

# Kushed Bulletin

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

Date: 4 September 2019



**Please register and note the date of the  
Annual General Meeting & Spring Barbecue in your  
diaries**

**Ku-ring-gai Community Workshop "The Shed" Inc.  
Notice of Annual General Meeting  
11:00am Friday, 27<sup>th</sup> September 2019  
Venue: MPC Shed Building  
Agenda**

*Acknowledgements & Welcome*

*Apologies*

*Minutes 2018 AGM*

*Financial Report*

*President's Report*

*Election of Management Committee Members*

*Update on Shed DA*

*Other Business*

*Q&A*

*AGM Lunch*

## **Shed Management Committee nominations**

At the Shed's upcoming AGM on 27th September, all positions on the Management Committee will be declared vacant.

Nominations for Committee membership are called for and if nominations exceed the positions vacant, a ballot will be held at the AGM. Otherwise nominees will be declared Committee members unless there is majority dissent. Only financial members may vote. No proxy or postal votes will be accepted.

Committee meetings are held at two monthly intervals unless pressing business requires additional meetings. The Committee comprises of the President, two Vice Presidents, Treasurer, Secretary and immediate Past President as well as up to five "ordinary" (non-office bearing) members. Nominations for Committee membership for 2019 are to be submitted prior to the meeting and are to be submitted on the form below. Please submit hand written, signed nomination forms to the Shed

Secretary, Malcolm Bailey. They can be placed in the Secretary's tray in the lunch room or scanned copies may be emailed to [kushed@bigpond.com](mailto:kushed@bigpond.com). Completed forms can also be posted to The Shed, PO Box 216 Gordon, NSW 2072.

The nomination form can be found [HERE](#) Note that all nominations require a seconder. Nominations need to be lodged by close of business Thursday 19th September 2019.

Malcolm Bailey  
(Shed Secretary)

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## BBQ and AGM Sign-on Sheet for Catering

The AGM will be followed by our Spring Barbeque.

To assist with catering of the BBQ and register for both events at the Shed, please add your name to the attendance sheet in the lunch room or by e-mail to [kushed@bigpond.com](mailto:kushed@bigpond.com)

The Barbeque will be provided by Bunnings, Belrose with support from the Shed's Cooking Group.

There will be the usual raffle with proceeds going to the Kuring-gai & Hornsby Women's Shelter



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## Important Dates

- Xmas luncheon **Friday 13 December**
- Last Shed day for 2019 and clean-up **Thursday 19 December**



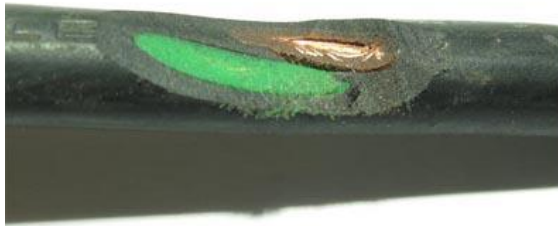
**City2Surf**

Little did we know that hiding among our Shed members is an veteran athlete. John J has been competing in the City2Surf run for more years than he cares to remember (more than 30 times).

In his latest run, on Sunday 11 August, he completed the 14 km course in 1hour and 35.25 minutes. He came 86<sup>th</sup> out of a field 454 in his 70 - 79 years men's division and beat many in younger age groups. A mighty performance for which we congratulate him.

The City2Surf run has raised millions for charity.

## Electrical Safety



It doesn't look like much, but these cuts to the cable sheath leave it dangerous. Every time you pick up a corded power tool or power cord, look at the sheath and make sure there is no damage. Also check there are no wires visible at the plug end or where the cord goes into the tool. If you find damage, draw it to the attention of a coordinator and don't use it.

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## Adirondack chairs

New member Rob C completed a pair of very comfy Adirondack chairs in August, using free online plans by Popular Mechanics. The chairs were made from merbau, and were finished with teak furniture oil as they will be used outside.



No fancy joints were needed – just lots of screws. Rob has the plans and templates if anyone would like to build their own.

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## Cooking Group



The August class lunch showed what a bunch of complete novice cooks can achieve. With expert guidance from our assistant instructor Idris we prepared Roasted cauliflower & chickpea soup, Creamy

sun-dried tomato chicken, and Coconut, vanilla & passionfruit pudding.

Non cooking group members don't know what they are missing out on. Certainly none of us needed much for dinner that Friday evening.

The next class is on Friday September 20th, followed by the AGM on Friday September 27th at which Bunnings Belrose are providing the BBQ.

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## Bushcare group

Bruce has been away for a while. He will hold the next Shed Bushcare working bee on Tuesday 10th September commencing at 09:00am. Volunteers are welcome, just bring a small trowel, gloves and a hat. Bushcare training will be provided.

Recent good rain and warmer weather has helped new growth of weeds that need to be removed. Transplanting of juvenile trees, that crop up near the Shed, will continue.

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## Dementia Caring Communities

A free, fortnightly, Carer Support Group is starting in Turramurra for those caring for a family member or friend who is living with dementia, beginning on Wednesday 18 September, 10.30am to 12.30pm.

The carers will gather for coffee and a chat in the Turramurra Meals on Wheels dining room at 7 Gilroy Lane, with the Care Support Coordinator from the Northern Sydney Carer Support Unit, Mary Beijerinck-Gooley, providing information and guidance to the group.

These groups focus on the well-being of carers. If carers would like to bring their loved one along, we will provide activities for care recipients such as art therapy, music or gentle exercise in the Turramurra Seniors Centre next door.

We understand that caring can be a demanding role. and carers may feel quite isolated and overwhelmed. Carer Support Groups are a safe, friendly place where they can connect with others and access helpful, professional information.

If you know of anyone who would benefit from joining this group, please forward this email to them. They can contact me on the email or phone number below, or Mary Beijerinck-Gooley, Carer Support Officer, Northern Sydney Local Health District on 0434 323 411 / 9462 9488 or [Mary.Beijerinck@health.nsw.gov.au](mailto:Mary.Beijerinck@health.nsw.gov.au)

There is further information on Council's [Dementia Friendly Communities](#) webpage.

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## Handyman wanted

Belrose school is looking for a handyman to work at the school 2 days /week on a permanent basis. Tasks are mainly grounds related as well as general maintenance work and would suit a retired man. If you know anyone who is interested contact [max-elliott@bigpond.com](mailto:max-elliott@bigpond.com) to be put in touch with the school.

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