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

YVMS MATTERS

(aka "The Messenger")

Issue No 186; No 11 of 2018

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

12/2018

Issued: 1/12/18

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



Brother
Sheds



NSW Australia

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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

**"He who has not Christmas in his heart will
never find it under a tree." –Roy L. Smith**



Editorial - from the Cave - Wayne Stuart

So, 2018 comes to a gentle end. We have had a mixed year – a lot of great new members and some departures that we mourn – some to the Big Shed in the Sky and others interstate or for other reasons. We miss you all!

Otherwise, we have had an excellent year with the roof project being completed and a floor installed between the Containers, the \$20,000 Grant from the NSW Government allowing us to install aircon and solar panels, the new shed behind the workshop allowing a Workshop reconfigure and removal of noisy dust extraction and compressed air equipment from the Shed, a very successful Garage Sale, R2's bequests raising more than \$3,000 for our coffers, the ongoing income from cans and bottles, a successful Community Health event, the 11 First Wednesday Morning Teas donated by Tank, the reintroduction of monthly BBQ lunches on the last Saturday of each month, a Christmas in July event and our annual Christmas Party next Friday and the list seems endless.

Allow me to thank the Committee, the group of members who attend all the time and are willing to help and all members who come along to make our place pretty damn special. It is a real pleasure to act as Secretary in this place.

This is the last Messenger for 2018 and the first one in 2019 will appear on 1 February (surely you don't want me to drop everything and send you one on 1 January when you are all on the Beach or up to your armpits in BBQs, fishing, or playing with your toys that Santa leaves you for being good boys in 2018).

The last Shed day for 2018 will be Saturday 22 December and the Shed will reopen on Saturday 5 January.



Have a great festive season and come back ready for more of the same (only better) next year!

ws Editor

Message from the President - Bob Nash

Another year has almost passed us by and what a year it has been.

It has been said many times that the SHED should evolve slowly, but during the past year I think we have taken that big step and leaped forward at a great pace. The new store room, the roof over the container, new BBQ area, floor between the containers, lots of new toys for the work-shop and the revamp of the workshop to make it a much safer place to work, and last is the installation of the big screen and the revamp of our meeting area with new chairs and the extra room which selling of the snooker table has made. Our lending DVD library is also continuing to grow.

The next twelve months I think we will go into slow motion with the only things I would like to see carried out being the sealing of the floor between the containers, the relocation of the bending machine and general tidying of our entrance area. Also, in hand, is the building of the outside patio alongside of the machine shop container.

This will I see make us the best SHED around. But having said that it's the comradeship of the members who make it what it is. I am very pleased with the growth of members which stand at 94 but I do wish more of those members would take advantage of the Shed by coming more often than they do.

May every member and their families have a wonderful Christmas together as it is the time of the year to put all aside and that families see the real meaning of the Christmas spirit.



See you all in 2019.

Regards President Bob

Message from the Workshop Manager – Roger Holgate

Well, December is here already, where did the year go? Just over 3 weeks to Xmas and I am still not organised.

I had said that I would organise a couple of workshop familiarisation sessions during November but Family matters have kept me away from the shed for more than 2 weeks, therefore we are not really organised enough to do that, so will have to defer until the New Year.

I will not announce what we have new and what has been changed until all is up and operating to satisfaction.

In the meantime anyone who is not occupied with general operation and maintenance is welcome to do sorting and organising of some of our stocks, this is a never-ending job and always seems to be out of hand. Just talk to me and I can make suggestions. (Polite ones I might add)

Our attendance at Classic Yass Markets went very well again, let us see if some of you can't get some attractive items made up for the Shed to market again next year.

Until next year, I will now wish you all a very Merry Christmas and a happy, healthy and prosperous New Year.



Remember, it is your shed and it will be what you make it, as Wayne says, "If you have a good idea don't drop hints, just run with it".

Roger Holgate.

Upcoming events or items of interest to Members

5 December - First Wednesday Morning Tea – 10 to 11.30am.

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

STOP PRESS!! The potential politician running for our Seat of Eden Monaro, **Fiona Kotvojs** will be here to LISTEN to what Yass people want their Federal Government to do for us here in Yass. Here is her request, again, to remind you:

Fiona Kotvojs <fiona@kurrajonghill.com.au>

Subject: Electorate: Meeting men at Yass Valley Men's Shed

Dear Wayne,

As discussed, I would like to come to Yass Men's Shed and meet those there to introduce myself and discuss the issues that they see for Yass and retired men (in particular), and any other issues they are concerned about more broadly. I don't intend to have a 'political' discussion as I don't consider that would be appropriate.

I have a few ideas about suggestions we might make to her:

- "hurry up and finish the Barton Highway before we all fall off the twig";
- "get serious about climate change – my water tank ran dry in October and is still only just starting to refill after we turned it off and had to revert to Yass Water – not a peasant experience". Surely a Liberal Government could divert the tax payer contribution for new coal mines etc into paying half the installed cost of solar panels and batteries for all homes without solar power and batteries for those who already have panels.

Surely you blokes have some good ideas the Feds could implement on our behalves?

This will be our last chance for a Wednesday morning tea in 2018 and until February 2019 – we always miss January because it is in the middle of the holidays, the Shed is usually closed etc etc.

Friday 7 December – YVMS Christmas Party

Get your bookings in asap please. **Bookings close no later than 5pm Monday 3rd December** so numbers can be finalised and the Golfie advised of those final numbers. Money will need to be paid by that date as well.

Call or email Bob with your bookings (0418 691 423 or bob_nash@live.com.au). At last report I think around 54 bookings have been lodged. That is not nearly enough – lets aim for 60 or 70!!

- Main only \$20,
- Main + Dessert \$22
- bring a friend(s).

Bring your cash to the Shed or, if you want to pay by EFT:

- Bank: WESTPAC
- BSB: 032 771
- Account No: 209175
- Please add your name and descriptor (eg "R Jones Xmas") the amount of the transfer will indicate the number of bookings

Shed opening times over the Christmas New year break.

- The Shed will open for the last time in 2018 on Saturday 22 December
- The Shed will open for the first time in 2019 on Saturday 5 January
- The next 1st Wednesday Morning Tea will be held on **Wednesday 6 February 2019**
- The Next Last Saturday BBQ will occur on Saturday 23 February (the last Saturday in January is the Long Weekend).

IT Challenges for the Shed

We have had our issues in 2018 on the IT front. Hopefully 2019 will see most if not all of our issues resolved. Ross Stirton, a recently signed up new member has offered to help with this challenge and is already in talks with YassIT with a view to improving our capability, including better emailing, email recording/storage and Website management. May thanks to Ross – I look forward to less angst and more fun in 2019.

Projects on the go

Creative Gunning Is an outlet for interesting items for sale in Yass Street Gunning (in the foyer of the old picture theatre a couple of doors back from Baileys Garage).

We have been invited to put some of our wares in their shop to see if there is a market for them in Gunning and surroundings (they get a lot of passing tourist traffic).

Very generously, Creative Gunning has offered us “Corporate Membership” and have waived the usual \$75 annual fee for us – in their words: “in recognition of the valuable work that you do in the community”.

Roger, Clarrie and Alan (Carey) will be taking some items there on Monday (3/12) to see how they are received. There is a **Market being held in Gunning on Sunday 9 December**, why not saddle up and go there for an outing and perhaps pick up some good Christmas gifts?

Here is a bit more info (supplied by Roger Holgate and taken from the Gunning Christmas Markets Facebook Page):

“Gunning Country Christmas Markets

Hosted by [Lions Club of Gunning](#)

Come out to Gunning and buy local for Christmas! Support small businesses and stallholders by picking up your gifts here.

There will be some specialty stalls for Christmas, as well as jams, honey, arts & crafts, children's toys and books available in and around the historic Courthouse.

Plus, don't forget to get a bacon and egg roll or a sausage or steak sandwich from the Lions Club BBQ for breakfast or lunch.



If you make a day of it, Gunning offers historic buildings, great cafes, a few knick-knack shops and a country pub with bistro.”

We are feeling our way with this opportunity and I will keep you informed of progress. If you would like to provide some of your personal creative output for the Shed supplies going to Gunning, talk to Roger. The arrangement is that all private sales will be to the benefit of the Shed member (subject to a 30% fee kept by the Creative Gunning people to help cover operating expenses, insurance, manning the shop etc etc)

Recent events, achievements and activities

YVMS Exercise Group being generous – AGAIN!!

The YVMS Exercise Group has found itself in the black again as we approach the end of the year.

In line with their very generous and caring style, they have determined to share their largesse again with a couple of donations to worthy causes to help with their Christmas Appeals.

This time, the donations of \$300 each will go to:

- The Yass St Vincent de Paul Christmas Appeal; and
- The Vine Church, Yass.

The Photo shows Len McGuigan who is the YVMS Exercise Group coordinator receiving the two cheques from the YVMS President Bob Nash.

On behalf of all YVMS members, many congratulations to the Exercise Group for their continuing generosity and civic commitment.



Exercise Machine going to a new home

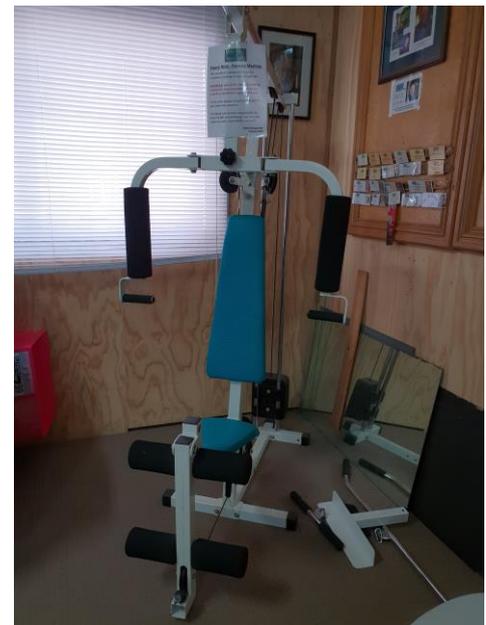
Some time ago, YVMS member Tom van Leeuwen delivered this exercise machine to the Shed for the use of members.

The arrangement was that it was on long term loan for as long as members used it.

One of our members who used it a lot has since died (not from using the machine!!) and other members have not made use of it to the extent that we (and Tom) had hoped.

Accordingly, Tom has now offered it to the Yass High School for installing in their Gym and relevant Yass High PhysEd teachers have visited the Shed, found the machine to be most suitable and arrangements are in hand for it to be removed to the Yass High School.

We thank Tom for his consistent generosity to the Shed and now to the young people of Yass via the Yass High School Gymnasium.



Yass Friday Club presentation

We were invited to make a presentation on the Men's Shed to the Friday Club yesterday (30 November).

There were some 12 Friday Club members in attendance and interest was considerable. Who knows, we may pick up a couple of new members.

The problem with men..... has this happened to you yet?

The man told his doctor that he wasn't able to do all the things around the house that he used to do. When the examination was complete, he said: "Now, Doc, I can take it. Tell me in plain English what is wrong with me."

"Well, in plain English," the doctor replied, "you're just lazy."

"Okay," said the man. "Now give me the medical term so I can tell my wife."

General info and other stuff

Membership News

Membership is trending upwards and now stands at 94. We have signed up two new members in November, Michael Pilbrow who is our 250th member signed up since we kicked off in 2008 and Jeremy Wilson (No 251) – say hello and welcome Michael and Jeremy when you see them!

Fantastic Festive Foody Ideas

We have three offerings this month – many thanks to all contributors, I hope some of you blokes get helpful in the Kitchen and show these women that you, too, have skills they thought were only available to women...

Risotto



This is a simple recipe that can be used all year round. It's great after Christmas because it gives you something different to do with that left-over ham. I know that adding wine to the recipe might seem like a waste. However, it really does make a difference (and gives you an excuse to have a "cook's glass" (or two)). Joe Morrissey

60 ml vegetable oil	1 (medium) onion, finely chopped
2 garlic cloves, crushed	225g (generous) arborio rice
100ml white wine	1.5 litres hot stock *
350g mixed seafood (prawns, mussels, squid rings)	about 50g grated Parmesan cheese
Salt and ground pepper to season	

Heat the oil in a medium, heavy-based saucepan. Add the garlic and onion and cook until soft. Add the rice and stir, until the grains are coated. Be careful not to break the grains. Add the wine and cook over a moderate heat, stirring, for a few minutes until it is absorbed.

The seafood is added here if uncooked. Cooked prawns etc. can be added towards the end to avoid them becoming tough. Instead of seafood you can add asparagus (blanched and cut into 3cm pieces, or diced ham, or mushrooms. In fact, you can add pretty much any "filling" to the basic risotto.

Add 150ml of the hot stock and cook, stirring constantly until the liquid is absorbed by the rice. Continue stirring and adding hot stock as above until half the stock has been used. Add the seafood** and cook for 2-3 minutes. Keep adding stock as above until the rice is cooked. Do not overcook the rice. Add the Parmesan cheese. The risotto should be quite creamy. Season with salt and pepper to taste and serve hot.

*The stock must be hot, otherwise you will cool down the mixture every time you add it. Use fish stock for seafood risotto, and vegetable stock for e.g. asparagus risotto.

The essential feature of risotto is that it is sloppy, and the stock must be hot. Once you have mastered the basic recipe, which is so easy even I can do it, you can experiment with what to add.

Pat's easy Christmas Cake.



- 1kg Mixed Fruit; 600gr Chocolate Milk (can use things like Apricot Juice etc) 2 Cups SR flour
- Mix flour, fruit and milk in a bowl and chill overnight. Cook 1hr 25min at 160deg.

Len

(Editor's Note: I demand every member do this for their better halves this Christmas!!)

Tips to stay healthy over the Christmas season:

- ✓ Remember to exercise. This helps to burn the calories
- ✓ Don't forget the water – Yummy food is hard to resist. Down a litre of water before you devour the treats and you'll feel less hungry,
- ✓ Avoid grazing - It's natural to want to sample the entire spread, however choose a few special foods and enjoy them in moderation
- ✓ Try to resist sampling the entire spread!
- ✓ Watch out for the carbs. Choose either potatoes, pasta or bread, to save your calories for a delicious dessert later.
- ✓ We all enjoy something sweet or salty. Try not to over indulge and don't forget some fresh fruit in your day.
- ✓ Watch your alcohol intake – make every second drink non-alcoholic and remember: **Don't Drink and Drive**

Goodwin's office Mondays, 10-2pm, My Medical Practice, Irvine Square, Yass ph 6175 5650

Goodwin wishes all members of the Men's Shed a very happy and safe Christmas and healthy New Year.



Scuttlebut

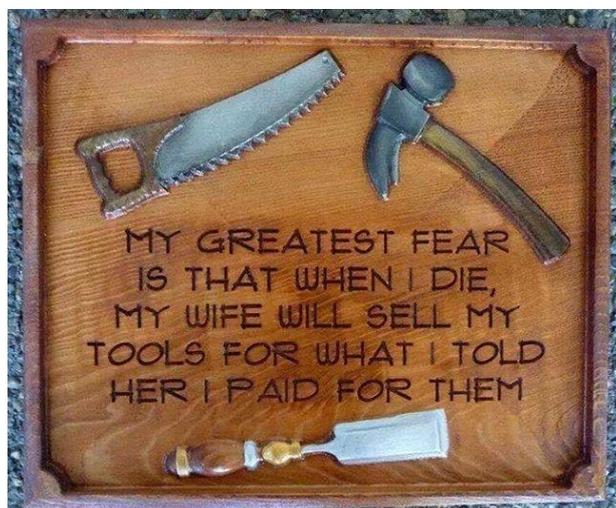
YVMS Shed Management: We re only 3 or 4 months out from our next AGM at which point our entire Committee is due for election. We lost R2 this year and have been operating with only 6 members since then.

I have looked at our current Committee and without wanting to be held to a prediction, I suspect one of our members will retire due to health reasons, our President has already done a 3rd year when our Rules suggest a 2 year stint should be the maximum and most other members are well into their 70s.

It is time for the next generation to step up and help the Shed navigate its next 10 years starting at the AGM in April. Can I suggest all members who wish to see the Shed survive, seriously consider putting your hand up to help manage the place. It is not an onerous or difficult job – it just needs a little commitment and cooperation.

Have a think on this over the next couple of months and see if you can “give back” to the Shed next year.

Workshop hint – come clean before it is too late



Birthdays around this time

<u>November</u>	<u>December</u>	<u>January</u>
13/11: Len McGuigan	3/12 Blake Reid	4/1: Robert Connell
14/11: Bill Dalton	6/12: Andrew Douglas	5/1: Bruce Skillin
15/11: Con Novitski, Chris McHarg	17/12: Ian (MAC) McLean, Laurel Leslie (Fred's wife)	6/1: Robert McGregor
20/11: James Mather	18/12: Bob Frank, Don McCann	7/1: Graham McIntosh
24/11: Peter Hercelinskyj, Al Coney	19/12: Ray Hill	9/1: Rob Dunn, John Backhouse
25/11: Geoff Kell	20/12: Brian Carruthers	12/1: Geoff Frost
28/11: Roger Lawrence	25/12: Fred Leslie	15/1: Phillip Ranyard
	27/12: Russell Hill, David Baxter	16/1: Noel Lymbery
	29/12: Mark Garland, Liam Mernagh (2yo!)	21/1: Stephen Hows
	30/12: Paul Heath	24/1: Bob Small
	31/12: Ben Harvey	25/1: Frank Grace
		28/1: Jack Child

Happy Birthdays, Chaps – and Chapette!!! **Have you noticed our FIRST SIGNIFICANT OTHER appears in December this year? Well done Fred and Laurel!** Have you also noticed that our youngest member (Liam Mernagh) will turn 2 on 29 December? So much for Men's Sheds only being for "old blokes"!

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:** 12.30 to 1.30pm, Shed BBQ hosted by Tim Gee - \$2
- **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. This meeting is only held if there is interest and something to discuss.

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.

On behalf of the management and staff at Messenger HQ, may I wish you all the very best of the season and a wonderful 2019.

2018 has been a mixed year for us – a great number of improvements and milestones met, a good number of fantastic new members joined us and, also, we lost a couple of very important members – both to interstate destinations and also to the ultimate destination that awaits us all.

May the YVMS continue to flourish and it is my sincere hope that we get some new blood to help us carry on successfully.

Wayne Stuart 0419 292 022

