

Kushed Bulletin

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Aprons for sale

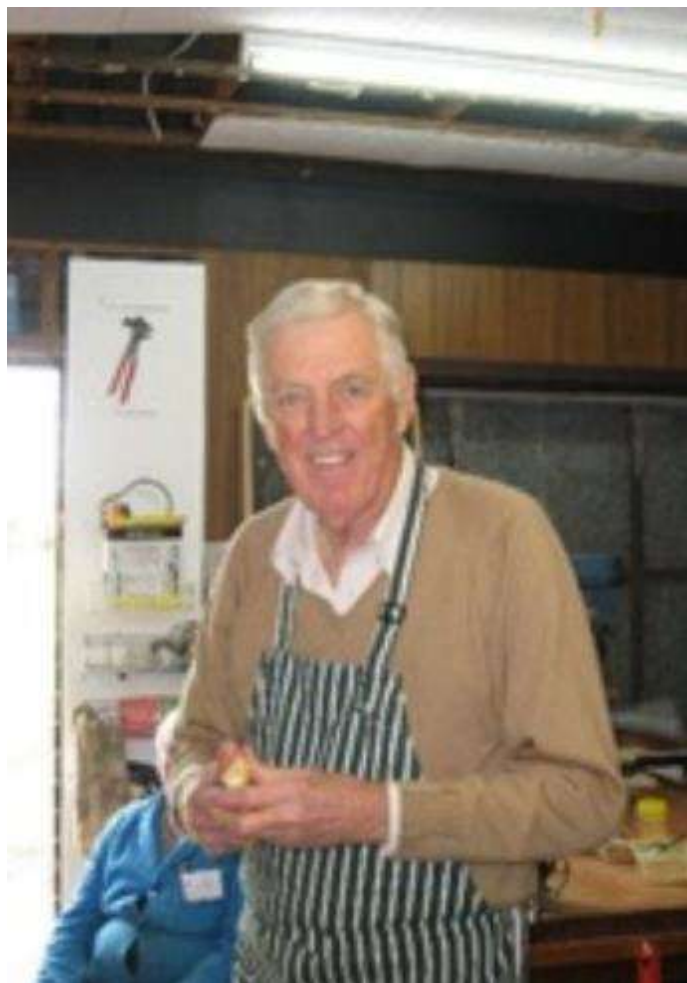


Protect your clothing with a Shed apron, as expertly modelled here .

Specially made for us and embroidered with the name of the Shed. They are for sale in the lunch / meeting room for only \$37.

Talk to the coordinator of the day to obtain you own apron.

In memory of Barry Eastment



Barry was deeply involved, with others, in establishing our Shed, first at Howson Oval and later at the St Ives Showground.

The Committee of The Shed took great pleasure and pride in recognising Barry's contribution by appointing him Life Membership in 2015.

He epitomised what the Shed hopes to achieve for its members.

- Reduced social isolation
- Improved and healthy lifestyle
- The opportunity for members to undertake projects for themselves, the community and The Shed.
- An inclusive and enhanced community, and
- A group of guys sharing common interests and enjoying life.

Barry was at the forefront in each of these; he undertook projects for varied community groups and involved himself in many areas of Shed life.

We thank him also for teaching members to respect the tools, equipment and maintain a safe and tidy work space; leading by example.

We will miss you, but hold firm in the belief that you will be remembered.

Shed cookbook recipe "Hasselback potatoes" proves a winner



David Dew tested the cookbook's Hasselback potato recipe with great success. He even added a few variations of his own.

The most important tip I can offer, said David, is that after slicing the potatoes, to pre-cook them until soft. This will ensure the spud is fully cooked. The baking only generates the crispy skin. Bake for about 40 minutes. Still used all the ingredients and method prior to baking. A fabulous recipe.

Ask the coordinator of the day for your own copy of the Cookbook the next time you are at the Shed, for a \$10 donation.

See also an article on the Shed's cookbook being for sale through the Bendigo Bank in the Hornsby Advocate and on the Bendigo Bank Facebook at

<http://newslocal.smedia.com.au/hornsby-advocate/shared/ShowArticle.aspx?doc=NLHSA%2F2017%2F06%2F29&entity=Ar00503&sk=D6AC386C>

Gordon's 92 birthday



Gordon Timmins celebrated his 92nd birthday at the Shed in style with mud cake.

In his earlier years, he was an enthusiastic recreational pilot and aircraft constructor.

A photo book of the plane he made and his flying adventures was viewed by many at the lunch table.

We add our congratulations to him, probably our oldest active Shed member.

A New Wine Rack for Barb



Graeme Norris and Gordon Timmins completed this special, made-to-measure, wine rack for Barbara Cooper, who is currently too ill to attend our Shed on a regular basis.

Barb, as she is affectionately known by our members, wanted somewhere to store her bottles of wine, which she no doubt needs now more than ever.

Having bought a new smaller refrigerator, she has the perfect space beside it for the rack.

Graeme and Gordon have come to the rescue with this wonderful solution. Thanks guys, your great effort and workmanship is very much appreciated once again.

We wish Barbara all the best with a restorative drop from her new wine cellar.

Helping homeless bees



You have probably seen the stacks of cut plywood in the Shed. Here is the story of two bee programs we are involved with.

For most Australians, the only connection they have with insects is from the wrong end of a spray can. Bees are essential members of our ecological communities and their communities are under threat worldwide. These hardworking insects pollinate our gardens and food crops.

Australia has over 1,500 species of native bee, and the Sydney region is home to about 200 species. Of these, the species *Tetragonula carbonaria* is the only species of social bee native to the Ku-ring-gai area, storing honey and pollen in its hive. With the urbanisation of many bush areas, their natural homes are in short supply. This is where the Shed has come to the rescue of the homeless bees.

The Council's "WildThings" program runs an initiative where Ku-ring-gai residents are given a native bee hive to help pollinate and to create a positive relationship between people and this native insect. The Shed has been active over a number of years with

fabricating the beehive boxes.

Kevin Jeffress is coordinating our latest order for 600 insulated bee boxes, using an insulating foam between plywood, and retrofitting 600 of our previous supply with insulating foam. The insulation is a closer thermal simulation their natural homes of holes in tree trunks.

While they produce honey, it is not of the quality of the introduced bees. However, the native bees are ideal for pollinating native plants. To keep the hives tidy, we are also to supply 200 super honey boxes, to separate their quarters from the honey deposits. These boxes are not intended for the solitary bee species.

Talk to Kevin about assisting with the fabrication of the insulated bee boxes.

In the meantime ...



Tony is coordinating the cutting of plywood for the first 100, of a total of 300 "Bee Hotels". The parts are to be supplied to primary schools that have registered for the free kit which is assembled by the students.

It is part of a community program of Weleda. They are a global organic skin care and medicine company. The aim of the program is to teach children about biodiversity and the importance of pollinators, in particular our native solitary bees.

The Weleda Bee B&B Hotel is designed to provide bees and other pollinators shelter whilst they pollinate your garden.

Any school wishing to become part bee hotel program should register at

<http://beehotel.weleda.com.au/>



The Shed is considering listing the bee accommodation with the Beebnb, a bee competitor of Airbnb.

The Better Business Partnership Awards Night



Feedback from the awards night organisers:

The Awards night was a great success and the businesses loved the trophies, made by The Shed.

There were two slides in the presentation which discussed the history of the trophies and the fact that The Shed created them for the evening.

The prizes went to:

1. Better Business of the Year Award – Urban Workstations
2. People’s Choice Award – Borscz Hair
3. Social Enterprise Category – Link Housing
4. Retail Category – Sustainable Schoolwear

New Members

The President and Management Committee wish to acknowledge and welcome the following recent new members:

- Graeme Bradshaw
- Jon Brown
- John Evans
- Peter Foley
- Brian Hufton
- Denise Painter
- George Sicha
- Graham Tindale

- Bernhard Vanderstelt and
- Stefan Zgolak

We trust these new members will be made to feel welcome and enjoy participating as new Shed volunteers.

Cooking Group Membership

With the commencement of the new Shed financial year, applications are sought from Members wishing to join the Cooking Group.

The group meets 10 times a year and contributes to the quarterly barbeques, Christmas lunch and other odd functions. Our now famous Chef /Instructor, Ruth Fulton, programs menus and distributes recipes in order that members can purchase ingredients for each lunch.

On meeting on the respective Friday, the group is given guidance as to how to prepare the meals which are undertaken in groups. The three course lunch is served up by the respective cooks and enjoyed by all, usually with a glass of wine or other beverage.

Please register your interest on the register in the meeting room at the Shed.

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