

Kushed Bulletin

Issued by: Ku-ring-gai Community Workshop 'The Shed' Inc.

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Foreword

Thanks to all the contributors to this Bulletin. An article on drill bits was intended for this issue but would swell the page count too much, so it is left over for the next one. Keep the articles and any other useful information coming to kushed@bigpond.com. This way we can communicate and share experiences across our members. There is some vague concern about our weight with all the cooking recipes, but when it is all over, we can work it off. Keep safe and healthy.



Latest News

When Andrew K. turned up at the Shed to blow away leaf debris and checking the security of the Shed, he found a large branch had fallen between the container and the building. Luckily the shed suffered no damage.

Virus Busting Stew

Project from John. He says that while this is not a normal Shed recipe, we cut up a vast amount of carrots and celery and added tomatoes and herbs into a giant stew. This can be frozen in small portions.

Here is formula of what we mixed up and stewed on low heat for 2 hours. We have done this occasionally before and is easy.

Ingredients:

- Minced meat - 1 kg
- Carrots - 6
- Celery - 1 bunch
- Onions - 4
- Tomatoes - 2 cans (810g + 410g = 1220g)
- Tomato paste - 150 g
- Sugar - 3 teaspoons
- Oregano, ground dried leaves - 1 dessert spoon
- Garlic - 2 cloves, finely chopped
- Fresh herbs, finely chopped - very small amount straight from the garden bay leaf, chillies, rosemary, oregano, basil, mint, lavender, tarragon
- Add seasoning to taste



- Add 1 L stock and water to cover all the ingredients



Flu Shot

The flu shot is available at your doctor. Recommend you get it to avoid getting a double whammy with the Covid-19. At least you are protected against one of them. Make sure you ask for "the new adult/senior inoculation".

Vegan dumplings

Dean Castell, manager of the Bendigo Bank in Turrumurra, had like everyone else, some spare time over the Easter break and made the vegan dumplings published in The Shed's Bulletin on 5th April.

He had not made them before and it definitely won't be the last.



Making a Face Mask

Never underestimate the ingenuity of our members. Dick McC has come up with a home-made DIY facemask, details below.

You will Need

- Scissors.
- Ruler and pencil.
- Roll of twist tie wire.
- Roll of 25mm masking tape.
- Small bulldog clip or paper clip.
- Roll of Coles Brand Ultra Absorbent 3 Ply White paper towel.
- Box Quilton 3 Ply Soft Extra Thick White Facial Tissues 200mm X 195mm.

N.B., I first used another brand of paper towel and it was too thick to breathe through and the wearer would die of asphyxiation before getting the virus.

I did not experiment with the type of facial tissue as the one I had worked.



Method

- Place one sheet of paper towel on the table.
- Place one sheet of facial tissue on the paper towel.
- Place another sheet of paper towel on top of the tissue.
- Now three layers.
- Hold them together with a bulldog clip.
- Use masking tape to hold together by putting a strip, using half the width, on each edge of the paper towel and fold the masking tape so that it binds the three layers together.
- On the 210mm length of the paper put a pencil mark at 40, 75, 135, and 170mm starting at the bottom.
- At the 75 and 135mm marks using a ruler across the face of the paper fold the paper up and back over on itself.
- Use the same method at the 40 and 170mm marks but this time fold the paper back in the opposite direction to the first fold.
- Gather the folds together and it will form a pad 225 X 70mm.
- Put the bull dog clip on one end to hold together and put masking tape on the other end using the same "half double over" method used to bind the three sheets together.
- Remove the bulldog clip and repeat the taping on that end.
- Cut an 80mm length of twist tie wire and attach it to the mask at the nose section so that it will be on the outside of the mask using masking tape.
- Punch a hole in each of the 4 corners and attach elastic to suit to either go over your ears or around the back of your head.
- I used 5mm white braided elastic purchased at Spotlight.

Virtual travel

Still got the travel bug? Well the new bug will make you think twice. Hopefully, a virtual visit can help you get through your isolation without 14 days of quarantine and temperature checks. Here is a list of museums, zoos and other attractions to visit from around the world from the safety and comfort of your home. Feel free to share with your family and friends to help them also.



If you find other interesting museum sites with virtual tours then let us know so we can share them.

World Museums

- Anne Franke Museum, Amsterdam, Netherlands - <https://www.annefrank.org/en/museum/web-and-digital/>
- British Museum, London - <https://britishmuseum.withgoogle.com/>
- Guggenheim, Bilbao, Spain - <https://www.guggenheim-bilbao.eus/en>
- Hermitage Museum, St Petersburg, Russia
<https://www.youtube.com/watch?v=49YeFsx1rIw&feature=youtu.be>
- Louvre Museum Paris - <https://www.louvre.fr/en/visites-en-ligne>
- MASP, Sao Paulo, Brazil - <https://masp.org.br/en>
- Met Museum, New York - <https://www.metmuseum.org/art/online-features/met-360-project>

- Musée d'Orsay, Paris - <https://m.musee-orsay.fr/en/home.html>
- Musei Vaticani, Vatican City - <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
- Museum Of London Docklands - <https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour>
- National Gallery Of Arts, Washington DC - <https://www.nga.gov/>
- National Gallery, London - <https://www.nationalgallery.org.uk/visiting/virtual-tours>
- National Museum Of US Air Forces - <https://www.nationalmuseum.af.mil/>
- Natural History Museum, London - <https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHjHCmSOMKyhQ>
- Science Museum London - <https://www.sciencemuseum.org.uk/home>
- Palestine Museum - <https://www.palmuseum.org/ehxibitions/virtual-exhibitions>
- Picasso Museum, Barcelona - <http://www.bcn.cat/museupicasso/en/museum/presentation.html>
- Rijksmuseum, Amsterdam, Netherlands - <https://artsandculture.google.com/partner/rijksmuseum>
- Royal Academy Of Arts, London - <https://britishart.yale.edu/>
- Salvatore Dali Museum, Figueres, Spain - <https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/#>
- Tate Britain, London - <https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art>
- The J. Paul Getty Museum, Los Angeles, United States - <https://artsandculture.google.com/partner/the-j-paul-getty-museum>
- The Museum of Flight - <https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online>
- The National Museum of Computing on Bletchley Park - <https://britishart.yale.edu/>
- Uffizi Gallery, Florence, Italy - <https://artsandculture.google.com/partner/uffizi-gallery>
- US Holocaust Museum - <https://www.ushmm.org/information/exhibitions/online-exhibitions>
- Van Gogh Museum, Amsterdam, Netherlands - <https://artsandculture.google.com/partner/van-gogh-museum>
- Virginia Living Museum - <https://thevlm.org/visit/about-us/covid-19-update/natural-education/>
- Women's History Museum, Virginia, USA - <https://www.womenshistory.org/womens-history/online-exhibits>
- Yale Centre For British Art - <https://britishart.yale.edu/>

Tourist Destinations

- Buckingham Palace, London - <https://www.royal.uk/virtual-tours-buckingham-palace>
- Colosseum, Rome - <https://tinyurl.com/thrprzf>
- Machu Picchu - <https://www.youvisit.com/tour/machupicchu?pl=f>
- Northern Lights - <https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam>
- Pyramids - <https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200>
- Stonehenge - <https://tinyurl.com/wz3xqz7>
- Street Art with Google - <https://streetart.withgoogle.com/en/>
- Taj Mahal, Agra, India - <https://tinyurl.com/qpz7vmt>
- The Great Wall Of China - <https://www.thechinaguide.com/destination/great-wall-of-china>
- Tour of Rome, Italy - <https://tinyurl.com/s5vlzbc>

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General Sites

- AirPano - <https://www.airpano.com/>
- Berliner Philharmoniker - <https://www.digitalconcerthall.com/en/home>
- ExoPlanets NASA - <https://exoplanets.nasa.gov/>
- Legoland - <https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/>
- NASA, Langley Research Centre - <https://oh.larc.nasa.gov/oh/>
- The Kennedy Centre - <https://www.kennedy-center.org/digitalstage/>
- Walt Disney Parks - <https://tinyurl.com/v7qano5>
- Wellcome Collection - <https://my.matterport.com/show/?m=rMGsprcVCAR>

Zoos

- African Animals - <https://explore.org/livecams/african-wildlife/african-animal-lookout-camera>
- Atlanta Zoo - <https://zooatlanta.org/panda-cam/>
- Cincinnati Zoo - <https://www.facebook.com/events/2915534028492292/>
- Dublin Zoo - <https://www.dublinzoo.ie/animals/animal-webcams/elephants/>
- Edinburgh Zoo - <https://www.edinburghzoo.org.uk/webcams/panda-cam/>
- [Explore.org](https://explore.org) Live Cams - <https://explore.org/livecams>
- Flamingo Land - <https://www.flamingoland.co.uk/virtual-tour/>
- Florida Aquarium - <http://www.flaquarium.org/sea-span>
- Hirakawa Zoo, Japan - <https://hirakawazoo.jp/animal/movie>
- International Wolf Centre - <https://wolf.org/wolf-cams2/>
- Kansas City Zoo - <https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/>
- Melbourne Zoo - <https://www.zoo.org.au/animal-house>
- National Aquarium, USA - <https://www.aqua.org/Experience/live>
- National Zoo, Washington DC - <https://nationalzoo.si.edu/webcams>
- Osaka Zoo - <http://www.wombat-tv.com/>
- San Diego, California, Zoo - <https://zoo.sandiegozoo.org/live-cams>
- Smithsonian, Washington DC - <https://nationalzoo.si.edu/webcams>
- Yellowstone National Park - <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Australian Museums

- Power House Museum, Sydney - <https://maas.museum/>
 - National Gallery Australia, Canberra - <https://nga.gov.au/>
 - Australian Museum, Sydney - <https://australianmuseum.net.au/>
 - National Museum of Australia, Canberra - <https://www.nma.gov.au/>
 - State Library of NSW - <https://www.sl.nsw.gov.au/>
 - Sydney Heritage Fleet Sydney - <https://www.shf.org.au/>
 - NSW Art Gallery - <https://www.artgallery.nsw.gov.au/>
 - Questacon, Canberra - <https://www.questacon.edu.au/>
 - Taronga & Western Plain Zoos - <https://taronga.org.au/education/digital-programs-online-resources>
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What's Cooking

Following up from the entrée in the previous Bulletin, here is the Main Course for you to try-out and impress. Happy cooking.

Salmon with Brown Rice

Ingredients -

- ¾ cup (150g) brown rice
- 1 ¼ cups (280ml) cold water
- 1/8 cup dried wakame pieces
- ½ cup (125ml) cold water, extra
- 1 tablespoon olive oil
- 1 x 400g skinless salmon fillet, cut in half
- 1 tablespoon kecap manis (sweet Indonesian soy sauce)
- ½ avocado, chopped into small pieces
- ½ cup (140g) pickled ginger, drained, liquid reserved



Chilli sesame salt -

- ½ tablespoon black sesame seeds
 - ¼ teaspoon dried chilli flakes
 - ¼ teaspoon sea salt flakes
- Above items available from Woollies or Harris Farm.
Serves 2.



To make the chilli sesame salt – Place the sesame seeds, chilli and salt in a mortar and lightly crush with a pestle. Set aside.

To cook brown rice -

1. Use a Rice cooker
2. Saucepan - Place the ¾ cup rice and 1 ¼ cup cold water over high heat and bring to the boil. Reduce to low heat, cover with lid and steam for 30 minutes or until tender.

To make Wakame - Place the wakame and the extra water in a bowl. Allow to stand for 10 minutes or until softened, drain. Mix diced avocado into wakame. Set aside.



To cook the Salmon - Brush the salmon with the kecap manis. Heat the oil in a non-stick frypan (or BBQ) over medium heat. Fry each side (4) for 1 minute per side till seared or to your liking. Remove from the pan, cover and allow to rest for 3 minutes.



To serve – Place a bed of rice on the plate. Lay the salmon over the rice, place avocado & wakame, pickled ginger and drizzle a little of the reserved ginger liquid. Place the chilli sesame salt in a small dish and sprinkle to taste. Add steamed vegetables to your liking.

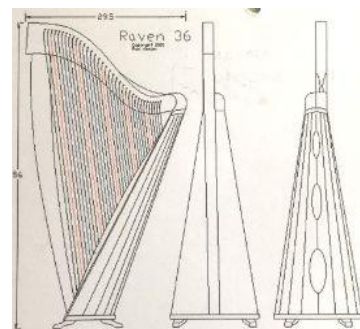
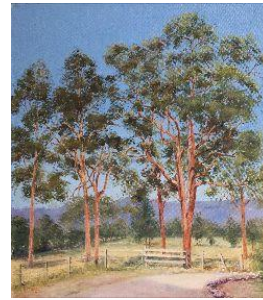
Raymond's Project

Raymond H. reports that he has just completed a 36 string Celtic type harp. Very simple (oh yes? Ed.) compared to the harp being built by Taras, which is an electronic pedal harp, and must be nearing completion.

Attached are some photos of the construction and also a page of technical info for those interested.

Making use of the time now, I painted a picture of some angophora trees at our daughter's place at Jilliby (near Wyong).

Now I need to do something about the garden!



36 String Celtic Harp

DESIGN Rick Kemper U.S.A.

CONSTRUCTION :

Sound Shell : Stave back in Tasmanian Blackwood. 10mm thick

Glued joints in "Titebond Original"

Top block - 25mm Blackwood Neck

Block - Tasmanian Leatherwood

Stave back

Neck cap - Tasmanian

Leatherwood Feet - Tasmanian Leatherwood

String Ribs - Tasmanian

Blackwood

Edge cover strips

- Tasmanian Blackwood.

Neck : Tasmanian Leatherwood 43 mm thick

Neck reinforcement on tension (under) side - Two 5mm Tas. Blackwood splines, glued in with epoxy, with grain at 90 deg. to neck.

Pillar : Tasmanian Leatherwood 43 mm thick

Sound Board : Violin quality Sitka Spruce 15 year seasoned.

Major Joints : Neck to pillar joint : Three 16mm hardwood dowels glued with epoxy.

Neck to neck block joint : Two 10mm dowels glued with epoxy to neck block.

Neck to sound shell : Two 10mm dia. Dowels epoxy glued to neck block and sliding fit to top

block of sound shell.

Pillar to base of sound board - 10mm steel bolt only, and screw fit to thrust block inside string ribs.

Sound board to sound shell - "Titebond Original" and 50 brass screws.

Wood Finishes : Sound Board : Spruce, sealed with fine pumice powder and given 2 coats of Japan Gold Size.

All other wood work – finished with cabinet scraper and 2 coats of polyurethane and finished with steel wool and Scandinavian oil.

Strings and fittings :

Sharping levers - Rees (on "F" and "C" strings only)

Bridge pins : Stainless steel

Tuning Pins : Coated steel, tapered.

NOTES :

Total Loads : String load on the soundboard - approx.. 430kg. (Tuned to Concert pitch)

Load on Pillar - 240 kg.

Load on top of Sound shell - 190 kg

"Titebond Original" glue is used as it does not allow long term creep deflection.

The sound board under load will deflect upwards to 7 – 9 mm.



*Neck and pillar templates.
Plank: Tasmanian
leatherwood
235 x 43 x 1900*



*Sound shell construction - "stave back".
Staves from 10mm Tas. blackwood*



*Neck / pillar joint:
Epoxy. (highly stressed)*

*Planing the sound board
to thickness. Glue and screw to
sound shell*



*Note:
Sound board 15-year seasoned spruce.
Thickness 4.5 mm at top, 8 mm at
bottom.
Total pull of strings approx. 460 Kg.*



The latest member bulletin from the Men's Shed Association can be down-loaded from:
<https://mensshed.org/wp-content/uploads/2014/10/Member-Bulletin-April-2020.pdf>

Would you press the button?

Bored and need some excitement? Then look at this video:
<https://www.youtube.com/watch?v=UM7EMzVaNck>

And on a Lighter Note

The only good thing about the next 3 weeks is that, the whole country should finally realize that we can survive in a world without celebrities and professional sports.

The farmers aren't shutting down.

Our cleaning lady just called and told us she will be working from home and will send us instructions on what to do.

We thought we'd have flying cars by 2020.

But no, here we are teaching people how to wash their hands



THAT MOMENT WHEN YOU'RE WORRIED ABOUT THE ELDERLY AND REALIZE THAT YOU ARE THE ELDERLY. 😬

sun-gazing.com
hsaistry

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Location: St Ives Showground, 450 Mona Vale Road, St Ives.

Phone: (02) 9983-9732

Web: <http://www.kushed.org.au>

Email: kushed@bigpond.com

Our mailing address is:

Ku-ring-gai Community Workshop 'The Shed' Inc

PO Box 216

GORDON, NSW 2072

Australia