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

YVMS MATTERS

(aka "The Messenger")

Issue No 184; No 9 of 2018

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

10/2018

Issued: 1/10/18

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: John Backhouse
 Member: John Pratten

 Public Officer: Brian Millett
 Manager IT: Nicholas Londey

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You do not have to be rich to be generous

Anon

The Yass Valley Men's Shed challenges all Men's Sheds around Australia to each donate \$1,000 to the national drought assistance effort. If you want more information, please visit the "Drought Challenge" page on our website <https://www.yassmensshed.org.au/drought-challenge-2/> for updated information and the latest totals of donations made by Men's Sheds from all around Australia: We also have an excellent facebook page - Many thanks

Editorial - from the Cave - Wayne Stuart

I think this month's quote (see above) is pretty apt. Richard Rowan and his family left us a lot of his belongings and we have been disposing of those things over the last couple of weeks. So far we have managed to collect about \$2,000 in sales – not too bad at all. I don't think anyone will have thought R2 was rich – apart from in his friends and his talents. On the other hand, look how generous he has been.

The other BIG issue this month is SAFETY. Roger Holgate makes some very timely comments in his Report and I have also included a specific item on this matter. Safety of our members, protection of the Shed and its reputation is also essential for the ongoing survival of our Shed. We are having a meeting on Safety on Saturday 6 October starting at 2pm. Please make time to come along, hear how we do it and, perhaps, have your say on how to maintain our good safety record and further securing safety in our Shed. Remember, the next accident could happen to YOU!



ws Editor

Message from the President - Bob Nash

Members of the SHED.

A month of mixed emotions with the passing of one of our great members, Richard Rowan, fondly known as R2. We will surely miss the great cooking he would produce on those special occasions, and sometimes not so special occasions. His seafarer's voice not slow to tell you what he thought or where to go. Many a laugh that brought.

Our floor between the containers has been installed, many thanks to all those who helped putting it together. It certainly has been a great asset specially at this time enabling the storage of all R2's household furniture and much more. I am very grateful to his family in the donation of all his assets.

This brings to mind our GARAGE SALE in 3 weeks time and we will need all the members' support to set this up and help run it. The workshop has started to take its new shape with new benches and the relocation of some equipment to make the workshop a much safer place for members to work.

We all have to take real and conscious care when we are around machinery and to watch out for others, it is wise to let the person who is operating the machine do so and not stand around him watching as this could become a distraction and may cause him to stop watching what he is doing thus causing injury.

We will be having a meeting next Saturday at 2pm to discuss things pertaining to Safety in the Shed.

Enough from me as Wayne will fill in all the gaps.



Keep on coming to the shed,

Regards BOB NASH President

Message from the Workshop Manager – Roger Holgate

I am only just getting back into the swing of things after my extended winter absence. Two whole months is quite an absence but that is how it had to be this year.

Big things always seem to happen of late during my winter absence, this year the floor appeared between the containers, last year the glass sliding door appeared inside the front roller door and 1916 saw the "Kay Lemon Room" defined and lined, I think 2015 saw the kitchen area tiled and carpet put down. Big things sure have happened due to the foresight and efforts of our current president, Bob Nash.

In the near future we should see the final rearrangements of the workshop with the original dust extractor being moved out to the new back storage room and machinery repositioned. Hopefully then we can all relax a little and get full enjoyment from the workshop.

There is currently a push on towards workshop safety, in particular the use of personal protection equipment. There is quite a bit of this equipment on hand, some of it has, in the past, been positioned near the equipment as required. Unfortunately a lot of this PPE gets ignored and becomes covered in dust etc, gets left on the bench where it was last used then pushed aside. It is up to you as shed members and workshop users to use this equipment and keep it in a serviceable condition and put away when finished, no one gets paid to do all this so it must be a joint effort.

Fine wood dust is a major health problem, there are dust masks available, there are dust extractors to help combat this fine dust as well as a room dust filter which rarely gets turned on. If you are creating fine dust when sanding etc

please consider all this, fine dust causes long term health problems, not direct injury, any of you who have attended any of our workshop education sessions over time should know all this, if you have any questions in this regard please ask.

Having said this, please enjoy coming to the shed, it is a great place, and I will endeavour to have something more interesting to report next month.



Roger Holgate.

Upcoming events or items of interest to Members

3 October - First Wednesday Morning Tea – 10 to 11.30am.

Come along to enjoy Tank's Treats, coffee and conversation, workshop silence and good mates!

Safety at the Shed – very important issue!

There has recently been a fatality at the Camden Men's Shed. The details surrounding this tragic event have not been disclosed and the Coroner is yet to report. I don't think it is a big leap to anticipate that the Coroner might suggest Men's Sheds might need some kind of pro-active review to ensure that they are as safe as possible for their members.

We have had a look at our situation to assure ourselves that we are as good as we can be and safe from any inspection, audit or surprise visit by the "authorities". We have made a couple of changes and improvements and we will keep a close watch on these things.

Essentially, a detailed review of our policies and procedures has found that we are pretty well served by the current Rules in place. **The BIG point to make about this is that ALL MEMBERS are required to abide by all Rules of the Shed, including safety requirements, by virtue of your undertaking, when signing up, to "abide by the Rules of the Shed".**

Safety posters appear in many places throughout the Shed. We operate a Machine Accreditation regime that works very well and posters about the REQUIREMENT to wear PPE throughout the Shed for various equipment use. This requirement is a most important issue to be followed by members – especially in the Wood and Metal Shops.

It is important for members to realise that if a member does not use the required PPE equipment and suffers an injury, then our Shed insurance might be voided for any personal claim that person might bring.

- **We DO NOT want or need to be heavy about the PPE use issue.** The last thing we need is to lose members because of a "police state" perception.
- **However, we DO need to re-emphasise the need for colleagues to look out for our fellow Shed members.**
- Jack Child has generously offered to take on the role of "Safety Officer" for the Shed and on those occasions when he is at the Shed will circulate, gently pointing out any areas where management or members might be able to do things more safely, thereby helping both members and the Shed itself.

The Workshop management team is looking at the possibility of purchasing more goggles/ear muffs etc and hanging them near all machines where PPE is required to be used. Perhaps members who use machines a lot, might wish to bring their own PPE?

18 October – 2018 YVMS Community Seminar

This will be a most important night for Yass as it will address 3 important issues that should be of concern to community members. 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 now available in 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 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 and reminders.

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.

Projects on the go

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.

Grant Johnston 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 for his considerable efforts in this regard.

We also have a Drought Challenge page on our website. You can find it here:

<https://www.yassmensshed.org.au/drought-challenge-2/>

Our Shed effort is having excellent results with our Bank Account already showing \$3,665.36 in donations. The Nowra Men's Shed has also deposited their \$2,100 collection into our account for convenience – they were happy for us to pay it to our preferred Lions Club "Need for Feed" drought assistance fund. Earlier in the month, we paid \$5,000 into

that Lions fund - \$2100 from the Nowra Shed and \$2,900 from our collections. The reason for this limited payment is that we are restricted to \$5,000 EFT on any one day. We are not sure our collections are completed and are waiting to see if any more moneys arrive before closing off our collection and depositing the final amount.

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

R2's Legacy

I think R2 is still smiling down at us and his dulcet tones telling us what to do are being missed.

Here is the corner of the room now dedicated to his memory, also known as "*R2's Realm*".

We were able to turn on the TV purchased with the proceeds of some of the items he has bequeathed to us on Saturday afternoon. We enjoyed part of the 3rd Quarter of the AFL Grand Final with the sound off – so we could comment, and have our say. It was fantastic!

David Campbell came up to me afterwards and said that it is his view that this has amplified the great times that we experience at the Shed. The opportunity to chat and enjoy a new dimension in our experience at the Shed is another great improvement and very welcome development. R2 will live long at our Shed!



Membership News

Membership is creeping back and now stands at 90. We have signed up a new member in September, Ross Stirton – say hello and welcome him when you see him!

Morrissey's Monthly Malnutrition Mitigator

There will never be another R2. However, life goes on and the need for feed is ever present.

Joe Morrissey has offered to provide a monthly recipe for these pages and promises they will not attempt the heights of culinary exceptionalism that R2 practised, but will, nevertheless, be accessible, relatively simple and very nutritious. My personal sincere thanks to Joe who is bravely taking on this effort and who has saved me from a big hole in the monthly Messenger layout. Here is the first in a long series, I hope:

Couscous Salad.

This is a delicious salad that is actually quite easy to make. It's not as complicated as it looks. It's suitable for vegetarians, and it can be made using gluten free couscous.

The couscous:

1 ½ cups water	1 ½ teaspoons salt
1 ½ tablespoons olive oil	1 ½ cups couscous

Bring to the boil the water, salt and olive oil in a 2-litre saucepan. Remove the saucepan from the heat, stir in the couscous and leave the pan, with the lid on, for 10 minutes. Fluff the grains with a fork, put the couscous in a serving bowl and let it cool completely.

The dressing:

4 tablespoons lemon juice	2 tablespoons olive oil
2 teaspoons sugar	3 tablespoons tahini
1 ½ teaspoons salt	4 tablespoons fresh mint leaves, chopped
1 teaspoon black pepper	4 tablespoons fresh parsley, chopped.

Combine all the dressing ingredients in a small bowl.

The remaining ingredients:

1/3 cup tomato, diced small (0.5 cm)	¼ cup red capsicum, diced small
¼ cup green capsicum, diced small	½ cup cooked chickpeas
¼ cup green beans, cut into 1.25 cm lengths and steamed	
½ cup unpeeled Lebanese cucumber, diced	
½ cup sultanas	½ cup chopped green olives
¼ cup small, roasted peanut halves.	

Mix these ingredients into the bowl with the couscous then add the dressing and mix well.



Enjoy the making and the eating!

Joe

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!

The problem with men..... !



Help needed please: - we need a couple of volunteers to take our Health Seminar and Garage Sale posters around town to hang in shop windows and on public notice boards – let me know if you can help – **PLEASE!!**

Training and Safety Videos

Now that we have the spiffing new TV in the Kay Lemon Room courtesy of R2, I wonder if anyone out there has some workshop training and/or safety DVDs that we can add to our collection? We already have a good wood turning DVD and also a DVD explaining how to use a recent sexy multi purpose clamp that R2 has bequeathed to us.

DVDs on metal work (welding, milling etc would be great and also any DVDs on cabinet making, joints, techniques etc etc would be terrific.

Perhaps someone who knows how to do it might search for relevant online tutoring or training videos (You Tube, or on websites run by equipment suppliers) and make us some DVDs we can use to improve familiarity with our machines, enhance our skills and also improve overall safety in the Shed?

We need to constantly improve the skills of our members and such training aids would be a very good way to use the new TV. Also, if we can run some training videos to underline the need for safety, it will much enhance the security of the membership and also of the Shed. Please see what you can do for us.

BBQ overhaul

Ken Reidy has masterfully overhauled the BBQ to fix the gas leak at the taps. If anyone would like to volunteer to cook the next BBQ, I will extend the info and the invitation to all members. Next Saturday before the discussion on Safety and TV use seems like a good idea? Let me know if you wish to volunteer to show us your BBQ skills. A simple and straightforward event – no frills and a gold coin donation for each serve.

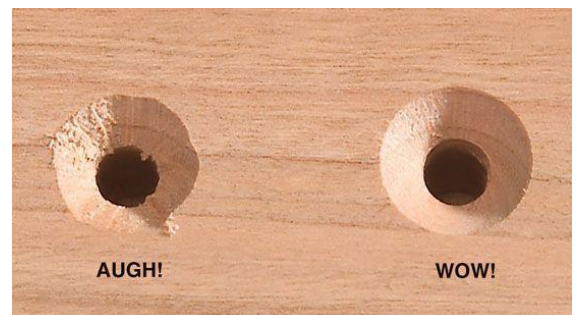
Workshop hint

Smooth-As-Silk Perfect Countersink

Countersink first, drill the pilot hole second. That may sound backward, but it's the easiest way to ensure a perfect countersink. Learn more now.

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Roger Holgate



Birthdays around this time

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

October

4/10: Ian Lumsden
12/10: Norm Leaney
18/10: Daniel Anderson
21/10: Mark Bosma
22/10: Dennis Wicklander, Luke Laundess
23/10: Al Phemister
24/10: Wayne Stuart
26/10: David Coonan
29/10" Warren Dickson, Zac Croker, Ken McNally

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** - normal activity (ie anything anyone wants to do – workshop, coffee and chat, garden, joke telling, etc etc)
- **Thursdays: 1.30pm to 4.30pm** – more of the same
- **Saturdays: 1.30pm to 4.30pm**. – activity same as Tuesdays and 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 or challenging other Sheds to donate to the Drought relief effort. Come along 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