

Shed and Postal Address
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NSW 2748

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nepeanmshed@gmail.com

Web:
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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.

COMMITTEE
President:
Mike Siegle 0419 628 626
Vice President:
Tony Hudson 4751 4726
Secretary:
Les Harrison 4731 4140
Treasurer :
David Ongley 0417 238 250
Committee:
Terry Bray
Paul James 0427 284 355
Eoin Milne 0415 687 718
Public Officer :
Bob Maynard 0411 247 886

**Web Master &
Editor of Newsletter :**
Ian Crocker 0412 140 449
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SHED MEN AT WORK

In their Community
SHOULDER TO SHOULDER
NEWSLETTER OF THE NEPEAN MEN'S SHED INC.
October 2016

G'Day Shedders,

Here we are again at the end of another month and fast approaching the Festive season and warm weather.

And just a reminder, all Shed members are also photographers and reporters. So if you are involved with a project, event or whatever that could be suitable for the Newsletter or WEB site, please email the photos along with a short story to me at : editor@nepeanshed.org.

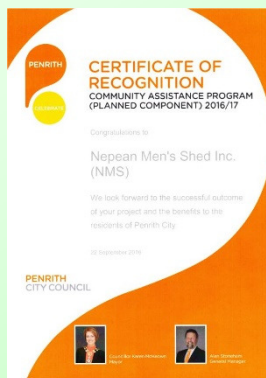
And finally, if you are a "orthographer" and you find a speling misstake, then I am sorry.

Cheers,
Ian Editor

Community Assistance Program Presentation 2016

22nd September 2016. Ramon U'Brien and David Ongley representing the Nepean Men's Shed attended a PCC "Community Assistance Program" presentation at the Penrith City Council chambers.

This is annual event conducted by council and today The Nepean Men's Shed received a Certificate of recognition from the Mayor, Cr Karen McKeown, followed with a \$500 grant for landscaping the front of our Simeon Road property.



A total of approx. \$30,000 was presented to about 33 different organisations including us and the St Clair Men's Shed. Recipients were selected by council to receive financial assistance in carrying out their community services.

Photo of Ramon receiving the award.



2016 Grandparents Day Project "Billy Carts"

Continued from last month. The 'big kid' test driver tried out the prototype billy-cart on the grass under the watchful eye of the Penrith Council Organisers. The cart performed most satisfactorily but the test driver may have been a bit shaken up by the speed.



Anyway, the production now ramps-up to full ahead with the kits being further prepared so that although the children will be asked to assist with the assembly, it will just be putting the major parts together. Teams visited all nine centres and each centre received two carts. The children will now decorate or paint their cart in preparation for the big day.

David Ongley and I went to the Tandara "Out Of School Hours" centre this arvo and were surrounded by several eager little 'beavers'.

We gave each child the job of pulling the driver/drill trigger to wind the screws in. A great thrill for them, especially the older girls.

There was a bit of difficulty in threading/tightening the nut onto the steering pivot bolt, but patience won out. These little ones hadn't been this close to a spanner before!

The whole exercise took about 35mins, including a chat with the centre 'manager'.

Story & photos by Les.



THURSDAY OCTOBER 20, 2016

PENRITHPRESS.COM.AU

Penrith Press

news local

#SNAP SYDNEY
16 NOV 2016

Comedian Dave Hughes in the frame

#SnapSydney

Cain Lubarsky, Phoenix Halovic, Tayla Claxton, Kaitlin Mercer and Mikaela Elliott with Alan Beard. Picture: David Swift

Grand day a la cart

An old-fashioned billy-cart race will celebrate the importance of grandparents.

» Full story page 5

Billycart racing provides a grand spectacle

Isabell Petrinic

COME enjoy the thrills – and the occasional scraped knees from spills – when billycart racing hits Jamison Park on Sunday, October 30.

Billycarts were used as early as the 1880s and often drawn by a billygoat.

To mark NSW Grandparents Day in Penrith, the inaugural "Great Grandparents Day Billy Kart Race" will see grandparents push kids of all ages along a gentle

slope in the popular park.

"I used to make billy carts as a kid," said Alan Beard, of Emu Heights – one of the Nepean Men's Shed members helping make 18 billycarts for use on the day.

"We did have a crash into a building once, and 'broke in' by accident."

On a more serious note, he said billycart racing is a "great outdoor physical activity".

"Get them off those screens," added the Men's

Shed public officer, Bob Maynard of Blaxland.

Shed members are teaching children in nine childcare centres across Penrith City how to build the carts for the races, for which they will also act as marshals.

They will also put on a barbecue for the participants.

Kids at the childcare centres will paint and decorate the carts.

Their helpers on Monday were from Gumbirra Out of School Hours, in St Clair:

Cain Lubarsky, 6; Phoenix Halovic, 6; Tayla Claxton, 10; Kaitlin Mercer, 10; and Mikaela Elliott, 10.

"They're fun, and a bit hard to steer," said Tayla, of St Clair.

Cain of St Clair agreed, "it looks like a lot of fun".

The Great Grandparents Day Billy Kart Race is on from 10am-1pm, on Sunday, October 30.

It is free to enter and for further details visit grandparentsday.nsw.gov.au.



Alan Beard, Tayla Claxton, 10, Kaitlin Mercer, 10, Phoenix Halovic, 6, Mikaela Elliott, 10, Bob Maynard and Cain Lubarsky, 6.

Check Out These Sites



Australian
Men's Shed
Association
SHOULDER TO SHOULDER

<http://mensshed.org/>



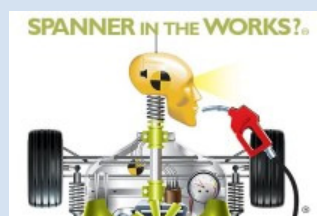
<https://www.beyondblue.org.au/>



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

AUSTRALIAN
Men's Health

<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/>

Monday 14th November - Local physiotherapist Jason Wheeler APAM B.App.Sci (Physiotherapy) will be delivering a presentation regarding the management of low back pain including exercises and lifestyle considerations. Jason has 10 years experience as a physio and is currently undertaking a Masters degree. The presentations will include a description of the anatomy of the lower back including the natural changes that occur with ageing.



Discussion of common conditions affecting the lower back including disc injuries, sciatica, sprains and strains, and arthritis. Also some guidance regarding the role of various health practitioners along with the modern approach to managing low back pain using appropriate hands-on treatment and exercise, exercise, exercise!

A significant portion of the talk will be dedicated to discussing real life case studies, so please bring your questions and scans to make this an

SANTA'S SLEIGH OVERHAUL



Continued from last month.

Santa's Sleigh has arrived from the Riding for the Disabled Association (RDA) for it's much needed

overhaul with some TLC thrown in.



We need to fix some rusty parts, give it a new paint job, service the running gear and add some flashing lights.



Delivering the sleigh was Barry Nicol, Sharon Hall, Don Himsley from the RDA.



"Golden oldies are now songs I hated when my kids were teens."



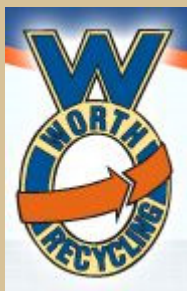
He still refuses to upgrade

Supporters

PENRITH
CITY COUNCIL

BUNNINGS
warehouse

NORTH PENRITH



Donley
REAL ESTATE

Flower Power
GARDEN CENTRES

PENRITH

A man sees his wife is busy in the kitchen and says: "Can I help?" She says, "Sure, take this bag of potatoes, peel half of them and put them in a pot to boil."

No matter what men do, somehow, we still get yelled at...



Penrith Real Festival and Pallet Furniture Progress Report Continued from last month.

On the 21st Sept two ladies from the council came to inspect our progress. I think it is only fair to say that they were very impressed with the items so far made and their quality. We will also have our marquee there and will be able to conduct a stall and sell some of our toys and things.

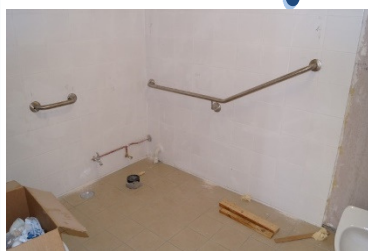


And then on the 28th we got to show off a sample of the furniture at a press presentation on the banks of the river.

For the full story by Les go to:

<http://58.107.252.199:8171/downloads.html>

Shed Update Happenings



A lot has been happening with the Shed the past month as we now move close to fulfilling necessary repairs and all of the requirements that the Penrith Council have asked us to make. Emergency Lighting and EXIT signage coupled with an alarm and security camera. Cementing of the muddy area out back completed and the roof repaired. Some internal doors widened to allow access for wheelchairs and exhaust systems in all toilets.

The main one remaining item is the completion of the Wheelchair Assessable Toilet. As can be seen in this latest photo there is just a bit of tiling and painting to go which should be finished within the coming week.





FIRE & RESCUE

The NSW Fire Brigades "Fire & Rescue" truck along with Terry Hay and Rudy Brookes paid us a visit to demonstrate their rescue equipment to us.

Apart from looking over all the equipment they also demonstrated the "jaws of life" hydraulic gear that they carry to rescue people trapped, most often in a motor vehicle.

Les thought he would give using the sheers a go and was pooped after just one little pipe was cut. A very impressive demonstration.



Tools Explained

DRILL PRESS: A tall upright machine useful for suddenly snatching flat metal bar stock out of your hands so that it smacks you in the chest and flings your beer across the room, denting the freshly-painted project which you had carefully set in the corner so that nothing could get to it.

WIRE WHEEL: Cleans paint off bolts and then throws them somewhere under the work bench with the speed of light. Also removes fingerprints and hard-earned calluses from fingers in about the time it takes you to say "Oh, shit!".

SKILL SAW: A portable cutting tool used to make studs too short.

PLIERS: Used to round-off bolt heads. Sometimes used in

NEW Members

We welcome the following new members to the shed.

Derick Darlow

Ray Alford

less some members who did not renew their yearly membership

Total Members 71

A **big** thank you to Bunnings Valley Heights for the donation of their recently replaced radial-arm saw.



Dates for the Calendar

30/10/16 Grandparents Day Jamison Park
 03/11/16 Bunnings North Penrith BBQ Team A
 4-5/11/16 Penrith Real Festival
<https://www.penrithcity.nsw.gov.au/REALfestival/>
 10/11/16 Bunnings North Penrith BBQ Team C
 14/11/16 Presentation on Lower Back Pain
 17/11/16 Bunnings North Penrith BBQ Team B
 24/11/16 Bunnings North Penrith BBQ Team D
 09/12/16 Christmas Party at the Shed
 30/9 to 2/10/17 AMSA Confrence, Gold Coast Q
 01/12/16 Bunnings North Penrith BBQ Team A
 08/12/16 Bunnings North Penrith BBQ Team C

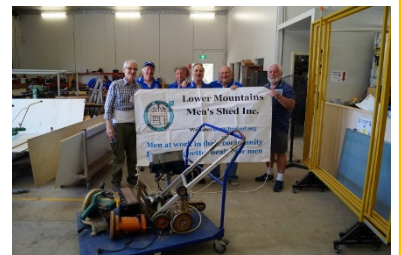
You Can't Keep a Good Men's Shed Down

Lower Mountains Men's Shed

We were visited by two representatives of the NEW Lower Mountains Men's Shed, Bill Crossan and Ken Shaw.

A new group is forming up in our old Mt Riverview premises to fill the gap left when we transferred to our new site. And to help them on their way we have sifted through our equipment for surplus items like saws, drill-press, trolley and anything else we can find along with our old banner.

If you want more info on this new shed email Immensshed@gmail.com



This is My Life—Bob Maynard



Repairing Jigsaw Puzzles

Born in January 1946 in Hastings, Sussex, England – the town where there was a famous battle in 1066

Attended primary school in Hastings and secondary school in Hastings and also Royal Tunbridge Wells, Kent, at the 'Skinners School' where I used to wear a straw hat and had to go to school on Saturday mornings as well.

Played soccer, cricket, rugby union, hockey and cross country running at school and played for Horsmonden Minors (under 18 soccer team) for the village we lived in in Kent. He has also been

involved with the Scouts from a Wolf Cub in Hastings, UK to a Group Leader in Lithgow until 1984.

Left home at 17 to start a career in coal mining in the Midlands of England. Boarded in a pub in a mining village for 5 years and obtained my mining engineering qualifications at Nottingham. Did various jobs within the UK coal mining industry whilst an apprentice and trainee mining engineer. Emigrated to Australia in 1977

courtesy of BHP to be night shift manager in one of their mines in Wollongong.

Trained in mines rescue whilst in the 'Gong', and joined Mines Rescue Service full time in 1980 in the Hunter then moved to Lithgow to be Superintendent at Lithgow Mines Rescue Station for 12 years until 1984 along with being with the VRA.

Joined Standards Australia in 1997 as a project manager overseeing development of Australian and International Standards for the minerals industries. Made redundant in 2009 and joined the Lower Mountains Men's Shed and did volunteer work with Cancer Council and with a mental health program. He also collects glass cutters and mine safety lamps and gives talks to groups on mining history etc.. Previously Bob owned a couple of vintage motor cycles.



Packaging Daffodils



Making Toys

Bob has said "The best thing about the men's shed is meeting guys from different backgrounds, having a chat and making sawdust".

Married (twice) – 5 children and 8 grandchildren, 2 cats, 7 goldfish and thousands of worms.



Christmas Party 2016

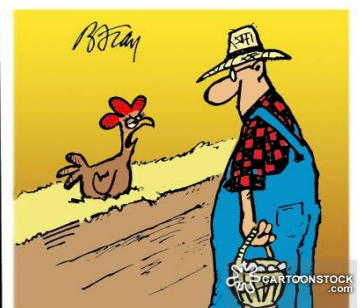
When: Friday 9th December with the meal served at around midday.

Where: In our own Hall

Cost: \$40 p/h

Alcohol: Will be allowed. BYO

Please RSVP to David ASAP



"BIG DEAL, SO YOU PASSED A KIDNEY STONE...THINK ABOUT WHAT I DO FOR A LIVING!"



"I'm defragging my wardrobe."



Picture Gallery



That's all Cobber