



Shed and Postal Address
18 Simeon Rd. Orchard Hills.
NSW 2748

Email:
admin@nepeanshed.org
Web:
www.nepeanshed.org

SHED Meeting Times:
Every Monday & Wednesday
9am—2pm

SHED PATRON
Stuart Ayres MP for Penrith,
Minister for Western Sydney,
Minister for WestConnex,
Minister for Sport.

COMMITTEE
President:
Mike Siegle 0419 628 626
Vice President:
Tony Hudson 4751 4726
Secretary:
Ramon & Christine U'Brien
4754 2972

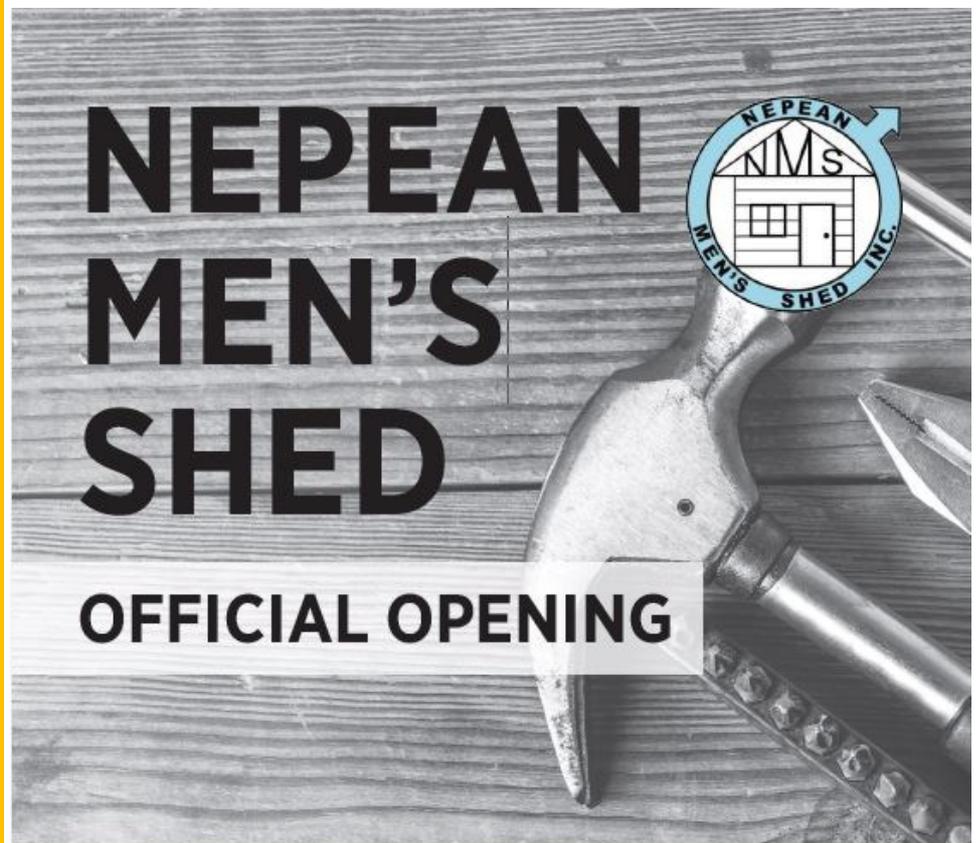
Treasurer :
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Committee:
Terry Bray: 0498 266 892
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Editor of Newsletter :**
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SHED MEN AT WORK

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

January-February 2017



Saturday 4th March 2017
from 10am to 3pm
(Official proceedings at Midday)

We are pleased to invite you to the official opening of our Shed and we wish to celebrate with our community.

All are welcome to come along and enjoy a free sausage sizzle and refreshments on our special day.

Cont. Overleaf

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

16/02/17 Bunnings North Penrith BBQ Team A
23/02/17 Bunnings North Penrith BBQ Team B
02/03/17 Bunnings North Penrith BBQ Team C
04/03/17 Shed Official Opening
09/03/17 Bunnings North Penrith BBQ Team D
30/9 to 2/10/17 AMSA Conf., Gold Coast
16/03/17 Bunnings North Penrith BBQ Team A
23/03/17 Bunnings North Penrith BBQ Team B
30/03/17 Bunnings North Penrith BBQ not us
30/03/17 Bunnings North Penrith BBQ Team C
06/04/17 Bunnings North Penrith BBQ Team D

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/>

Members will provide a brief history of the shed and conduct tours of our extensive workshop and recreation areas. You will also see work being undertaken.

Nepean Men's Shed is looking for new members and we hope many other men will be interested in joining us. Membership application forms will be made available.

Looking forward to seeing you!

GETTING THERE: From Penrith/Kingswood going south on the Northern Road turn left just before the M4 into Frogmore Rd then right into Simeon Rd.

From the M4 exit at the Northern Road turn towards Penrith and then take the first right into Frogmore Rd then right into Simeon Rd.



G'Day Shedders,

Here we are at the beginning of a new year. It has been a slow start after the festive season with little to report so the January newsletter has been combined with the February issue.

Now the BIG news is that our Official Opening is just around the corner. We have now met all of the councils requirements to bring the shed up to their acceptable level. The last of these hurdles should be happening as you read this newsletter. Two of the fixed windows in the front rooms are being replaced with opening windows.

We can then officially open our shed, the largest men's shed under one roof in Australia (to the best of your humble Editors knowledge). So the potential is there to also make it the best men's shed. Our woodworking, metal, toy making, welding, machining and electrical areas have all be set up.

Now to diversify into other areas and there are a lot of things we could do. We have the room and now just need interested members to put forward their suggestions to the committee for approval.

How about some of the many hobbies that some of us have or aspire to have. Already there is a proposal for model trains (see Bob if you are interested). But what about art or cooking or needlework (don't laugh, I have seen some fantastic work done by men). How about model planes or cars (we have a heap of space on the back lawn area). Leatherwork, jewellery making or or or. It is all possible so put your suggestions forward to the committee. You never know, they may be able to help financially.

Now have you heard about the "Appliance replacement offer by the| NSW Environment & Heritage" If you hold a Pension Card or Health Care Card or Low Income Health Care Card or Veterans' Affairs Gold Card you could get a new TV at 50% discount or a new refrigerator at a 40% discount. Old TV must be either Plasma or CRT and fridge must be 6 years or older.

Your editor had an old 28" heavy, electricity guzzler CRT. I am now the proud owner of a 32" Samsung LED/LCD TV. And it was so easy. You apply online and they email you a number and give you a phone number for The Good Guys. One quick phone call and next thing you know, the item is delivered and the old one is taken away. So easy. Here is their WEB address to get you started.

<http://www.environment.nsw.gov.au/households/appliance-replacement-offer.htm>

If you need help, I am at the shed most meeting Days.

Ian

I called an old school friend and asked what was he doing.

He replied that he is working on "Aqua-thermal treatment of ceramics, aluminium & steel under a constrained environment".

I was impressed ...

On further inquiring I learnt that he was washing dishes with hot water ----- under his wife's supervision!

Shed Update Happenings

Shed Gets Lit Up: We were able to qualify for a special price in obtaining some of the latest in LED lighting for the shed. Already our two old, hot, energy guzzling Hi-Bays have been replaced. Next we will start on a number of rows of double 36watt fluro's. Some 40 of these fluro's will be replaced with just 4 of the LED's. All up we should be able to reduce our power consumption (electricity bill) from some 4000 watts to just 840 watts.



So not just good for the shed's finances but also for the world.

Toy Makers Get Their Own Room: Their wish has come true. The Shed's toymakers have convinced the committee that as they contribute a fair bit into the coffers they should be allocated a room. Some of their tools and equipment are specialised and for finer wood work than say carpentry so by having their own space they are able to arrange things as they wish. Also there is lots of space for storage on the shelves.



Many of the toys they make are designed for very young children and being of wood are rarely seen in the shops today.



Stocks are rather low at the moment as we had a stall at the Grandparents Day, Real Festival and also at the Thornton Markets.

Radial Arm Mill and another Metal Lathe: Many thanks are extended to our own member Denis Clunie for the donation to the shed of a couple pieces of machinery. In particular a radial arm mill which we did not have. This piece of equipment will enable those fitter-machinist's amongst our members the opportunity to extend their range of items that they can manufacture.



Denis, a retired toolmaker plus other things by trade decided to get rid of surplus machinery within his own workshop. Along with the mill he also donated a very old but still good metal lathe.

The Railway Comes to the Shed: A few of the blokes decided to pull out of retirement their interest in trains along with some old tracks, engines and rolling stock that have not seen the day of light for many years.

They are hoping to attract more existing and especially new members with an interest in model trains. So come along, dig out the old rails and trains and bring them along to the shed. If enough interest is shown then perhaps a more permanent track could be set up.



Supporters





Getting All Hung Up

The Nepean Art Society approached us late last year to see if we could make them some display stands for their 2017 show. They are after 26 self-standing stands.



The project kicked off with the purchase of the required wood and plywood. Next came the cutting up into the correct sizes. Now 26 stands may not sound that great but there are 22 separate pieces of timber on each stand. So that means a whopping 572 pieces of wood needs to first be cut up and put together. Then the actual stand needs to be made out of aluminium tubing. So quite a bit job ahead of us.



Continued next month.

And Who is This?



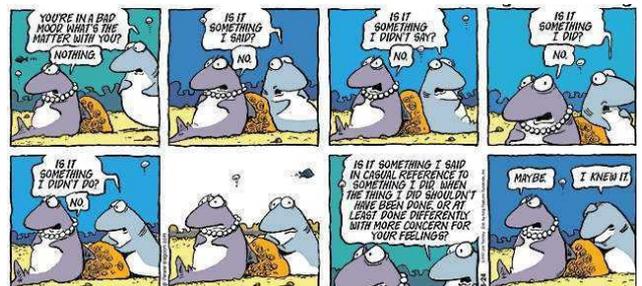
One of our members has a very poor attendance record at the shed leading up to Christmas. And he has been doing the same thing for the last eight years.



Yes it is our own Bob Maynard doing his bit to make Christmas more exciting for children, animals and even some adults.

Bob plays Santa at the Oran Park shopping centre.

The Nepean Men's Shed January-February 2017 Newsletter



THE AMAZING EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

Picture Gallery

