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

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Minister for Western Sydney,
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:63 - Issued 10th July 2017



G'Day Shedders,

Now being well past our exciting great Official Opening and the visit from His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd) Governor-General of the Commonwealth of Australia, activities have quietened down so there is not a lot to report.

I take this opportunity to remind all shedders that the yearly membership fee is now due. The committee has decided to keep the cost at the same rate as the last few years being \$40. This can be paid by cheque or cash to the treasurer or by direct credit to BSB 062-640 Account 1023-0589 (please include your name as reference). If you are not financial by the AGM, you will not be able to vote.

Ian Crocker - Editor

On Wednesday the 21st June we were privileged to have had two guest speakers who spoke about mental and general health as part of Men's Health Week.

The first speaker was Billy Beggs from **LikeMind** Penrith (109 Henry St., Penrith Ph: 8880 8111). They are able to provide a free service that



can help point you in the right direction in finding someone who can help you with mental health issues. And we can all help by just asking others how they are.

Our second speaker was Dr. Mark Graydon GP. He talked about looking after your own health. His talk covered the genetic difference between men and women and the other things that affect

men more so than women. Men tend to neglect their health and don't talk about it with others. And what can we do to increase our life span.

A good place to start could be to have a look at **SPANNER IN THE WORKS?** website.

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

SPANNER IN THE WORKS?



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

13/07/17 Bunnings North Penrith BBQ Team B
20/07/17 Bunnings North Penrith BBQ Team C
25/07/17 Presidents Lunch
27/07/17 Bunnings North Penrith BBQ Team D
03/08/17 Bunnings North Penrith BBQ Team A
10/08/17 Bunnings North Penrith BBQ Team B
17/08/17 Bunnings North Penrith BBQ Team C
21/08/17 AGM
24/08/17 Bunnings North Penrith BBQ Team D
31/08/17 Bunnings North Penrith BBQ Team A
30/9 to 2/10/17 AMSA Conf., Gold Coast
<https://www.dconferences.com.au/>

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/>



Blue Mountains
VISITOR INFORMATION CENTRES

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

Our BIG BBQ Day



Once a year the shed runs a BBQ at Bunnings North Penrith on a Saturday. Now while we are well experienced in doing BBQ's there, a Saturday it is entirely different to the normal Thursday.

I guess in a way we create a rod for our own backs as we did not lower our standards. We continue to serve high quality thick butcher's sausages from Glenbrook Butchery.

Three shifts of teams were created with each doing a three hour stint, that is all except the leader, Terry Bray, who did the whole day. Other players were David Santleben, Colin Johnson, Alan Peek, Ian Crocker, Dennis Comber, Eoin Milne, Michael Manley, Gary Owen, Wayne Connery, Chris Outzen.

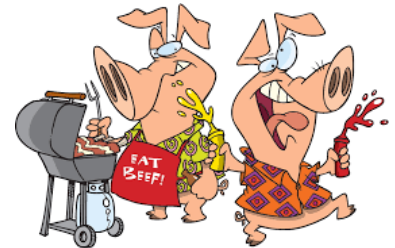


I was scheduled for the second shift from 10:30am till 1:30pm. And guess what, that is the busiest time of all. Now I have been doing a BBQ once a month for the past two years or so and doing the middle shift on a nice fine Saturday is a totally new experience.

Allocated as the onion chef and assistant sausage cook (Colin Johnson was the chief sausage cook), well from the moment I accepted the tongs till being

eventually relieved by the next shift at 1:30pm, neither Col nor myself stopped cooking as fast as we could.

We cooked in that three hours some 36 kilograms of sausages or around 325 of the things along with a small mountain of onions. Now as I said earlier, we create a rod for our own backs in that thick sausages take longer to cook than thin and they also need to be butterflied (cut in half longways) but they are so much better than thin supermarket things.



However, I did overhear one guy say that he had previously ate our snags on a Thursday and while he was not planning on getting a snag today, once he saw our sign he changed his mind. So that shows that a good reputation does have beneficial results.



Now, while Col and myself slaved over the hot plate, Terry and Dennis were run ragged just trying to prepare bread, shove trays under my nose for the sausage and onion, get the drinks and most importantly, take the money.

But wait, the problems were just beginning. By midday we were rapidly running out of sausages, bread and drinks. We thought we had enough for the whole day. So the call went out to Eoin who went to get more. By 12:30pm we only had crusts of bread left but most people were still happy with them. But by 1:15pm we ran out of sausages as well. Where was Eoin? In a traffic jam on Mulgoa road. Anyway he arrived at the BBQ about 10 minutes later and the rush was on to cook, cook and cook. Fortunately at this time I was able to hand over the tongs to the next shift.

I am told that our shedders remained fairly busy until around 3:30pm which then gave them time to start cleaning up before finishing around 4pm.

Funds from the day were finally added up and expenses deducted. The end result was a profit of around four normal Thursday takings. So a very successful day for our shed.

Special thanks to Terry who organised everything. He spent the entire day virtually without a break. He then had to take the eskies back to the shed, wash up the utensils and take the tea towels and aprons home for washing.

Ian Crocker

Supporters

**PENRITH
CITY COUNCIL**

www.penrithcity.nsw.gov.au



www.veolia.com/anz/



www.bunnings.com.au/stores/nsw/north-penrith



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/



sydney/erskine-park/

John & Gwen Stalling's Appeal

Remember last year when John and Gwen visited two very poor schools in Papua New Guinea? They had been saving their pennies so they can return to visit these same schools and are hoping that not just the Nepean Men's Shed members but anyone else or business who could assist. Below is John's appeal.

My wife and I are wondering if you would be able to assist us in collecting and donating desperately needed stationary items to the School Children of Yalumcwa Elementary School on Kiriwina Island in Papua New Guinea. We will be sailing to PNG on a cruise sailing from Sydney on the 6th September, 2017.

The local people who live on Kiriwina Island are extremely poor and their schools are in need of the most basic stationary items like Black, Blue and especially Red Pens, Pencils, Colour Pencils, Pencil Sharpeners, Erasers, Rulers, Maths Sets and other stationary items. Also the other items that the school needs are Whistles for the teachers, Tennis Balls, Soccer Balls, Footballs and Air Pumps to inflate the Soccer and Footballs for sport.



We are wondering if you would be able to help Gwen and I collect some of these stationary items which we can take with us during our next cruise to Papua New Guinea in September where we can donate them on behalf of Nepean Men's Shed to the School Children, Staff and their Families of Yalumcwa Elementary School.



Yalumcwa Elementary School is 10 Km in land from where the cruise ships anchor and as these Islands communities do not have electric power, phones or computers I have written to the Village Elders asking if they could meet with us at the cruise markets on Kiriwina Island so we can donate to them on behalf of the Nepean Men's Shed these much need gifts for their school and community.

With the sale of one of my paintings and the money so kindly donated by Nepean Men's Shed earlier this year we have been able to purchase 2 baseball bats and balls, 8 whistles, and

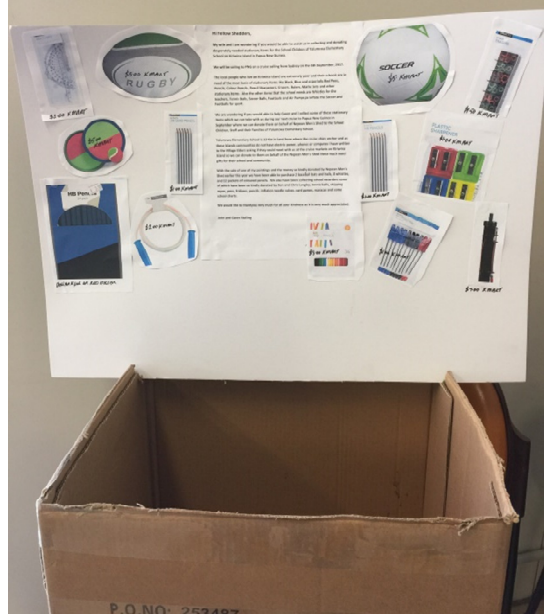
12 packets of coloured pencils. We also have been so kindly donated by Ron and Chris Langley, tennis balls, skipping ropes, pens, frisbees, pencils, inflation needle valves, card games, maracas and some school charts.

Please find attach photos which we had taken during our last visit of the school children, staff and their families from Yalumcwa Village and Yalumcwa Elementary School, the people of Kiriwina Island selling their magnificent hand crafted craft at the cruise markets (this is their only source of income) and some of the needed items, the cost of these items (as you can see that these needed items cost less than what it cost to by a cup of coffee) and from where they can be purchased. I will be bringing in a box to the Men's Shed in which you will be able to donate your donations.

Thanking you very kindly for all your kindness as it is very much appreciated,

John and Gwen Stalling

Collection Box at Shed



Supporters



www.pcs.nsw.edu.au/



<http://pfdframing.com/>



www.wsc.com.au



Rolanda_43@hotmail.com

Your Logo
could be
here

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, council, businesses and university. Thank you.

Dearest Dad,
I am coming home to get married soon, so get your check book out. I'm in love with a boy who is far away from me.

As you know, I am in Australia ... and he lives in Scotland. We met on a dating website, became friends on Facebook, had long chats on Whatsapp. He proposed to me on Skype, and now we've had two months of a relationship through Viber.

My beloved and favourite Dad, I need your blessing, good wishes, and a really big wedding.

Lots of love and thanks.
Your favourite daughter,
Lilly

THE RESPONSE

My Dear Lilly,
Like Wow! Really? Cool!

Whatever I suggest you two get married on Twitter, have fun on Tango, buy your kids on Amazon, and pay for it all through PayPal. And when you get fed up with this new husband, sell him on eBay.

Love,
Your Dad

Gary Owen has been making a segmented bowl over a few weeks by:

Segmented bowl, consists of 10 rings. 9 rings are cut at 15% and there are 12 segments to a ring all glued together, then when dry is turned on a lathe then polished and oiled. Took 9 days at Nepean Men's shed to finish very hard job to do, must have wasted 30 segments trying to get the angles right.



But the question now is, what do we do with it?

After very long debating, suggesting, voting etc., (no we didn't get into fisty fights), an answer was eventually found.

Somewhere in this newsletter lies the answer.

ARE YOU PUTTING PLASTIC BAGS IN YOUR YELLOW RECYCLING BIN?

It's not that used plastic bags, wraps and film can't be recycled into new materials – they simply require a different collection system and processing equipment than many curb side recycling programs provide.

Many people use plastic shopping or other bags to put their other recycling items in before putting the whole bag into the recycling bin hoping to keep the bin clean yet still do the right thing. When that bag gets to the recycling plant the bag, along with the contents are manually removed and sent to land fill (yes, including the contents). Unfortunately some bags that slip through this sorting program can jam up the machinery.

So please don't put plastic bags/wraps/film in your in your yellow recycling bin. These can be recycled at most supermarkets or put them in the RED bin.



David Ongley has sent the following:

We are currently at Cairns for another week before we move on. Completed our tour to the TIP and returned last Sunday back to the Van park at which we are staying.

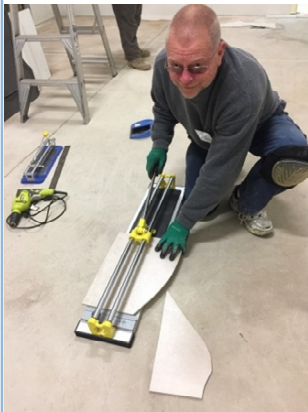
Hope all is well at the shed.



Car Insurance Excuses

- The other car collided with mine without giving warning of its intention.
- The accident occurred when I was attempting to bring my car out of a skid by steering it into the other vehicle.
- I was driving my car out of the driveway in the usual manner, when it was struck by the other car in the same place it had been struck several times before.
- Coming home, I drove into the wrong house and collided with a tree I don't have.
- The indirect cause of this accident was a little guy in a small car with a big mouth.
- As I approached the intersection, a stop sign suddenly appeared in a place where no stop sign had ever appeared before. I was unable to stop in time to avoid the accident.
- An invisible car came out of nowhere, struck my vehicle and vanished.
- I thought my window was down but found it was up when I put my hand through it.
- To avoid hitting the bumper of the car in front, I struck the pedestrian.
- A pedestrian hit me and went under my car.

Shed Update Happenings



Last Shed Room is being Tiled

John Corderoy, one of our new members has done a bit of tiling in his life. We just happen to have one last more room was still raw concrete. Now it also happens that we have been given a stack of tiles quite suitable for the job. The only thing missing was someone who could do the job. Along came John.

Steve Lloyd is assisting in mixing the mud and making sure that John lays the tiles correctly!



Concreting the Northern Side of Driveway

The hot-mix has been trimmed and mesh cut to size, plastic laid so all is ready for the concrete.

6th July and many hands were ready and waiting to wheelbarrow, tip, spread out, float and finally the



edging. Now all that has to happen is for it to set. Thanks to Rod Esdaile and his team for the hard work. Special thanks to Western Suburbs Concrete.



Dust Extraction System at the Lathes

John Malcolmson has been busy setting up a dust extraction for the wood lathes.

localnews

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Men's Shed focuses on emotional well-being and health



By Keegan Thomson

NEPEAN Men's Shed has reaffirmed their commitment to fighting the stigma around men's mental health during Men's Health Week.

Across the 2017 Men's Health Week the team at the Nepean Men's Shed ran the theme of 'Healthy Body – Healthy Mind: Keeping the Balance'.

The program aimed at exploring the different ways men and boys are managing to keep physically, emotionally and mentally healthy in a stressful, busy and sometimes challenging world.

During Men's Health Week, St Clair and District Men's Shed and Nepean Men's Shed planned activities with a particular focus on mental health.

President of Nepean Men's Shed, Mike Siegle, said men often forget to think about their mental health.

"Most guys don't talk about their mental health because men are more prevalent to hide their feelings, compared to ladies," Mr Siegle said.

He said the Nepean Men's Shed offers blokes a place to talk with like-minded people in a safe and open space.

"The Shed is the best thing for any retirees or anyone who has been retrenched. We've got camaraderie, you can have a cuppa tea and forget about the world for a couple of hours," he said.

Offering up some tips, Mr Siegle said the best thing you can do for your mental health is get out of the house and put down the grog.

"The most important thing is to make sure you don't sit in front of the TV for hours on end and you



▲ Members of the Nepean Men's Shed. Photo: Keegan Thomson

don't drink your sorrows away, because that will only further your depression," he said.

"The best thing to do is to get out and about and mingle with people, and the Men's Shed offers that," he added.

Penrith Mayor, John Thain, said the Council is proud to support the important work that the Men's Shed is doing, particularly in relation to mental health issues.

"Council has formed strong connections with the

Men's Shed organisation in recent years and worked with them on a number of projects," said Cr Thain.

"They provide a valuable service to men who need someone to talk to, outside caring friends and family."

The Nepean Men's Shed holds morning tea on Monday and Wednesday, and it open on Friday. The Shed is open from 9 am to 2 pm on those days.

Anyone interested in joining the Nepean Men's Shed can contact Mike Siegle on 0419 628 626.

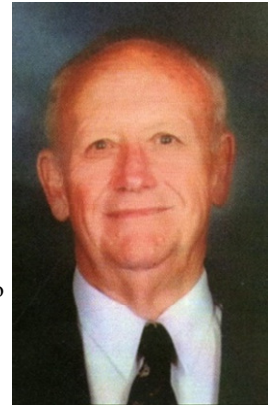
Nepean News 22 June 2017 Issue 203

Jeff Thorne 12 November 1943—12 June 2017

Jeff grew up in Auburn and after finishing primary school, went to Parramatta Boys High graduating with an Intermediate certificate. His Joined NSW Government Railways in 1958 as an apprentice electrical fitter. His future wife Mary went to Parramatta High also (Girls school). After Jeff and Mary were married he accepted a posting to Bathurst which he loved. He Joined the CMF (today's Army Reserve) rising in rank to Warrant Officer. Following his time in Bathurst he moved to Aston Avenue in Penrith where he resided for a number of years.

I first met Jeff in 1977 following the Granville Rail disaster. I along with others from the Nepean Rescue Squad was in attendance at Granville and Jeff was there in his capacity as an Electrical Supervisor for the Railways.

As a result of this meeting, Jeff joined the Nepean Rescue Organisation and following training, was promoted onto the Rescue Squad. I spent many hours in the coming years working with Jeff in numerous rescue situations. Jeff followed me as President of the Nepean Rescue Organisation and was in this position at the official opening of its new premises in the grounds of The Nepean Hospital.



In 1986 in order to obtain promotion within the Railways Jeff accepted a position as Electrical Maintenance Manager Southern Districts and along with his family (Mary and his three girls) relocated to Cootamundra in southern NSW.

Late in 1988 Jeff and the family returned to Penrith and took up residence in Fragar Road. Jeff always had a desire to become involved in training and teaching others and following a couple of short term positions in the Maintenance area he was eventually appointed as Manager of State Rail Training branch.

At this time both Jeff and I were working in similar fields, Jeff for the government and I for private industry. I was spending time at UTS in Training and Development and Jeff was at the University of Western Sydney where he graduated with a Degree in Adult Education.

Jeff retired from State Rail in 1998 not long after his graduation, and continued for some years to write training manuals for the railways as a contractor. In the last 4-5 years it was apparent that Jeff was having problems with his balance and had treatment which now we know, would never have any effect. He was suffering from the early stages of motor neurone disease. Jeff was a big man, with an even bigger voice and he was immensely smart.

As you will gather, I have known Jeff and his family for many years, and it was a privilege and honour to have been asked to speak at his funeral.

Regards, Ken

Our member Paul James has a daughter named Katrina who is runs the Westies Market at Emu Plains High School. A little background. The markets used to be held at another location. Unfortunately they were not able to continue to operate there. A search was undertaken and a new sight at Emu Plains was found. Sheddars, please go along and have a look. We will also have a stall there.

The Westies Market – Emu Plains brings artisanal goods to the Penrith region this winter.



The Westies Market – Emu Plains, previously known as The Thornton Artisan and Farmers Market, gives visitors the opportunity to purchase local produce, original handmade homewares and fashion, and locally made honey, tea, smallgoods and sweets.

The market enjoyed great success after launching in April 2016 as Thornton Artisan and Farmers Market at Thornton Green in Penrith. The market will now take place at Nepean Creative and Performing Arts High School in Emu Plains. It features local makers from the Penrith and Blue Mountains region under one roof, providing a special shopping experience for the community and visitors. After launching on Sunday, 16 July, 9am-2pm, the market will take place on the third Sunday of every month.

Not-for-profit organisation The Westies is the vision behind the markets. Run by Penrith native Katrina James, The Westies mission is to bring quality community events to Western Sydney while showcasing the region. The Westies Market gives local makers and suppliers a platform to sell their goods and provides an accessible event for the growing local community and visitors.

Stallholder applications open Thursday, 1 June on The Westies website
<http://www.thewesties.com.au/>

Launch date: Sunday 16 July 2017, 9am-2pm.

The Westies Market – Emu Plains will take place on the third Sunday of every month from 9am-2pm at Nepean Creative and Performing Arts High School, 15-119 Great Western Highway, Emu Plains NSW 2750.



Reader's Own Stories

Advice from an old retired lawyer

Our grandchildren

An interaction between one of our members and his grandchild has prompted me to write this article.

Before I start, you need to know that the subject is not a pleasant one and my suggestions are a result of my observations of years of interaction with sexual offenders and young child victims.

Before I upset anyone I have decided to start backwards. Please bear in mind these are my suggestions and I am not a physicist or psychologist:

- 1. Do not force your grandchildren to call anyone 'uncle' is unless that person is an uncle.**
- 2. Do not encourage or force grandchildren to talk to strangers if they shy away and obviously do not want to.**
- 3. Do not encourage or force grandchildren to kiss and cuddle strangers.**
- 4. Do not force a kiss and/or cuddle on grandchildren who obviously do not want it. This usually occurs when they are not in the company of familiar people.**
- 5. When out of the home always keep grandchildren in sight.**
- 6. If a stranger, such as I have done speaks to your grandchild in your presence for example in a supermarket queue and the child makes an obvious that she is embarrassed or shy and does not want to talk to the stranger say to the stranger 'she/he is not very good with strangers perhaps speaking to her/him is not such a good idea'.**
- 7. Avoid telling your grandchild secrets where possible. You may want to tell your grandchild that you were aboard a particular present for his or her mother and to not tell mother. In my view the child will feel that he or she can be trusted which is a good thing. But please never say, 'it is our little secret'.**

Reasons

Hopefully I have not upset anyone with my suggestions. Perhaps there are more that you can think of.

While I have undertaken all types of criminal and traffic cases over the years I have appeared in many child sexual assault cases.

There are some general points that come to mind. A typical perpetrator is a friend of the family who has regular access to the child and is usually called 'uncle'. The parents trust the person implicitly. The perpetrator may spend considerable time 'grooming' the child.

The perpetrator can often be a person known to the family who attends the family home regularly. You will be surprised how many events occur in secluded areas of a parent's home. For example the garage.

I have lost count of how many times perpetrator has said to a child 'it is our little secret'.

I will only give you one example of a case in which I acted for a perpetrator who was in his late 50s. He kidnapped a young child from an amusement arcade when her mother was talking to someone else and not paying attention. I am not going into any other detail. The moral of the story is that very nasty things can happen very quickly and without your knowledge.

It is extremely rare that perpetrators are 'dirty old men in raincoats in a park' although I don't mind telling you that my brother and I were accosted in a park. I was about eight and my brother was about five. Thankfully we did not come to any harm. The Police were called.

I am happy to discuss any issues you may have concerning this article on a public or confidential basis.

Chris Outzen LLB

The above is the personal opinion of the author.

Picture Gallery

