather boards for the Router table, band and table saws, and we are planning to have a demonstration when the project is completed.

If there is a particular piece of equipment which you would like to know more about please don't be afraid to ask, your request will be looked after. You may also have a suggestion on where you think we might be able to run a general session on a couple of pieces of equipment.

Just a reminder that there is garden space available for this season.



Roger Holgate (aka R*1) - Vice President and Workshop Manager

What has happened since the last Messenger?

Things that happened during October:

YVMS wins Certificate of Commendation

Here is an article we wrote recently for publication by the Yass Tribune (so far not published by the Trib):

"October is Mental Health Month in NSW and this year a local Consultant Psychologist in Yass (and Men's Shed Member) Richard Rowan nominated the Yass Valley Men's Shed for an award in the Mental Health Promotion and Wellbeing Category. The description of this category is as follows:

"The Mental Health Promotion and Wellbeing Award recognises excellence and/or innovation in programs, projects or initiatives that have focused their efforts within mental health promotion, prevention of mental ill-health or early intervention".

Richard is highly qualified in this area and has the advantage of seeing, from an expert clinical perspective, how Men's Sheds in general and the Yass Shed in particular operate to provide men in country towns with opportunities for socialisation, friendship, engagement and an ongoing worthwhile place in society.

In his Submission, Richard made the following concluding remarks which give the flavour of his much more detailed submission:

"I truly believe The Yass Valley Men's Shed (and others like it) deserve to be recognised as providing significant assistance to men in our communities, by reducing the impact of mental health issues and improving their quality of life which allows a more robust commitment and involvement in family and community activities.

Just as importantly, it assists members who may not have a mental health issue, but who wish to provide some kind of help and assistance to their mates."

The interesting thing about this is that absolutely no one at the Men's Shed goes around doing anything that could be remotely described as counselling, advocacy or intervention in anyone's life. It is the nature of the place, men mixing, being able to talk to friends and being supportive and helpful that provides all of these good things and they all happen automatically.

The Shed currently has a membership of 95. If you are toying with the idea of having a look, why not go along when it is open and see for yourself?"



Last Saturday (29/10) Info Exchange discussions

The following items were discussed:

- Shed info and for sale table at Classic Yass next weekend – NB – the Shed will **NOT** be opening on that Saturday (5 November)
- A Seminar on Computer and Email Security (24 November)
- A Visit from the Colo Vale Men's Shed (Tuesday 8 November)
- Possible visit by WIN TV News to talk about our Victoria Park adventure and what we will be doing with the materials recovered.
- Visit by Katrina Hodgkinson to launch our Metal Shop acquisitions that we only have because of a \$10,000 NSW Govt. grant she organised for us
- Dave Staines outlined his idea for a Big Event (quickly becoming known as "Dave's Dream") in about year's time involving Sheds from all over the southern parts of NSW.
- Establishing a Shed FaceBook page to better promulgate our news and upcoming events. Recent service by the Yass Trib and the demise of Scoop Yass Valley has meant the need for an improved public profile device.

R☆☆☆2's Ravishing Recipe of the Month

Home-made tomato sauce – BBQ / spaghetti /pizza /drink

Now with both summer and the BBQ season approaching as well as tomato growing season how about a little individuality in your tomato sauce that sits aside from the commercial variety. This sauce is easy to make and has a variety of uses such as a good pizza base, sauce for spaghetti and of course as a drink.

Ingredients

2 to 3 fresh tomatoes

1 can of Italian style tinned tomatoes (Woollies)

1 to 2 tablespoons of Remano "pass the sauce with onion and garlic" (ALDI)

Fresh basil leaves (3 to 4) / or dried basil

1/2 teaspoon brown sugar

1 teaspoon of five spice/mixed spice

Salt and pepper to taste

Method

In a medium-sized pot on low heat add ingredients and stir until well mixed. Bring to a simmer for five minutes.

With a stick blender or potato masher pulp the tomatoes. Allow to simmer for 10 minutes or so and then remove from heat. Pass sauce through a sieve..... Home-made tomato sauce.

Additional

You can beef this tomato sauce up on an individual basis by adding chilli /chilli paste, garlic, etc. A splash of sherry or brandy is also an individual addition.

The sauce chilled with ice in a jug is the beginning of a refreshing drink. All you need to do is add soda water, vodka is optional!

As a pizza base, place sauce in a small pot, heat and then add some mozzarella cheese until the consistency is reasonably thick. Then apply to your pizza base.

Do try this and Enjoy.....



R☆☆☆2

Wednesday 2 November - **First Wednesday Morning Tea** – sponsored by Tanks Bakery and hosted by Dave Staines 10am to 11.30.

First weekend - Friday 4 to Sunday 6 November



Saturday 5 November - **Classic Yass**

The Shed will have a table and a large "Info Board" in the Yass Memorial Hall.

Some members will take the opportunity to show their woodworking and other skills by having some of their things there to sell.

The Shed will also have some items from the Shedde Shoppe for sale - as well as info flyers and Application forms for any members of the local community who are interested.

If you can help by volunteering to sit on the table for an hour or so, please contact Roger Holgate on rholgate3@gmail.com or 0428 509 242.



Classic Cars | Billy Carts | Markets

NB: the Shed will be closed on Classic Yass Saturday - 5 November

Tuesday 8 November - Visit by members of the **Colo Vale Shed**. We will be doing lunch - **NB: let me know if you are coming so we can cater for you.**

Saturday 12 November - **No 2nd Saturday BBQ** this month - we will have had food last Tuesday, First Wed Morning Tea on Wednesday, another BBQ on Thursday 24 November evening - let's not overdo these good things!

Some time soon - we will be hosting the Hon Katrina Hodgkinson who we have invited back to commission all of the new machines in the Metal Shop that were purchased with the 2015 \$10,000 NSW Govt Grant. Katrina's office has contacted us and will be in touch with a firm date and time soon. The \$10,000 Grant was acquitted recently. Katrina's Office has been in touch with us, they are trying to find as time in her diary.

Thursday 24 November 7pm - Seminar on Scam Emails and Computer Security

Marcia and David from YassIT will be on hand from 7pm in the Community Centre (next door to the Shed to present an hour or so of up to date news and advice on how to keep your emails and computer safe. This will be a most worthwhile event, so I strongly urge all you people who want to keep receiving my emails to go along and learn how to protect your privacy, security and maintain peace of mind. If you want to know more about YassIT or access their services, have a look at their website: <http://yassit.com.au/index.html>



The Yass Freemasons have agreed to provide their terrific BBQ service on the evening of the Seminar starting at around 5.30. As we are open that afternoon from 2pm, perhaps members who are there and want to stay on for the Seminar can take advantage of the BBQ? Any members who work and want to come, don't cook that night! Let the Freemasons do it for you! Let me know if you want to come so we can give the Freemasons an idea of likely numbers they will be catering for.

Don't forget, Family and friends will be welcome too. Internet and Email safety is important to everyone and we will be inviting Yass Community members along. Posters and PR will start to happen soon.

Saturday 26 November - Last Saturday Shed Info Exchange - 2pm. This is a fixture in our calendar now and is intended to give the membership an opportunity to tell Committee members about issues, concerns, suggestions and good ideas. It will be brief (20 minutes or so) - if no-one has anything to say, nothing will be said. It is important, though, that communications is a two way street and members can have their say.

General info and other stuff

Membership News

Our membership has continued to improve now getting up to the dizzying heights of 96 financial members with the addition in October of new members, Brian Carruthers, Dennis Grieves and Matt Freebody. A BIG welcome to all!!

Hero of the Month. This month it is **Richard Rowan**.

Richard is the mover and shaker who wrote the submission and nominated our Shed for an award in the NSW Mental Health Month awards (see item above).

We got a Certificate of Commendation and it has been added to the notice board containing all certificates of any kind that the Shed has been awarded - on the wall just inside the double doors to the Common room. Have a look - see how many people love us!



Joke

When Dan found out he was going to inherit a fortune when his sickly father died, he decided he needed a woman to enjoy it with. So one evening he went to a singles bar where he spotted the most beautiful woman he had ever seen. Her natural beauty took his breath away.

"I may look like just an ordinary man," he said as he walked up to her, "but in just a week or two, my father will die, and I'll inherit 20 million dollars."

Hugely impressed, the woman went home with him that evening and, three days later, she became his stepmother. Women are just so much smarter than men.

Scuttlebut 1

The "projects" entries on the white-board on the wall beside the sign in book has a listing of all current projects we have on our list. Of course if no-one takes them up, then we simply contact the "owner" and advise them. We are NOT a Job Centre.

However, some of these projects might challenge you to solve some problems. Examples of projects are:

- a "Mud Kitchen" for a local pre-kindergarten,
- a trolley to help a 3 legged Labrador get around more easily

Both of these challenges have been waiting for quite a while for a volunteer. Perhaps the "owners" might have moved on by now or made other arrangements. There are a few others too. Have a look at the Board next time you are at the Shed.

Scuttlebut 2

Last season it was said that we would carry on the tomato growing comp. calling it:

The Howard Hollingsworth Tomato Growing Competition.

Is there someone out there who would like to organise/coordinate that for this coming growing season?? We need to start soon or it will be too late.

Scuttlebut 3

All,

Thanks again to everyone who went out of their way to assist with the disassembly and removal/recovery of the Grand Stand seating at Victoria Park.

As you are aware, we now have well over 100 metres of hardwood planking, as well as some pine planking, and various lengths of gal piping. The intention with getting this timber is to allow you to create. What you want to create is entirely up to you!

If there are projects that you want to tackle, furniture you'd like to build, wood turning that you've been meaning to learn, we now have some great timber for you to work with. Please, don't be scared of asking for help; if you are less than sure about the operation of the big scary machines, that's ok. There will either be someone to teach you the safe and proper use of the machines, or will (if you ask nicely, and provide appropriate bribes) use the machines on your behalf. Others can provide assistance with planning, and/or design if required.

The ability to create a timber masterpiece* is within you!! Please, let us know your dreams and desires... * (or something perhaps approaching a possibly acceptable facsimile of one)

Also, if there are people who don't have any specific idea, but are keen to help out with some basic timber work, please let me know; we are looking at putting together some end-grain chopping boards, marking them with the Men's Shed logo, and selling them to raise funds for the Shed. Assistance with this project would be greatly appreciated.



Grant Johnston - 0421 201 401

Scuttlebut 4

Last Saturday Bob invited me to give an update on a **three day seminar project** that I have been working on. For those who were there you have the full story to date. For those who couldn't make it the following is (a brief) summary.

- Project: 3 day Men's Shed Seminar to be hosted by YVMS;
- Location: Yass and surrounds;
- Date: TBC but April 2018 between Easter and ANZAC Day;
- Numbers: Hopefully around 200 but still to be confirmed;

Clearly there is much more detail than the above which I'm happy to discuss. Some may think that April 2018 is too far away to get excited about but as we all know time does fly. I have already done a fair amount of prep re program/venues/transport/accommodation/speakers to mention a few things.

Clearly this is a large project that hopefully will put our name on the map. I am happy to do the lion's share of the organising (in keeping with our philosophy) but I will need say 3 or 4 volunteers to help out with the nitty gritty and we will need a concerted effort from all over the weekend.

If you need more info get in touch with me direct. If you feel you could help on the team I would **LOVE** to hear from you (ph: 0408 340 040; email: yccc@dodo.com.au).



Dave Staines

Scuttlebut 5

Roger has mentioned that there are almost no truck guards left from the recent delivery from Wagga. **BUT**, we do have a supply / abundance of shade cloth for sale in various colours and sizes. Make us an offer. Tell your friends.

Birthdays around this time

OCTOBER

4/10: Ian Lumsden
12/10: Norm Leaney
18/10: Daniel Anderson
21/10: Mark Bosma
22/10: Dennis Wicklander
23/10: Al Phemister
24/10: Wayne Stuart
26/10: David Coonan
27/10: Warren Dickson, Zac Croker,
Ken McNally
30/10: Matt Freebody

NOVEMBER

5/11: Grant Johnston
10/11: Adrian Lynch
13/11: Len McGuigan
15/11: Chris McHarg
17/11: David Nash
20/11: James Mather
24/11: Peter Hercelinskyj, Al Coney
25/11: Geoff Kell

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).

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.**

Tuesday Exercise Classes



2-3pm on Tuesdays

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* in the Yass Valley Community Centre

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.

Shed Opening Times

- Tuesdays: 9am to noon. On Tuesdays we have the VALMAR contingent attend and they enjoy the mentoring that Shed members are able to give – especially help with their projects. There is always something warm to eat on Tuesday mornings, too.
- Thursdays: 2pm to 4.30pm – normal activity (ie anything anyone wants to do – workshop, coffee and chat, garden, joke telling, etc etc)
- Saturdays: 1pm to 4.30pm. – same as Thursdays
- First Wednesday of each month: 10am to 11.30am, we have “First Wednesday Morning Tea” which is a time at the Shed for simply social-only time. No workshop activity or noise to interrupt the chat. This is a very good time to meet like minded members and to find those with whom you might have a lot in common. Tank of Tank’s Bakery fame (also a member) provides cakes and pastries, gratis, for this event.
- Second Saturday of each month we have a BBQ starting at noon at which our tame in-house 3 Star chef, Richard (R2) Rowan does the cheffing honours.
- Last Saturday of the Month (generally around 2pm) – an informal Info Exchange that allows members to interact with the Committee and vice versa – discussing issues and keeping everyone up to date.

The Yass Valley Men’s Shed is very grateful for the generous support of the following entities (in alphabetical order):

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://www.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 up some YVMS archeology.

Wayne Stuart 0419 292 022