

Kushed Bulletin

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

Date: 17 March 2017

Recycled Flooring Lives Again



Shedder Rod Gillespie, seeing a collection of chisels sitting in a plastic bag at the Shed, decided to rehouse them to both protect and to display them.

Using the time-honoured techniques of tongue and groove and dovetailing, Rod turned discarded bamboo flooring into a striking new addition to The Shed's tool collection.

Well-Being Forum - Declare Your Interest

We now have people who have generously offered their time to talk on Well-Being issues of interest to Men.

The Venue will be the Shed and the most likely weekday will be a Friday for 2-3 hours.

Please write your name in the list on the notice board in the kitchen if your are interested in attending lectures/discussions on:

1. Prostate Cancer - North Shore Prostate Cancer Support Group

2. Hearing - Australian Hearing or alt.
 - How hearing loss occurs
 - Protecting your hearing
 - How to identify a hearing loss and when to take action
 - Solutions available - it's not just Hearing Aids
 - The importance of regular hearing checks
 - Hearing aid myths

3. Dementia including. Alzheimer



Paul Schiebaan, Peter Wilkinson and Julia Eagles represented The Shed at a ceremony to thank the Primary Club of Australia, Bendigo Bank and Ku-ring-gai Council for their support for Fresh Tracks and to showcase the Cycle Community Hub at St Ives.

Pictured are Johnathan O'Dea our Local MP, Ray Williams MP Minister for Disability Services and Multiculturalism, Jenifer Anderson Major for Ku-ring-gai and Alan Lawrance - Fresh Tracks - Marketing.

Pictured below is Warren Dwyer, Bendigo Bank who after his stroke benefited enormously from Fresh Tracks. He spoke about his journey now back to 3 days @ 6 hours work at the bank. A most inspirational experience.



A New Outdoor Table



Left: This table was created by a team at the Shed for subsequent sale to raise funds for our activities.



Right: This photo shows the table in situ and making a great difference to someone's deck

New Dust Extractor For Our Table Router



OH&S demands that we minimise dust from our machines.

Richard Bamann and Mike Vernon are shown wrestling the piping required to construct the duct-work and the photo on the right shows the motor and fan that provide the suction.

Boys And Their Toys!



Our Shed contains many fine examples of Steam and Other Engines crafted by present and former members.

They are normally housed in display cabinets, but the photo shows some

mischievous lads (Dave Warren and Rod Heydon) using compressed air to show that they still work as good as ever.

The Hunter Valley Steamfest - April 8th and 9th

The Annual Steamfest is on again, showcasing steam locomotives and other steam machinery, vintage cars and offering train rides to Hunter Valley towns.

More information is at <http://www.steamfest.com.au>

Sweet Music From The Shed



Taras Wansbrough is a talented musician and accomplished creator of musical instruments such as harps and lyres.

Some of these have been constructed at the Shed, giving us insights into the instrument building process.

Pictured above is Taras at Turramurra Station, displaying his playing skills.

Tony and his Wood Carrying Elves



Tony Varrall needed some timber delivered to his car.

Shed stalwarts George Barnados and David were only too happy to oblige

Celebrating Ten Years of AMSA

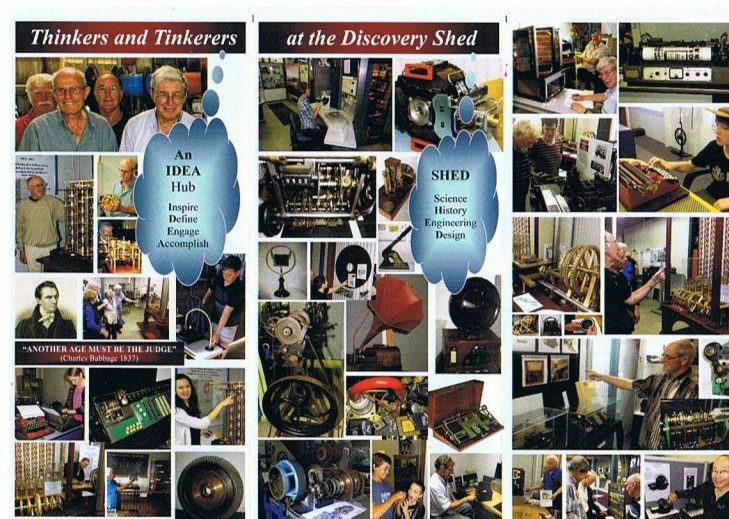
This year marks ten years since the foundations were laid for the Australian Men's Shed Association, with the organisation formally registered on 22 January 2007.

At the time it was estimated that there were less than 100 Men's Sheds in operation nationally.

Ten years later there are now 987 Men's Sheds from across Australia registered with AMSA and over 700 more Men's Sheds operating worldwide.

For more information, and to access the February AMSA Newsletter, click <http://mensshed.org/>

The Discovery Shed



The discovery Shed is an organisation devoted to the restoration and construction of technology.

The address is 63 Bassett Street Mona Vale, Ph 9997 2222 and email is bob.moranj@gmail.com

Visits are by appointment. More information is available in this article"

<http://www.dailytelegraph.com.au/newslocal/manly-daily/engineering-technology-from-different-ages/news-story/705ce79bf1aeebfdb0fe67a75be25bf2>

The Beauty of Australian Red Cedar



This beautiful cedar jewelry box was crafted by Peter Adair, using timber available at the Shed

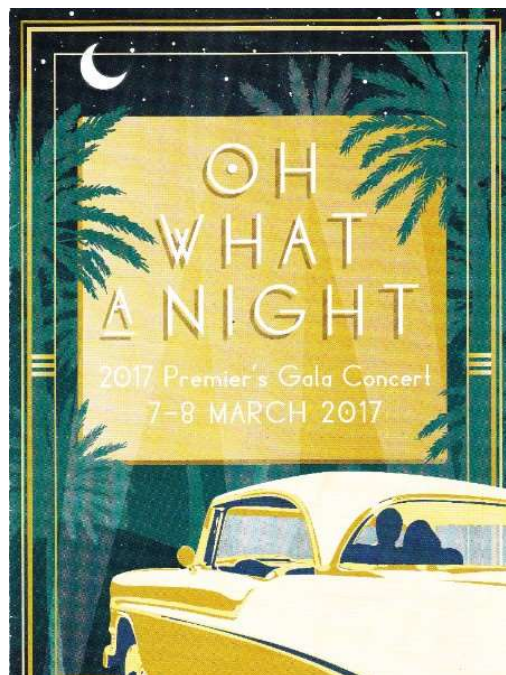
A New Home for A Garden Setting



These donated table and chairs have found a new home and a new lease of life at the Shed.

Being six chairs, does this mean they are reserved for Committee members only?

The Premier's Gala Concert



Several Shedders attended and enjoyed the performances at the recent Premier's Gala Concert.

The tickets were facilitated by Alister Hensens (Ku-ring-gai MLA)

This free concert is part of NSW Seniors Festival and celebrated music from the last century

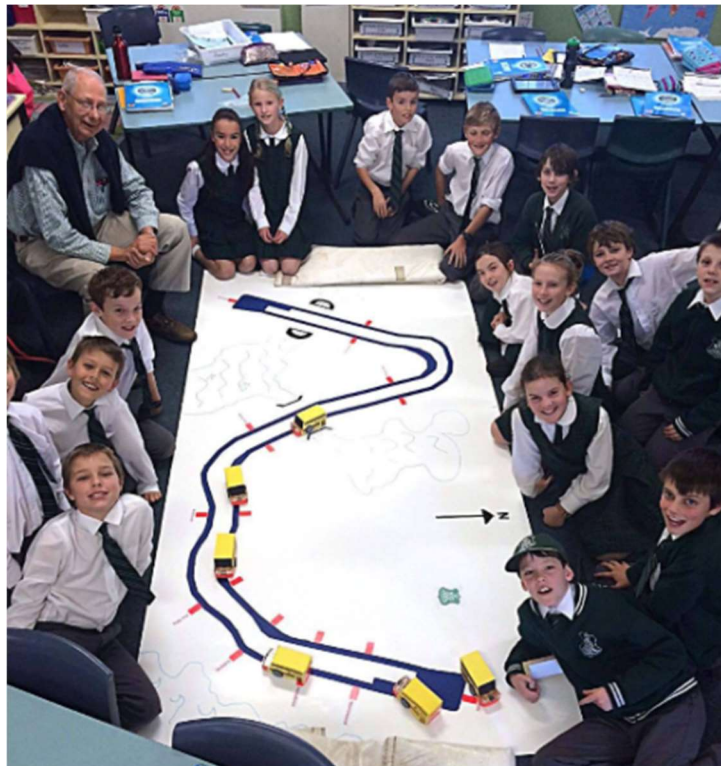
STEM

STEM stands for Science Technology and Mathematics. The subjects are a major drive by the Education Department to encourage students to engage with the subjects.

Hetta Mollema, one of our Shedders, has taken part in the program for the last few years under the CSIRO education program to assist the schools with their experience. The props, to demonstrate various aspects of the technology, are of course made in the Shed. He also makes models for the Power House museum for the same purpose.

On the Northern Beaches ten public schools hold a Science Fair once a year as a culmination of their STEM activities. Last year the subject was "Drones, Robots and Droids". The Mona Vale Primary school, where his granddaughter is a pupil, chose with him to program small, low cost, robots to simulate the new B-Line bus line from the Northern Beaches to the city.

The route was laid out on a 4-metre board. The students had to program the robots to follow the line of the bus route and to stop if there was an obstacle or if the traffic light was red. The whole program was so heavily attended by the students that they had to split into two groups of 15 students each. Their greatest fun on the Science Fair day was to show the project off to the other schools. The highlight was to cause the buses to crash, creating a major bus pile-up along Military Road, demonstrating the disruption to the bus services.



Elder Abuse is not always what it seems

Thursday 20 April, 10.30am – 11.30am

This information session will take a closer look at elder abuse, and what it can look like. Elder abuse can occur "within any relationship where there is an expectation of trust which causes harm or distress to an older person." This can take the form of physical, psychological, emotional, sexual and financial abuse.

If you would like to know more about this subject, or are worried about someone close to you who may be at risk, we invite you to join us in Council Chambers for this informative, discreet session. Morning tea will be served from 10 am.

This seminar will be presented by the Elder Abuse Helpline and Resource Unit staff

VENUE: Ku-ring-gai Council | 818 Pacific Highway, GORDON. Cost: \$10

BOOKINGS CLOSE TUESDAY 18 APRIL

HOW TO BOOK:

Website: kmc.nsw.gov.au/elderabuse

In Person: Ku-ring-gai Council
818 Pacific Highway,
GORDON

Mail: Ku-ring-gai Council
Locked Bag 1006,
GORDON NSW 2072

ARE YOU ACCREDITED?

Many of our woodworking machines are being damaged through improper use.

Our hope is that no member is injured or damaged.

ARE YOU accredited to use the machines?

Accreditation on the use of woodworking machines will be conducted in small groups on Fridays.

If you need to be accredited, or re-accredited then please register on the sheet on the lunch room table.

If you are not accredited you should not be using the machines. You put yourself and other shed member's safety at risk.

If a co-ordinator or committee member asks you to stop using a machine due to incorrect usage and asks for you to redo your accreditation, please remember that is for your welfare as well as The Shed's.

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