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# YVMS MATTERS

(aka "The Messenger")

Issue No 176; No 1 of 2018

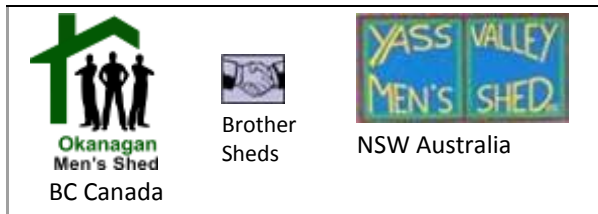
*YVMS acknowledges the Ngunnawal people on  
 whose land we meet and we pay our respects  
 to their Elders past and present*

**February 2018**  
**Issued: 1/2/18**

**YVMS Motto:**  
**"Minimal  
 bureaucracy  
 Maximum fun!"**

## CO-PATRONS:

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



## Shed Committee

President: Bob Nash 0418 691 423  
 Vice President: Roger Holgate 0428 509 242  
 Secretary: Wayne Stuart 0419 292 022  
 Treasurer: Sam Noor  
 Manager IT: Nicholas Londey  
 Member: Richard Rowan  
 Member: Ian (Mac) McLean  
 Public Officer: Brian Millett

## In This Issue

- Editorial
- Message from the President
- Message from Workshop Mgr
- Thanking our supporters
- What has happened since the last Messenger?
- Calendar of upcoming events
- General info and other stuff
- R2's Ravishing Recipe of the month
- Helpful Handy Hints
- Scuttlebut
- Shed Opening Times



## Best New Year's Resolution:

I'm gonna lose weight. I'm gonna  
 exercise everyday. I'm gonna go  
 on a diet and stick to it....  
 Is that cake?



## Welcome to 2018 - our 10th Anniversary Year!

### *Editorial - from the Cave - Wayne Stuart*

Chaps, Welcome back!

The BIG news for 2018 is that it is our 10th Anniversary Year! Here is a photo of the original members about to clean and set up the Shed for occupation. The original plan was to "evolve". Worked well, didn't it?

I hope we will be able to organise some celebrations that fit this important milestone this year, especially in April (the actual anniversary of the Shed opening) and, also, in September, the anniversary of the formal Opening Ceremony. Watch this space!! Meanwhile, have fun!



Recognise anyone in this photo still with us today?



Another early warning. Our AGM will be happening in April (not too far away) and it would be good if anyone wanting the kudos of helping to run this great Shed would be willing to put their hand up. Some Committee members have now been doing it for the best part of 10 years and new ideas and styles are always good. Give it some thought.

ws Editor

## *Message from the President - Bob Nash*

Members of the Shed,

Hope all members had a wonderful and enjoyable time over the Christmas and New Year breaks, with great times with family members and friends.

Well, we are off to a flying start in the new year and a lot should be happening during this year. First off will be the roof installation over the containers which will begin mid Feb at this stage.

Also, a trip to the Wee Jasper Caves with a BBQ during March.

We should also keep in mind our *GARAGE SALE* at some stage during March/April. I also think we should give thought to the upcoming elections in April for the next twelve months. Sus out those who you would like to see at the helm to run the ship for the next twelve months. Nomination papers will be available towards the middle of March.

Our new storage shed is taking shape and should be finished by the end of Feb. Thanks to those who have helped in anyway. Once we get the shed finished we will be re-organising the main workshop so it will make a safer workplace. Any constructive ideas about this would be received with consideration, so give those ideas to myself, Roger, Tony or Clarrie.



The attendance of members coming to the shed of late is very heart warming so please keep that up as the more that comes the more that will. I HOPE. That's enough from me for this month.

BOB NASH, President.

## *Message from the Workshop Manager - Roger Holgate*

Happy new year to all.

There is not a lot to report on workshop activities over the festive season. However, our market sales were fairly healthy leading up to Christmas but naturally have slowed down fairly much during January. There is still room for quality items to be made for the Shed as Peter can tell you after his success with repeat orders for his wall hangings. We also have a request for two more Yarn bowls for a local business.

These yarn bowls have been a success and I have made several at home with my own equipment for private sales to family members and friends and even a request from the markets.

We have further donations of timber to collect when we get organised a little more plus there has been a good supply of claret ash which we have brought to the shed and Clarrie and I are currently experimenting with green turning and microwave seasoning. Please feel free to talk to either of us regarding our success and/or failures.

Hopefully during the year after our containers are covered, the back shed completed and depending on our success with grant applications, we will see the workshop reorganised a little with hopefully a second dust extractor and a larger air compressor with air connections through both the wood and metal shops. Also with the application we hope for a chain saw, Quick Change tool post for the metal lathe and several other minor additions.

Lastly, I would like to see some of our newer and younger members considering where they may be able to help in the running of the Shed and taking responsibility for some of the necessary tasks. I for one have been heavily involved for almost 10 years and sincerely looking to ease back and do my own thing.



Please feel free to talk if you would like to take something on board. Best wishes to all,

**Roger Holgate.**

### Christmas Party



(Notice how the average Shed member takes a much better photo now than those members photographed back in 2008? - see photo on page 1)

I think we got very good value for money from Gil and his team at the Golfie and we owe a debt of thanks to Miller's Pharmacy and the Shed Committee for making their combined cash contributions to reduce the price per head by \$10 for each attendee (Shed members and guests).

You can be reassured that the Committee is already looking at long term planning for the 2018 Christmas Party – does anyone think “Christmas in July” is a good idea?

### Last Saturday of the 2017 Year

If you were not at the Shed on the last day of 2017 (Thursday 21 Dec), you missed a great day.

**Super Chef R☆☆☆2** and his Kitchen Elves put on a fantastic feast having a Christmas theme - here is a typical plate served on the day ➡ - note the traditional Christmas colour scheme (red, white and green)?

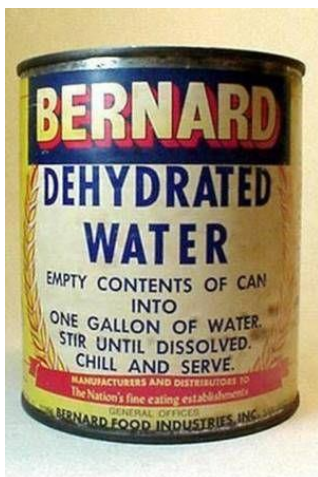
The triple prize YVMS raffle was drawn - won by Allan McGrath. When advised of his win, he donated back one of the prizes which was subsequently won by Alf Atkin.

The Secret Santa gifts were opened - perhaps the best effort that we have had with this traditional event at the Shed. This time, happily, there were quite a few gifts directed at the Kitchen - R2 was chuffed!

Finally, we had a brief discussion with all members present about what might be on the agenda for 2018. The main item discussed was how we might approach the possibility of submitting an application for a \$20,000 NSW Govt Community Grant in April. It was agreed that we would seek quotes and solutions for improving heating and cooling in the Shed and also the possibility of putting a significant solar collection array on the roof to defray the costs of our electricity use and with the idea of gifting any income from power generated that goes back to the grid to Council which has been so supportive of the Shed during our first 10 years. Both of these ideas were unanimously endorsed and the Committee is now working to see if we can bring those ideas into reality.







Christmas is a great time of the year and, hopefully, you got to receive gifts you actually want.

← This one was very expensive and seems to work well. It was so good we bought quite a large quantity and not one of the cans has disappointed so far. Living in Yass, if you want good water, this is the way to get it!

And then there was this very reassuring and life changing card →

All I could say was "aww shucks".



### Thanking our supporters #3

*In the last two Messengers, I have listed a number of major supporters (not in any order) that we benefit from at the YVMS and who are celebrated and thanked on our "Thank You Board" on the front wall of the Shed. Here is the next series. This will continue until we cover all those valued supporters.*



#### Yass Valley First Aid Training

Emma Ritchard at Yass Valley First Aid Training has provided training without charge for Shed members covering general first aid, CPR and the proper use of our Defibrillator.

This training was very well received, and though not needed so far (happily), has provided a degree of confidence and security that was not evident in the Shed previously. Emma has offered to repeat the training if it is considered necessary at any time.



#### Touie Smith Jnr

During the aftermath of the major Cobblers Road bushfire west of Yass in 2013, a major property clearance and fencing reinstatement project was undertaken by the BlazeAid organisation. The Yass Valley Men's Shed volunteered to cook a number of evening meals for the BlazeAid Volunteers during that period and Touie Smith made a generous donation that allowed the Shed to purchase foodstuffs to mount that cooking effort.



#### Lions Club of Yass

In our early years the Lions Club of Yass provided a number of opportunities for the Yass Valley Men's Shed to earn funds which allowed us to consolidate and ensure we had a viable future.

The then Lions Club President (Ray Hill) invited Shed members to volunteer on the Yass Show Gates for a number of years and our Shed benefited by receiving a share of the funds paid to the Lions Club by the Show Society for providing the Gate service.



Lions also invited us to help with the annual Franklins/IGA stock-take under similar arrangements. They also provided their BBQ service for a number of early events (seminars, open days, car boot sales and the like).

We are very grateful to the Lions Club - they helped us establish and survive.



### **Bunnings (Belconnen)**

Bunnings, Belconnen has on a number of occasions, given us very good service and deals on a number of tools purchases.

When we received a cash grant, or had saved funds sufficient to allow us to acquire items needed in our workshops, Bunnings Belconnen would offer us prices we were unable to match anywhere else.

Bunnings is known as a strong supporter of Men's Sheds all around Australia. They have looked after us in Yass as well.



### **The Yass Tribune**

The Yass Tribune has been a long time supporter of the Shed. They gave us great publicity in the lead up to and after our high profile official opening back in 2008 and since then has regularly published items and information that has assisted us do our good things in the Yass Valley.



### **Miller's Pharmacy**

Peter and Angela Miller are strong supporters of the Shed. In recent times, Miller's Pharmacy donated 100 (and more coming) sun safe brimmed hats (with our logo ) to help members defeat the impacts of sun on older skins.

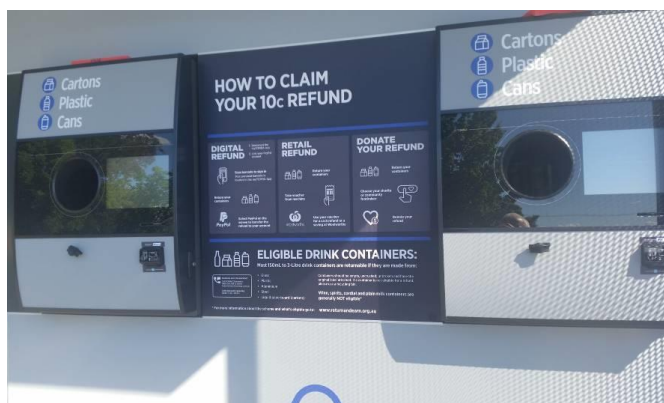


Peter has also offered and has made occasional presentations to members on how to manage and control prescription drugs and also the potential problems with mixing up prescription drugs and over the counter medications and supplements. Miller's has also made a generous donation to offset the cost of our Christmas Party.



Stand by for more info on our very generous supporters in following editions of the Messenger.

### *Possible Shed money spinner*



This is a new facility now operating in Woollies Carpark ↑.



This is our new (almost full) recycle bin ↑ in the front room at the Shed.

Many cans and bottles etc can now be “cashed in” at the facility in Woollies Carpark. Each “eligible” container (there are some exclusions) will attract a flat price of \$0.10 – ie 100 drink cans will raise \$10!! We believe at the Shed, that this is a fantastic initiative by the NSW Government and TOMRA Cleanaway and will go a long way to improving the environment right across NSW.

#### What we have done – 2 things:

1. We have established a collection point in the entryway at the Shed – see the photo above. Please put all empty complying containers in there – DON'T CRUSH THEM! – bring any from home to add to our collection;
2. We have contacted the operators of this scheme to have the “Yass Valley Men's Shed” registered as a local community group to receive donations directly from deposited containers. We hope to hear the outcome of that application some time in February.

#### What You can do – 2 things:

1. When you deposit your containers in the chute, you will get the choice of how to get your refund – choose the “donate your refund” option and select “Yass Valley Men's Shed” (if it gets added soon). EASY!! Urge your family and friends to do this for us as well.
2. We need a couple of volunteers to (occasionally) take our cans from our recycle/collection bin to Woollies Carpark and deposit them regularly (using the donation to the Shed option so we get the benefit).

This could be an easy way for us to improve our funding stream for the Shed projects account and for **you** to have a personal hand in that valuable activity – and, at the same time, improve local amenity, reduce landfill and litter and improve the overall environment – Win, win, win!.

### *Towards Zero Road Safety Campaign*

Derryth Nash, the Yass Valley Council Road Safety Officer will come to our First Wednesday Morning Tea (Wednesday 7 Feb) to outline this important initiative and to, perhaps, advise how the Shed might become involved. After the murder and mayhem on NSW roads over the Christmas/New Year period, I suggest this is both timely and also an imperative for us.



### **Closer to home than you think.**

The NSW road toll isn't simply a number. It is people, and sadly, it's closer to home than you think. It's people like you. Grandparents, mothers, fathers, children. It's a number that's unacceptable, no matter how small it gets, until it gets to ZERO.

In early 2018 Council will be running a TOWARDS ZERO campaign and PLEDGE within the Yass Valley community, and asking residents to commit to making road safety a priority.

If you would like to be a part of affecting change we would love to have you involved.

For more information about TOWARDS ZERO - [www.towardszero.nsw.gov.au](http://www.towardszero.nsw.gov.au)

For more information about the PLEDGE please contact Yass Valley Council Road Safety Officer on 6226 1477 or [derryth.nash@yass.nsw.gov.au](mailto:derryth.nash@yass.nsw.gov.au)

## What has happened since the last Messenger?

### **Australia Day Awards**

Two members (**Nic Carmody** and **Ross Webster**) and the President of YassFM (**Jan Wilson**) – YassFM is a constant and very helpful (not to mention, VOCAL (boom boom!)) supporter of our Shed, all received awards this year.

Many congratulations to all of you (jointly and severally). All members of the Yass Valley Men's Shed salute and thank you all for your service to our great Yass Valley Community.

### **Roof over our Containers**

This project is back on track following a minor hiccup that could have been more serious but for Bob Nash's very effective intervention. Council has now approved our DA and Yass Engineering plan to start building in mid February.

We intend to install in a prominent place under the new roof, a significant "Donor Board" which will look a little like this →

We hope more donations will emerge in the next while and, as they do occur, the Donor Board will be updated with detail of those donations. Accordingly, to give time for those donations to come in, we will not install the Board permanently, until we are confident that there is no need to add extra names (it is a bit difficult once the sign is up permanently).

As of now, the Shed needs to find \$8,908 from our own funds. It would be good if we can further reduce this call on our funds by members asking local businesses to help buy a roofing iron panel - just \$100. You might even consider doing it yourself.

Sponsors can help us by donating \$100 to the Shed in one of the following ways:

1. Cash (\$100) given to one of the Shed Committee members; )
2. Cheque (\$100) left in the Shed letterbox; or ) Official YVMS receipts will be issued
3. Transfer cash (\$100) by EFT to the Shed's Projects Account )
  - BSB 032 771
  - Account Number: 209175
  - Account Name: YVMS Projects

With the EFT option, please make sure the transaction records the purpose and identifies you – eg "[your name] roof".

**You can be sure that your current Committee as well as many "hands-on" members will work hard to make the place more comfortable and welcoming and a great place for our current and future members.**

ROOF PROJECT 2017	
TOTAL COST OF PROJECT	\$24,366
<u>DONATIONS</u>	
YASS VALLEY COUNCIL	\$5,000
BARKER HARLE ENGINEERS	\$4,400
YASS SOLDIERS CLUB	\$2,000
ANONYMOUS SHED MEMBER	\$2,000
TERRY LEMON (S.C.S)	\$1,500
YVMS EXERCISE GROUP	\$500
YASS ROTARY	\$250
<u>\$100 (EACH) ROOF SHEET SPONSORS</u>	
ROB BARKER	
MARCHMONT ALPACAS	
ELEVENTWELVE PTY LTD	
RON MCMULLEN	
YGRENE ENERGY (\$200)	
BETTY WILSON	
FORGIE FAMILY	



## **New Shed at the Back of the Shed**

Bob Nash and a bevy of builders have already got this project to a quite advanced stage. Here is the progress so far:



Boxing up underway (11/17)



Concrete done (donated by Yass Concrete and finished gratis by Rob Pollack and team – 12/17)



Framework now well underway (1/18)

## **Another YVMS Exercise Group “Good Deed”** – no need for me to say more!

### **Yass Valley Men’s Shed donates funds to help lift Christmas spirits** (Taken direct from the Yass Tribune)



HELPING OUT: Len McGuigan (centre) presented Linda Scarlett and Michael Van Wanroy with \$300 each to help them with the Christmas period. The money was raised from Yass Valley Men's Shed exercise program. Photo: Toby Vue

“Len McGuigan on behalf of Yass Valley Men’s Shed (YVMS) donated \$300 each to the Yass Salvation Army and St Vincent de Paul Society on Tuesday, December 12.

The amount was raised from YVMS’s exercise classes, where each participant donates \$5 per class in which it goes into YVMS’s ‘good deeds’ account.

The classes – opened to anyone – improve members’ holistic health, including flexibility and mental well-being.”

## **Beautiful and old games table sold**

This table was restored by a number of Shed members including Richard Rowan and Ray Armour over a number of years.

We thought it might serve as a games table for members, but, amazingly, this has not eventuated. We need the space in the *Kay Lemon Room* and the table was offered for sale.

The offer lasted very briefly and the table has gone to a good home with Stephe Jitts at Old Linton.





## YVMS DVD Lending Library

Jack Child has had a great idea for us to have a YVMS DVD Lending Library at the Shed.

The idea is that it will have minimal Rules and be based on the honesty system. Here are the arrangements:

- Borrow at any time
- Don't take too many – leave some for other Members
- No loans register to complete – BUT an honesty system applies
- Return when you are finished
- Don't forget and never return them!
- Don't hold on to them for too long
- Feel free to donate your old/used DVDs



We already have about 30 DVDs – try it out. I hope Members might have a look at home to see if you can donate a couple of DVDs you have seen several times and no longer need at home – you can always borrow them back next time you wish to see them again. No porn please!

*Calendar of upcoming events at the Shed (or elsewhere)*

## What to do in 2018?

Every new year we ask you, our members, to help us out with ideas for new and better activities that we can undertake during the coming year. Now is your chance to tell us what YOU want!

Some ideas might be:

- Better use of our Billiards table and Darts board. Anyone want to organise a competition and when we get good at it, we can then challenge others in the Yass Valley?
- Music is a winner in any kind of community. Not only that, but we have quite a number of very proficient musicians in the house. Anyone want to try organising a monthly music day or similar event?
- We have, for many years now, opened the Shed on Tuesday mornings and Thursday and Saturday afternoons. I note in some membership applications that new members have circled other days and in some cases, evenings. Is anyone prepared to open the Shed at other times and to host members and visitors? I think the current members who take responsibility for the current days cannot be asked to spread themselves even thinner. It would be good if more members were willing to become a little bit more “hands on”. It might provide the opportunity for members who can’t get along to the Shed to have a real opportunity. For those who would prefer evenings, why not put your hand up?
- What about the reintroduction of a regular BBQ at the Shed? We used to do this often in previous years. As soon as we have our new roof, there will be heaps of undercover outdoor space. Perhaps each event could have a theme? South American? Aussie? American? African? Asian? Scottish? Spanish? French/Mediterranean? Yassian? Anyone want to challenge themselves with this idea and make it happen? Once a month?
- We have a good collection of leather working gear (leather and specialised tools) in the workshop. I am not sure if any of our current 98 members have leather working skills, but it would be good to hear from you and also to facilitate that pursuit for interested members.

- We need to do some more of the things that have interested members and provided “different” entertainments in the past. Such things as:
  - The occasional garage sale at the Shed;
  - Community seminars (give us some topics); and
  - Outings to places of interest or other Sheds (we have orders for truck mudguards – should our first outing be to the Wagga Men’s Shed to collect more mudguards?)

These are just some ideas that occur to me. If we want to be successful, we need members to grab an opportunity and organise it. Don’t leave it to others. As US President John F Kennedy nearly once said: “Don’t ask what the Shed can do for you, rather, ask what you can do for the Shed!” (Thanks to R2 for reminding me recently of this).

### **First Wednesday Morning Tea – Wednesday 7 February**

Come along and help get the year off to a festive and social start!

Bad news and good news! The Bad News is That Tanks Bakery is closed for the month – so we will be sourcing the morning tea using our initiative and creativeness – don’t panic we are big boys and know where the shops are! If we are lucky I suspect R2 might have plans to impress us!

The good News is that if Tanks is closed, then perhaps we might see Tank at the Morning Tea. Let’s hope so! Consider this to be your formal invitation, Tank!

### **Day trip to Carey’s Caves (Wee Jasper) – Saturday 10 March**

This Plan is now coming together. Some members and guests have indicated interest, but I have only a few firm bookings just yet.

#### Details are:

We will meet in the YVMS carpark at 9am and will board a bus (if we can get one at a good price – not looking too likely right now) or take a seat in any cars whose owners offer that seat for the trip (it would be good for passengers to offer \$5 each to the driver to offset fuel costs etc).

The tour of the caves will commence at 10.30am (sharp!) and last for about an hour (maybe a bit longer).

The cost of the tour (per person) is \$16.50.

Access to the caves from the carpark is flat, easy and not very far. There are about 30 steps ➔ down into the caves, but they are well formed, are regular and have rails on both sides. Quite easy.

We will have the use of the BBQ area and picnic facilities afterwards and to keep costs down, it is suggested that we all pack a picnic or BBQ supplies and look after ourselves.

This will take the pressure of someone needing to volunteer to do it for you – and the BIG upside is that you will get the lunch you need and food that will suit you. Drinks are at your own discretion, but drivers should not use alcohol on the day.



Please email me with your firm intention and the number of persons (family members, mates, hangers-on are all welcome). I will not be collecting money this time, so take your own entry money with you.

Current Bookings look like this:

Firm Bookings: Paul Karamaroudis, Wayne Stuart, Roger & Marje Holgate, Adrian Lynch, Daniel Anderson, Bob (and Lois?) Nash

Expressions of interest – but still to confirm: Ron and June Doyle, Philip O'Brien, Norm and Bev Leaney, Alf and Vicki Atkin, Brian and Penny Millett

This looks like being a fantastic first outing for 2018! Come on, sign up - it will be terrific!

### **YVMS Exercise Group, 2018 up and "running"!**



The Yass Valley Men's Shed Exercise Group is back in action after its Christmas break, the first get together was on the 9th Jan, 13 keen members attended had the usual good time, lots of laughs jokes, a bit of exercise and the most important thing good coffee and generally enjoying each others' company.

New members are welcome, 2pm each Tuesday at the Community Center. Len McG

### **Saturday 17 February** - YVMS at the Farmers' Markets

Roger Holgate, Clarrie Schlunke, Peter Roberts & Allan Carey attend the Farmers' Markets once each month (on the 3rd Saturday of each month) to showcase Shed workshop things and to sell what they can to raise funds for the Shed. These blokes are doing their bit! Your challenge, is to bring your skills out of hiding and produce some items that will sell at the Markets.

If you are struggling for that "special" gift for someone, go along, they have lots of really interesting things for sale - and you will be helping the Shed.

The feedback I have is that small interesting pieces (clocks, quirky turned items and useful items and gifts) are the best sellers. Talk to Roger if you wish to know more.

### *General info and other stuff*

#### **Latest Membership News**

We have signed up two new members during January. Derryn McKay and Peter Seal. Welcome to both of you. We all hope you enjoy the place as everyone who come regularly do. Derryn and Peter have moved our financial membership to 98 – the magic 100 cannot be far away.

When you next see Derryn and Peter, be sure to make them welcome and engage with them. If they think the place is good, maybe they will promote us out there and we will definitely benefit from that!



Christmas and New Year have come and gone, so I suppose it's time to try out some new dishes. I present below two easy meals that are comfortable on a barbecue plate, grill top or oven. The first dish is a dish wrapped in foil and baking paper. The ideal thing about this dish is that you can make up the fish parcels prior to cooking. Thus, with guests coming around, you can retrieve your parcels from the fridge put them on a hot barbecue plate and in 6 to 8 minutes you can eat. The other good thing is that you can serve the meal in the wrapper, thus avoiding washing-up.

Dish 2 is a very simple chicken dish which can be cooked in a frypan either on an oven top or barbecue plate. This dish is easy, simple and fast and served with a green salad will keep a smile on most faces. So, let's get into it:

#### Dish 1.

The fish must be firm, such as salmon, barramundi, shark, snapper, etc.

#### **Requirements:**

1. aluminium foil and baking paper
2. fish
3. three lemons cut into rounds (dish describe is for 1 serve, so more people more lemons)
4. olive oil
5. vegetables, such as, capsicum, Spanish onion, carrot, broccoli, asparagus etc.
6. spices, such as, Chinese five spices, cumin, dill, garlic, Chile, alternatively you may like to use the 'Old El Paso' Fajitas spice mix as variation. (Aldi or Woollies).
7. Half a glass of white wine and a pinch of salt and a good dusting of ground pepper.
8. fresh herbs, such as, dill, coriander, parsley

#### **Method:**

1. Cut two pieces of foil approximately twice the length of the fish. Cut baking paper in a similar manner.
2. Take one piece of foil and one piece of baking paper and lay them on a benchtop. Ensure that the shiny side of the foil is up. Place baking paper on top of the foil.
3. Cut lemons into rounds.
4. Onto the baking paper drizzle a little olive oil in the centre. On the oil place lemon rounds approximately 6.
5. Rub spices over fish and place on lemon rounds with a little drizzle of olive oil.
6. Add vegetables according to taste but ensure they have been cut to approximately equal sizes and lengths. The process will steam the vegetables.
7. Add fresh dill, lemon rounds, parsley, coriander. And about 2 teaspoons of white wine.
8. Cover with baking paper and foil (shiny side down).
9. Roll the top and bottom of the foil on all four sides to make a parcel.
10. The parcel of fish and vegetables will take approximately 6 to 8 minutes on a barbecue grill plate. Alternatively, in an oven at approximately 200° for the same length of time.
11. Serve fish parcel in the foil with fresh dill, coriander, parsley. Or plate.

I do hope you try and enjoy this quick fish parcel special.

#### Dish 2

This is a very simple chicken dish using either chicken breasts or thighs or both. My preference is to use chicken thighs as they are cheaper but more importantly they have a bone. In preparing chicken thighs for cooking in any dish and depending on their size cutting into either a half or thirds which allows the marrow in the bone to seep into the cooking juices.

#### **Requirements:**

1. Chicken thighs or breasts cut into approximately 5 cm portions.
2. Prosciutto or thinly sliced bacon.
3. Sage leaves.

4. Mushrooms, a few varieties, at least 2, adds enormously to this dish.

#### Method:

1. In a frying pan add a little olive oil and a small portion of butter.
2. Taking a sage leaf and placing it on the chicken piece wrap a small piece of prosciutto or bacon around it.
3. Place the wrapped chicken into the frypan with the join of the wrap facedown. Thus, creating a weld.
4. Cook chicken turning for 3 to 4 minutes, before adding mushrooms and a good dollop of butter.
5. When chicken has been cooked remove from pan and allow mushrooms to reduce and then remove from pan and place on chicken.
6. Add a half a glass of white wine to the pan, deglaze with a wooden spoon and pour juices over mushroom and chicken mixture. It is now ready to eat, serve with a squeeze of lemon, pepper and salt, with a salad would be ideal.

That's about it from the kitchen. I do hope that you try some of the above.



Remember, good cooking always brings people to the table and it is that gathering that is so more important than the food.

R☆☆☆2

### *Helpful Handy Hints*

*Members are invited to send in any good ideas that might make all of our lives a little easier or solve a problem. If some of these hints are working well, I will keep them in the Messenger for a couple of editions. ws*

#### **Workshop - Checking a spirit level**



A one-minute level accuracy test: Level or plumb in one direction. Then flip it around and test the level or plumb in the opposite direction. Adjust vials as needed.

**Roger Holgate, Workshop Manager**



#### **Kitchen - Shed kitchen at the Royal.**

**Chili:** Now most people think that it is the seeds in chili that gives the hot taste. However, the seeds are merely a by-product in terms of heat from the membrane. The membrane is the white substance running the length the chilli, once the chilli has been cut open. To enjoy a mild taste of chilli, take a spoon and remove the membrane and the seeds from the chilli. You will be left with a good taste but not hot to the mouth.



**Eggplant:** The goodness and vitamin C this vegetable has is amazing. If you are a non-believer, please Google and read the dietary components. So, adding eggplant to our daily diet is a large plus.

R☆☆☆2 (Shed Chef Extraordinaire)

### *Scuttlebut & Scandal*

#### **Scuttlebut 1** – but who's counting?

Latest University sociology research statistics reveal that Australian heterosexual men between 60 and 75 will, on average, have sex between 2 and 3 times each week. Australian gay men in the same age group will have sex only once or twice each year. This has come as very upsetting news to most of my mates as none of them had any idea that they were gay!

**Scuttlebut 2** - A frustrated husband in front of his laptop : "Dear google, please do not behave like my wife... Please allow me to complete my sentence before you start guessing & suggesting".

### Scuttlebut 3 – The investigation continues.....



Here is a close up of a crime (assault causing actual bodily harm) actually in the course of commission – and, at our Christmas Party, too!

I am here to tell Joe and his family that all stops are out trying to find the dastardly perpetrator and when found, he will be summarily “dealt with”. Given the range of tools we have (known in other quarters as instruments of torture), you can be assured that the punishment WILL fit the crime!

### Scuttlebut 4 – For the philistines amongst us...

For all those, who do not understand cricket and in particular Test Cricket where the object seems to be to stay out in the Australian sun for five days straight... this is the explanation: -

You have two sides, one out in the field and one in. Each man that's in the side that's in goes out, and when he's out he comes in and the next man goes in until he's out. When they are all out, the side that's out comes in and the side that's been in goes out and tries to get those coming in, out. Sometimes you get men still in and not out.

When a man goes out to go in, the men who are out try to get him out, and when he is out he goes in and the next man in goes out and goes in. There are two men called umpires who stay all out all the time and they decide when the men who are in are out.

When both sides have been in and all the men are out, and both sides have been out twice after all the men have been in, including those who are not out, that is the end of the game! Easy. (Courtesy Alf Atkin)

### Scuttlebut 5 – 2018 Legal Aid Diaries.

Members might recall John Backhouse managed to get a supply of these diaries for us last year and that those diaries had as lot of very useful info for older members in our communities. Well, he is on the job again.

He has contacted legal aid NSW to supply 2018 diaries for the Shed.

Those Diaries have arrived and you can collect yours anytime. They are on the coffee table in *The Kay Lemon Room*.

### Scuttlebut 6 – the Shed is about to come into a lot of money – or ?SCAM ALERT?

This email✚ arrived on the Secretary email address this week. We now have a member who is an expert in scams and his advice is to ignore all such messages. This is a shame as I am sure Bob has plans that would have very effectively used this US\$650,000 windfall.

-----Original Message-----

From: MRS. MARIA LILLEY [mailto:mrs.hopeharmony12@yahoo.com]

Sent: Tuesday, 30 January 2018 5:56 AM

Subject: REPLY URGENTLY,

Attention Please,

We are surprised as you have not responded to our previous notification concerning your \ \$650,000, United Nations has decided to compensate you as part of the empowerment program to reinstate those who have lost money to scammers in the past. To commence facilitating your transfer, kindly re-confirm the following

1. Your Names
2. Your Address



3. Your Phone
4. Your Age
5. Your Occupation
6. Copy of your ID
7. Your Country

Waiting for your confirmation, remember further delay will result in cancellation of your file as unclaimed and your fund will be diverted to government treasury.

Best regards,  
Mrs. Maria Lilley.

### **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. 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*

<b>January</b> <b>4/1: Rob Connell</b> <b>5/1: Bruce Skillin</b> <b>6/1: Robert McGregor</b> <b>7/1: Graham McIntosh</b> <b>12/1: Geoff Frost</b> <b>16/1: Noel Lymbery</b> <b>18/1: Bradley Foxlewin</b> <b>21/1: Stephen Hows</b> <b>24/1: Bob Small</b> <b>25/1: Frank Grace</b> <b>28/1: Jack Child</b>	<b>February</b> <b>6/2: Malcolm Bamford</b> <b>9/2: Stephe Jitts, Tony Johnston</b> <b>10/2: Warwick Sainsbery</b> <b>18/2: Rob Simms</b> <b>19/2: Ron McGrath, Ron Barton</b> <b>22/2: Jim Wickham, Des Hore</b> <b>25/2: Tom van Leeuwen</b> <b>28/2: Geoff Atkinson, Dave Lynne, Peter Seal</b>
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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).

### **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: 1.30pm to 4.30pm** – normal activity (ie anything anyone wants to do – workshop, coffee and chat, garden, joke telling, etc etc)
- **Saturdays: 1.30pm to 4.30pm.** – activity same as Thursdays - **closed on Saturday 4 November**
- **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.
- **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. It is at meetings like this where we have great ideas like building a roof over our containers. Come long and tell us what **you** want.

## 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.



Tell and invite your friends – they will all be made welcome!

See you in *The David Hale Room* in the Yass Valley Community Centre (next door to the Men's Shed).

**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.**

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

BarkerHarle (Consulting Engineers), Chris Beck Tree Removal, Bunnings (Belconnen), Goodradigbee Bookkeeping, Supa IGA (Yass), KidsBlitz, the Lansdowne Foundation, NSW Coalition Government, NSW Local Member Minister Katrina Hodgkinson, Rob Pollack Concreting Services, Southern Cable Services, Steve Bugden Plumbing, Touie Smith Jnr, Yass Concrete, Yass & District Printing, Yass Fire Brigade, YassFM, Yass Freemasons, Yass Lions Club, Yass Outdoor Power Centre, 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://www.yassmensshed.org.au/newsletter/> - go back and dig up some YVMS archaeology.

*Wayne Stuart* 0419 292 022