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

**SHED PATRON**  
Stuart Ayres MP for Penrith.  
Minister for Trade, Tourism  
& Major Events:  
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.

**November 2016**

### G'Day Shedders,

Well here we are nearly at the end of another year and what a busy year it has been. At the beginning we were in the early stages of preparing the shed by not just cleaning it up but doing some very major work in order to meet requirements so as to make it our permanent home. Thanks to a number of very generous grants we have been able to fully pave the carparks and driveway, repair the roof, install smoke/emergency lighting, create an ambient toilet, landscape the front and back lawns/gardens and many many other smaller jobs.

Not forgetting all the effort in fund raising from manning the weekly BBQ at Bunnings to making toys and other items for sale at different locations during the year.

On top of this we have been involved in a number of community projects of which the two largest one have both culminated in the last couple of weeks and being Grandparents Day and the Real Festival. But more on these two events later.

Now it is time to finish off some old jobs, take a well earned break over the coming weeks and then in the new year get back into it.

And as this is the last newsletter before the new year I would like to wish all of the blokes and their families an enjoyable Christmas and a great New Year.

And finally a reminder that the shed will be closed between the 22/12/16 to 3/1/17.

Editor

## INVASION

We were invaded by eleven members of the St.Clair Men's Shed on Wednesday 16th November. They came for morning tea and a look-see at our shed.

Currently they meet at the Community Centre at St.Clair but will soon be moving into a shed located at Mamre House located at 181 Mamre Road, Orchard Hills.

They have a membership of 25 but hope that once in their new premises, others will soon join. For further information, phone Tony on 0408703091 or email Andrew on [elaine.moody@bigpond.com](mailto:elaine.moody@bigpond.com)

## 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/>

## 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://bluemountaincitytourism.com.au/whats-on/>

# A Pain In the Back

Keeping a big group of "grumpy old men" quiet for 40 minutes happened when we were visited on the 14th November by Jason Wheeler and his friend Toby. Jason is a qualified physiotherapist currently completing his Masters degree in musculoskeletal physiotherapy. He gave up his time to talk to us about back pain.



Some interesting things were discussed including 80% of people experience some form of back pain in their life, especially as they get older. We also get shorter with age. He talked about the different types of pain caused and how a designed exercise program can often give very good relief to pain or lack of movement.

Jason has stated that he is willing to visit our shed on a regular basis to discuss different issues and even help with a personalised exercise program. A small fee may be charged at Jason's discretion.

A most informative talk. Thank you Jason and Toby. Should you like further information call Jason on 0408 168 948 or email him at [jasonlwheeler@gmail.com](mailto:jasonlwheeler@gmail.com).

Jason currently operates from Norwest and Penrith or will come to your home if required.

## Tools Explained

**BELT SANDER:** An electric tool used to convert minor touch-up jobs into major refurbishing jobs.

**HACKSAW:** One of the family of cutting tools built on the Ouija board principle...It transforms human energy into a crooked, unpredictable motion, and the more you attempt to influence its course, the more dismal your cutting becomes.

**VICE-GRIPS:** Generally used after pliers to completely round-off heads. If nothing else is available, they can also be used to transfer intense welding heat to the palm of your hand.

**OXYACETYLENE TORCH:** Used almost entirely for lighting various flammable objects in your shed on fire. Also handy for igniting the grease inside the wheel hub out of which you want to remove a bearing race.

**TABLE SAW:** A large stationary power tool commonly used to launch wood projectiles for testing wall integrity.

**HYDRAULIC FLOOR JACK:** Used for lowering an automobile to the ground after you installed your new brake shoes, trapping the jack handle firmly under the bumper.

**TWO-TON ENGINE HOIST:** A tool for testing the maximum tensile strength of everything you forgot to disconnect.

More Next Month

# Shed Update Happenings

**The Loo:** Many months of part-time work mainly by Gary Blowes, to construct a new loo. Helped by Dennis Comber, tilling by Peter deRonde and other work by Ken Garbutt. Gary we found out is also a fair hand with the paint brush and door, skirting etc. now matches the rest of the building. The ambient toilet is now completed.



*Photo of Garry "on the throne".*



**Tiling** of the front two rooms and rear room has been completed. While this was not a necessity it did solve the problem of storing a big pile of tiles. This now leaves the third and fourth rooms as the only ones that do not have tiles within the front section of the building.

Once tiled the rooms are much easier to sweep and mop.

**Gardening** is the order of the day. The vegetable garden is in full production and some of the plants have already been harvested. Jim Collier is kept busy giving the plants a drink. Ramon U'Brien and Warrick Tafe??? Been busy in the front garden planting echidna grass between the windows. In front of the windows grevilleas will be planted.



The front bank which is quite steep and difficult to mow has been poisoned and wood chip is being spread out. Netting will be put down to hold everything in place. Finally a number of grevilleas will be planted.



**Some new equipment:** A new woodworking lathe to compliment the existing one and they have been allocated their own area so as to keep dust and shavings along with the noise somewhat contained.

Also a new thicknesser to replace the old and very noisy one.



The shed now has a very good selection of tools that many other sheds would be envious. Very few of these machines, excepting the last two just mentioned, were purchased. Some were already in storage before we moved into our large premises and the rest have mostly been donated from both some industries and households. Many required repair, sharpening or re-wiring before they could be safely used. This was all achieved by some of our very skilled members.



## Supporters

**PENRITH**  
CITY COUNCIL

**BUNNINGS**  
warehouse

**VEOLIA**

**Flower Power**  
GARDEN CENTRES

Continued from last month.

### John & Gwen Stalling's "School Children of Yalumcwa Elementary School on Kiriwina Island and the Elementary School on Kitava Island in Papua and New Guinea" project.

As reported last month, John and Gwen Stalling made an appeal to fellow shed members for stationery and other items for them to take on their next trip to PNG (see October's newsletter).

The rather large result was handed over to John on the 9th Nov. to take with him on their next trip departing on Tuesday.

Such has been the response that John has had to find an extra large suite case plus any other free space in their own cases to take all of the things which comprise: 347 pencils, 17 packs coloured pencils, 306 pens (130 black, 123 blue & 53 red), 1 pack 20 gel pens, 1 pack 30 colour markers, 8 erasers, 71 pencil sharpeners, 19 rulers, 4 ruler sets, 3 maths sets, 2 chalk & dusters sets and 1 pack chalk, 36 exercise books, 6 reading books for early childhood, 6 homework helpers & basic skills books, 4 how to draw books, 67 tennis balls, 5 skipping ropes, 1 flying disk, 4 whistles, 2 soccer balls, 4 footballs, 2 air pumps, 2 packs needle valves for pumps, 16 Panther caps, 24 tooth brushes and finally 16 inflatable Bunnings hammers.



And even Penrith Press got wind of the appeal and sent along a photographer and reporter. The following scan is from the issue dated Thursday November 10th.



## Dates for the Calendar

01/12/16 Bunnings North Penrith BBQ Team A  
08/12/16 Bunnings North Penrith BBQ Team C  
09/12/16 Christmas Party at the Shed  
15/12/16 Bunnings North Penrith BBQ Team B  
22/12/16 Bunnings North Penrith BBQ Team D  
22/12/16 to 3/1/17 Shed Closed  
12/01/17 Bunnings North Penrith BBQ Team A  
19/01/17 Bunnings North Penrith BBQ Team B  
02/02/17 Bunnings North Penrith BBQ Team C  
09/02/17 Bunnings North Penrith BBQ Team D  
30/9 to 2/10/17 AMSA Conference, Gold Coast Q

## NEW Members

**We welcome the following new members to the shed.**

**Rodney Esdaile**

## SANTA'S SLEIGH OVERHAUL

Continued from last month.

Joe Guiana and Kevin Saunders along with some other helpers have been hard at work. Firstly the running gear (chassis separated from the seating).



Then the wheels removed and bearings serviced. The chassis was cleaned of rust and grease, primed and finally painted gold.

The seating was sanded back and then undercoated.



The inside parts undercoated in white and when dry, the entire inside masked off with plastic sheeting. Now the outside is sprayed green.

The horse draw bars (not shown in photos) is also undergoing restoration.

## 2016 Grandparents Day Project “Billy Carts”

Continued from last month.



The BIG day arrived and 18 decorated billy carts were lined up in the pits ready to roll out to the starting gate. Many little faces and old were eager to start the races. Race after race was conducted and still the children hauled the carts back to the top of the hill for yet another go. The carts were a really new experience for many. Much fun was had without the need of batteries.



Business was brisk at our BBQ tent with free sausage sizzles for all. Our other tent also did a brisk trade with selling some of the toys and other items that shed members had made.

Also on offer was such “old type” entertainment as “egg and spoon race” and “sack race”. Again many of the children had never done such a thing.

The Mayor John Thain came along and gave a short speech.

More importantly, the children seemed to have a really great time.



## Penrith Real Festival and Pallet Furniture Progress Report

Continued from last month.



The festival got underway on Friday 4th Nov and went through to a very windy Saturday afternoon. For a first time effort Penrith Council did a really good job and now with some experience “under their belt”, future festivals will be even better.

The pallet furniture was a great success and some of it was also used as a backdrop behind the stage.

Our pergola survived the wind and our “toy makers” had their wares available. And the good news is..... **they sold the frog.**



The Frog's New Owner

Finally, Penrith Council have sent us the following email.

Just a quick note to say thank you for all of your hard work leading up to, and over, Real Festival. The pallet furniture looked amazing in our dining area and the stage backdrop worked perfectly. I have attached an image of the Costa Georgiadis in front of your Enviro Stage backdrop. I hope your Market Stall was successful on the Saturday and that you were able to enjoy some of the other aspects of the Festival. We have estimated attendee number to be close to 20,000 over the two days and are already planning for next year's event.

Again thank you to your whole team for their assistance with this year's event and we look forward to working with you again in the future.

Warm regards,  
**Shelley Broadbridge**  
Temporary Events & Administration Assistant

# This is my life - Peter Crisp

Peter was born at Tenterfield NSW in 1939 where his father worked on a farm before moving to Port Macquarie to manage a pineapple farm, however, the war interrupted, the markets closed and therefore so did the farms. His mum and dad then became warders checking everyone at night time had blacked out their homes and in the daytime they watched for enemy submarines trying to get into Port Macquarie.



After the war years the family moved to Bankstown where Peter started his schooling and went through to finishing high school and gaining an apprenticeship as a motor mechanic initially on tractors and fork lifts and later on cars and trucks.

Peter became a competitive tennis player and developed a interest in photography which remains his hobby today.

When he was 23 he decided to branch out from being a mechanic and went to become a travelling salesman for various companies

calling on hardware stores with his wares.

Unfortunately he had a bad car accident at 58 years and could no longer cope with the driving involved. He managed to get an internal job with the "old faithful Bunnings" [sic] where he remained for ten years before retiring.



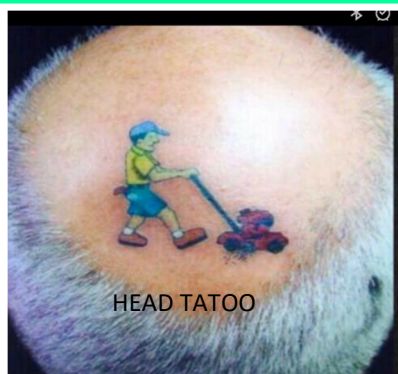
*One day I was working in the front yard and this chap pulled up with his wife to deliver meals on wheels next door. He started talking to me and asked "what do you do with yourself, why don't you come around to the men's shed?". I went and checked it out (this was 2012) and I have been going regularly ever since.*

Peter is a handyman type and loves making different items and tackling projects. He has also enjoyed some interesting shed outings and likes helping the community and other shed members.

Peter married Pat some 47 years ago and they had two boys and now seven grandchildren.

*We have been very fortunate the way that the shed is improving for us and Penrith Council has played a major part in this. So hang on tight and come for a ride with us. Peter*

An unmarried man wrote his status on face book as:  
"Unmarried... Wife wanted."  
2 girls liked it  
And 140 men commented,  
"TAKE MINE."



Winston Churchill loved paraptosdokians, figures of speech in which the latter part of a sentence or phrase is surprising or unexpected.

- \* If I agreed with you, we'd both be wrong.
- \* Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- \* I didn't say it was your fault, I said I was blaming you.
- \* Women will never be equal to men until they can walk down the street...with a bald head and a beer gut, and still think they are sexy.
- \* Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
- \* I'm supposed to respect my elders, but now it is getting harder and harder for me to find one.

# Picture Gallery

