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# YVMS MATTERS

(aka "The Messenger")

Issue No 177; No 2 of 2018

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

**March 2018**  
 Issued: 1/3/18

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

**2018 IS OUR 10TH  
 ANNIVERSARY  
 YEAR**

**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



***Men who got lucky #3,297***  
*She was only a whiskey maker, but he  
 loved her still*

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

As the weather begins to cool down a little, the Shed is just hotting up for 2018. Big changes will be happening with our new roof and also our store shed. We have a couple of upcoming events of note to enjoy (see below) and members are engaged in all kinds of activities that are making the place a vibrant and very enjoyable place to be.

**The BIG breaking news** is that the NSW Premier Gladys Berejiklian and the Member for Goulburn, Pru Goward visited the Shed yesterday (28 Feb) and surprised the large number of members who attended by giving us a cheque for \$20,000.

As reported earlier, our plan is to install solar panels on our roof and also to install some more effective heating and cooling in the Shed. The Premier and Pru already were aware of this plan and specifically earmarked the donation for that purpose. On behalf of the Committee and all members, our very sincere thanks to the NSW Government for this very generous gift.



The Shed is changing and improving at a rapid rate. If you haven't been for a while, come along and see what is happening. You might be amazed.  
 ws Editor

## *Message from the President - Bob Nash*

Hi Members of the SHED.

The year is certainly slipping away and that's why I would like to remind you that the Sheds AGM is only 7 weeks away. So please start your engines to look for those members who you wish to look after the sheds interests for the forthcoming year. Application forms will be made available over the next couple of weeks. ***DON'T LEAVE IT TILL THE LAST MINUTE.*** Names have to be in 2 weeks before the AGM.

The storage shed has taken shape and many thanks for those that helped in its construction. Soon the transformation of the main workshop will begin and that will make for a safer place to carry out those jobs you wish to do.

The container roof will be starting very soon, David informed me he had about 3 to 4 days left on the job he is on and then ours will be the next, so hopefully we will have that finished by Easter.

Thanks must go to Tom for the exercise machine that has appeared in the front room. I have asked Wayne to place a sign near by it to indicate that those who wish to use it, ***DO SO AT THEIR OWN RISK.*** This is a grey area for our insurance cover so until that is sorted out the sign will stay.

People have been very generous with goods given to the Shed for which I am grateful for and the members make use of the timbers given and other goods will go to our annual garage sale. Speaking of which could someone ***PLEASE*** put their hand up to organise it for early April, don't leave it to the committee to do it. Don't forget it's the ***SHED FOR ALL MEMBERS NOT JUST A FEW.***

Any problems you see with the way the shed is run, discuss it with one of the committee or myself, I can be a good listener.



See you all at the SHED.

PRESO BOB.

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

There have not been any major workshop projects during the month but quite a bit of other activity.

The storage container has had a much needed tidy up in preparation for several donations of timber, thanks to any of you who have assisted here and also those of you who have kindly offered to collect the donations. We have also been donated an extensive Mk3 Triton outfit which we can on sell or offer to a member for an appropriate donation. It will also be noticed that the workshop has had a tidy up and Allan recently headed up the tidy up of some of our excess tools in preparation of an intended Garage sale. ***If you left something on a bench and it is no longer there that is your problem.***

For those with an interest in wood turning Clarrie is organising to continue demonstrations on Tuesday 13<sup>th</sup> March at 10am and Thursday 15<sup>th</sup> at 2pm. These sessions will be on spindle turning and sharpening. Those interested in furthering their skills can later have "one on one" tuition.

Sales are picking up at the Rotary Markets with our regular appearances. February last year the sales were nil, this year the shed netted \$80 from direct sales and a workshop job as a result of our presence.

Sadly Peter Roberts has found it necessary to move on and we will miss his input with production and his looking after the Shed Shoppe marketing. Thanks Peter for your friendship and assistance, we have enjoyed some happy times.



**Best wishes to all,**

**Roger Holgate.**

*In previous 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 "Sponsor Thank You Board" on the front wall of the Shed. Here is the next listing.*



**YassFM**

Yass FM is a very positive supporter of our Shed. Over the years we have had access to the Station almost at will when we have had anything we wish to bring to the notice of the Yass Valley Community.



Many members of the local community listen to YassFM and we have shamelessly taken advantage of the good people at YassFM to promote our Seminars, fundraising efforts, car boot sales, garage sales and other major events that we mount from time to time.



**The Lansdowne Foundation**

This organisation is one of the philanthropic organisations operated by the Murdoch Family.

In 2012, the Lansdowne Foundation, provided a \$5,295 grant for the Shed which funded the purchase and installation of our 2 large water tanks and the plumbing to connect them into the Shed and reticulation equipment to the gardens.

We also used that funding to upgrade the electrical wiring and power outlets in the Shed which greatly improved safety.



**5QS Barker Harle Consulting Engineers**

Rob Barker and his Team have been very generous in their support of the Shed in recent years.

They designed the footings and tie down arrangements for our two containers and escorted the design and approvals for us through the DA process with Council.



5QS Barker Harle has also donated their time and expertise to design and draw plans for our 2017 Roof Project, the commercial cost of which is valued at around \$4,400. They have also sponsored one of our roof panels.



**Rotary Club of Yass**

The Rotary Club of Yass has been a generous donor to our Shed. They donated a defibrillator (which, happily has never needed to be used, but which provides a level of reassurance and comfort for Shed Management and members) and also, more recently, have made a very generous donation toward the installation of our Roof over the Containers project.



**Long Paddock IT Service**

7

Blake Swadling and Long Paddock IT Services initiated, hosted and supported, at no cost, the Shed's early IT activity (including designing and managing the Website and email addresses). Blake left Yass for other pursuits and we had to move our YVMS IT hosting and email services on.



Blake's early generosity and frequent good natured attention to the Shed's needs was highly prized by successive Shed Committees and he was granted Honorary Membership.



## Woolworths (Yass)

During the aftermath of the major Cobble 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 Woolworths in Yass made a generous donation that allowed the Shed to purchase foodstuffs to mount that cooking effort.



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

**And while on the subject of valued supporters,** The Yass Soldiers Club (who recently donated \$2,000 to help us with our Roof project) have decided to include an item in the current edition of The Soldiers Times which looks like this:

### **“Providing a roof for those who provide a conversation**

‘R u ok’ has become the well-known catch phrase for mental health and it is the simple act of having a conversation with someone that could change someone’s state of mind.

Conquering mental health and depression is the driving force behind the establishment of Men’s Sheds all over Australia, as well as providing men with an outlet to undertake projects for themselves or their greater community.

“While the foundation of our Men’s Shed is to undertake personal or community projects to do with metal or wood work, it is the relationships and bonds that stem from this that creates an environment where members feel safe to share these difficult conversations,” said Bob Nash, President of Yass Valley Men’s Shed.

“Depression and mental health are very serious topics, especially in rural locations where services are not always readily available. It may be a casual chat shared between two members that ends up being a conversation that saves someone’s life.”

The Black Dog Institute states that one in five Australians will experience a mental health illness; most commonly in the form of depression, anxiety or substance use disorder.

The latest project for the Yass Valley Men’s Shed is the construction a roof over two containers at the home of YVMS on Yass Valley Way, with many members and businesses within the community pitching in and providing their expertise and donations.

“The containers are used for timber storage and also a metal workshop and in summer, even with the fan on and the doors open, they can get extremely warm,” said Shed President, Bob Nash. “It is an expensive project, but it is thanks to organisation like The Soldiers Club, who have donated \$2000 towards the roof, that it is even possible.”

“Soldiers clubs were established across the country as a way to support returned service men and women, and in a similar vein to our local Men’s Shed, provide a safe environment for people with a shared experience,” said Club Manager, Robert Packwood.

“The Club is proud to provide support for organisation such as the Yass Valley Men’s Shed because they are providing an invaluable service to our community.”

YVMS is a community organisation where men can come and hang out, no matter their age or skill level. (The youngest member is 14 and eldest is 93!) The Club boasts a substantial workshop available to members including woodwork and metal working equipment.

The shed aspires to the motto of “minimal bureaucracy, maximum fun” with the goal for each member to get what they need out of the shed. Whether that be help with a project, the opportunity to learn a new skill or just to chat and have a coffee.

#### Opening Hours:

Tuesday: 9am-12pm

Thursday: 1.30-4.30pm

Saturday: 1.30-4.30pm

First Wednesday of each month - 10-11.30am - morning tea

For more information visit: [www.yassmensshed.org.au](http://www.yassmensshed.org.au)”

### *What has happened since the last Messenger?*

The recycling facility in the Woolworths Carpark will now accept refunds donated direct to the Yass Valley Men’s Shed. Tell all of your family and friends that they can **help the Shed by selecting the “donate your refund” option and nominating the Yass Valley Men’s Shed as the recipient.**



This is a new facility that has popped up in Woolies Carpark ↑.

This is our **new** recycle bin in the front room at the Shed ↑.

The bin in the front room will now be the place to put your drink cans when you have finished with them (**DON'T CRUSH THEM!!!** The receiving machine needs to be able to read bar codes, apparently). You might even be prepared to bring in the odd empty complying container from home to help the Shed raise some funds?? Would be good!

Happy collecting, recycling and depositing!!

### New Shed at the Back of the Shed

Here is the latest progress on our storage shed which will double as the place in which our water pump, air extraction system(s) and also our air compressor machines will now be housed:



Frame completed

Skin on (mostly)

Final outcome (soon)

## Entertainment at the February First Wednesday Morning Tea

Richard (R☆☆☆2) Rowan and his Kitchen Elves stepped into the breach caused by Tank's absence while he gave his staff a well deserved February off .

We were treated to corn chips with mild chilli salsa dip, a very generous serving of the now famous YVMS Corn Bread (prepared and cooked entirely on site in our kitchen and also a collection of jam drops for those with sweet teeth.

Andrew Douglas from the Yass Pharmacy made a donation of \$220 from donations received for calendars his pharmacy offered customers over the Christmas New Year period. We have decided that we will apply that donation to the Roof project and the Yass Pharmacy will be recorded on the acknowledgment board.

We also were given a very interesting presentation by Derryth Nash, the Yass Valley Council's Road Safety Officer on the joint NSW Govt/Yass Valley Council road safety project "Towards Zero".

This is a most worthy project and we have information and pledge forms at the Shed if you are interested in doing your bit to reduce the mayhem and carnage on our roads.

You **CAN** make a difference! Don't just moan about the other driver, you can actually personally change behaviour on our roads and keep yourself, your family and other road users safer.

The Towards Zero program is hoping to get lots of drivers to pledge to improve their driving performance IN ONLY ONE WAY.

Here is an example of the pledge card. As you can see, there are a number of suggested pledges you could make.

There are others as well if you think about it:

- One that appeals to me is: "To leave 10 minutes earlier" so that the trip becomes stress free.
- Another might be: "Go out of my way to be courteous – let another driver in, thank them when they show courtesy etc".

We are very grateful to Derryth for her presentation and also to Council for allocating resources to this issue.

We have more info – come along to the Shed and make your own pledge!

## Latest Membership News

One new member this month – Brian Wilson – make him welcome when you see him!. Also, one member who had missed renewing his membership last year has come in out of the cold – so our current financial membership now stands at **100** – "at last!" I hear you all cry!



Wayne Stuart accepting the donation from Andrew Douglas



## Roof over our Containers

This project is back on track AND Yass Engineering has begun the fabrication and we hope the build will be completed early in March.

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
3. Cash (\$100) given to one of the Shed Committee members;
4. Cheque (\$100) left in the Shed letterbox; or
5. 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.**

## Horseshoe magic

One of our regular members, Daniel Anderson, has a talent for seeing new and very interesting options for the humble horseshoe. Here are some of the items he has made in recent times:



iPad or Tablet holder



Cat #1



Cat #2



Butterfly/moth



Rudolph the red...



Daniel, the artist

<i>ROOF PROJECT 2017</i>	
<i>TOTAL COST OF PROJECT</i>	<i>\$24,366</i>
<i><u>DONATIONS</u></i>	
<i>YASS VALLEY COUNCIL</i>	<i>\$5,000</i>
<i>BARKER HARLE ENGINEERS</i>	<i>\$4,400</i>
<i>YASS SOLDIERS CLUB</i>	<i>\$2,000</i>
<i>ANONYMOUS SHED MEMBER</i>	<i>\$2,000</i>
<i>TERRY LEMON (S.C.S)</i>	<i>\$1,500</i>
<i>YVMS EXERCISE GROUP</i>	<i>\$500</i>
<i>YASS ROTARY</i>	<i>\$250</i>
<i><u>\$100 (EACH) COLORBOND SPONSORS</u></i>	
<i>ROB BARKER</i>	
<i>MARCHMONT ALPACAS</i>	
<i>ELEVENTWELVE PTY LTD</i>	
<i>RON MCMULLEN</i>	
<i>YGRENE ENERGY (\$200)</i>	
<i>BETTY WILSON</i>	
<i>FORGIE FAMILY</i>	
<i>PRICELINE PHARMACY YASS (\$220)</i>	

If you have a good idea for a project you would like to commission Daniel to make or would like him to make one of these for you, contact me and I will pass it on. Artists need patrons.

Daniel would appreciate a small contribution for his talent, skill and effort and the Shed, too, would like a modest amount to offset the cost of electricity and consumables. An example might be: an item might cost you \$20. \$15 goes to Daniel and \$5 goes to the Shed.

### New Exercise machine in the *Kay Lemon Room*

This machine is a low impact machine designed to help by utilising the principles of resistance training. It can be set to use weights from 20kg to 200kg. We suggest you all stay at the bottom end of this range unless you are my hero Arnie Schwarzenegger.

Here is the notice the Committee has hung on the machine for the safety of members:



#### Please Note - Exercise Machine

This machine is designed to provide resistance training to help strength etc.

**HOWEVER, use of this machine could be unwise for some members and we are unable to decide this question for you.**

To be sure, please consult your doctor if you have any concerns.

The Shed cannot take responsibility for your health and wellbeing – we can only urge you take responsibility yourself!

YVMS Management  
February 2018



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

**Wednesday 7 March** - **First Wednesday Morning Tea 10am to 11.30am** – come along and enjoy Tasty Treats from Tanks Bakery (not to mention tea or coffee). Don't miss it!

**Saturday 10 March** – **trip to Carey's Caves, Wee Jasper**

We now have more detail on the proposed visit to the Wee Jasper Caves followed by a picnic/BBQ on the day at that venue.

We are booked to take a tour of the caves on **Saturday 10 March** starting at 10.30am and finishing about noon after which we have access to the BBQ(s).

The cost of the tour is \$16.50 per head – you take it and pay yourself on the day. **We will be going in private cars which will depart from the Shed carpark between 9 and 9.15am on the day.** We will need generous members to offer seats in their cars so we keep the traffic on the road down. We also ask that passengers offer \$5 each to their driver to defray costs – it is up to the driver to accept or waive that offering.

I suggest we all take our preferred BBQ or picnic preferences which will ensure we all get what we want and we don't put the onus on a couple of blokes to do it all for the rest of us. This will also help to keep costs down. BBQ facilities are available at no cost.

Expressions of interest (so far) look like this:

- Bob Nash (confirmed)
- Roger and Marje Holgate (confirmed – 2 spare seats)
- Paul Karamaroudis (confirmed)
- Ron and June Doyle??
- Philip O'Brien (confirmed)
- Norm and Bev Leaney (confirmed)
- Wayne Stuart (confirmed – 3 spare seats)
- Geoffrey Atkinson (confirmed)
- Allan McGrath (confirmed)
- David Campbell (confirmed – 3 spare seats)
- Adrian Lynch (confirmed) – at least one seat
- Daniel Anderson (confirmed)
- Ian & James Forgie + Tracey Rand (confirmed) – using own vehicle and going direct
- Alf Atkin (confirmed) – using own vehicle – going a couple of days early.
- Brian and Penny Millett (confirmed)
- Ruben and Mirta Larzabal (confirmed)
- Warwick Sainsbery (confirmed – 3 spare seats)

I have had members tell me they are interested and I hope I have recorded all of your names. If not, my apologies (I have a terrible memory) and please send me an email.

For those unconfirmed on the list, I would be grateful for confirmation or apology, so we can firm up the numbers.

### **Tuesday 13<sup>th</sup> and Thursday 15<sup>th</sup> March - wood turning demonstrations**

For those with an interest in wood turning Clarrie is organising to continue demonstrations on Tuesday 13<sup>th</sup> March at 10am and Thursday 15<sup>th</sup> at 2pm. These sessions will be on spindle turning and sharpening. Those interested in furthering their skills can later have "one on one" tuition.

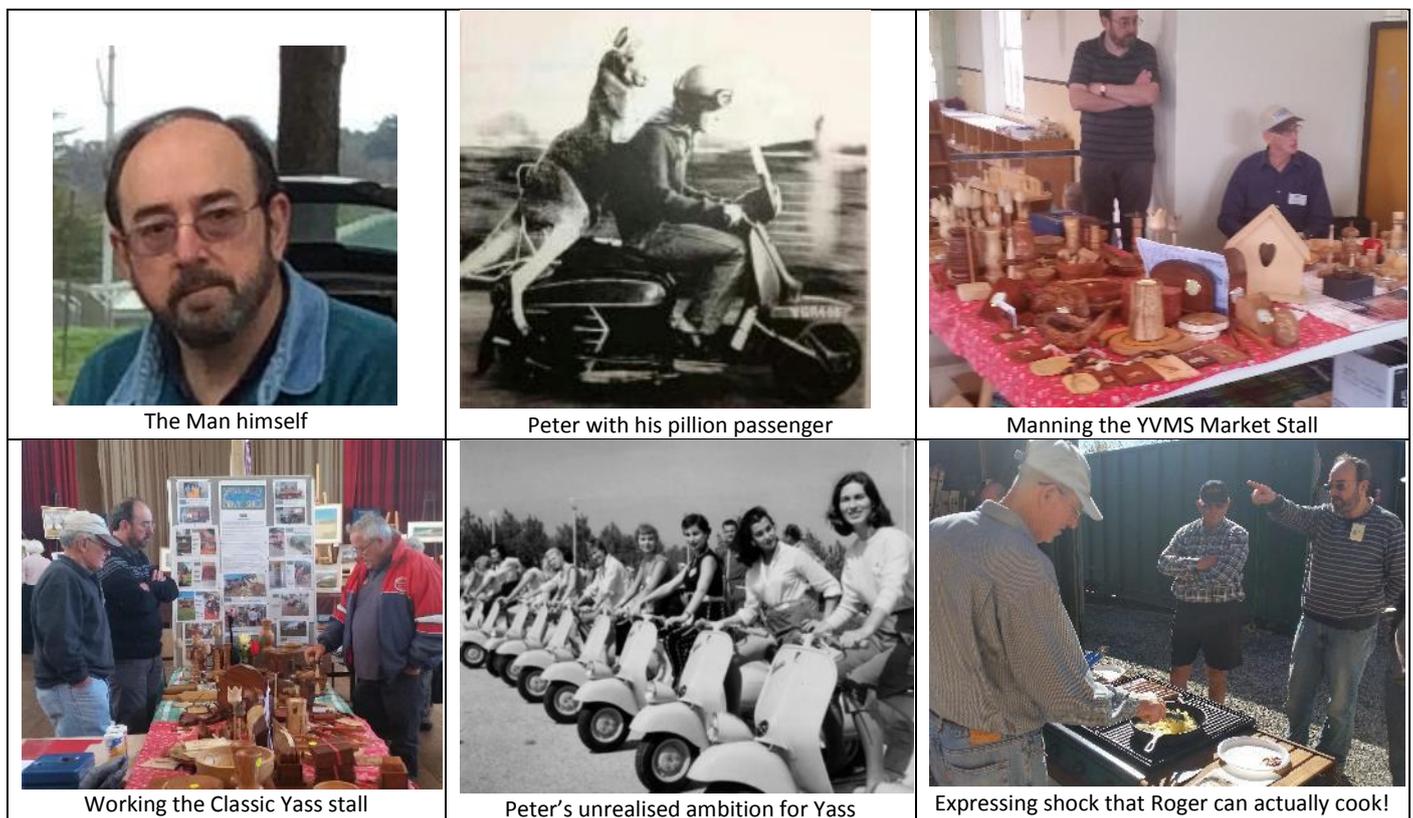
### **Saturday 17 March - Peter Roberts will be leaving us (and Yass)**

This is very sad news for Shed members. This bloke has not only been a most valuable and active member, but he has given us all hours of entertainment. He can quote large slabs of every good English Comedy ever made (Fawlty Towers, any of the multitudinous Monty Python offerings, Peter Cook and Dudley Moore, Benny Hill, Are you Being Served, Dad's Army - the list is endless.

Since he joined the Shed on 5 November 2014 (No.177), Peter has been very actively involved. Some of the involvement includes:

- manning Yass Rotary Markets and Classic Yass YVMS Stalls,
- he helped Mac McLean rebuild a couple of tables for the YECCA preschool and used his top secret and alchemist-like chemical concoction to seduce them into thinking the new table tops were ancient timbers sourced from Gondwanaland rain forests, when in fact they were new fence palings aged with his magic top secret potion;
- he made and installed the new and improved letterbox and its pretty turnbutton closing device;
- he is (has been – although we don't like to think of him as a "has been") one of R2's much admired and resourceful Kitchen Elves; and
- he is always first to offer to help with any challenging project that comes along (eg making the new pantry mouse proof).

In case you are wondering who is this Peter Roberts (aka Peter Rooberts), here are some reminders:



**And now, a farewell note from the Man himself:**

A blow in, blows out! (I'm sure that sounds worse than I meant it to!)

To my fellow shedders, a short message to you all. I will be sad to leave Yass, but I have enjoyed my time in the Men's shed. In particular the welcome I felt when I walked into the shed for the first time. I am not one of life's "joiners", and appreciated the support offered to a new member. The shed helped me settle into a new community at a time of my life when I needed to look outside my own front door.

The Yass Men's Shed is a credit to all its members, I would like to thank you all for your friendship, mentoring and support. Remember in the words of John Williamson "All Australian boys need a shed, a place where he can go, somewhere to clear his head" (will you miss the musical references?). I will seek out a Men's shed in whatever part of Adelaide I decide to settle, but it will have its work cut out to measure up to the Yass Valley Men's shed, I will certainly be singing its praises.

Peter Rooberts

**Saturday 17 March – 12 noon, farewell lunch for Peter Roberts**

Here is an announcement from Richard Rowan (R2) about this event:

If you have not caught up with the news, sadly Peter Roberts is leaving us as he journeys back to Adelaide. Peter has been a great shed member and team player. So it is fitting that we give him a decent Shed send-off.

We are having a farewell lunch for him. Which means, I need **numbers** to cook for. As I've said many times in the past, I may be many things, but I'm not psychic. I cannot, unfortunately, perceive the numbers that will turn up expecting and requiring lunch on this day.

**My plea is send me, via email, your intention to attend.**

To whet your appetite, the proposed menu is as follows:

**Starters:**

Canapé of Salmon served on prawn crackers with a yoghurt mustard sauce  
Mexican salsa

**Main:**

Chicken thighs wrapped in pancetta with mixed mushrooms and Caesar salad (shed style with a St Patrick's Day theme)

**Dessert:**

Mango ice cream served with a passionfruit sorbet

As you can appreciate, this is a substantial lunch, requiring some detail. Numbers are important to enable me to purchase and prepare. All dishes will have a St Patrick's Day (Irish flag) theme.

Please send me an email with your intentions to attend. It is as easy as [richard.rowan@ozemail.com.au](mailto:richard.rowan@ozemail.com.au) . Do it now as you read the newsletter.

In expectation of your email....

R\*\*\*2.....

**Friday 23 March – visit by the Melba Men's Shed**

It is always fantastic to welcome and host a visit from another Shed. We have not met this group before and it could be very interesting as they are a Shed with no actual workshop. If you would like a bit more info, here is their website: <https://melbashed.com/>

We re expecting them to arrive between 10am and 10.30 and they will leave around noon. We will give them morning tea, a tour of our Shed and lots of exchanges on how we respectively make our particular Sheds the right place for our particular memberships. With any luck we will learn a lot of things that will inspire us to do things better.

Make a note in your diaries and come along for what promises to be a very interesting morning.

*General info and other stuff*

**An opportunity to do some real good**

A couple of weeks ago, I circulated this message to all members. If you didn't see it, or haven't decided to help so far, perhaps you might reconsider? If you wish to contact Tracey Winkler, her email address is: [walls\\_talk@hotmail.com](mailto:walls_talk@hotmail.com).  
ws

**I will walk 500 miles**

**So you can rest**

Have you ever met someone and within an instant had your life changed? That's happened to me a few months ago.

Hi. My name is Tracey and I am a manager of ALDI supermarket in Yass NSW. A few months ago I was asked for a little help from a woman whom I can tell has never asked for help before. Tash came to me and asked who she could write to for help with [www.mayasrest.com](http://www.mayasrest.com)

Maya's rest is a respite for families who have children with a terminal illness. Tash and her husband created a farm stay respite, that they fully fund out of their own pockets. Just to give other families a rest from everyday life. They named it after the beautiful little girl that they lost a few years ago.

Tash and her family do so much to help others in their greatest time of need. Help me give them a financial rest for 12 months?

I will walk the full 890kms of the Camino De Santiago leaving 1<sup>st</sup> May 2018. I am fully funding the trip myself. Every single cent raised will go to Maya's Rest. I don't know Spanish and I've never travelled solo.

This will be a journey to remember. Please help it be a trip that so many families will never forget.

#walkforarest

<https://www.gofundme.com/a-walk-for-mayas-rest>



## R☆☆☆ 2's Ravishing Recipe

I do hope that someone tried last month's recipe. If you did, I would love to hear your comments. You would be the first to give any feedback to this recipe section in over 18 months. If you didn't try this recipe, and wish to taste it, be at Peter Roberts farewell lunch on 17 March where it will be the main course.

This month there is a main and a side. The side is an extension from last month's 'kitchen hints' concerning eggplant.

### The main:

This is probably best described as 'chicken in a bag'. Simple, no fuss and completed in 40 minutes or less including cooking.

### Ingredients:

Chicken thighs (depending on size 1 or 2 per person)

A good mixture of mushrooms, including dried porcini.

2 or 3 small new potatoes cut in half (looking for pieces just larger than a 20 piece). Alternatively, a small red potato cut into rings of approximately 1 cm thickness

1 small carrot (cut to approximately the size of the potatoes)

1 small red capsicum

Broccoli

1/2 rasher of bacon per person

1 clove of garlic

1 chili

1 glass of white wine

A good chunk of butter

½ onion

Olive oil

Salt and Pepper

Baking paper and aluminium foil

### Method:

1. On stove top heat a pan with a little olive oil, add half an onion finely chopped and one garlic clove finely chopped, cook until soft. Cut half rasher of bacon into 2 cm pieces or finer, fry for about two minutes. Transfer contents of frying pan to large bowl, retaining oil and fat rendered from the bacon. Add chicken thighs and brown both sides. Once brown transfer to bowl. Deglaze pan with a portion of the white wine and add to bowl.
2. Part boil potatoes and carrots, for about five minutes in salty water. After which add to bowl.
3. Cut/break mushrooms into pieces approximately the size of the potatoes. Add to bowl.
4. Cut and dice red capsicum. Cut broccoli to render two or three flowerets. Add both to bowl.
5. Cut chilli lengthwise and remove seeds and membrane with a spoon. Finely diced chilli and add to bowl.
6. Add a good quantity of thyme petals to bowl.
7. Thoroughly mix all ingredients in bowl, ensuring that all as a coating of oil and herbs.
8. Take a large piece of aluminium foil, approximately 70 cm in length and a piece of baking paper slightly smaller. Place foil on bench, and baking paper on top. To the centre of the baking paper drizzle a little olive oil. On top

of this place the vegetables, retaining approximately 1/3. On top of the vegetables place three good knobs of butter. Then place the chicken thighs on top of the vegetables. Cover the chicken thighs with the remaining vegetables.

9. Place another piece of baking paper over the top and a piece of foil equal in size to the bottom piece. Make a small fold (approximately 2 cm) on three sides thereby forming a parcel with an open end. Egg wash the three sides and folded to seal. Two or three folds will be necessary.
10. Add the remaining wine to the bowl. Slightly elevate package and with a spatula scrape the remaining fluids from the bowl into the open end of the package. Egg wash and seal the package with of 2 cm folds.
11. Bake in a preheated oven at 200° for approximately 25/30 minutes.

**Note:**

These packages can be pre-made and stored in the refrigerator for guess or a quick evening meal.

**The Side:**

This is one way to use eggplant as an addition to a main meal. If you haven't Googled 'eggplant' then I suggest you do. It is loaded with vitamins and all the good things we should eat.

Ingredients:

- Small eggplants cut in half
- 2 cloves of garlic
- 2 cups breadcrumbs
- 1 cup of Palmerston cheese or tasty Italian cheese like Pecorino
- 2 teaspoons of chilli flakes
- 1/2 salt and pepper
- 2 eggs
- A bunch parsley
- A good dollop of butter

**Method:**

1. Boil eggplant in some salted water for approximately 15 to 20 minutes or until soft.
2. Scoop soft eggplant core into large bowl. Retain eggplant shell.
3. Into the same bowl add all the other ingredients and mix well. The aim is to have a consistency of a padding, so add breadcrumbs or another egg in order to achieve the consistency.
4. Replace mixture into eggplant shells.
5. Place a little olive oil in a frying pan on stove top. Gently frying eggplant (stuffed side down) until golden and then on the skin side for approximately 1 minute.
6. Eggplant is now ready to serve.

Well that's about it folks. I do hope you try and enjoying these recipes.

The recipes result from my interpretation and additions as a result of watching cooking shows and reading cooking books.



Good food is great to eat. Good company is much more valuable.

R☆☆☆2

**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.

## 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 – Sawdust stripper



**Roger Holgate**  
(Workshop Manager)

A tried and true trick for making paint stripping less messy is to use sawdust and wood shavings.

The wood shavings act as a mild abrasive that “sands” off paint, and the sawdust soaks up the gloopy paint remnants to make removal easier.

First apply the stripper as usual. When it sets up, sprinkle on a liberal amount of sawdust and wood shavings.

Now use a scrub brush to work them into the surface (upper photo), and then scrape up and discard what’s left (lower photo).



## Birthdays around this time

### February

**6/2: Malcolm Bamford**  
**9/2: Stephe Jitts, Tony Johnston**  
**10/2: Warwick Sainsbery**  
**18/2: Rob Simms**  
**19/2: Ron McGrath, Ron Barton**  
**22/2: Jim Wickham, Des Hore**  
**25/2: Tom van Leeuwen**  
**28/2: Geoff Atkinson, Dave Lynne**

### March

**4/3: Norbert Burmester**  
**5/3: Paul Karamaroudis**  
**7/3: John D’Arx, Bill Findley, Tony Warren**  
**9/3: Ray Armour**  
**12/3: Peter Hurley**  
**13/3: William Grace**  
**15/3: James De Mestre, Chris Smith**  
**17/3: Ron Doyle**  
**25/3: Graeme Fountain**  
**26/3: Rick Williams**  
**27/3: Allan McGrath**  
**30/3: David Campbell**

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, KidsBlitz, the Lansdowne Foundation, NSW Coalition Government, NSW Local Member Minister Katrina Hodgkinson, Rob Pollack Concreting Services, Priceline Pharmacy Yass, Southern Cable Services, Steve Bugden Plumbing, Supa IGA (Yass), 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://yassmensshed.org.au/newsletter-archive> - go back and dig up some YVMS archaeology.

*Wayne Stuart* 0419 292 022