

Kushed Bulletin

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

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Bendigo Bank awards night



The bank has been a tireless supporter of the Shed over many years for which we are grateful. The recent Father's Day raffle they organised for a gift basket generated the excellent result of \$731 which has been credited to the Shed's account. The lucky winner of the Father's Day raffle was Rick Rech.



Paul, Stephen, Bruce, Ruth, Rob and Linton attended the evening for the Bendigo Bank staff awards and we generously received \$500 for a Shed cookbook that will be coordinated by Bruce Donnelly.

Our sponsor for the cookbook was Brenda. Her comment was:

"I have chosen to support the Men's Shed with their Cookbook venture as I feel this is

a fantastic idea & will be of benefit to many in the community."

Other recipients were:

Men's Shed – Brenda
Studio ARTES – Karen
Wahroonga Football Club – Rowan
Ku-ring-gai Lantern Club – Alex
Gordon East Public School Band Program – Annie
Rotary Club of Turramurra, Graffiti program – Murray
St Lucy's School – Sharon
Hornsby & Ku-ring-gai Stroke Recovery Club – Michele
Sydney North Region Rock Craft Team – Vikki
Jacaranda Lodge – Diana

The work done by all the staff was an eye opener as most of us haven't heard of the groups Bendigo supports, most heart-warming indeed.

Please take note that the bank is offering a \$ 500 Referral Reward for a new home or investment loan. We encourage all to take advantage of this offer.

SAN Breast Cancer Fundraiser - a Bendigo Bank initiative



The Turramurra and Lindfield Community Bank branches of Bendigo Bank are working in association with the San Foundation to Fight Against Breast Cancer. Sadly, we all know someone who has been affected by cancer, it seems to touch all our lives at some point and when it does it is easy to feel helpless. Act now – join us in our quest to provide state of the art equipment which will have a real impact on the early detection of cancers for women in our community.

To kick start their new association with the San Foundation there will be a launch in the foyer of the San Hospital at 10:00 am on Thursday 8 September which Shed

members are welcome to attend. More importantly Bendigo Bank will be **collecting donations in both their Turrumurra and Lindfield branches**, or you can [download the donation form](#) and mail or drop it into the Bendigo Bank and the donation will be processed from a credit card and a tax receipt will be provided in return.

Bendigo Bank are passionate about supporting this important cause and hope you feel the same way.

And they are off and racing ...



George and David have constructed 4 billy carts for the Hornsby event in honour of Men's Day on Saturday, 19th November. Just take a look at the racing seats on them. There will be an outside showing of carts and they will use the hours prior to the movie as an opportunity to let people know about their service as well as getting an idea of interest for a larger event next year where they hope to get council funding.

Of the four carts two are for the 11-14 age group and two are for the 15-18 age group. They will be appropriately decorated.

Medieval feast



If you want to witness the 40 Candelabras performing their intended purpose and enjoy a medieval feast then come along Friday (Not Saturday!) September 23rd from 7:00 pm - 11:30 pm, venue "The Keep" The Dalmacija Club, 16 Myoora Road, Terry Hills NSW 2084.

This is the highlight of the St Ives social calendar. Live out your medieval dreams, dress up (not mandatory), bring your wife, partner, boy or girlfriend. Particularly for the Cooking Class this is a great opportunity to feast on something you have not cooked before and likely never will. Entertainment will be provided, medieval music, contortionists, acrobatics - it is up there with Cirque du Soleil.

Our landlord Pat at the Showground has kindly offered to half the price for Shedders, or from \$100 to \$50 each. So let Paul Schiebaan know if you come along and he will notify Pat once the numbers are confirmed. So far we have Malcolm with Sue, John and Paul.

Join in and spread the news. Don't hesitate, book now.

Here are the details....<http://www.stivesmedievalfaire.com.au/medieval-feast/>

Gilbert and Sullivan - Patience

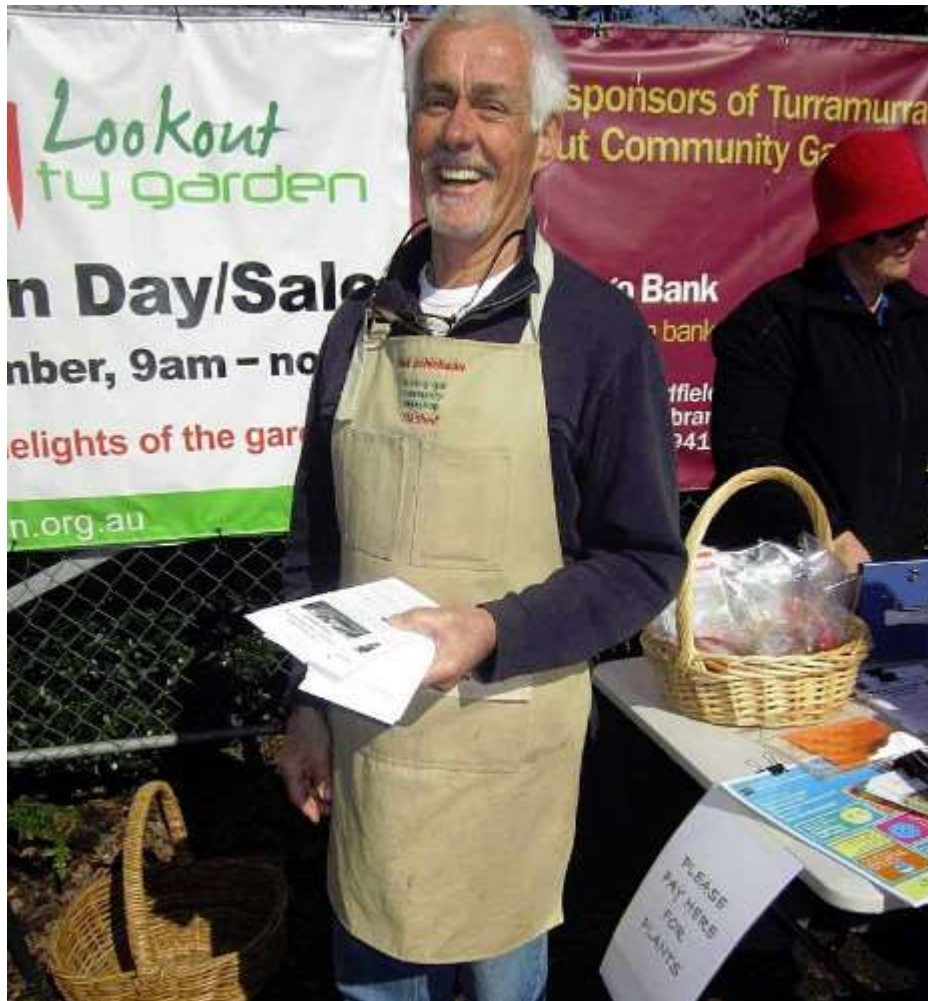


Chris has completed another magnificent opera set design for the upcoming Gilbert and Sullivan production "Patience".

We thank the Savoy Arts Company for their ongoing support by contracting their set

fabrication to the Shed for a number of years. Please support their performance at www.gsosydney.com.au

Turrumurra Community Garden open day 3 September



Our indefatigable President, Paul.

Recovery bay

Nic has been in The San hospital and sadly the diagnosis is cancer. At present it looks like he will start chemo about mid Sept for about 6 months.

It also means that the shed will not be open on Saturdays for the time being.

We wish Nicand also JJ, Tony Williams, Kevin Jeffries and Kevin C strength and a speedy recovery.

City to Surf



Congratulations to John Johnstone, at 76, for completing the City to Surf in 86.44 minutes. Wow, very impressive!

Warringah Aquatic Centre library home



The street library in its final location. Could not get a front view as the ground works are still in progress.

Shed cleaning



Take a bow, this what we call *real men cleaning*. We should all take this as an example of how it is done.

IMPORTANT - The Shed's Insurance Coverage

Members who wish to use the Shed's facilities and take part in project activities are expected to have read the "[Public and Products Liability Insurance Policy](#)" and the associated "Certificate of Insurance" along with the "[Frequently Asked Questions](#)" document. Please note the files are large.

There may have been changes to these documents since they were last accessed by members and it is advisable for members to re-acquaint themselves with their contents.

There are four aspects to our insurance, as set out in the "Frequently Asked Questions" document, but of main concern to members are the documents referred to above as they set out the examples of activities for which we are insured and those which are excluded from insurance coverage and which should not occur at the Shed.

These documents are always available for reference at the Shed and can be accessed at any time via the membership page of our web site at <http://www.kushed.org.au/Membership.html>

Senior's health forum by Ku-ring-gai Council

Live a longer and healthier life

Hear from medical professionals on health topics relevant to seniors including vertigo, strokes, dental health and nutrition. Bone density heel scans and nutritional assessment will be available at the forum.

Wednesday 12 October, 9:30 am – 12:00 noon

For more details, see the [on the flyer Senior's health forum](#)

Male Health newsletter 31 August 2016



MALE HEALTH AND FALLS - Did you know that?...

- Falls is the most common (40%) cause of injury resulting in hospitalization in Australia.
- Falls was both the leading cause of injury related hospitalization and the type of injury that increased most in recent years.
- Falls from ladders is particularly common in men over 65 years of age in recent years.

Of all external causes of death in NSW other than transport accidents, falls accounted for 1 in 11 (1,466) potential years of male life lost - 3 times that of females.

Falls is the biggest cause of male Work cover injury claims in NSW, accounting for 3,973 or 1 in 5.65 claims in 2012/13.

In 2013/14 in NSW there were 4,170 worker's compensation claims for falls from heights at a cost of more than \$49 million.

WHAT CAN I DO TO PREVENT A FALL?

- Don't work alone and have a falls emergency plan in place
- Ensure secure footing and hand holds at all times - take the time to make the adjustments.
- Avoid working at heights and work on the ground wherever possible.
- If you can't work on the ground, use a falls-prevention system wherever possible, such as a sturdy scaffold with a wide and solid platform and guard rails.
- If you can't use the above, use falls-arrest or work-positioning equipment and devices with a strong and secure anchorage point, lanyard, body holding device and preferably a net.
- If you must use a ladder, make sure this is well secured and meets Australia Standards.
- Only wear high quality, well-fitting protective footwear

References

Info thanks to Ken McKenzie, Men's Health Coordinator, Hunter New England Local Health District. For other male health issues go to their [website](#).

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You are receiving this email as a member of the Ku-ring-gai Shed

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