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# YVMS MATTERS

(aka "The Messenger")

Issue No 183; No 8 of 2018

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

**9/2018**

Issued: 1/9/18

**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 and Death are one, even as the  
 river and the sea are one*  
*Kahlil Gibran*

***The Yass Valley Men's Shed has challenged all Men's Sheds around Australia to each donate \$1,000 to the national drought assistance effort. We are donating our funds to our local Lions Club which will pass it on to the Lion National Drought Assistance fund they are running. The benefit of the Lion's solution is that (a) there will be one quite close to all Sheds and (b) they do not have overheads or management fees – so all funds collected will actually go to the people who need the assistance.***

***Any readers who respond to this call by making a donation are requested to let us know that you have done so in order that we can evaluate the effectiveness of this initiative. If it is successful, it could form the basis of future responses to major national disasters so a coordinated national Men's Shed financial response can be mounted. Please let us know by email to [secretary@yassmensshed.org.au](mailto:secretary@yassmensshed.org.au) and include the name of the donor and the amount donated. Many thanks***

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

We have suffered a very bad loss recently in the too early death of Richard Rowan – aka R2. He was a larger than life presence in our Shed and he will be impossible to replace. However, in recognition of the good he did, the influence he had and the entertainment he provided, it is now even more important that we make this Shed successful, welcoming and long-lived so he will not be forgotten.



ws Editor

## *Message from the President - Bob Nash*

Members of the SHED.

Where has the month gone? No sooner I get 1 report out of the way and it's time for another.

Not much to report this month as my mind has been elsewhere with regard the 180yrs Celebration at the Lovat Chapel.

I will be a little lean on attendance over the next couple of weeks as my own project at home gets further underway. It was easy to see how a certain person can get withdrawal systems from a computer, he is certainly making up for it now. HA HA HA.

I hope more members will start coming to the shed as numbers seem to fallen off over the past few weeks. You all know it's a home away from home now, with air conditioning and of course the friendly atmosphere.

To finish up I have to congratulate Wayne the effort he has put into under extreme difficulty with his computer meltdown the "challenge" to the Australian Sheds for the drought relief program.

You are nominated for the member of the month.



Keep on coming to the shed,

Regards BOB NASH President

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

From: **Roger Holgate** <[rholgate3@gmail.com](mailto:rholgate3@gmail.com)>

Members,

I really have to apologise for not having a lot to say for the messenger this month but our time away has been a little different to the usual holiday.

I have previously sent you a photo of a shed cap in a different place.

Here is a hat in a compromising spot.



**Roger Holgate.**

(Editors Note: check Page 7 for the Shed cap reference Roger is talking about. ws)

## ✦ Richard (R2) Rowan (5/7/1949 to 7/8/2018)

Richard Rowan was a complex and contradictory character. He had a full and quite amazing life and chose to live the last part of it amongst us, here in Yass.

He served in the Australian Army for a couple of years.

In his younger years he was a richly talented athlete and Rugby player.

He then went to Uni where he gained extensive qualifications as a psychologist.

He worked as a fisherman catching crayfish off the west Tasmanian coast.

He joined the RAN and served for the remainder of his working life on Patrol boats and did some "secret" research into mine warfare and other specialties.

He moved to Yass in 2009, joining the Yass Valley Men's Shed in June 2010. He became very active in the Shed and was willing to help in any way that he could:

- He served on the Committee for 5 years, two of them as Vice President;
- He "took over" the kitchen and developed it to a fully functioning space with capability to prepare for and serve a 3 course meal for 30 to 40 people (which he did on several occasions). He cooked for guests including the former and current local NSW Member of Parliament, the Yass Valley Mayor and Deputy Mayor, members of visiting Sheds from all around southern NSW etc. We have strange things in our pantry I am sure no-one will know what to do with!
- He managed and cooked for over 25 major events held at the Shed – none of these were simple or easy – he always had food that challenged the Chef and the guest – on many occasions preparations took days;
- For most years since he joined he helped the Shed raise funds by doing "gate duty" at the Yass Show or the Jerrawa Show;
- He was always willing to help anyone who needed it. He assisted two VALMAR members build large dolls houses for their nieces and also decorated those dolls houses with flooring, wall papers and made furniture for each room in those dolls houses;
- He prepared and presented at two of our Community Health Seminars on Anger Management and Self Esteem;
- He represented the Yass Valley Men's Shed at a major Suicide Prevention Workshop held in Canberra – making the case for how Men's Sheds can assist men who might be potentially a suicide risk.
- He provided the rosemary for and laid a wreath (with others) each year for the Shed on ANZAC Day.
- He provided a monthly recipe and kitchen hint for the Messenger.
- He also provided a lot of "below the radar" help to members.

R2 was a very colourful character. He was full of stories about the sea, Navy experiences etc. Did you know that he (as skipper) and a group of Navy Sail trainees under his tutelage, won the Melbourne to Hobart Yacht race – which follows the west and south coasts of Tasmania where all the "weather" is? R2 thought the Sydney to Hobart Yacht Race is for a bunch of sissies!

He also had a very good grasp of the English language and knew lots of words that sometimes surprised and often shocked unsuspecting visitors. Having a voice that could out foghorn a foghorn also meant he could be heard miles away (and often was). He was particularly good at inviting people to leave!

I challenge anyone to find another Shed member who has done this much good and been so good for our Shed in such a short time. I think our Shed will really miss Richard – I know I will!

ws



Super Chef R2 (note the 3 stars!)



Doing what he loved to do



Cuddling the then Local MP



Manning the gates at the Jerrawa Show (each year for 5 years)



Helping our VALMAR members

## *Some responses to the news of R2's death*

**From:** Rowena Abbey (Mayor of Yass Valley)

**Sent:** Monday 13 August 2018

Richard was always a bright light in the Shed (and outside the Shed) who will be sorely missed.

Always working towards ensuring others were being looked after both with his fabulous cooking skills but, more importantly, his support with mental health.

Please pass on my thoughts to the Shed and Richard's family at a tough time.

**From:** Roger Holgate <rholgate3@gmail.com>

**Sent:** Tuesday, 14 August 2018 6:16 PM

**To:** Wayne Stuart <waynestuart1946@gmail.com>

**Subject:** Re: Richard Rowan Memorial

Should the family be at the shed wake please pass on my condolences and apologies for being absent, Richard did think about people and always emailed Marje and I when we were away wishing us a safe trip. He also had a habit of making me a coffee unannounced at the shed and would bring it out to me where ever I happened to be around the shed, I do not know what I did to deserve that but really thought a lot of him for doing that, that is just how he was and the shed was a real outlet for him.

I will miss him as will most of us regulars.

Roger.

**From:** Ray Armour <rayarm80@gmail.com>

**Sent:** Wednesday, 8 August 2018 8:15 PM

Thank you for passing on the sad news of Richard's passing. He has shown great expertise in his cooking and I will miss him in the kitchen. I have become a little closer to Richard recently as we were able to share common hip surgery. Regards Ray.

**From:** Allan McGrath <amcgrath@bigpond.net.au>

**Sent:** Wednesday, 8 August 2018 3:09 PM

Thanks Wayne very sad news... thanks again. Allan

**From:** nic <nic.carmody@bigpond.com>

**Sent:** Wednesday, 8 August 2018 8:50 AM

So sorry to hear Wayne. Please pass on our condolences to all his family and friends.

He will be no doubt missed by all our shed members – Richard was indeed an integral part of the heart & soul that makes our shed tick!

Nic & Carlene Carmody

**From:** Paul Karamaroudis <paul\_australian@yahoo.com>

**Sent:** Tuesday, 7 August 2018 7:07 PM

To Wayne, my condolences on the death of R2 he will be sorely missed. Paul Karamaroudis

**From:** Peter Roberts <robertsp739@gmail.com>

**Sent:** Tuesday, 7 August 2018 5:59 PM

Hi Wayne, Vale Richard, very sad news, he will be truly missed. Peter

**From:** Katrina Hodgkinson <katrinahodgkinson@gmail.com>

**Sent:** Tuesday, 7 August 2018 5:13 PM

Wayne such sad news... I'm sure R2 will have to go down in the annals of history as an "immortal" of the YVMS. Thanks for letting us know. RIP R2. Katrina xx

**From:** Brian Millett <bmillett06@bigpond.com>

**Sent:** Sunday, 5 August 2018 2:05 PM

Hi Wayne, I'm so sad to hear of R2's situation. He is/was an admirable man and is really one of the treasures of our Shed. Best from Brian.

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

### **Recent "apparition" at the Shed**

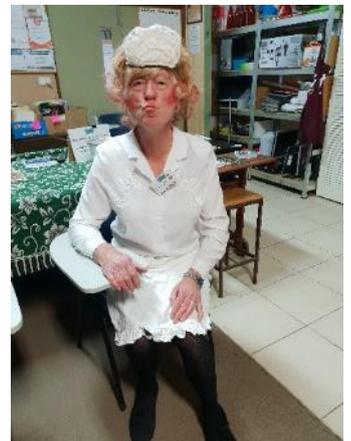
Yass Rep has just completed a very successful season at the Liberty Theatre of the famous comedy "Don't get your Vicars in a twist".

A number of Shed members were heavily involved in this production as actors and behind the scenes people.

Joe Morrissey played two parts, one as a seedy and manipulative Producer/Director and the other as a very attractive maid called Lydia →

He (she?) recently invaded the Shed in drag and this photo was taken before she was shown the door.

The comment loudly shouted in R2 style as she left was "NOT TONIGHT, JO(SEPHINE)!"



### **5 September - First Wednesday Morning Tea – 10 to 11.30am.**

Come along to enjoy Tank's Treats, coffee and conversation, workshop silence and good mates! Not only that, we will be running (in the background) a Powerpoint photo presentation of R2's life before we knew him. This collage of photos was played at his funeral and shines a new light on one of our most interesting members.

### **Safety at the Shed**

There has recently been a fatality at the Camden Men's Shed. We need to look at our situation and assure ourselves we are as good as we can be and safe from any inspection, audit or surprise visit by the "authorities". This, for me, is one of the high priority "projects" we need to undertake.

### **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 as 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 services about to hit the Yass Valley concerning allowing 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 v's Breast Cancer - A Survivor's Story Warts and All".

The details of the night are:

- 7pm, Thursday 18 October 2010
- 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.

## **20 October – YVMS Garage Sale**

We will be taking advantage of the National Garage Sale Trail event taking place on Saturday and Sunday 20 and 21 October. We will be operating ONLY on the Saturday (<https://www.yasstribune.com.au/story/5596992/yass-joins-garage-sale-trail-thousands/>). We know that it is also the day on which the Farmers Market activity takes place and also clashes with the Murrumbateman Field Days, but we think the clientele for the Field Days and Garage Sales might not overlap too much. Grant Johnston is taking the role of chief organiser – although he will need help – so ask him how you might assist. More on this soon.

## *Members' Memories No 4 in an ongoing series*

I have been calling on 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 and R2 are the members, so far, to share. Swamp me with your nightmares and see if we can run this series for the remainder of this year.

Here is one of my experiences that might be of mild interest:

My wife used to work with a lady from another country who on occasions, didn't quite follow the gist of an Australian conversation. She was renowned for getting the wrong end of the stick on many matters some of them resulting in amusing outcomes.

I retired in 2001 and very quickly got tired of everyone constantly asking me what it was like, did I miss my job, colleagues, being "important", do I feel diminished or "lost" etc. I quickly determined that I needed a quick and clear one-liner that would finish that conversation and allow us all to move on.

Accordingly, when asked "what is retirement like?" I would immediately respond: "Fantastic, everyday is a Sunday!!" (hoping they would get the idea, ie: no Monday-itis, Sunday is a day of rest, Sundays often have good social events, family gatherings, outings to the beach, footy, BBQs, club etc etc).

This worked really well until we met my this lady in the street one day (she of the "don't get it" persuasion).

She asked me: "So, Wayne, what is retirement like for you?" to which I responded: "Terrific, (name withheld for privacy reasons), every day is a Sunday".

She immediately came over all concerned, put a reassuring hand on my arm and said: "Oh, Wayne, I am so sorry for you. My father retired last year and he doesn't know what day it is either!"

## Travelling Shed Hats/Caps competition

Black Pete (aka Peter Rooberts) who has deserted us for Adelaide has challenged members to have their photos taken wearing a YVMS hat or cap in interesting places around our wide brown land – or in audiences with Her Majesty, His Holiness, D\*\*\*head Donald, or ScoMo. If you get the audience with ScoMo give him your cap and I will replace it for free – he doesn't like Akubras, apparently).

Here are some early results. I look forward to many more submissions – get creative (Morrissey on the pointy bit of the Black Mountain Telecommunications Tower? Bob Nash playing with his new organ in the Lovatt Chapel? Ken Reidy at 300kmh at Sandown in his FJ? .....



Roger in Townsville sitting on some bloke's knee



Wayne in Narooma



BlackPete's cap in Elizabeth SA. Pete seems to have shrunk a lot and now looks a bit like a rock!



Carey and Atkin on the Darling in Bourke

Come on Chaps, you can do better than this!

## Projects on the go

### Safety in the YVMS

I hope to have news to fill this space in the October Messenger with news of us improving our safety situation for all members. We will need help, advice and commitment from members to achieve any necessary improvements. Get involved, chaps, this is very important stuff for us!

### YVMS Challenge to Men's Sheds to help with Drought Assistance

We have challenged all Sheds around Australia to donate \$1,000 each to the National Drought Assistance effort. We have struck some concerns with AMSA appearing to be not too interested to help us contact those other 999 Sheds, so we have done some things ourselves (radio, facebook, emails to all our Shed contacts etc etc). It seems to be working – but not as well as it might have if AMSA had helped. We have sent AMSA some text for them to use in future newsletters of their own or their other mailouts – will be interesting to see if they have changed their tune.

It is early days, but it seems we can claim something in excess of \$12,000 in confirmed donations and perhaps another \$5,000 to \$10,000 in "promises". Not too bad for an idea that arrived only 3 weeks ago.

Grant has set up a dedicated "Men's Shed National Drought Challenge" facebook page on which we will promote the idea and track donations as they arrive. The address of that page is: <https://www.facebook.com/nmschallenge/> in case you want to send it to your friends, family and others or simply would like to keep track of progress as we hear of it and update the page. Many thanks to Grant Johnston for his considerable efforts in this regard.

Our Shed effort is having excellent results with our Bank Account already showing \$3,135.24 in donations. If you haven't donated, but would like to, the solution is: : WESTPAC Bank, Yass; BSB: 032-771; Account Number: 213983. Make sure that you tag the transfer "drought, your name" if you want us to know who has donated – you can be anonymous if you wish.

## General info and other stuff

### Membership News

Membership is steady at 88. No new members or other “departures” recently. If anyone has forgotten to renew, contact me and I’ll help you out while taking your money!

John Backhouse has started Chemo and reports it is going well. He feels OK and better than he has for a while.

## R☆☆☆☆ 2's Fiendish Foodie Frolics



There will be no more of these, I’m sorry to say. HOWEVER, I am in negotiations with our publisher and if the stars align, the runes are propitious and the entrails are all in their right places, we might soon have a YVMS R2 Recipe Booklet which brings together all the recipes and kitchen hints he has provided for the Messenger over the last couple of years for those of you who would like to have a copy. If you are interested, let me know and it will help us plan numbers for the print run.

## Scuttlebut

### 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 our Drought assistance effort – this group is SOOOO generous!.

### Good or bad news??



## Birthdays around this time

### 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

### September

2/9: Kim Turner  
5/9: Kevin Mitchell  
7/9: Keith Chappell  
9/9: John Pratten  
10/9: Geoff Cubit  
14/9: Rob Barker, Derryn McKay  
17/9: Duncan Waugh  
22/9: Rick Jackson  
24/9: Peter Miller, Brian O’Connor  
26/9: Garry Flaherty  
29/9: Chris Brown  
30/9: Jarrod Saunders

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
- **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.

*Wayne Stuart* 0419 292 022