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# YVMS MATTERS

(aka "The Messenger")

Issue No 180; No 5 of 2018

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

**June 2018**  
**Issued: 1/6/18**

**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  
 Member: Richard Rowan  
 Member: John Backhouse  
 Member: John Pratten

Public Officer: Brian Millett  
 Manager IT: Nicholas Londey

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### Life lesson #217

**The Officer said: "You drinking?" I replied: "You buying?"  
 We laughed and laughed. I need Bail Money**

### Editorial - from the Cave - Wayne Stuart

We have almost arrived at the halfway point in 2018. They say time goes fast when you are having fun. My New (Financial) Year Resolution is going to be to seriously cut down on fun!

I don't think I have witnessed so much progress and activity at the Shed in all of my 10 years in the place. Everywhere I turn there are projects happening, improvements being made, ideas coming to fruition, social events happening and new members joining who are bringing new ideas, increased energy and lifting the socialisation quotient to new levels.

Long may all of these good things continue!

The BIG effort from me over the next couple of months will be to get as many current financial members to renew their memberships and as soon as possible. We always end the year with over 100 financial members which falls away very quickly to around 60 or 70 – initially many fewer than that. I urge all members to renew as soon as possible and to keep our numbers up.



We get a lot more kudos and attention in this town if we can say we have 100 current members compared with a number in the 60s. I will send all of you a formal reminder later in June – to both currently paid up members (telling you not to bother) and to those we would love to see sign up again for 2018/19. Thanks very much for your membership and loyalty so far! ws Editor

## Message from the President - Bob Nash

Members of the SHED.

Well the winter is just around the corner but we now have not only the "COOLEST GATHERING ROOM" but now the "WARMEST GATHERING ROOM" of any Shed, thanks to the State Government's surprise money package.

The solar panels which are on the way to be installed over the next month or so is also from the State Government. Roger is up to his armpits with all his new toys with the help again from an AMSA grant of \$5000. The store room at the rear is almost finished with the help from the exercise group donating a solid door for the store, my sincere thanks to them. Also the members who have taken the task to finish it off.

With the new chairs in the gathering room it has made a big difference to the seating arrangement and allowing a table connected to each chair to place your coffee or eats on. From the same source we got some steel shelving. We will be installing some of it in the new store room to hold all the paint tins and materials we don't have to use every day. Again from the same source we obtained a bed which can be lowered or raised and with little work it will be made into a mobile workbench.

The final touch to the roof over the containers with the roller door at the end to be installed will put the icing on the cake and we can sit back and enjoy our new surroundings.

I am very pleased with the weekly turn out of members to the Shed and keep it up because it seems that we are out there in the Yass Valley and getting the support of the people.



That's all folks for now, otherwise the editor will have to put on more elves to do the Messenger.  
Regards BOB NASH President

## Message from the Workshop Manager – Roger Holgate

Most things which I have to report this month relate to spending of the \$5000.00 AMSA Grant Monies.

Below is a summary of what has been spent, which has come in a little under budget thanks to the generous discounts from a few of our suppliers.

2HP 1200cfm Dust extractor		\$	299.20
Dust Extractor pipe & Fittings			Still to come
Super 12 Air Compressor		\$	875.00
Air line & Fittings			Still to come
Saw tooth Forstner Bits		\$	80.10
Mobile Base for Thicknesser		\$	107.10
Quick Change Tool Post-metal lathe		\$	149.60
Sthil Electric Chain Saw		\$	459.00
Quality Spray Gun		\$	120.00
Cyclone Dust separator		\$	316.80
Midi Lathe + Extension		\$	703.00
G3 Chuck and adaptor		\$	143.10
Easy Start Turning tools+Spare Tips		\$	356.80
8pc Record Turning Gouges		\$	311.20
Freight etc	Timbecon	\$	21.40
Freight	Carroll's Woodcraft	\$	77.00
Freight	Carbatec	\$	-
Freight	Hare & Forbes	\$	129.80
		\$	<b>4149.10</b>
Initial Air Fittings		\$	30.48
<b>Total spent to date</b>		\$	<b><u>4179.58</u></b>

There have been a few difficulties to contend with along the way, but now what we have to do is get all the new equipment assembled, in situ and ready to operate, then work out and install air lines and dust extraction fittings.

Grant money total was \$5000.00 less spent to date \$4179.58 leaves us with \$820.42 to be spent on Air Line and Dust Extraction Fittings.



There is a lot of working out and costing to be done here but I am quietly hopeful of having a little left over for something else we can utilise.

**Roger Holgate.**

### *Upcoming events or items of interest to Members*

**6 June - First Wednesday Morning Tea – 10 to 11.30am.** Come along to see (and taste) why Tank got his big Thank You from us on Thursday 10 May (more on that below).

### **Saturday 23 June – major book launch in Yass**

*“Dear Yass Valley Men’s Shed, Your members may be interested in this event.*

*Boree Log Cottage (the birthplace of famous Australian Poet, John O’Brien) will be the venue for a book talk by Rotarian and Mental Health Advocate Iggy Tan on Saturday 23 June 2018. Iggy is a member of the Matilda Bay Rotary Club in WA and is now travelling over to the East Coast with the launch of his new book ‘Stop Craving Happiness’ and fundraising for R U OK?*

*In his book Iggy explains how a simple mind-training technique can bring us closer to 10/10 happiness. Participants can expect a high energy talk from a man who cares deeply about mental health and has always been someone who looks out and supports the wellbeing of others. There will be a chance to buy the book and get it signed by the man himself.*

*Event is free. The Book is \$25 and all book proceeds go to R U OK? - an Australian suicide prevention initiative inspiring people to meaningfully connect and support those struggling with life.*

*‘Stop Craving Happiness’*

*Book Talk & Signing*

*Saturday 23 June*

*10.30am for 11am start*

*Boree Log Cottage, 29 Demestre Street, Yass*

*RSVP*

*by email: [thebigskyandi@outlook.com](mailto:thebigskyandi@outlook.com)*

*by phone: 0412898068*

*Limited spaces*

*Warm wishes*

*Sandra Lloyd*

*the big sky and I”*

### **30 June – TWO MAJOR YVMS EVENTS!!**

1. **Noon until 2pm: YVMS 10<sup>th</sup> Anniversary Reunion Celebration.** All current and former members are invited to the Yass Bowling Club at noon for this important event to celebrate 10 years of the YVMS in the Yass Valley. I will issue a separate invitation in which all details will be made clear and ask you to book so we can advise the Club of accurate numbers and your selected meal. If you want to book now, please reply to this email and I will note you on the list.

2. **3pm – Official Opening of the new Roof at the YVMS.** All members are also invited to this important event. All of the 16 generous donors who have helped us achieve this milestone and great new asset have been invited to attend and we hope to see lots of them. We will serve refreshments after the ceremony (Tank has very generously offered to do his pastries and cakes thing for us and I believe some members will be “bringing a plate” again). We hope lots of Shed members and family/friends might come along for the event. Let me know if you will be there.

### **30 June – Yass Winter Fair at Cooma Cottage**

***Historical displays***

***Hot Drinks***

***Art and craft***

***Gifts and collectables***

## ***Yass Winter Fair***

**Saturday 30 June 11am to 3pm**

***@Cooma Cottage Yass***

**756 Yass Valley Way Marchmont**

**A National Trust Property and registered charity**

**STALL ENQUIRES – 0412 338 353**

### ***Members' Memories***

You will have noticed that I have been running a series of explanations of why all the names on the front wall at the Shed have been added to our “Thank You” Board. That series has now been completed and it is time for the next idea.

This time I am calling on any members who have an interesting, terrifying or heart-warming event that they have experienced and that they are comfortable sharing with other members. Ron McMullen is the first to have responded – here is his story:

#### **Ron McMullen**

In the winter of 1950 as a young Telegraphist in the GPO Sydney I was asked to do a few days 'fill-in' on the main telegram counter on the ground floor of the GPO.



Not a normal part of the duties of a Teleg. However it was a very busy and challenging area, being where the public lodged telegrams of all types - domestic, international, press, lettergrams, radio telegrams, radiograms to ships at sea, telegrams to train passengers and more. Having had previous Post Office counter experience was probably the reason that I was asked to fill in - I didn't mind at all.

The counter was located on the Martin place side of the building and towards Pitt Street. It was divided into small cubicles for each counter officer. Behind my position was a water filled heater located close to the floor and equipped with a small 'tap' or release valve.

Opposite the counter was a long 'writing slope' where members of the public wrote their telegrams and many other things. Provided on the 'slope' were small glass bowls containing sponges which were normally wet, to moisten stamps etc.

I was approached by a sweet old lady carrying and bowl and asked if I could moisten it for her as it had dried out. "Certainly I can" and bent down out of her sight and drew a small amount of water from the heater which of course was quite warm.

The sweet old lady soon returned, yelling at me "you dirty little so and so".

Taken aback in all innocence, and with the boss not being too happy, I could only wonder at the outburst. It was not long before I woke up to what she must have imagined I had done on my little trip down under. A good laugh by all.

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

### **Weston Creek Shed Visit and Presentation to Tank**

10 members of the Weston Creek Men's Shed visited us on Thursday 10 May. Quite a number of our members gave R2 the day off and provided afternoon tea by "bringing a plate". Many thanks to them.

Here is a note from the Secretary of that Shed received later that very day!

"Greetings Mr Secretary YVMS, (and Others),

On behalf of the President and Members of the Weston Creek Men's Shed, I would like to say "Thank You very much" for your warm and friendly welcome to those of us from WCMS who paid a visit to your Shed this afternoon. We all enjoyed our visit.

The layout of your Shed 'Workshops' and 'Meeting Room' has given WCMS 'something to think about'. Considering that we are not quite half-way along your 'path', your success in your ten years has given us something to 'aspire to'.

The discussions that we had, either collectively, or singularly, with your Members were very 'fruitful' and provided us with a lot of food for thought. I would also like to Thank You, Mr Secretary, for providing us with copies of the 'Operating Procedures' that are used within your Shed.

Once again, Thank You for your hospitality this afternoon and for the 'afternoon tea spread' that your Members provided.

With kind Regards,

*John Burrowes*

*Secretary, Weston Creek Men's Shed*

Presentation to Tank. Also, during that afternoon, Bob Nash and Dave Staines jointly presented Tank of Tank's Bakery fame (and Liam) with a sign for the fence of his and Karin's new abode in Yass. I could go on, but perhaps the following two notes tell the story a bit better:

"I am just emailing you to thank the members of the Men's Shed for the lovely sign that you made for Tank and myself. It was a great surprise and will definitely have pride of place on the front fence of our new home. If you could kindly thank everyone that was involved in making the sign that would be greatly appreciated.

Regards Karin and Tank Hawker"

and

"I wanted to say thank you. Mum and Dad have been proudly showing their sign off to anyone willing to look at it. They are as proud as punch, you'd think they had just brought their latest grandchild home hahaha. Thank you! Dad has always been a keen supporter of the Shed and it makes him happy to be able to donate the morning tea, he really doesn't want the thanks but he is certainly happy to have helped :) Sam" (Tank and Karin's daughter and the Mum of our newest member, Liam.



## Yass Quick Quilters Can Assist Afternoon Tea

We are now regularly invited to this event each year. The latest one was held in the YVCC on Thursday afternoon 31 May and it was pretty damn terrific. It is clear that these women are not only good at quilting – they also know how to cook!! This Year Shed wives and family members were also invited and a number of those actually were able to attend.

Roger Holgate and John D'Arx donated a bowl and clock (respectively) for raffling and there was a good response to those raffles. Early reports indicate that the afternoon might have raised around \$1,000 for CanAssist.

## Jerrawa and Yass Show Gates duty

Richard Rowan, Tony Warren and Wayne Stuart spent another very enjoyable day on the Jerrawa Show Gates on Easter Monday. Here is a report on the day provided by R2:

### **“The Gates of Kiev**

Sorry, I was musing with my Handel.! If you have not heard this piece of classical music is worth a trip to youtube!!! Anyway, it should read the Gates of Jerrawa!!!

On Easter Monday, the gate trio (Wayne S, T3 and R2) again fulfil the pleasant task of managing the Gates at the show. From memory this was our fourth or fifth yearly event. So now the highlights, but will start with the low lights!

1. NSW Rail for the first time in many years failed to acknowledge the existence of a men's shed on the Gates. Under normal circumstances as a train commences its run past the gates, the gatekeepers' wave and the train respond with a loud 'hoot' as it passes. However, this year three trains and not a murmur from NSW Rail. An email has been sent to the operations manager of NSW Rail pointing out this tragic oversight on the part of their employees. We hope to see an improvement in their performance next year.
2. Sadly, there were no runaway horses this year and so Wayne could not practice or demonstrate his horsemanship in this area.
3. There was an exceptionally good crowd, many drawn by the organisers advertising the event on Facebook. There were new attractions this year such as live music, and a display of vintage cars. It is a good country event and if you haven't attended it is one for the diary next year.
4. The multitalented YVMS team offered their usual advice and judgement to competitors. Now T3's grandchildren had entries in the coloured sheep competition. Upon a gate vote (3 – 0) it was decided that coloured sheep would be inspected by gate staff for colour. Several entries were turned around at the gate with the owners informed that the sheep did not meet the stringent qualifications for entry. Naturally, the benchmark for coloured sheep was clearly established by T3's grandchildren's entries (who won a ribbon). So the ploy was successful.
5. The art exhibition was also subject to gate inspection. A number of artists were informed that their entries showed little in the way of artistic merit and that more lessons at art class were required. We hope his advice will improve the quality of entries for next year.
6. It was disappointing to note that the children's animal parade was cancelled thus denying Wayne and T3 the opportunity to wreak havoc as marshals.
7. It was a lovely sunny day and the YVMS gatekeepers and a great day.

Gate Reporter.



The recycling facility in the Woolworths Carpark will from now on be providing a regular and steady income for the Shed. We received our first payment of \$74.60 for the period 26 Feb to 25 March and have recently received notification that another payment of \$26.10 has been made into our account for the period 26 March to 22 April. I should also mention that some donors have just got the receipt and given the receipt to us so we can collect the cash from Woolies. All up, since the new arrangement has been working, we have “earned” some \$120+ from this little exercise.

## KEEP UP THE GOOD WORK CHAPS!

Many thanks to all members and community friends of the Shed who have donated or transported our own collection and deposited them. The bin in the front room is the place to put your drink cans and bottles when you have finished with them (**DON'T CRUSH THE CANS!!!** 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!!

**STOP PRESS!!**

**Note just received from Grant Johnston**

**STOP PRESS!!**

"YVMS are the proud winners of Miller's Pharmacy Community Tokens for the month of May. Millers will present a \$200 donation to the YVMS at a mini ceremony at the Pharmacy at a date/time to be announced. Many thanks to Peter Miller and team for this great initiative. "

## *Major Projects on the go*

### \$20,000 NSW Government Grant - Solar Panels and Aircon in the Shed

The \$20,000 Grant from the NSW Coalition Government, personally presented to us by the Premier, the Hon Gladys Berejiklian and by our Local Member, the Hon Pru Goward has arrived in our Bank Account.

The Committee met in late April and considered 6 quotes for the two projects and has decided the successful tenderers. Neither of these decisions was easy, but local providers, value for money, solutions offered as well as warranties etc all played a part.

Our congratulations to the successful tenderers and our thanks and commiserations to the tenderers who took the trouble to quote but who were unsuccessful this time. We have contacted all tenderers to advise them of the outcome as it applies to them.

### Airconditioning project

This contract was awarded to Touie Smith Jnr and the AirCon units were installed at the Shed on Thursday 24 and Monday 28 May and are now operating. Winter starts today (1 June)! Come along and enjoy the *WARM!!*



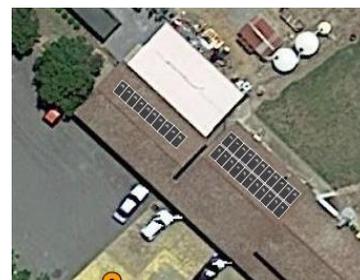
*Kay Lemon Room*



Workshop

### Solar Project

The installation of an 11.2kW Solar facility on the Shed which will mean we no longer will have to use grid energy in the Shed (or in the Community Centre next door) has been awarded to PowerVault / Solar Farming Co Ltd, a local business recently arrived in the Yass Valley. The planning is now almost complete on this installation and there will be around 31 panels installed on the Shed and YVCC roofs. This is how they will look when installed ➔



My understanding is that the installation is scheduled to commence on Wednesday 6 June. We are quite proud of this project because when it is fully operational, it is likely that all electricity required to be used in either the Shed or the Community Centre will be fully supplied by this installation.

Any excess electricity generated will be fed back into the grid and the feedback tariff will be applied to the Council's Electricity Account. We think this is fair as Council has been very supportive of the Shed during our first 10 years and this is an opportunity for us to return the favour.

### **AMSA (\$5,000) Grant success – new equipment on the way**



We have managed another Grant success – this time, \$5,000 from AMSA which is distributing national funds for Men's Sheds projects provided by the Federal Department of Transport. Our sincere thanks to AMSA and the Dept of Health!

The Grants process was a bit of a competition, and we managed to survive that process and Roger Holgate has been on a shopping spree (see his Workshop Report, above).

### **New YVMS baseball caps have arrived**

The new caps (also with your Membership Number) are being snapped up by members. If you want one, don't leave it too long. Where else (including China) can you get a YVMS Men's Shed cap for the fantastic price of \$5?

A local business, TJ's Embroidery has looked after us with this order and I have asked the obvious next question: "can we also get other "corporate" clothing for the shed. Yes we can.

Items like polo shirts, Sloppy Joes, etc can be provided by TJ's (ask for Tanya). Of course, shirts can only be provided when individual sizes are known (unlike baseball caps, one size does not fit all). We have chosen Royal Blue as our Shed corporate colour (if we do public duty, it is important to be identifiable). Costs are:

- Royal blue polo shirts with Yass Valley Mens Shed logo embroidered \$28.00
- Royal blue Sloppy Joes with V neck with logo embroidered \$35.00
- Tanya would charge \$9.50 for a front logo embroidered onto a favourite item of your clothes (eg a beanie →?).

If you want me to organise - tell me which item you want, tell me your size, give me relevant money and I will take it from there. On the other hand, you might want to go and talk to Tanya personally – she knows we want the Royal Blue option. You can find her at 69 Comur Street close to Ross' Relics location.



Mid grey with embroidered logo - \$5



## **General info and other stuff**

### **Membership News**

Another new member has been signed up in May. This time it is a bloke called Trevor Cox. He is a retired builder who wants to get involved in Shed activity (and he hasn't stopped since he joined!!). Please make Trevor welcome when you see him.

Richard Saxby is currently in John James Hospital having just been fitted with a new hip. At the time of writing he is still in ICU (the operation happened on 30 May) but reports of his progress are good and positive and he is expected to move to the Garran Ward soon. I hear reports that he is being attended by 4 beautiful nurses. Call in and see him if you are in the area – he will appreciate it.

It is coming up to that time of year again, folks, when I am going to start annoying you about renewing your memberships for the 2018/19 Year. Sixteen members have done so already – and anyone who has signed up or

renewed since early March is covered until 31 July 2019. Beat the rush and see me soon (with your \$25 - which covers our annual insurance to cover **you**). The process is pretty straightforward and all of you have now been using one of these options for quite a number of years:

There are two ways to renew for the 2018/19 financial year:

**EITHER:**

**Cash/cheque** - given to one of the Committee Members or by posting in our letterbox at the Shed. You will get a formal Shed Receipt.

**OR:**

**EFT** - the procedure to follow if you want to use this option is:

1. Log on to your bank account and select the "payments" or "transfers" option.
2. Fill in the details of the account (see below) into which you wish to transfer those funds  
**(please note we have changed Banks recently and the EFT details are new):**

- |                     |  |
|---------------------|--|
| a) Name of Bank:    | WESTPAC (Yass)   |
| b) Name of account: | YVMS   |
| c) BSB:             | 032 771  |
| d) A/c No.          | 209167   |
| e) Amount:          | \$25.00 (amount remains the same - it covers our insurance obligation for members) |

3. Where you are requested to state the purpose of the payment (so we know what the payment is for and who it is from) can you provide information in the following format please: "W Smith Subs". Substitute your name for "W Smith" (this is important so we know who has paid!!).
4. Finally (and most important) can you then send an email to me advising that you have made the transfer. I will then issue a receipt which will be placed under your name tag on the board at the Shed. Please send that email to [secretary@yassmensshed.org.au](mailto:secretary@yassmensshed.org.au).

## ***R☆☆☆ 2's Fiendish Foodie Facts***

Hi, quite often in the afternoon at Woollies or IGA they are selling discounted roasted chickens. Last week I picked up a roasted chicken for \$6.40 instead of the advertised price of \$11.50, a bargain. Now in summer this makes for some quick salads but in winter???? Well below is one answer to the question of what to do with it. I have also included other ideas in notes. Left-overs, see 'Kitchen tip' (below) for freezing.

### **ONE POT CREAMY CHICKEN WITH MUSHROOMS AND RICE**

**Prep time** 5 mins **Cook time** 20 mins

Serves: 4-5

#### **INGREDIENTS**

- 1 IGA or Woollies roasted chicken (discounted) Portion chicken to meet number to be served. DON'T use the stuffed seasoning in the chicken.
- 1 Tablespoon olive oil
- 1 Tablespoon of all spice or Chinese 5 spice
- 1 cup long grain rice, uncooked
- 2½ cups chicken broth
- 6 ounces sliced mushrooms, about 1 cup
- ½ cup cream or cream-fraiche (I use cream-fraiche as it takes heat better. You can find it in Woollies, to the right of the milk on shelf))

- ¼ cup shredded parmesan cheese, (I prefer freshly grated) or any cheese to hand, Tasty or mozzarella is fine. Now some blue cheese in the cooking and parmesan, mozzarella or tasty as the garnish works a treat.
- salt and pepper to taste
- chopped parsley and freshly shredded parmesan or other cheese, for garnish

**Optional** (see note)

- 1 x pkt of instant mushroom soup
- ½ glass of white wine

**INSTRUCTIONS**

1. In a medium-sized pot or skillet add the olive oil and turn to medium heat.
2. Add the uncooked rice to the skillet, chicken broth, and mushrooms. Reduce heat to medium-low and cover and let simmer for 15-20 minutes (stirring occasionally so the rice does not stick on the bottom of the skillet) until rice is cooked and tender.
3. Add the chicken to the skillet along with seasoning and salt and pepper and cook until the chicken is heated through.
4. Stir in cream or cream-fraiche, mushroom soup and wine if using, and parmesan cheese and salt and pepper to taste. Garnish with freshly grated parmesan and fresh chopped parsley.

**Note:** A pkt of mushroom soup and wine adds to the taste and develops the sauce.

Alternatively, with a bigger pot or Dutch oven you could use all the chicken (don't use the stuffing). Firstly, sauté some vegetables in butter (chopped carrots, diced potatoes, capsicums, pumpkin slices, asparagus, broccoli, etc) and add them to the mix (Step 3 above) with a hand-full of frozen peas.

Don't forget to use the bones of the stripped chicken to make stock. Bones in pot cover with water, add carrot, onion, celery any other vegetable you like, plus 2 Tsp of all spice or Chinese 5 spice and bring to boil, then simmer until all the flesh has rendered off the bones. It's a good process to utilise the chicken wings. A glass of white wine in the pot would not go astray!!

Hey, quick and easy and you get more value from that discounted chicken.

**Kitchen tip - Frost Bite**

Your food does not have to be in the Arctic to get frost bite!!! Taking food from the freezer often ends in shock, because of the appearance. Although, the food is perfectly edible it looks dull and uninviting because it has 'FROST BITE'.

Often a change of plans occurs at this time to ensure that there is a meal on the table. Before we offer a solution, there are some things to consider...remember food does not go from freezer to oven or Chef Mic (that is microwave oven, even if you use chef mic's defrost button. The defrost button is only used for wood turning, ask Roger!!!).

Food from the freezer (and of course the reverse), cooked food going into the freezer needs to sit and reach room temperature. Why, you may ask?? Well it's all about molecules! When you freeze food, the molecules tighten and expel moisture (just like getting into a cold shower on a winter's morning, you tighten up!!!) So, letting the food stand and rest allows the molecules to relax thus releasing and enhancing the texture and flavour. It's the same reason one rests meat after it has come out of the oven or off the grill, to enhance its texture and flavour.

The solution:

1. After your cooked food has cooled and come to room temperature take a new kitchen wipe, tea towel or paper towel and wrap the food (if using paper towel use a good lot). After this, tightly wrap the food again in glad wrap, place in a freezer bag, expel the air and tightly seal. Place in freezer. It's also handy to write on the bag the contents and date, this will ensure that you defrost lamb shanks and not Dog Bones!! Food correctly prepared for the freezer will last a considerable time up to 3 months.

- Now, if you are using a plastic container (ex-Chinese take-away) or a storage unit, then there is a little prep. Most people scoop left-overs into a container, seal and put into freezer....WRONG! Result 'Frost bite', that is indeterminable pieces of whatever encrusted with ice and not appetising.

Solution:

- Line container with cling wrap and tightly wrap, remover from container. COVER wrapped food with paper towel at least two wraps and replace in container, seal, write contents and date on lid and then into the freezer. If there is space left over in the container fill with paper towel. The rationale is to reduce any free-flowing air to an absolute minimum and allow the paper towel to soak up any moisture created by freezing. Although this process may seem a little trouble it will allow the flavours of a beef stew or a curry to maximize and after defrosting at room temperature the meal will be as good as when it was cooked or even a little better. Direct freezing on food creates 'Frost bite' thus destroying the taste, texture and flavour.
- Now, a bargain-buy from the supermarket (I saw pork loin at Aldi recently for approx. \$6+). Firstly, the packaging is important. If your buy is NOT vacuum sealed, then remove the store packaging and wrap as above. Reason for removing store packaging is that its packaged to thaw and cook not for a time in the freezer. There is an exception to this rule of removing store packing and that is if the food item has been vacuum sealed. If this is the case leave vacuum packing on and wrap as above. Vacuum packing is primarily designed to enhance the shelf-life of the product not its freezing potential, so it must be treated in a similar manner. That is reducing the air and thus the ice build-up (Frost bite) directly on the product.

Hint for Vegetables in crisper: Wrap them up in paper towel or a tea-towel. It will make them last longer. Hope this hint will reduce the 'bite' of the Arctic in your frozen food.



I do hope you will enjoy..... Please let me know your likes and dislikes.....

R☆☆☆2

## Scuttlebut

**Scuttlebut 1** - A recent quote caught my eye, being a model train enthusiast: "Training is everything" - Mark Twain (or was that "Twaining"? ) - Jack Child.

## Birthdays around this time

<u>May</u>	<u>June</u>
1/5: Raja Ahluwalia	1/6: Dave Staines
8/5: John Corson	6/6: Charles Turner
11/5: David Rowe, John Jones	9/6: Bob Nash, Brian Smith
13/5: Philip O'Brien, Philip Walsh	15/6: Doug Holston
15/5: Alf Atkin	16/6: Ron McMullen
17/5: Sandy Butt, John Goode	18/6: Alex Noakes
20/5: Gregory Latham	20/6: Andrew Mernagh
22/5: Llewyn Dowling	25/6: Rod Perceval
23/5: Allan Carey	29/6: Sam Noor
24/5: David West	
26/5: Ron Badger, Trevor Hinman	
29/5: Clarrie Schlunke	
30/5: Joe Morrissey, Brian Drew	

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).

## 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.**

### **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.

**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, Former 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