

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
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Mike Siegle 0419 628 626
Vice President:
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4754 2972

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SHED MEN AT WORK

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

March 2017

Official Opening

4th March 2017: Well today was the accumulation of many years of effort started by just a few. The Nepean Men's Shed was officially opened in our very own premises. What an achievement from such humble beginnings to the opening of the largest Men's Shed in Australia, and probably the world.

We were honoured by some special speakers attending our great day. Michael Siegle (President) introduced the following dignitaries. Cr John Thain (Mayor of Penrith),



Tanya Davies (MP for Mulgoa on behalf of Stuart Ayres MP for Penrith), Prue Car (MP for Londonderry), Emma Husar (MP for Lindsay). Two of our very own members, Paul James and John Stalling then spoke about "what the shed meant to them". Finally the Chief Executive Officer of the Australian Men's Shed Association, Mr David Helmers declared our shed open with the unveiling of a

plaque. Cr Ben Price, Cr Kath Presdee and Cr Todd Carney also honoured us with their presence.

During this rather wet day we had 220 or so visitors plus some 45 existing members attended. And a little bit of rain could not dampen our celebration. Visitors were given a conducted tour through our vast shed where different displays and demonstrations took place. In the rear section during the morning some entertainment was provided by the Little Black Ducks

<https://www.facebook.com/Little-Black-Ducks-352872258176194/> and in the afternoon the Silver Fox Barbershop Quartet provided yet more harmony https://wn.com/silver_fox_barbershop_quartet.

A sausage sizzle located out the back area went most of the day along with tea/coffee with cake and biscuits from the servery in the kitchen.

By the end of the day when all was over there were many tired members, some having been at the shed since 8am and some rather wet parking attendants.

But what a great day. More on the following pages.

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

06/04/17 Bunnings North Penrith BBQ Team D
13/04/17 Bunnings North Penrith BBQ Team A
20/04/17 Bunnings North Penrith BBQ Team B
27/04/17 Bunnings North Penrith BBQ Team C
04/05/17 Bunnings North Penrith BBQ Team D
11/05/17 Bunnings North Penrith BBQ Team A
18/05/17 Bunnings North Penrith BBQ Team B
**17/06/17 Bunnings North Penrith BBQ ???
Saturday**
30/9 to 2/10/17 AMSA Conf., Gold Coast

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,

So as you can already see the big day has come and gone. We are now officially open. So now we move onto stage two to make our shed even bigger, in members that is. Talk to your friends, acquaintances, people at the BBQ's and even total strangers when and where the occasion arises. Keep handy a couple of brochures or at least know the web address (nepeanshed.org) to tell them.

A couple of newspapers articles have been reproduced (on the following pages) from the local newspapers concerning our proposed opening, in case you did not see them.

And we need some different interest groups. We already have a wood-burning artist amongst us who is willing to share his knowledge. We recently had the introduction of model trains along with the beginning of a layout. We have a few artists amongst us who could get together. But what about model cars or planes, electronics, book group or maybe just make use of some of the other facilities already there as in the pool table, tennis table, chess set etc.. So lets get cracking and find some more members.

Now we need to send out quite a few "thank you" to many who helped make our opening such a great success.

PC Signage from Batt Street Penrith for providing us with our "Shed Opening Plaque" now proudly displayed in the main meeting room. Have a quick look at the web site and see the fantastic variety of signs, from small plaques to massive display signs or vehicle signage. www.pcsignage.com.au

Len Hooke Plumbing for coming to our rescue very quickly when a water pipe started spurting water out in an ever increasing spray. So if you are looking for a plumber, give Len, a local guy, a call. <https://www.facebook.com/lenhookeplumbing/>

Image Carpets and Blinds for the supply of as a suitable carpet runner for Carpet Bowls. <http://imagecarpetsandblinds.luxaflex.com.au/>

Coates Hire Erskine Park for the supply of three Portaloo's for our big day. Our little septic system could not have handled it by itself.
www.coateshire.com.au/branch-finder/nsw/sydney/erskine-park/

Penrith Christian School for the lend of a hundred chairs and the use of their car park. <http://www.pcs.nsw.edu.au/>

Thornton Markets for the use of six gazebos to protect us from the rather wet weather we have been having of late.
www.thwesties.com.au/thornton-artisan-and-farmers-market/

Blaxland Country Market for the supply of a box of apples and a box of bananas. Shop 8/ 150 Great Western Hwy, Blaxland, NSW 2774

Glenbrook Butchery for helping us with our BBQ sausage needs all through the year and on this our special day. <https://www.facebook.com/GlenbrookButchery/>

A special thank you to **Penrith City Council** and especially Sonia Dalitz for her guidance and patience during all of our shed teething problems and putting up with a bunch of "Grumpy Old Men". She deserves a little reward.

And we cannot forget the efforts by some of our member's wives and partners for manning the kitchen and providing hundreds of cups of tea and coffee along with a great selection of cakes and biscuits.



*Photo of Patricia Crisp, Margaret Carr, Chris Taylor, Bernadette James & Debbie Seigle.
Not in photo Dorothy Bray and Irene Podolski.*

Finally to all of our members. It has been a big effort by many members but especially Michael and all of the committee.

Editor



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BUTCHERY



Rescued Dog Joins Shed: Meet one of our new members, Zoe. Some months ago she was a very timid and scared little girl in a cage. That was until our member Chris rescued her.



Because she was so timid, Chris brought her along to the shed to try and get her more used to people. And it is working. Zoe, while rarely

letting Chris out of her sight, no longer cringes when given a pat.

Now don't get the wrong impression, the shed is not going to start becoming a "dog shed". However, most members have got so used to Zoe that she now has her own shirt (kindly made by Wayne's wife, Maureen).



WE would like to thank Mr Iceman for coming to our rescue with their kind offer to assist us with our ice costs. Every week we need ice for our Thursday BBQ at Bunnings North to keep the drinks and uncooked sausages cold.

So if you need ice, give them a call on 0449 801 248 or call into Unit 67, 37-47 Borec Rd, Penrith.
www.mriceman.com.au

If you choose to become an organ donor, **you must register**. The fact that you have indicated on your license that you wish to be an organ donor can be challenged (by family) so your wishes may not be met.

<http://www.donatelife.gov.au/>

ORCHARD HILLS



Tony Hudson, Michael Siegle and Paul James.

Wait over with new shed set to open

Matt Jones

NEPEAN Men's Shed will launch its brand new facility this weekend, and the blokes can't wait to use it.

Ahead of the opening on March 4, Nepean Men's Shed vice-president Tony Hudson said the men were looking forward to using the new facility to engage in manual crafts such as woodworking, metal working and the restoration of furniture.

"It's an opportunity for us to socialise and learn some new skills along the way," Mr Hudson said.

"It gives us something to do, and we don't have to sit around the house with the wives telling us what to do. I think they're happy for us to get out of the house, too."

Some Men's Shed members are using tools and skills for the first time, and experienced tradesmen mentor them while also honing their own skills.

It is also a place where men can just come together for a chat or two over a drink, if that's all they are looking for.

"It helps both mentally and physically, and you can talk about things you wouldn't normally talk about. It can be real positive," Mr Hudson said.

The shed was opened in 2010, and now has a permanent home, which the members are looking forward to using.

The Men's Shed opening will take place on Saturday, from 10am-3pm, at the new site, at 18 Simeon Rd, Orchard Hills.

THURSDAY, MARCH 2, 2017 | PENRITHPRESS.COM.AU

Community

A place for men to chat and learn

New community organisation to open its doors to local blokes next month

EMILY NEWTON

The Nepean Men's Shed will finally open its doors next month, bringing to an end an emotional and long-running journey.

The Men's Shed will officially throw open its doors on Saturday, March 4.

It is thought to be the largest Shed under one roof in Australia, and will provide 900 square metres of support to local men.

Nepean Men's Shed President, Michael Siegle, believes the Shed will be an amazing asset to the community, having taken over 18 months to complete.

"I've seen all the ups and downs trying to get to this point, and we're finally there," he said.

"Anything good takes a while, and it was well worth the trial we went through."

The Men's Shed Association is the largest men's support organisation in Australia and offers retired or out of work men above the age of 18 a space where they can connect with each other and pass on their skills.

The Nepean Men's Shed is one of three Men's Shed organisations in the Penrith region, the others being Penrith Community Men's Shed at Caddens and District Men's Shed at St Clair.



Nepean Men's Shed members are excited about the opening of their new facility

"We've done a lot of community work that keeps the guys busy which is important, but it encourages people to share their skills and knowledge with each other," Mr Siegle said.

He believes that women generally seem to mingle with others easier than men as they grow older, and the Men's Sheds exist to try to help solve that divide.

"When you finish work you're a little

bit lost, thinking, 'what do I do now,'" he said.

"While you're working or helping, you talk. Most guys down there will admit we talk about everything."

The opening day event, which will include plenty of entertainment, will be held at the Nepean Men's Shed, 18 Simeon Road, Orchard Hills, from 10am to 3pm next Saturday.

Getting All Hung Up

Continued from last month

The Nepean Art Society's display boards are progressing very nicely thanks to the efforts of Tony, Dennis, Gary and Ian. A couple of prototypes have been completed and assembled in the front meeting room ready for inspection.



On the 15 of March the two prototypes were presented by Tony to the Art Society's representatives Maralyn and Joe.

A couple of small alterations were requested but generally they passed with flying colours.

Full scale production of another 26 units can now begin and

hopefully delivery will be in July or August.

Now get to work you blokes because there is a lot of sawing, painting and joining to be done. So less standing around looking at the camera.



Some More of our Opening Day



The two team leaders who made it all possible. Michael Siegle, Shed President and Sonia Dalitz from Penrith Council.



Despite the rainy day, the BBQ team managed to feed around 300 people. What a great effort.



John Stalling and Paul James who spoke about "What the Shed means to them".



The Little Black Ducks provided some great morning entertainment.



Well, it is one of those essential things and our septic system could not have coped. Sorry boys, you use outside.



Paul Mills showing how to do wood burning. Paul did the shed's logo on the front of the lectern.



Debbie Siegle forever supporting the Shed President no matter what the job. Michael, you do the dishes for the next week or even two. Thanks Debbie.



Keith Sharple demonstrated some of the finer points of machining to Cr John Thain and Cr Ben Price.



All seats taken, standing at the back and nearly out the door for the opening ceremony. What a great turnout and lots of interest by the older community.



The Silver Fox Barbershop Quartet provided some great harmony in the afternoon. No instruments, just some great harmony.



The Chief Executive Officer of the Australian Men's Shed Association, Mr David Helmers declared our shed open with the unveiling of a plaque.



And as all members who could attend did, so did our smallest. Zoe, and she brought her rescuer with her, Chris.

Shed Update Happenings



Getting the Lectern made: With the shed's Official Opening coming up, we needed a lectern for our guest speakers. Now we could have gone and borrowed one, bought a new one or even a second hand one. But that is not what the Shed is about. We will make one. It started out as a small old cupboard. Now we are all getting a bit old so some wheels were added. Then the height was extended with some ply, shelves made and also a top sloping shelf. Paul Mills who has made some amazing wood burnings, took the shed logo and enlarged it to produce the front panel.

End result, our own "personalised" lectern. And who got to use it first, yes our President at the Shed opening ceremony.



Not bad from an old bedside cabinet. Our logo on front was burnt into the wood by Paul Mills. The lectern's first official duty was at our Official Opening and looked fabulous. When not in use it will be used in the front entrance and used for "guest sign in".



And the new windows are installed: The very last thing we had to do to meet the council's requirements was to replace two of the four fixed windows with opening windows. These are needed to provide better ventilation to the very large dividable, by way of a sliding wall, room at the front of the building.

The aluminium windows were delivered with a wooden frame around them and as this was not required it had to be removed.



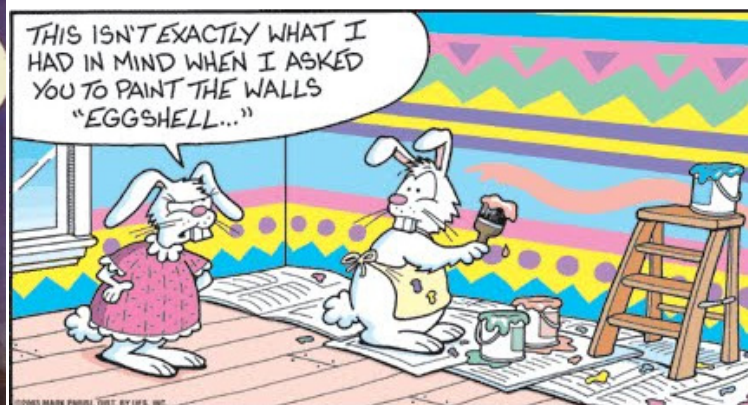
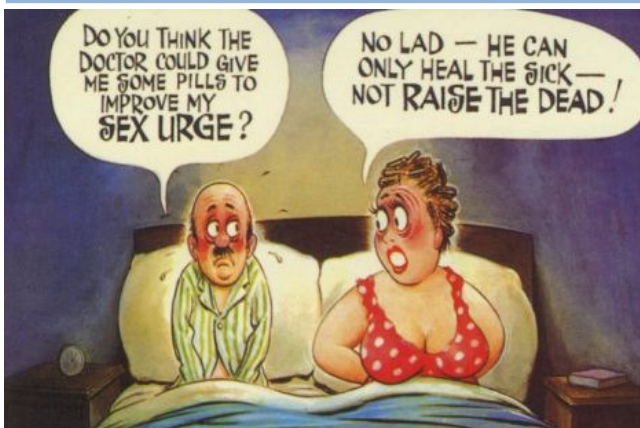
Then the top glass panes of glass were removed from each of the two centre windows.

Next a sealant was applied and finally, with much grunting, the new windows were installed inside the old window frames.

And now to everyone's favourite job. Give the glass a bit of a clean and remove the stickers.



Final result, two opening windows complete with fly screens are finally installed thereby meeting the council's requirements.



Looking for New Members

We have had some great publicity this past few weeks and the Western Weekender's supplement by Penrith City Council has given, not just us but all Men's sheds, a plug.

We are also lucky that the photo used was from the Real Festival trial run where Nepean Men's Shed made the "pallet" furniture used for the festival.

Penrith City Council - Community Newsletter » Friday, March 17, 2017



Deputy Mayor, Councillor Tricia Hitchen with members of Nepean Men's shed showing off pallet furniture made for the Real Festival 2016.

DO YOU KNOW ABOUT THE MEN'S SHEDS IN PENRITH?

Since 2010, Council officers have been working to fill a gap in local men's services - the provision of designated gathering spaces for men - or, as it has become known, the 'Men's Shed movement'.

Now the Penrith area boasts three active local Sheds!

St Clair and District Men's Shed Inc currently meet at the Autumnleaf Neighbourhood Centre and are also presently working with Mamre House to establish a workshop facility there.

Penrith Community Men's Shed meet at the Penrith Baptist Church at Caddens.

The Nepean Men's Shed have recently opened what is thought to be the largest shed under one roof in Australia,

at 18 Simeon Road Orchard Hills.

The Men's Shed's movement offers all males over the age of 18, regardless of their circumstances, a space where they can connect with each other and pass on their skills. Their motto is "Men don't talk face to face- they talk shoulder to shoulder".

A major report by Beyond Blue into the benefit of Men's Sheds in 2013 found that Men's Sheds help men cope during significant life changes such as retirement, and are ideally placed to have positive impacts on the mental health and wellbeing of their members.

Council is proud to have these social assets running in our local community and will continue to be involved in supporting them into the future.

So if you or some bloke you know is looking for something to do, think of joining a Men's Shed.

PC Friendly Training Courses

We have been donated quite a lot of PC Training Disks containing easy to follow lessons for Windows computers. Now while these courses are for Windows 2000 and so not quite the latest, they do contain a lot of the basic principles still in use today.

So if you are new to a PC and want to learn, give them a try.

The Mrs and I have been married so long, she can finish my sentences for me. She also starts most of them and supplies the middle bits as well.

Economics is not that difficult if we have the right examples.

Interviewer: What is Recession?

Candidate: When "Wine & Women" get replaced by "Water & Wife", that critical phase of life is called Recession!!

Accountancy fact:

What is the difference between Liability & Asset?

A drunk friend is liability.

But,

A drunk Girlfriend is an Asset.

These were results for an Ozwords comp where entrants were asked to take an Australian word, alter it by only one letter, and supply a new and witty definition.

You'll need perhaps to be an Australian to understand.

- * billabong: to make passionate love beside a waterhole
- * bludgie: a partner who doesn't work but is kept as a pet.
- * dodgeridoo: a fake indigenous artefact.
- * fair drinkum: good quality Aussie wine.
- * flatypus: a cat which has been run over by a vehicle.
- * shagman: an unemployed male roaming the Australian bush in search of sexual activity.
- * yabble: the unintelligible language of Australian freshwater crustaceans.
- * bushwanker: a pretentious drongo who reckons he's above average when it comes to handling himself in the scrub.
- * shornbag: a particularly attractive naked sheep.
- * technicolour lawn: the front yard after a rave party.

Picture Gallery

