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# YVMS MATTERS

(aka "The Messenger")

Issue No 181; No 6 of 2018

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

**July 2018**  
**Issued: 1/7/18**

**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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***Truism #198***

***A woman's mind is cleaner than a man's – she  
changes hers more often***

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

Now that our major projects are either fully complete or almost there, the BIG effort for me for the next couple of months will be to focus on getting as many current members as possible to renew your memberships for another year.

I always keep former (ie currently un-financial) members in my email address list – unless you specifically ask me to remove you. Technically you will always be members of the Shed, just not currently financial. So, if you, at any time, would like to come back, you will be most welcome and warmly received.

It is my firm belief that the Yass Men's Shed is such a great place entirely and totally because of its great members and their individual and collective ability, variety, experience, expertise, imagination, involvement, humour, support, character and teasing.

If you like, or, are looking for a great place to really enjoy yourself, give the Shed a try – it is fantastic for men. You can be as active or engaged (or not) as you like. There is no expectation or compulsion put on anyone. The Shed is NOT a job centre. There are also lots of members who might be able to teach you a new skill. The best thing about our Shed is that you can "do your thing" with the full support of all the other blokes in the place.



ws Editor

## *Message from the President - Bob Nash*

Members of the SHED.

Well half the year has gone, how time flies when we are all having so much fun. So much happening at the shed of late it's getting hard to keep up with it all.

With the roof now finished and the store shed with its contents 99% finished and Roger putting all his new toys together in the workshop I do think it's about time we all took a breather and sit back for a bit and soak up what we have achieved over the past 12 months. The only thing left is the installation of the floor between the containers which we have the money for with the generosity of Southern Cabling, Terry Lemon, donating to us again this year.

When we have finished this it will give us the extra space for outside workshop area and entertaining area, especially when we have now got our permanent BBQ installed.

Our 10 year celebrations went off very well and it was good to have many of our members attending not only the luncheon but the unveiling of the honour board naming those who gave generously to the funding of the project. Our air conditioning has been a success and the solar panels have been installed with the metering installed very shortly. Many thanks to the State Government for the grant enabling us to have this work carried out.

Many thanks for all those members who make all what we have happen.

That's about raps it up for this month.



Regards President BOB.

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

How much difference has the Air Conditioner made in the workshop? If you haven't experienced the difference come along and do so, you will be amazed.

We are very close to exhausting the \$5000.00 AMSA Grant for workshop update and improvements. As I write, almost all of the new gear is in place and ready to commission, although there will still be lots to do in final reorganisation. I am planning an **introduction to the new equipment** next week which Wayne is advertising elsewhere in the Messenger. This introduction is **most important for anyone who intends using the workshop** as there are things that we all need to know and be aware of.

A big thankyou goes to one of our newer members, Trevor Cox, who rapidly volunteered and hopped into completing the new outside shed to hold some of our noisier equipment and excess stocks, also big thanks to John Backhouse who rallied around and got the electrics fitted before he went on holidays. There are still a few minor things to finish off but some of the excess stock and a majority of the new equipment is now in place and operational.

We are lucky to have such a broad range of talent and experience in our membership, so one needs to be careful who he names, but thanks to all who have helped in any way.

A final note, there are a couple of income earning jobs about for anyone who is interested in doing their bit to help the coffers.



**Roger Holgate.**

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

**4 July - First Wednesday Morning Tea – 10 to 11.30am.** Come along to see (and taste) What has made Tank a Legend in our Town!

**3<sup>rd</sup> and 5<sup>th</sup> July – new equipment and workshop layout familiarisation sessions** (Note from the Workshop Manager)

We now have quite a few new items of tools and equipment in the shed resulting from our success with the recent AMSA grant.

There has been lots of activity in recent weeks, so many of you will not know all that has been happening. On this basis I feel that it is necessary for all workshop users to be brought up to date.

I will be holding two brief sessions to show you what we now have, what is still to be done, and explain what is necessary for users to know about this gear. At the end of each session I will spend extra time with the keen wood turners on the operation of the new lathe and tools.

I am planning these sessions for **10am on Tuesday 3rd July** and again at **2pm on Thursday 5th July** and urge your participation.

See an outline of the plan below.

Roger.

### **Introducing new equipment - July 2018**

#### **Chain Saw**

Battery - Fitting, extracting & charging.

Oil - Checking and topping up. Clean around filler cap before opening.

Usage - Uses and expectations.

#### **Show quick change tool post.**

#### **Dust extraction**

Explain operation and service requirements.

#### **Compressor and air lines.**

Explain operation, limiting airline pressure and regular draining of tank and water filter.

#### **Mobile base for thicknesser**

#### **Spray gun and Forstner bits.**

Short explanation.

#### **New Wood lathe and tools.** Those interested in turning

Operation of lathe

Sharpening of new Record Gouges.

Fully explain Easy Start Gouges,

Uses.

Tool rest height.

Using tool parallel to the floor.

Changing replaceable tips.

**Saturday 14 July – Shed BBQ.** Come early (12.30) and see how our newly installed fixed BBQ under the new roof works. It will be a very simple affair – sausage(s) in a bread roll with caramelised onion and sauce – soft drink in the fridge.

Similarly, it will not be an all afternoon event. It will be all over by normal opening time, so if you want to have lunch with us – we will see you then. Oh, and it will be a gold coin event to help pay for the food.

Many thanks to Bob, Brian, Ken and Allan C for getting the BBQ set up permanently so we can do this on a very regular basis. I think R2 is now killing himself to start doing Chef things out there! If we play our cards right he might even do a few demos to help us lift our game on the home BBQ.

## *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 was the first to share – swamp me with your nightmares and see if we can run this series for the remainder of this year. I asked for more offerings recently, and here is one provided (again) by Ron McMullen – this time in verse:

### **THE BOSS**

Did you ever work for the P.M.G.?  
Did you ever sell a stamp?  
Did you ever work in Canberra?  
Or in a Snowy Mountains camp?  
Perhaps you worked at East Block  
Where they had that big exchange  
Or did you work at Curtin  
When the PM there was strange!  
He treated his staff quite decent  
And 'that just wasn't on'  
They tried, but could not change him  
Mr McMullen — known as Ron. (Allan McGrath ex Postal Clerk, Curtin A.C.T.)

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

### **\$200 Donation from Millers Pharmacy**

Look what has popped up on the Millers Pharmacy and YVMS Facebook pages:...



Many thanks to Peter, Angela and the awesome team at [Miller's Pharmacy Yass](#).

We're all very grateful.



[Miller's Pharmacy Yass](#)  
[12 June at 01:41](#) · 🌐

Congratulations to Wayne and the guys from the Yass Men's Shed - the lucky grand prize winners in our last round of Community Coins! Well done!

The YVMS Facebook page is managed and edited by Grant Johnston.

## 30 June – TWO MAJOR YVMS EVENTS!!

### 1. YVMS 10<sup>th</sup> Anniversary Reunion

Celebration. All current and former members were invited to the Yass Bowling Club at noon for this important event to celebrate 10 years of the YVMS in the Yass Valley. We had XX members attend and they all enjoyed a very tasty and extremely inexpensive meal from the very extensive menu provided at the Bowling Club.



It is a great achievement to have come from nothing to where we are now. Great votes of thanks must go to Allan McGrath, the then Councillor who put the proposal to Council, Nic Carmody, the then Mayor who hosted a major public meeting in Council Offices and then shepherded the decisions through that provided our premises and the very generous conditions of that offer. We are also very grateful for Mayor Rowena Abbey and current Councillors and Council management for allowing us to continue enjoying the facilities.

Finally, we must also thank all manner of individuals, businesses and organisations in Yass who have made our continued existence possible and NOT TO MENTION very strong support from Men in the Yass Valley who have joined and provided lots of energy, ideas and commitment to keeping the Shed viable and on track.

Allan McGrath presented the following Council historical media release from December 2007 to President Bob Nash:

## MEDIA RELEASE

Men's Shed for Yass?

A public meeting is to be held in the Yass Valley Council Chambers at 7pm on January 24 to discuss the proposed "Men's Shed" in Yass.

Late last year Council adopted a motion from Councillor Alan McGrath, in which he called for a report on the "Feasibility, likely benefits and means by which a "men's shed" could be established in Yass.

The "shed" concept is now well established with an estimated 200 "sheds" operating across Australia. In the local region there are "sheds" in Goulburn, Boorowa, Grenfell and Cootamundra.

The "shed" proposal for Yass has generated considerable interest and the meeting on January 24 will provide an opportunity for residents to learn more about how the "sheds" function and to become involved in progressing this project for Yass.

Essentially, "Men's Sheds" give older retired men the opportunity to be involved with their peers, making new friendships and gaining the sort of companionship which they could have previously enjoyed in their working lives, as well as having the opportunity to learn or impart skills.

Everyone interested in bringing a Yass "shed" to fruition is welcome to attend the meeting in the Council meeting room at 7pm on Thursday January 24, when it is hoped that a working group will be established to assist in the development of this project.

For further information please contact Allan McGrath on 6226558 or Cathy Campbell on 62269285

Media Release Approved by: Kerry McMurray, General Manager  
Date: 09 December 2007

2. **3pm – Official Opening of the new YVMS Roof.** After the lunch members moved on to the Shed to attend this important event.

All of the 14 generous donors who have helped us achieve this milestone and great new asset had been invited to attend and 8 of them or their representatives were able to attend on the day. Tank very generously donated pastries and cakes for the assembled multitudes (thanks, Tank) and Grant Johnston organised BBQed sausage sandwiches (thanks Gruntski). It turned out to be a great event and marks another milestone in the ongoing development and improvement of the Men's Shed in Yass.



President Bob and Donors or their representatives under the permanent Acknowledgement Sign at the Shed.

**The recycling facility in the Woolworths Carpark** will from now on NOT be providing the option to donate directly to the Shed's Bank Account. Apparently, this service was only available for 3 months and that time expired at the end of May. To continue we would need to go through all the hoops again (application, submission, proving we are a not for profit organisation, signing another 3 month contract and even then, we would not be guaranteed a place in the Donor list. Notwithstanding this reversal, we have, nevertheless done pretty well. We received another direct deposit during June of \$70.30 into our Bank account from donors using the system. Allan Carey has since deposited bottles and cans which has brought in another \$62 bringing the total amount donated to the Shed via that facility so far to well over \$280.

We still have the option of simply depositing the bottles and cans and asking for the cash return/receipt. We will then cash in that receipt and add it to Shed funds. Allan Carey has offered to regularly take the cans and bottles in our collection bin at the Shed and to get the refund (receipt or cash) for us.

The green bin in the Shed foyer (with the word "CAN\$" painted on it) 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!!

This is a very worthwhile money raiser for us – we urge all members to please keep up the good work!

### *Scuttlebut*

**Scuttlebut 1** - we need to put some insulation around the section of water pipe between the small tank and Shed or we might end up with a damaged water pressure pump one frosty morning if no one notices it running constantly.

## 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 is now operational.



Both the air-conditioners in the *Kay Lemon Room* and in the wood workshop are now fully functioning and from all reports, they are both very effective and a big improvement. Here is one of those reports:

“Wayne, can you mention in the next newsletter how much the Shed has improved since the air-conditioners have been installed and turned on. I spend more time in the workshop than in the front room, but the workshop is now very comfortable and warm. It makes working in there so good. The front room is also now a pleasure to sit in for a cuppa. It has been especially noticeable in recent weeks when the temperatures have been so low. Well done to those who have helped improve the place so much.

Clarrie Schlunke”

The 32 Solar panels have also been installed and final touches on the electrical connection to the grid are close to finalised. You can see evidence of both projects on our roofs in the photo above.

We expect that the panels will fully supply electricity to the Shed and the Community Centre during daylight hours of occupation and use. Any excess electricity generated by the solar installation 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 being installed**



Roger Holgate has just about completed his spending spree and with the recent completion of the Store at the back of the Shed building, much of the installation work has now either been completed or is well on the way.

A major spin-off of this is that the wood workshop is now a much more open and safe working environment. Win/win!

### **New YVMS baseball caps are available**

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). 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. You can find her at 69 Comur Street close to Ross' Relics location.

Mid grey with embroidered logo - \$5

## General info and other stuff

### Achtung!! Did you know??

When driving in the ACT drivers must slow down to 40km/h when passing emergency vehicles with red or blue flashing lights on the side of the road. The penalty is two demerit points and a fine of \$257, the same as penalties involving other vulnerable road users.

ACT Chief Police Officer Justine Saunders said the new law was about safety for emergency services and police, who dealt with thousands of breath tests, traffic fines and car accidents on roadsides each year.

"This is not about enforcing the law, this is certainly not a means for raising revenue for the government, this is about education and bringing clarity to the community about what we need them to do to ensure our emergency services and police can be safe," she said.

### Shed Mystery – 2 challenges



Challenge #1 - Can anyone identify this bloke?

↔ – he keeps showing up but most of us don't know him.

Challenge #2 – can anyone provide a good name for this bloke – surely a "normal" name is not nearly good enough?

We used to know a member called Grunski – perhaps this one could be called Shrekski?

Good ideas and names WILL be published



### Kangaroo Valley Historic Railway at Old Linton

Kangaroo Valley Historic Railway is always looking for new operators in all of its various aspects. I thought perhaps some of the Yass Men's Shed members might like to become involved.

KVHR is a medium sized model railway situated at Old Linton. It depicts life as it might have been on the south coast of NSW in 1955. It is imagineered as a main line from Sydney to Melbourne via the coast with three branch lines on the way. There are lots of things to do including scenery, signalling and other construction but there are also lots of opportunities for operation as well. Most Tuesdays and Fridays have work sessions. At this time there is a formal operating session (at which we run to a timetable) on the second Saturday of each month, but the capacity to run on the fourth Saturday is also possible.

I am planning an introductory afternoon on Saturday 7 July, commencing 1pm at which the various aspects of the railway will be shown. If any YVMS members would like to attend they would be welcome, I only ask that they let me know of their intention before-hand by emailing me at [stephe@sjitts.com.au](mailto:stephe@sjitts.com.au).

Regards  
Stephe Jitts

**Editor's Note:** If you are unconvinced or wavering, have a look at this You Tube video of Stephe's current layout. <https://www.youtube.com/watch?v=OQd5dyqmsXY> It is a 9 minute "driver's seat view" trip around the system. It is fantastic. The video was uploaded in 2017 so I suspect further development has been achieved in the meantime, but the quality and vision of the layout is really magnificent (from my point of view). If you are a secret train buff – or even an unashamed collector and player, I strongly recommend you accept Stephe's generous invitation.

## **Membership News**

### Members currently "under the weather" or on the mend

- Richard Saxby is currently recuperating at Linton having recently been fitted with a new hip. According to reports he is recovering – but slowly.
- Ron McMullen is home again and not anticipating any further hospital adventures.
- Ruben Larzabal is now recovering from a recent serious infection. Still a way to go though, according to reports.
- Ron Badger is out and about again. That is very good news!
- Ian Forgie is also not a well boy and it is not too likely we will see him in the near term.
- Dave Staines also has his challenges at present.

We wish all our members who might be a bit "off colour" a quick and total recovery. Feel free to contact them to offer support and friendship.

### Membership renewals

You will have noticed my recent emails (one to those who have paid and have nothing more to worry about – especially more emails from me nagging them!) and the first of many nagging ones to members who are not yet financial for the next Financial Year. There have already been a good number of members who have paid and our situation at the time of writing is that 70 members are covered for 2018/19 (74% of our current 106 members). This is a fantastic response so far – at this stage last year we were at 37% renewal.

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).

### **Services available in Yass**

It has become apparent recently that some of our members who need assistance are unaware of the assistance that is available in Yass – especially to older people or those on any kind of pension. This is a listing of what Yass Home Living Support offers. Fees apply, but they are generally quite modest.

**Yass Valley Home Living Support Service** provides a range of programs. Each of the programs is described separately on a Fact Sheet.

The programs are:

- Transport
- Respite
- Social Support (Group)
- Social Support (Individual)
- Home Modification
- Home Maintenance
- Case Management

Fact Sheets are provided on request from Yass Valley Home Living Support Service or at the time of assessment.

You can contact Yass Home Living Support (during business hours) on 6226 4555.

If any members are aware of other services provided locally, if you let me know and give me info, I will include it in future Messengers.

If you provide me with info on other service providers who help locals, I will publish it in following editions.

### **"Don't kill our bees"**

There's been a bit in the press from time to time about the declining numbers of bees, and catchy pictures of people like Sir David Attenborough feeding bees with a teaspoon.

There are practical measures we can all take which, although not as dramatic, can have just as significant impact. I want to ask you to consider how you get rid of pests (no, not the telemarketers or people you meet in the street who want to have a long conversation but you don't). I'm talking about garden pests, in particular garden chemicals.

I know, even without the Head Gardener telling me, that there are little critters that love to eat our vegetables just before they're ready to be picked. I also know that there is a big chemical arsenal available to gardeners to deal with them.

**COME ALONG**

to the  
**Friday Club**

The 'Friday Club' is a fun and engaging club for older people where they can get together and participate in a range of activities to help them live independently in our local community.

The Friday Club is delivered by Community Care Workers from Yass Valley Council's Home Living Support Service and focuses on promoting better health and mobility in an enjoyable and safe environment.

There are weekly activities and recent participants have enjoyed hearing from an Occupational Therapist about fall prevention, a visit to the Men's Shed and a sketching lesson by a local artist.

However, there's one group of pesticides that is so dangerous it has been banned for use outdoors in Europe. The group is called neonicotinoids, of which the most well known is Confidor (imidacloprid). It is dangerous for two reasons. Firstly, it is persistent, having a residual effect for more than one week. While that's an advantage in gardening terms, it increases the danger to bees and other pollinators.

Secondly, it has a major impact on bees ability to return to the hive after collecting nectar. When bees visit plants treated with neonicotinoids, it takes them nine times as long to return to the hive. Obviously that reduces significantly their efficiency.

Other dangerous pesticides include Furadan (carbofuran), Carbaryl (carbaryl) and Imadan (phosmet).

You can use alternatives in the garden. The best method is crop rotation. There are minor differences in the methods, but the general rule is that you don't plant the same crop in the same bed year after year. Another alternative is to use organic based pesticides.

So ... if you want a good crop of fruit and vegetables, don't make it difficult for the pollinators. Avoid using these chemicals. It's also worth noting that many packaged seeds we get from the garden centre or the supermarket have been treated with insecticides.

The evidence of negative effects of this kind of treatment is less strong than for sprays. However, some commercial beekeepers who supply pollination services are asking farmers about the insecticide treatment of e.g. their canola seeds.



I hope this helps. Joe Morrissey

### YVMS DVD Lending Library

Nic Carmody recently and very generously donated a large collection of DVDs which has more than doubled our collection ➔.



There are some pretty good DVDs in our library now, including quite a number that will appeal to younger viewers. We now have full sets of Fawlty Towers, Mr Bean, Lord of the Rings as well as many titles that will appeal to all audiences.

In these colder months, make yourself (and your partner) a coffee, grab an Iced Vo Vo or two and settle in to a YVMS DVD for the afternoon. Just remember to bring it back so others can enjoy it too.

### Workshop hint

**You have bored the hole too small ?? Damn it.**

Using the correct size Hole Saw or Forstner Bit bore the correct size hole in a scrap piece of timber, then clamp the piece of timber in the correct position to use as a guide for boring the correct size hole.



## *Birthdays around this time*

### June

1/6: Dave Staines  
6/6: Charles Turner  
9/6: Bob Nash, Brian Smith  
15/6: Doug Holston  
16/6: Ron McMullen  
18/6: Alex Noakes  
20/6: Andrew Mernagh  
25/6: Rod Perceval  
29/6: Sam Noor

### July

3/7: Michael Schulze  
5/7: Richard Saxby, David Villanti, Richard Rowan  
7/7: Col Stathasm  
11/7 John McClung  
15/7: Bob Whitmore  
18/7: Mark Ritchard  
27/7: Charlie Royall

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).

## *R☆☆☆☆ 2's Fiendish Foodie Facts*

Eggplant is a really great vegetable with lots of nutritional value (as previously reported, go ‘Google’ it). We tend to look at it and nothing comes to mind other than a filler for chutney!! So have a look below and use some imagination. Eggplant can be boiled, grilled or baked and will make a change from other vegetables.

### **Eggplant Tomato Pie with Options**

Prep time 20 minutes, cook time 30 minutes. Serves 2 as a main, 4 as a side.

#### **Ingredients**

1 eggplant  
2 tomatoes, medium to large (or a can of Italian style)  
1 onion  
2 cloves garlic  
¼ to ½ cup of breadcrumbs depending on moisture in eggplant  
1 egg  
1 capsicum  
1 Tbsp butter  
1 Tbsp pesto or finely chopped basil  
grated parmesan cheese  
fresh basil leaves to finish on top  
1 tsp chili flakes and /or Chinese 5 spices  
¾ tsp cumin  
½ glass of white wine  
Salt and pepper to taste

#### **Directions**

Peel and cube eggplant, boil until soft. Meanwhile sauté meat or chicken, if using, with diced onion, capsicum and garlic. Drain water from eggplant and mash. Add sautéed vegetables and meat, breadcrumbs, beaten egg, melted butter, pesto or finely chopped basil or dried, and mix well. Grease a pie pan. Slice one tomato and layer on bottom of pan. Add eggplant mixture.

Slice the other tomato and layer on top of eggplant mixture. If using a can of tomatoes dice and add to pot. Add white wine, grated Parmesan cheese and sprinkle with fresh basil. Bake at 175 C for 30 minutes or until golden brown. For a more solid and cheesy crust, once out of oven, liberally sprinkle the top with pizza 3 cheeses and place under grill.

**Optional Notes:** You can add 2 or 3 sausages (I prefer a mixture of herbed, Italian or chorizo). Alternatively, sauté (browned tossed in seasoned flour) diced chicken or beef. Pork or lamb steaks diced and browned also works. If using lamb add a Tbsp of mint, with pork ½ a diced apple.

Food is many things apart from substance. It really is about the enjoyment of the people you bring to the table.



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

R☆☆☆2

## 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 (aka Allan McGrath); the Lansdowne Foundation; Millers Pharmacy, Yass; Minister Katrina Hodgkinson, (former Stte Member for Burrinjuck); 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.

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