

Postal Address

91 St Georges Cres.
Faulconbridge 2776

Shed Address

19 Calver Ave.
Mt. Riverview

COMMITTEE**President:**

Mike Siegle 4751 8884

Vice President

Ron Langley 4736 4305

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Bob Maynard 4739 2767

Treasurer

Terry Bray 4736 2338

Gordon Shearston

4739 4535

Craig Terrey 4754 1957

David Ongley 4736 5743

Public Officer

Ramon U'Brien 47516819

SHED Meeting Times

Every Monday

9am—2pm

2nd. & 4th. Saturday

9am—2pm

SHED Contact Nos..**Phone Mike on**

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Editor:

Ron Langley



SHED MEN AT WORK

IN THEIR COMMUNITY SHOULDER TO SHOULDER

NEWSLETTER OF THE NEPEAN MEN'S SHED INC.
JANUARY 2015

G'day Shedders.

Well, Manyana has a lot going for it...I could get very used to this philosophy but alas, we must return to real life. I hope everyone has recovered from their Christmas excesses, I'm sure I'm not the only one having to put in a few extra hours at the gym.

2015 is going to be a BIG and a GREAT year for the Nepean Men's Shed Inc. In order for the year to be so, and to meet our expectations, there are going to be numerous calls upon our time and energy. I have no doubt that with the skills, experience and the 'can do' attitude of our members we will achieve our desired outcomes. So head down and bum up fellas.

Shed resumes Monday 19th. Jan. at CALVER Ave, Mount Riverview.

UPCOMING SHED ACTIVITIES

PENRITH CBD FESTIVAL 21st. MARCH 2015. We have applied to the PENRITH CBD CORPORATION to host a Sausage Sizzle at this event. Aside from being a profitable day it will also be an entertaining couple of hours. We have also had an offer of sponsorship for this event.

BUNNINGS BBQ's VALLEY HEIGHTS

The dates for the first quarter of 2015 are:

Team A 7/2/15 and 7/3/15

Team B 10/1/15, 21/2/15 and 28/3/15

CANCER COUNCIL RELAY FOR LIFE

This event is on the weekend of the 21st. March at Howell Oval in Penrith. For those interested in participating or sponsoring NMS members taking part, please contact Bob. Your donation will go towards cancer research.

OUR PARTNERS & SUPPORTERS



Phone: 4735 5300



Phone : 4751 8333

HOW FAR HAVE WE COME

If you had bought the computing power found inside the iPhone 5S in 1991 it would have cost you \$3.56 million.

In the span of 66 years, man has gone from his first powered flight to landing on the moon.

In 1990, one million people worldwide owned a mobile phone. Today there are between 5 and 6 BILLION in circulation.

Human life expectancy has increased more in the past 50 years than it did in the previous 200,000 years of human existence. In 1950, life expectancy was 47 years. In 2011, it was 70.

Between 1990 and 2010 the mortality rate of cancer fell by 20%

Between 1990 and 2010, measles deaths declined by 71%

Between 1988 and 2001, reported cases of polio have dropped by 99%

Humans will create more information in the form of data in the next two days

Than was created in all of history up until the year 2003

Nuclear and renewable power prevented more than 1.8 million deaths between 1971 and 2009 as a result of lower air pollution from reduced coal usage.

DONATIONS

Mr. Ray Gentle donated a heavy duty router, a Triton Finger Jointer, a Triton Router Table and a set of router bits. Janelle Pearce donated a router.



David Ongley was kind enough to donate a new shed banner at our BBQ on the last Shed Day of 2014

Note the new NMS T shirt he is wearing. Very Smart.

Thanks David

An anonymous donor from Glenbrook donated tools, a huge assortment of drills, sander & belts and bits and pieces.

LAST SHED DAY 2014 Some of the hungry members who



Some of the hungry members who turned out for the End of Year Barbie in part of the cavernous workshop at Simeon Rd



Dennis Coomber (Head Chef) Steve Cody (Sous Chef) and Terry Bray (supervising)

AMSA NATIONAL CONFERENCE 2015

An early reminder that the national conference of the AMSA will be held in Newcastle from Sunday 17th October to Tuesday 20th October 2015.

SHED 'T' SHIRTS

Shed 'T' shirts are now available at \$15 ea. See David. We thank Penrith City Council for their support in providing part of the funding for these, allowing us to look smart when out and about in our community and better promote the NEPEAN MEN'S SHED.

See David Ongley with your money for your shirt.

WOODWORKING MASTERCLASS

Series two of this program has just commenced on TVS Channel 44 @ 7.30 on Wednesday nights. Very interesting for both beginners and 'experts'. Well worth the half hour.

SHED RESTARTS THIS MONDAY 12 Jan.

SATURDAY SHED

From the start of 2015, SATURDAY SHED has been cancelled partly due to BBQ commitments and poor attendance on non BBQ days. The situation will be revisited at the end of the first quarter of 2015

AGILE NOT FRAGILE

Here is a note I received from Rosie Smith at PCC, it maybe of interest to some of our members.

Hello all

Could you promote Agile not Fragile Dance sessions for the young at heart but not so young of body - over 55 year olds. It is a contemporary dance project – no experience required, no partner required, just an attitude to have fun. It can be described as free flowing dance.

I will send through a flier when I have it.

We held sessions in late November 2014, they proved a huge success – very popular and enjoyable.

We have now planned sessions of **Agile not Fragile Dance classes will Start for 2015 on Friday 23 January in the Alan Mullins Studio at the JOAN.**

There will be 8 weekly sessions, only on Fridays as the venue is only available that day.

There will be a maximum number of 15 people per session.

Sessions are 9am to 10am or 10am to 11am the later session is almost fully booked.

Please let people know or book in your preferred time as soon as possible as we have had a lot of interest. Either by email or leaving a phone message on the below number. I work Tues, Wed, Thursdays.

Sessions are a nominal \$5 each paid at the box office at the Joan Sutherland Performing Arts Centre.

For more info contact Rosie Smith at PCC, **Active Ageing Projects Officer**

E rsmith@penrithcity.nsw.gov.au

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