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[Facebook.com/yassvalleymensshed](https://www.facebook.com/yassvalleymensshed)

YVMS MATTERS

(aka "The Messenger")

Issue No 182; No 7 of 2018

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

August 2018
 Issued: 1/8/18

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**



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Truism #75

"It is a funny thing that for most men the whitest conscience is no protection from some fearful apprehension in the presence of police." — John Wyndham

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

Editorial - from the Cave - Wayne Stuart

I wonder if we are entering a time of less activity, a more relaxing time and less frenetic activity at the Shed? It would be good to have some quiet time, take stock and enjoy a bit of a rest. It is my fond wish and desire to go to the Shed sit under the new roof, perhaps on the new deck(?) with a cup of coffee and simply enjoy some quiet time. Is that too much to ask?

In recent Messengers I have had heaps to report on major projects, visits to and from all manner of places, launches, lunches etc etc. This Messenger might seem a bit thin to you – but consider my poor overworked staff here at Messenger HQ. If I don't give them some time off, they all get bolshy on me and make trouble like filling the pages with spelling mistakes, inaccurate reporting and wrong dates of future events. I know this because Ron McMullen scours every issue looking for these things.

Nevertheless, there is a goodly amount of new news and important reminders to keep you occupied this time. I urge members to dust off an old personal story of your former or current working life and share it with us – see what R2 has provided this month – I challenge you to top it for the September edition!



ws Editor

Message from the President - Bob Nash

Members of the SHED.

A great start to a new financial year with the membership renewal coming in at a great pace. With 80+ members renewing their dues it seems we are off to a great start.

The BBQ on Saturday was a great success and anyone who would like to see it continue on the Saturday don't hesitate to go ahead and do it we all are cooks of some sort and easily can burn a snag or two.

The rate the SHED has been expanding over the past few months is starting to slow down with the floor between the containers almost completed which will enhance our area for workshop activities or an area to extend our social activities particularly during the hot weather.

Thanks must go to Brian O'Connor for his booklet on breast cancer in men, and I am looking forward to his talk in the near future on the subject. In fact a number of health issues could be openly talked about in seminar format but on a very casual basis something I think should happen. O yes I know our motto, "If you think its a great idea lets know how you got on" HA HA HA.

Hope those that are enjoying the sun shine up north come back with the tan to show us. Just jealous.



To those who are not so well I wish you all a speedy recovery and to see you back at the SHED soon. Until next time gentleman keep on coming to the best Shed around.

Regards President BOB

Message from the Workshop Manager – Roger Holgate

Now that we have compressed air readily available in the workshop there are lots of safety precautions which need to be observed when using compressed air. One of the first things that I was taught at Technical College as a fifteen year old was never to use compressed air for any personal cleaning or drying.

Below is a copy of an item that I have just read in relation to this matter.

“Even at 12 psi, you could lose an eye. Never use compressed air to clean dirt or dust from your clothing or body. Air blown into the mouth can cause ruptures in the lungs or stomach. Compressed air can actually break through the skin. Now, this can cause minor injuries, but if that air enters the bloodstream and travels to the brain or heart, stroke or heart attack-like symptoms can occur.”



Roger Holgate.

Upcoming events or items of interest to Members

1 August (TODAY!!) - First Wednesday Morning Tea – 10 to 11.30am.

Come along to see (and taste) what has made Tank a Legend in our Town! Not only that, it is also Brian Wilson's Birthday today – we will find a candle to put on a Tank cake for him!

We will also be hosting the brand new journalist from the Yass Trib – Hannah Sparks. We are hoping to impress her with our Shed so that she might see us as a fertile source of news for Trib Editions in the future. If we can keep the Trib topped up with good stories, it might prevent the new NINE outfit from deciding to close newspapers in Country areas – especially in Yass!

Saturday BBQs at the Shed.

We have reinstated this practice that used to be a frequent occurrence some years ago. Our plan (and so far it seems to be working) is to provide a quick, cheap, simple and easy option for lunch on Saturdays (12.30 to 1.30pm).

To help spread the load, Tim Gee has offered to take on the BBQ – but we cannot expect him to do it all the time. So, he will do the honours when he is available and feels the urge. I will advise you when those events are planned. It will NOT be every week.

Perhaps, other members might also rise to the challenge – make yourself famous by sharing with us your favourite (simple!!) BBQ offerings. And aim to keep costs low. We need to look after the dollars as we have used most of our reserves in recent big ticket item projects. This cost control is also working well (so far) – on the two previous BBQs we have had, we have managed to cover costs and add \$10 or \$20 to the kitty as well.

18 October – 2018 YVMS Community Seminar

I know it is early notice, but there is a lot of organising to do, not to mention giving you (and the wider Yass Valley Community) advance notice so we can be sure all who would like to attend can set the night aside.

This will be a most important night for Yass. The three presenters will be talking about issues each one of which is most important for all of us:

- Leanne Thompson (from Goodwin Aged Care Services) will outline all of the improved and available services about to hit the Yass Valley designed to assist people to remain in their homes much longer.
- Stephe Jitts (Audiologist) will tell us how Hearing Loss is a silent invisible disorder that frequently creeps up to us by stealth. Its effects, though not usually fatal, can be very disruptive and can have devastating effects on a person's life. Today almost all hearing loss can be managed well. This talk will discuss the effects of hearing loss and its management.
- Brian O'Connor (famous local) will recount his personal story: "A Country Bloke vs Breast Cancer - A Survivor's Story Warts and All".

The details of the night are:

- 7pm, Thursday 18 October 2018
- Yass Valley Community Centre, 1428 Yass Valley Way, North Yass (next door to the Men's Shed)
- Each presentation will be for 30 minutes (max) with time for questions
- There will be refreshments at the end of the evening – to provide opportunity for one on one conversations if needed.
- Watch this space for further information.

Members' Memories: No 3 in an ongoing series

I have been calling on members who have an interesting, terrifying or heart-warming "work" event that they have experienced and that they are comfortable sharing with other members. Ron McMullen was the first and only member, so far, to share. Swamp me with your adventures and/or nightmares and see if we can run this series for the remainder of this year.

A Tale from the Deep

I have called this 'a tale from the deep' because it occurred on *HMAS BAYONET* (Call sign 101) many years ago. Bayonet was an Attack Class patrol boat. Navy ships are normally named after the first one built or the representative object, so river or city class destroyers, Collins class submarines etc.

With a crew of 14, *BAYONET* operated in Bass Strait, the southern coast of New South Wales and South West Coast of Victoria. Bayonet was scuttled to form a marine reef approximately 25 nautical miles south-west of Cape Shank in Victoria. I joined Bayonet as a very junior acting lieutenant known on board as the "MUD". Members of the Shed will probably find this most appropriate!

"MUD" stands for Mate of the Upper Deck. The MUD's mission in life, with his crew of warriors, was to make everything on the upper deck shine and sparkle as well as being totally functional.

So, masthead, anchor, windlass, gun, lights, guardrail, hatches, paint, lines and associated mats, sea boat and engine and of course the rocket launcher.



Now the rocket launcher was an ugly piece of kit that was stuck in the centre of the quarterdeck (quarterdeck, read aft end or space between the superstructure and the stern). Why it was placed there I have absolutely no idea, but it was not done by anyone who had ever been to sea.

The rocket launcher had a 'waterproof' cover over it, more for sight than protection because it copped most of the sea in a slight swell at cruising speed. The purpose of this piece of continuous maintenance junk was to fire 'star shells/large flares' to illuminate the sea at night whilst conducting an operation such as search and rescue. Now to the tale.

We were preparing the ship for a week-long operation and exercise. The captain noted in his brief that we were required to fire several star shells. I was suitably informed as follows:..."MUD, on the night of the 25th during this exercise, we will be required to fire a number of star shells. This will occur, carry on". I placed my 'sparkie' and 'deckie' onto the job of the rocket launch. By the end of the day they demonstrated a totally functional rocket launcher, MUD happy.

Well, as you can imagine at just prior to sunset on the 25th a test of the rocket launcher proved negative. In simple (technical) terms it was bugged. That word "(F), what do we do now?" Two hours to solve the issue or the MUD was going to be suspended from the yard arm, not a good prognosis.

Sparkie and deckie look at me and say "don't worry, sir, we will fix it". An hour later I hear and see the Sparkie whistling as he wandered down the quarterdeck towards the rocket launcher with a large extension cord over a shoulder and his electrical gun belt swinging on his hips. Screwdrivers, wire-cutters and other bits and pieces found only in a Sparkie's tool bag were being placed/attached to the gutted rocket launcher.

Two hours later the C&C (command and control wireless circuit) sounded like this:

Command ship: "101, launcher rocket"

Bayonet Captain on internal communications: "launch rocket"

Gunnery officer on quarterdeck: "launch, launch, launch"

From the galley's open hatch which faced the quarterdeck a loud voice said: "oven on"

Gunnery officer to Captain: "rocket launched".

Now to fill in the missing pieces. My Sparkie had taken the extension cord, bypassed the internal workings of the rocket launcher, and then hotwired the cable to the oven in the galley. So, when the order was given to launch, the cook merely switched the oven on completing the circuit and our fiery star shell slid gracefully and gracefully into the night heavens. Until this day, I often have a grin and fond memory when people say..." It's not rocket science!"



Richard Rowan

Projects on the go

New Floor between the Containers

Bob Nash, Trevor Cox, Brian Wilson, Ron Barton and Dave Lynne with help from other members when available has resulted in another amazing transformation at the Shed.

The space between the containers is being improved by the installation of a flat all weather floor which will allow a much more versatile use of the space. All manner of opportunities (social, projects etc) will now be available to members and guests and it completes the vision for this much improved and necessary extension of under-cover space.

Well done chaps – any chance of any of you having a brief rest now?



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?

If you would like to get the YVMS logo on your favourite item of clothing (PJs, jock strap etc) TJ's Embroidery in Comur Street (a couple of doors back from Ross' Relics) (ask for Tanya) is the answer. She will do that or even provide you with a Tee Shirt, Hoodie, polo etc and do the logo as well for a competitive price.



General info and other stuff

A cautionary tale

Alf Atkin is currently caravanning somewhere in warm and sunny QLD. Here is a note he sent me last week:

From: Alf Atkin <pollux1au@hotmail.com>
Sent: Saturday, 21 July 2018 8:45 AM
To: Yass Mens Shed <secretary@yassmensshed.org.au>
Subject: Thargomindah Mens Shed

This building was used for the Mens Shed at Thargomindah. Unfortunately the local Mayor pushed so hard to allow women to become members that all of the men walked away. It is a sad loss for such a small community.

Regards, Alf



Why letting women join won't work in a Men's Shed?

They don't like swearing?
They have thin skins – can't take a joke?
They are right all the time?

No! This is the reason ➔



Membership News

Two new members signed up in July – Rob Dunn and Brian O'Connor. Make them welcome when you see them at the Shed.

- Bob Nash who recently had a stint in hospital is back on his feet and being recalcitrant. Nothing we do and no advice we give him seems to slow him down. We are thinking of tying him to a chair every time he comes to the Shed, so he at least slows down a little and occasionally.
- John Backhouse had had some serious surgery recently and is home now recuperating. Longer term outcomes and news is still to come.
- Richard Rowan is back in Calvary Hospital – some kind of lung infection. Call/text him on 0478 598 593.

We wish all our members who might be a bit “off colour” a quick and total recovery.

At the end of July, all members who had not renewed their memberships by 31/7 are, under our rules, deemed to be unfinancial. This means their name tags have been removed from the Membership Board next to the sign in book.

For the Record, our Financial Membership position as of 1 August is 86 – *fanbloodytastic!*

This is the last time I will remind you of this issue (until next year!). Of course, you can update/renew your membership at any time. Here is how you renew your can do it:

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.

R☆☆☆2's *Fiendish Foodie Facts*

From the kitchen

“Vive la France”, well, with the World Cup and Le Tour de France cycling event, I thought it appropriate to do my variation on a French regional classic. For those of you who know about the tour, the basis for this recipe does not come from Gabriel Gate although he does a splendid daily summary of food of the region the cycling event is being held. It is worth a look, on SBS food channel.

The basis of this recipe comes from one of my favourite female chefs Rachael Koo and her great cook book ‘My Little Paris Kitchen’. Again, if you have not caught her on SBS it is worth the effort. A couple of points: you can make this dish in either a crock-one pot or French oven casserole dish. Secondly, if wine is not worth drinking, it's not worth cooking with. And yes, this is one dish in which I do use wine in the actual cooking process!

Boeuf bourguignon - SERVES 4-6, PREPARATION 45 MIN, COOKING 3 HRS

Ingredients

- 900 g beef shin or stewing beef cut into 6 large chunks plus some stewing beef bones. (stewing beef bones available at butcher or woollies)
- 2 tbs plain flour
- 2 tbs vegetable oil
- 150g lardons or cubes of smoked bacon
- 10 button onions or shallots peeled
- 3 medium carrots, thickly chopped
- 4 medium potatoes halved
- 1½ cups of peas
- 1 small capsicum thickly cut
- 2 cloves garlic crushed flat
- 1 large chilli roughly chopped, seeds in or personal preference
- 1 bay leaf
- bunch parsley, stalks only
- 2 sprigs of thyme
- 2 sprigs of rosemary
- 3 cloves
- 10 peppercorns crushed
- 600 ml red wine (1 glass for the cook, \$5 bottle from Aldi good value or cask \$9)
- 1 tbsp tomato paste
- 1 tsp sugar
- 1 tsp salt
- 1/2 tsp soy sauce
- 1 tsp of vegemite
- 10 chestnut mushrooms
- parsley leaves, chopped, to garnish



Method

Make the stew the day before to give the flavours time to develop. Add the mushrooms before gently reheating (no boiling). Preheat the oven to 150°C or use a crock pot

Dust each piece of meat with flour. Heat the oil in a large casserole over a high heat and fry the meat in batches until browned. Remove each batch, keeping the oil, then fry the cubed bacon, onions and garlic in the same pan until golden brown. Return the meat to the pan. Add 300 ml/10 fl oz water, the wine, tomato paste, sugar, vegemite, soy sauce chilli and salt. Scrape up the caramelised bits as they will add flavour.

Now there is a technical word for wrapping up spices in muslin, alas I have forgotten! Anyway, take a piece of clean (new) kitchen cloth/wipe wrap the spices in it and add to pot. This way you don't have to fish for cloves, bay leaf etc when you serve. Just leave it in the pot.

Cover, place in the oven, and cook for three hours or until the meat is tender and almost falling apart.

About 30 to 40 before the stew is ready, add the potatoes, carrots, mushrooms, and peas into the stew and season with salt to taste.

Garnish the stew with parsley to serve.



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

R☆☆☆2

Scuttlebut

Get all your emails from all your email accounts in one place on your mobile phone.

I have 3 email accounts two private and my secretary@yassmensshed.org.au account. I have been trying to get them all to come to one place (ie one inbox) on my mobile without any success. Telstra who supply the phone were no use, iiNet who provide my email address and my internet were similarly stumped.

Finally, in sheer despair I googled “how to get all emails in one place on a mobile phone” and I was directed to a place called “bluemail” <https://bluemail.me/> It took me about 5 minutes to set up and install all my email accounts and they all now appear in one place – HEAVEN!! In my case I did not need to know SMTP addresses, incoming and outgoing “ports” and all the other techo stuff that normally defeats me – the app works on IOS (Apple?) and Android phones and in my case it interrogated my providers to install all the necessary access codes etc. BLISS!

If you have a need for this kind of benefit, I suggest you might give bluemail a try.

Wayne Stuart

Yass Valley Men's Shed Exercise Group News

Group is sailing along very well everyone seems to be enjoying the time together and friendships seem to be happening. Good numbers and even with lots of people heading north for the winter numbers are stable.

The Group has just made a donation of \$500.00 to AngliCare Winter Appeal.

We had a cleanup and a ball pump up plus some new mats just recently, as long as we can keep getting access to the Center I see no problems arising in the foreseeable future.

Len McGuigan

Birthdays around this time

July

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

August

1/8: Brian Wilson
4/8: Reg Moebus
6/8: Peter Bernasconi, Derrick Mason
10/8: Alex Tewes, Col Nelson
11/8: John Wolstencroft, John Nash,
Michael Poulton
12/8: Warren Hall
14/8: Garry Reynolds, Ruben Larzabal
18/8: Tim Holmes
19/8: Dennis Grieves
20/8: Peter Rooberts
22/8: David Todd, Richard Maxwell
29/8: Tom Kelly, Joey Brown

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).

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.

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.

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