



# THE MEN'S SHED MESSENGER

CO-PATRONS:

COUNCILLOR ROWENA ABBEY, MAYOR OF YASS VALLEY & NIC CARMODY, INAUGURAL PATRON AND FORMER MAYOR OF YASS VALLEY



MESSANGER NO 4 FOR 2014  
SUNDAY 23 FEBRUARY 2014

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>



**The Yass Valley Men's Shed is very grateful for the generous support of the following entities:**

**Yass Valley Council, The NSW Coalition Government, NSW Local Member Minister Katrina Hodgkinson, the Lansdowne Foundation, Yass Rotary Club, Yass Freemasons, Yass Lions Club, Southern Cable Services, Yass Valley Physiotherapy, Yass & District Printing, The Yass Tribune, YassFM, KidsBlitz, Steve Bugden Plumbing, IGA, Woolworths, Touie Smith Jnr, Goodradigbee Bookkeeping.**

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://yassmensshed.org.au/>

If you would like to read last fortnight's Messenger – here is the link: <http://yassmensshed.org.au/wp-content/uploads/113-No-2-of-2014.pdf>

You will find all the previous Messengers in the "Newsletter Archive"  
<http://yassmensshed.org.au/newsletter-archive> – go back and dig out some YVMS history.

**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.

## Calendar of upcoming events at the Shed (or elsewhere)

**Defibrillator and CPR demonstrations** will be conducted by Emma Ritchard of Yass First Aid on **Thursday 27 March from 2 to 4pm**. All members and their guests will be most welcome to attend and learn a bit more about these important subjects. More detail in coming weeks.

**Car Boot Sale at the Shed** will be held on **Saturday 5 April**. Len McGuigan will be organising on behalf of the Shed and Rob Cameron will be organising on behalf of the U3A who are joining with us for the event. Planning for this event will commence immediately – have a clean up and get rid of some of your excess stuff on 5 April! Talk to Len (6226 1549) or Rob (6226 1794) about it if you are interested or would like to help out (it won't happen without help!)

**The YVMS Annual General Meeting** will be held on **Thursday 24 April at 6.30pm**. This meeting will be preceded by a very brief Membership Meeting at which a new Committee will be elected for the next year and which will be endorsed at the AGM.

- Members are urged to nominate for the Committee (7 members) and to nominate a role in which they would like to serve – it is **YOUR** Shed – put something back! Your Shed needs fresh ideas and new directions – the best way to get that is by having new blood on the Committee – it is NOT an onerous or difficult commitment. The last thing we want is for those who have been serving for a long number of years to walk away – too tired or disappointed at the commitment of fellow members to continue. There will be nomination forms on the sign-in table from now on.
- ALL members are warmly invited to come to the AGM and we will have another of our amazing Dinners (already being planned by our Chef Extraordinaire).

**ANZAC Day** (**Friday 25 April**). Richard Rowan and David Staines will, again, place a wreath at the cenotaph in Comur Street on behalf of the Shed at the 11am service. In the week prior to the event, it would be appreciated if anyone having Rosemary growing in good quantities could donate sufficient for a good sized wreath which we will construct at the Shed.

**Every Thursday Night - YassFM Mens' Shed personalities' interviews** –listen in on Thursdays 6-7pm to the Richard Maxwell Drive Show when he will interview an ever changing list of Shed members who will talk about their former working lives, their music interests and also their take on our Shed.

## News Review

### **Containers at the Shed**

The \$10,000 grant funds have arrived in our bank account.

We have also received a letter from the Council which indicates we have approval of our DA application.

Len McGuigan is the coordinator of this project and he will be helped by quite a number of people with the project from now onwards.

At this stage special thanks should go to:

- Len McGuigan for taking on the project as project manager;
- Rob Barker who drew the site plans for us and has continued to liaise with Council on tricky related issues for us;

- **Richard Maxwell** who found and is organising the painting, delivery and placement on our foundations (when built);
- **Joe Morrissey** who is talking to a tame concrete man for us about the required foundations, and, of course
- **Dara Madden** without whose efforts we would not have the money and the whole project would fall over.

We will need significant volunteer help with some of the later tasks – so please help us when the call comes if you can.

## **Another VALMAR production**



Andrew Todd and Richard Rowan have been beavering away on Andrew's latest project.

As you can see, they have made two "whirly gigs" for want of a proper term. These items, when hung in a place where wind or a breeze can find them, are designed to spin very attractively.

I have it on good authority, that if you have time on your hands, you can do much worse than to sit in the presence of one of these things and enjoy it for hours on end.

Well done, Andrew and Richard!

## **Help eradicate Myna Birds in the Yass Valley**

Look at this website for more info:

[http://www.feralscan.org.au/mynascan/pagecontent.aspx?page=myna\\_aboutmynascan](http://www.feralscan.org.au/mynascan/pagecontent.aspx?page=myna_aboutmynascan)

Or contact Ross Webster at [rosswebster@westnet.com.au](mailto:rosswebster@westnet.com.au). Ross can help if you think you have an infestation and you would like to access a trap to help in this eradication program.

## **Important Research Project – please help if you can**



- ***Are you from Western, Northern or Central Victoria, Southern NSW or Eastern South Australia?***
- ***Are you an adult member of a farming family?***
- ***Have you lost someone close to you through suicide, accidental death, homicide or a death by unknown cause or intent?***

The University of New England's Collaborative Research Network, and the National Centre for Farmer Health are seeking male and female adult members of farming families, who would be willing to share their experiences of the death of someone close to them by suicide, accidental death, homicide, or a death through unknown cause or intent.

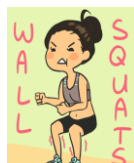
Participation in this research involves the completion of a survey questionnaire and an in-depth conversation, which will be possible via email, telephone or, where suitable, face-to-face. All participants, and any information they provide to the research project, will be treated confidentially.

For more information on the project, please phone Alison Kennedy at the National Centre for Farmer Health on (03) 5551 8587, email [akenne31@myune.edu.au](mailto:akenne31@myune.edu.au) or leave a message at 0499 752 130.

*This project has been approved by the Human Research Ethics Committee of the University of New England (Approval No.HE13-047, Valid to 13/06/2014).*

*"This CRN project is supported by the Department of Industry, Innovation, Science, Research and Tertiary Education"*

## **Tuesday morning Exercise Classes – 11am to noon**



**You, too, can do stuff like this (and look this good while doing it – not to mention afterwards!) The exercises are not stressful and concentrate on balance and core strength.**

**Come along and join us We usually have about a 50/50 men/women contingent. Tell/invite your friends!**

**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, but our normal resources don't cover the extra cost. In recent times this fund would have been helpful for the BlazeAid cooking efforts, to offset some of the BlazeAid boxes costs the Shed absorbed and other good things we do that stretch the budget.**

## **Membership News**

- Membership remains at 93.

## **Congratulations, Commiserations & Informations**

**Richard Saxby** has recently lost his brother who had not been well for some time. Richard also has been diagnosed with some moderately serious heart problems. We empathise with you on your loss, Richard and we wish you well and successful medical treatments that will ensure you return to excellent health very soon.

**The Shed Committee** will (hopefully) be renewed and reinvigorated at the coming AGM. It would be good to have a good dose of new blood when the elections arrive. If you would like to contribute to the management of the Shed, please fill in a nomination form ( a supply of these forms can be found on the table next to the sign-in book) and indicate which function you might like to have. We need new ideas and new energy to keep the place relevant, vibrant and moving positively forward. Do your bit!

**Bill Findley** is about to leave us for warmer and greener pastures. He (and Wendy) are moving to South West Rocks on the mid north coast soon. Come along and catch up with Bill before his dulcet tones and his authoritative pronouncements on all matters relevant and otherwise are lost to us forever.

**Computerised exercise machine.** The Shed has a large fully automated exercise machine that can give you the full range of exercise from a gentle walk on the flat to a hard run uphill. If you need to lose some weight or have a need for exercise but don't have the time or inclination to go running around the hills, this might be for you. Just imagine, you could have completed a vigorous 5km run and be Yass' Biggest Loser while watching My Kitchen Rules! Contact the Secretary to discuss options/possibilities for getting this machine to your place (hire or buy).

**David and Chris Staines** have generously donated a foot massage machine to the Shed. If anyone suffers from sore or tired feet at the end of the day, this might be the answer you are looking for. Ask and you might benefit from the inquiry. Many thanks to David and Chris.

**Many thanks to Allan Carey** who recently and single-handedly removed in a quite short while, the accumulated bird droppings of the many years since the former BP Roadhouse became vacant and which guano had built up on the walls and floor of the front veranda of the proposed Yass Valley Community Centre. Allan finds new ways each week to be a hero all over again.

**Congratulations, also to Roger Holgate** who demonstrated last week his magical skills at turning a lump of uninspiring radiata pine into a beautifully shaped and crafted tulip. If you didn't see it happen before your very eyes you would not believe it. Stand by to purchase some of these beauties for a loved one at the upcoming Car Boot Sale – they will go like hot cakes! Bring your money with you!

**Many thanks to Len McGuigan and Rob Cameron** who are organising the upcoming Car Boot Sale on behalf of the Shed and the U3A. If you need any information or would like to book a site (\$10 each) contact Len on 6226 1549 or Rob on 6226 1794.

***GST*(goods and services trading) OR *Lost and Found*\* - **contact Richard Rowan****

\*(I was *LOST* in my mess but I *FOUND* a solution at the Shed) – NB new items this week in red type.

If you would like to advertise anything: eg, ask for help, seek advice, offer a skill or anything else you can think of that might benefit you or other members, contact Richard on 6226 6839, 0429 980 337 or [richard.rowan@ozemail.com.au](mailto:richard.rowan@ozemail.com.au).

***For sale etc***

**60 litre (2.2 cu ft) GMC Electric Cement Mixer – in good condition \$250. Call 6226 3534**

We have lot of "good stuff" at the Shed (including 4 recently arrived good quality dining chairs and 2 heavy duty plastic recliner chairs for outside use (by the pool etc). Come along, have a look and haggle/negotiate with us - we do great deals! For the right price we will even part with stuff we think we might need!

**Organised Entertainment outings?**

Apparently Dendy (Civic), Palace Cinema (New Acton) and Capitol (Manuka) all screen from time to time direct screenings of major entertainments such as Operas, Ballets and Plays from London West End and the Shakespeare Globe Theatre, Paris Opera and the New York Metropolitan Opera (the Met). Here is the Dendy website as an example: <http://www.dendy.com.au/Promotion/Dendy-Arts-2013-2014-Season>

Joe Morrissey would like to hear if there is any interest in us organising a group to go to specific screenings on selected occasions during the year. If you are interested (in principle), can you let Joe know ([joe.morrissey49@gmail.com](mailto:joe.morrissey49@gmail.com) or 0412 258 300) and if there is enough interest, we will decide how excursions to special events might be organised and managed.



## **Business(es) run by members that you might like to know about and support**

**Llewyn Dowling** has set up a yard tidying and rubbish removal business. Llewyn is reliable, courteous, efficient and does what he says he will do when he says he will do it. His quotes, too, are realistic and good value. Llewyn holds Police Check clearances. **Give Llewyn a call on 0498 120 985** – tell your friends too. I have had some very good feedback from two Yass residents who saw the advert in the Messenger and engaged Llewyn. Both clients are very satisfied and pleased with Llewyn's work.

**David Todd** provides a full garden service (mowing, weeding, weed spraying, edging, pressure washing, clean up jobs, rubbish removal). To do these jobs he has a Bobcat 42' zero turn mower, Honda push mower, Stihl brushcutter, Stihl chainsaws, Honda blower, pole saw, rotary hoe, Honda Spitwater high pressure water blaster/cleaner. **(David will donate to the Shed \$5 per hour when his service is used by Shed members!)** Call David on 0499 055 219 and don't forget to tell him you are a Shed Members so the Shed will get his generous donation!

If any Shed members would like to advertise their business in the Messenger and have their expertise made known to members, let me know. Try to keep the entry to Name, brief description and contact details please.

## **Photos from the Archives**

None this week, I'm afraid, because you lazy sods won't get off your bottoms and have a dig through your family photo collections and bring me a copy – you don't even have to leave it with me – I will simply take a photo of your photo with my phone camera and your precious family memory will travel safely home with you again.

Hopefully this nice little exercise and diversion does not die here and now.....

## **How to outsmart a control freak know it all.....**

A 65-year-old man walked into a crowded waiting room and approached the desk.

The Receptionist said in a very loud voice, officiously playing to the waiting room, 'Yes sir, what are you seeing the Doctor for today?'

'There's something wrong with my dick', he replied.

The receptionist became irritated and said, 'You shouldn't come into a crowded waiting room and say things like that.'

'Why not, you asked me in a loud voice what was wrong and I told you,' he said.

The Receptionist replied; 'Now you've caused some embarrassment in this room full of people. You should have said there is something wrong with your ear or something and discussed the problem further with the Doctor in private.'

The man replied, 'You shouldn't ask people questions in a roomful of strangers, if the answer could embarrass anyone'. The man walked out, waited several minutes, and then re-entered.

The Receptionist smiled smugly and asked, 'Yes?'

'There's something wrong with my ear,' he stated.

The Receptionist nodded approvingly and smiled, knowing he had taken her advice... 'And what is wrong with your ear, Sir?'

'I can't piss out of it,' he replied.

## Don't forget!

### Reward Points at Home Hardware

You can help us a lot by giving the Shed your points when you make a purchase at Home Hardware. Just ask the cashier to "allocate the loyalty points to the Yass Valley Men's Shed". A number of members have made this a regular practice and we have benefited to the extent that we can use the funds to replenish consumables (glues, screws, sand papers etc etc from time to time). Think about it and help us out – please. It IS worth it.

## General Invitation

If you would like to see any additional information in the Messenger or have any suggestions or contributions to make, please feel free to contact me

## Birthdays around this time

**26/1: Geoffrey Fisher**

**11/2: Tim Slattery**

**19/2: Ron McGrath, Ron Barton**

**21/2: Lachlan Brodrick**

**22/2: Jim Wickham, Des Hore**

**4/3 Bob Evans**

**7/3: John d'Arx, Bill Findley, Tony Warren**

**9/3: Ray Armour**

**12/3: Peter Hurley**

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 – this includes Canadians!)

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*Wayne Stuart*

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