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SHED Meeting Times:
9am to 2pm every Monday,
Wednesday & Friday except
Public Holidays.

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Minister for WestConnex,
Minister for Sport.

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SHED MEN AT WORK

In their Community
SHOULDER TO SHOULDER
NEWSLETTER OF THE NEPEAN MEN'S SHED INC.

No:62 - Issued 1st June 2017

Our Pen Put to Use

When His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd) Governor-General of the Commonwealth of Australia and accompanied by Her Excellency Lady Cosgrove visited the shed in April, he was presented with a pen made at the shed.

We have now received an autographed photo of the pen in action along with the following caption:



His Excellency the Honourable Baron Divavesi Waqa MP
President of the Republic of Nauru and Madam Waqa
signing the official visitors' book at
Government House, Canberra
using a pen made by the Nepean Men's Shed
7 April 2017

On the front of the photograph is penned: *Warmest regards
Peter and Lynne Cosgrove*

7th April 2017



For Men's Health Week 2017 communities across Australia come together and create fun and engaging events, promotions and activities tailored to the needs of men and boys.

This year's theme "HEALTHY BODY – HEALTHY MIND: KEEPING THE BALANCE" explores the different ways men and boys are managing to keep healthy, physically and emotionally in a busy

and sometimes challenging world. Find out more www.menshealthweek.org.au/En/Pages/1611cf/2017-Theme-Healthy-Body-Healthy-Mind-Keeping-The-Balance.aspx

And for all you blokes out there and while we are talking about health, have you checked out Spanner in the Works? Also known as **Men's Health Tool Box** it discusses lots of problems that us blokes can suffer. It also suggests what help you can get. There are a few copies of the publication at the shed to have a look at or log into <http://malehealth.org.au/>

Check Out These Sites



Australian
Men's Shed
Association
SHOULDER TO SHOULDER

<http://mensshed.org/>



<https://www.beyondblue.org.au/>



<http://www.49.com.au/>



<https://www.menshealth.com.au/>



<http://malehealth.org.au/>

Dates for the Calendar

01/06/17 Bunnings North Penrith BBQ Team D
08/06/17 Bunnings North Penrith BBQ Team A
15/06/17 Bunnings North Penrith BBQ Team B
**17/06/17 Bunnings North Penrith BBQ ???
Saturday**
22/06/17 Bunnings North Penrith BBQ Team C
29/06/17 Bunnings North Penrith BBQ Team D
06/07/17 Bunnings North Penrith BBQ Team A
13/07/17 Bunnings North Penrith BBQ Team B
25/07/17 Presidents Lunch
21/08/17 AGM
30/9 to 2/10/17 AMSA Conf., Gold Coast
<https://www.dconferences.com.au/mensshed2017/home>

What's On

Check out these two sites.
You could be surprised at what your
local council has on.

**PENRITH
CITY COUNCIL**

<https://www.visitpenrith.com.au/Whats-On/>



<http://bluemountainscitytourism.com.au/whats-on/>



G'Day Shedders,

Well what a busy couple of months we have had. Firstly with the Official Opening of our great shed in March and then a visit from the AMSA Patron-in-Chief Sir Peter Cosgrove.

So now it is time to slow down and take stock of things. Our shed members have now exceeded 100 and so as to share the availability of equipment around, the shed is opening on a trial basis until the AGM in August with a third day each week, being Friday.

Yet more work needs to be done on the shed to get it into good condition. Why just a couple of weeks ago one of the roof downpipes needed fixing. Thanks again to Len Hooke Plumbing for coming to our rescue at a very good price. Also yet another big cost is having the sides of the driveway fixed. More on this in the "Shed Update Happenings" section.

Finally this newsletter, which is number 62 since it's inception, is now going to be published when news is to hand.

Ian Crocker - Editor

WEAR YOUR WORST T SHIRT DAY

We recently had a day where members had to wear their worst t shirt.
Here are some of the contestants.



Supporters

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www.penrithcity.nsw.gov.au



www.veolia.com/anz/



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www.pcsignage.com.au/



<http://fashionfloors.luxaflex.com.au/>



www.facebook.com/lenhookeplumbing/



www.flowerpower.com.au/stores/penrith/



www.facebook.com/GlenbrookButchery/



www.mriceman.com.au/



www.thewesties.com.au/markets/



www.coateshire.com.au/branch-finder/nsw/



sydney/erskine-park/

I've been in many places, but have never been in Cahoots. Apparently you can't go alone, you have to be in cahoots with someone. I've also never been in Cognito. I hear no-one recognizes you there.

I have, however been in Sane. They don't have an airport; you have to be driven there. I have made many trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I am not too much on physical activity. I've also been in Doubt. That is a sad place to be and I try not to visit very often.

I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable, and I go there more often as I get older.

One of my favourite places is in Suspense! It really gets the adrenalin going and pumps up the old heart.

I may have been in Continent, don't know what country it was in, it's the age thing.

Membership Report



Eighteen new members have recently joined our shed and their experience is far reaching. Below is an example of one of our new members.

Biog on Roger Balme (pronounced 'balm');

Trade training as an Instrument fitter was completed in Paris while apprenticed to the French division of ICI (Imperial Chemical Industries).

He came to Australia 40yrs ago and was located at Shell Refining Granville (now a demolished site), then transferred to Caltex Refining at Kurnell. Progressing to the role of Process Instrument Technician.

Before retiring three years ago, he had more than 15yrs with Sydney Water, assigned to instrumentation facilities at their various storage properties in the greater Sydney catchment area.



**THORNTON MARKETS IS MOVING TO A
NEW LOCATION AND NAME**



Thornton Markets **WERE** held on the third Sunday of the month at Thornton Green, Aviators Way, Penrith. Sadly they were closed down in April 2017 until they could find some new grounds.

Welcome to The Westies Markets opening on the 16th July. All of the old attractions will be held on the 3rd Sunday of each month at Nepean Creative and Performing Arts High School, 115-119 Great Western Hwy, Emu Plains NSW 2750. The school is close to Emu Plains railway station.

A SIGN IN A SHOE REPAIR STORE THAT READ:

"We will heel you
We will save your sole
We will even dye for you."

At the Electric Company:

"We would be delighted if you send in your
payment on time.
However, if you don't, YOU will be de-lighted."

Supporters



www.pcs.nsw.edu.au/



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We are looking for sponsors. Perhaps you could help us with material, service and we would even take money. The cost of running this large shed is not small and so any help is appreciated.

This newsletter goes out to over 300 addresses of which over 200 are to other organisations, businesses, university and council. Thank you.

AUSTRALIA'S NASTY THINGS

A few **CRISPY** facts about our fabulous country.



An Australian box jellyfish sting can lead to cardiovascular collapse and death within minutes, making it the most venomous creature on Earth. www.abc.net.au/science/articles/2012/12/13/3653150.htm

Far North Queensland's rainforests host a neurotoxic stinging tree that feels "like being burnt with hot acid and electrocuted at the same time", causing months of excruciating pain. www.australiangeographic.com.au/topics/science-environment/2009/06/gympie-gympie-once-stung%2c-never-forgotten/



Despite being the size of a \$2 coin, Irukandji venom is 100 times more potent than cobra venom. www.themorningbulletin.com.au/news/irukandji-most-venomous-box-jellyfish-kills-faster/1723743/

While Australia has the world's most venomous spiders, there have actually been only one spider bite-related fatality since 1979. Australian spiders have a fearsome reputation, but our

bees typically pose more of a threat. Here are the worst of the spiders

www.australiangeographic.com.au/topics/wildlife/2012/08/australian-spiders-the-10-most-dangerous/



And "oh dear" we have the world's most deadliest snake. The Inland Taipan. But don't worry too much as they are only found in semi-arid regions of Queensland and South Australia (unless of course that's where you are). The most common one that deserves a lot of respect (or avoiding) is the Eastern Brown snake and is the third most deadliest snake. Unfortunately it lives along the coastal regions of most of Australia. <https://en.wikipedia.org/wiki/>



ALL ABOUT LEADLIGHT

Derek Darlow is gathering tools and books for the leadlight group.

So if you are interested in doing a bit of glass work, see Derek.



John told his wife, "I've got a problem."

She stopped him right there. "No Dear, WE have a problem. We're in this together, John. We married for better or for worse - therefore, YOUR problem is OUR problem !!"

John sighed in relief. "Well, now it's hardly worth mentioning."

But his wife was insistent. "Go ahead, John. Tell me what's wrong."

John replied, "Somehow, WE got your sister pregnant !!"

Artwork at the Shed



John Stalling and Michael Collett are two of our resident artists. They have set themselves up in one of the rooms which is also used for the library.

Some fast talking had the

boys out the back make them some desks from a pile of donated ply wood (courtesy of Teardrop Campers at South Windsor).

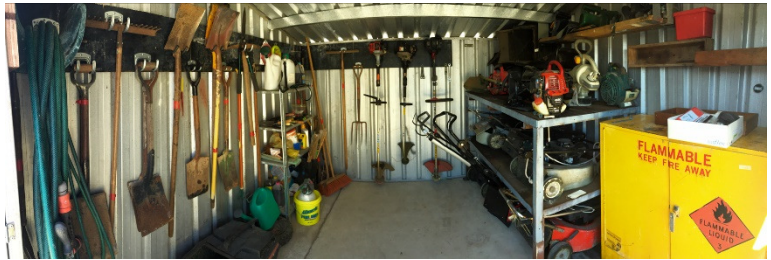
<http://teardropcamper.com.au/>

The sparkie boys supplied some lighting and before you know it, John and Michael have moved in complete with a radio playing soothing music.



Shed Update Happenings

Garden Shed is Completed: Last newsletter we said the old shed began to get a new life. And now it is completed. The bottom has been sealed so that it stays dry, racking has been installed to hold the lawnmowers and hooks attached to the walls to hold a variety of other equipment. With all of this gear out of the main shed it will free up space where more projects can be handled as we now have in excess of one hundred members. Some of the projects in the last year have been 18 billy carts for the local after school care centres, repairing Santa's Sleigh and 28 display stands for the Nepean Art Society. Plus many smaller projects.



Concreting of Driveway Sides: Unfortunately when we had the driveway laid, we did not go all the way to the side of the fence or shed due to lack of sufficient funds. We now find that the sides of the asphalt is breaking away and cracking. So to remedy this it has been decided to concrete the sides. The concrete will be purchased and the laying will be carried out by our own shed members, some of whom have previous experience.



Ken Garbett hired a saw to cut straight edges so the concrete would look nice and neat.



HOW DO WE REBUILD AFTER A CRASH?

We will be having a guest speaker, Col Jennings, on Wednesday the 14th June. Below is a little information.

Most of us have had a major emotional issue in our lives. Some of us have crashed in a big way and have had to find the way back.

What are some of those questions you would want to ask someone who has had the experience of emotional disruption in his life, but also has had experience in caring for others?

INTRODUCTION

Col comes from Springwood in the Blue Mountains. He was employed by Sydney Water for 35 years as a graphic artist and survey draftsman.

On taking redundancy Col became a Health Education employee of the Penrith Living Skills Centre. There he taught art, creative writing and took a Health Education group. While at the Centre Col completed a Mental Health Rehabilitation Course at the Institute of Psychiatry at North Parramatta.

Currently Col is an artist, writer, gardener and he swims for exercise. Col is married, has two children and six grandchildren.



As the hostess at the casino buffet showed me to my table, I asked her to keep an eye out for my husband, who would be joining me momentarily. I started to describe him: "He

has gray hair, wears glasses, has a potbelly ..."

She stopped me there. "Honey," she said, "today is senior day. They all look like that."



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Reader's Own Stories

BELLAMY'S CORNER



When I was a young boy my family lived in Midson Rd, Epping. Not far away from where we lived, and within easy walking distance, was Bellamy's Corner. On this corner was a butcher's shop with a saw dust floor and a grocery store named Mr Bellamy's. It was in the war years and there were coupons for butter and other essential commodities needed for the "war effort." At the back of the shop Mr Bellamy kept sugar and flour in sacks. He'd weigh them out by the pound and you'd take them home in paper bags.

In those days there was very little choice in what my mother used to purchase. There were choices in very few things. You could choose to have boiled lollies, rainbow balls or musk sticks from the large jars on Mr Bellamy's counter and that was about it.

There was, of course, no self service. Mr Bellamy served you with all your requirements. Much to our disappointment things on my mother's shopping list were crossed off because Mr Bellamy was frequently

saying things like,

"Sorry madam we're out of these at present;" or

"I'm afraid they're not available any more.."

Life was a lot simpler then, than it is now. We had a healthy diet, enough to eat and very few people were overweight.

How things have changed! Nowadays whilst shopping in supermarkets we have too much choice. Shopping now can be a stressful experience. Which brand will I buy, which things are on special, which product has the least amount of fat or cholesterol? Every time you go shopping you are confronted with a multiplicity of confusing choices. Oh, the mental strain and the anxiety; no wonder we come home mentally and physically exhausted.

Stress and anxiety caused by too many choices is now in every corner of our complicated lives. It is the same in every aspect of retail shopping. You only have to shop at Harvey Norman or Bunnings Hardware stores. It's the same in communications. Once we had one telephone, we rang someone or they rang us, we paid the bill - end of story. Now it's which mobile phone will I buy, which call plan will I use? These questions go on and on and on.... What sort of a computer will I buy? What kind of television?

Perhaps the worst aspect of this is that older people, when they reach to retirement age, still can't get any peace of mind. Now retirees have to be investment experts or trust their money to managed funds. Retiring, these days, is like walking in a mine field. Now the choices are endless; part pensions, investment properties, shares, annuities and so on.

This multiplicity of choices applies even at the other end of the age scale. When we were kids there were no choices; it was very much take it or leave it. Now you hear parents asking their children questions like, "Well dear what would you like for lunch, would you like this or this or this or this?" It looks like choices are here to stay for good.

There are, of course, some positives in all this. No one would wish to have hard times again like there were in the depression years.; there were few choices then. At least all this decision making shows that times are indeed good. And for us, the older generation, it does help to keep our "grey matter" ticking over to try and make the choices that best suit our lifestyles. This, I guess, is better than having no choices at all. Let's hope it never gets to the stage where retiring is like a monopoly game. In this game we may be told something like,

"Go straight to a **retirement home**, do not pass go and do not collect \$200!"

Michael Collett



ON A PLUMBER'S TRUCK:

"We repair what your husband fixed."

On an Electrician's truck:

"Let us remove your shorts."

In a Veterinarian's waiting room:

"Be back in 5 minutes. Sit... Stay.."

Picture Gallery

