

Kushed Bulletin

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

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The Shed Christmas Luncheon

The annual Christmas lunch will be held on **Friday 15 December** in the **Douglas Pickering** building (next door to The Shed) starting at **12:00**. The good people of the Cooking group will do the catering.



Please donate \$15 on the day to offset the costs.

There is no AGM, as that was held a few months ago.

To assist with the catering, please enter your name on the sign-on sheet in the lunch room.

The Shed Will Be Closed Over Christmas

Supervisors, Committee Members and Shedders are taking a well-earned rest over the Christmas break.

The Shed will be closed from **Saturday 16th December** and re-opens on **Monday 8th January**.

Update on the Shed Extension





Work on new building is finally progressing. Safety fencing has been installed and sediment control installed, trees felled, stumps ground, roots removed, site levelled with excavator, western berms created to stop run-off, waste water drainage exposed, plumbing and storm drainage planned with quotes obtained

The main slab area was compacted, pier holes bored, slab formwork installed and three Council inspections completed. Membrane and reinforcement were installed, support chairs positioned, slab concrete pumped and leveled, and formwork removed.

There is approximately 30 cubic meters of 32 MPa concrete (20mm agg size, 90 slump) 150mm thick with twenty two 600 mm diameter by 600 mm deep piers and F82 steel. Overall size is 10.6m x 9m.

The slab now has to be watered daily for 5 or 6 days unless substantial rain. Expansion slots will have been cut on Thursday 16th. After twenty eight days, the shed can be erected on this slab but this depends on availability of installer. Hopefully it will be in December. The shed kit is due for completion on Dec 13th ie twenty eight days from concrete pour.

In the meantime, service and drainage trenches can be dug, paths and surrounds prepared for concreting, a sleeper retaining wall constructed, waste and storm water drainage installed, electrical and communications conduits placed, plumbing for water to the new tub and external tap installed in trenches, etc, etc.

An excavator will be used again for trenches and site preparation for paths / swales so hand digging will be limited.

Melbourne Cup At The Shed



The Tuesday group, plus a few interlopers, enjoyed a spirited cup day. Least of all the BBQ by Stephen and the support of many. Tony Varrall organised four sweeps on the day adding a little excitement to the event.

The winning horse was number 22, Rekindling, second place going to horse number 7, Johannes Vermeer and third place to horse number 9, Max Dynamite.

The \$2 sweeps paid \$30 for first, \$10 for second and \$6 for third.

Congratulations go to Warren Dunn and Maria Benardos who were the first place winners, Gordon Timmons and Tony Varrall who were the second place winners and Mark Champion and Bruce Donnelly who drew the third placed horses.

The \$5 sweeps paid \$70 for first, \$30 for second and \$15 for third.

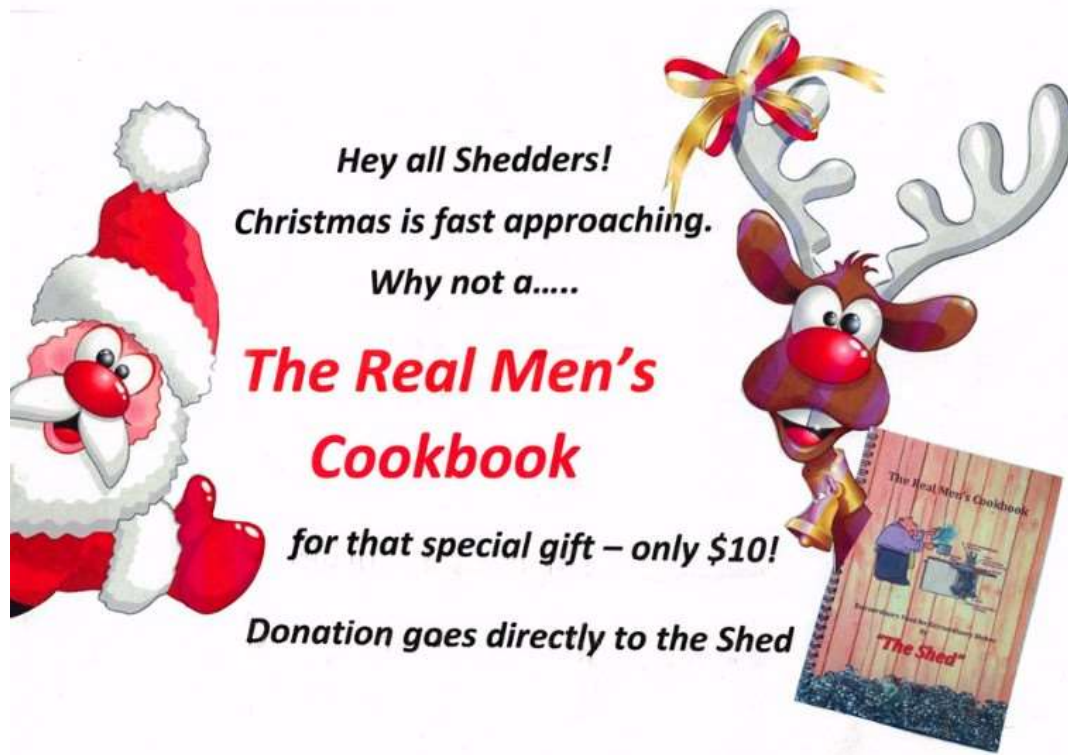
Congratulations go to Graham Bradshaw and Hetta Mollema who were the first place winners, Malcolm Bailey and Rob Dros who were the second place winners and Rob Lander and David Dew who drew the third placed horses.

I Was Framed!



Tony Varral strenuously denies he was responsible for the suspiciously parallel tracks on the newly levelled shed extension site.

Authorities have been notified, tyre impressions were taken and we await the results.



We have about 75 cookbooks still for sale.

Please help the Shed (and yourselves) by buying copies for family and friends both here and overseas.

Please see a Supervisor at The Shed for a cookbook and have your \$10 ready.

Male health issues

AMSA health info "Spanner in the Works" go to <http://malehealth.org.au/checkup/>
Pick your specific age group to see the type of problems usually encountered. Each is linked to a wealth of information to help you to be informed.

For hearing protection go to Hearing protection at
<https://www.hearing.com.au/protecting-hearing/>

Useful ways to protect your hearing

Loud noise can damage the sensitive structures within your inner ear, leading to irreversible hearing loss. And it's important to know that loud noises don't have to be

physically painful to cause hearing damage; the harm is cumulative, similar to how exposure to the sun gradually damages your skin even if you don't get sunburned. The higher the level of sound and the longer the exposure, the more damage is likely to occur. Remember, if you damage your hearing, it won't come back!

Even if you already suffer from hearing loss, exposure to loud noises like a router will continue to damage your hearing. Please wear hearing protection.

How much noise is too much noise?

If you need to raise your voice or shout to carry on a conversation, the noise around you is probably too loud. If your ears are sore or ringing, you may have damaged your hearing. Most of your daily activities won't harm your hearing, but some activities can start to cause damage after only a short time

Hearing aids

If you regularly have to ask people to repeat what they said, then you are likely to be suffering hearing loss. Typical age-related loss is in the higher pitched tones. Unfortunately, these are also the ones that are important in understanding speech. This becomes even more important when in a noisy environment.

The hearing aid will be tuned according to your specific hearing loss. It makes a world of difference. Choose a hearing aid shop that is not affiliated with a particular manufacturer but one that allow the choice of suppliers to give the best solution for you. If it is your first hearing aid then go for the lower end of the range till you work out what options you really need.

Even with a hearing aid please wear ear muffs to prevent further deterioration of your hearing.

Notices:

An article about wood turning classes at The Shed

<http://www.kushed.org.au/Web-files/November2017WoodturningNewsletter.pdf>

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