

# Kushed Bulletin

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## A Christmas Lunch Reminder

Members are reminded that the Christmas Lunch is to be held on Friday 15<sup>th</sup> December 2017 in the Douglas Pickering Pavilion, commencing at 12 noon. Donation: \$15

Please ensure you register at the Shed sign-on sheet or by e-mail before Thursday 7<sup>th</sup> December to enable the Cooking Group to provide adequately for all attendees. Members should not expect to be catered for if they have not registered.

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## Shed Clean-Up Day

Thursday 14th December, has been nominated as Clean-up day. A little or no conventional project work can be undertaken at Shed. Volunteers are sought to help in this effort to leave the shed spick and span for the New Year operations which will commence on Monday 8th January 2018.

The Cooking Group will be occupying the kitchen and Meeting room on this day in order to prepare for the Christmas Luncheon.

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## Shed Closed For Christmas Break

The Shed will be closed from Friday 15 December 2017 until Monday 8 January 2018.



## October Cooking Class

This article was accidentally left out of the previous bulletin, our apologies.

All twelve of us somehow made our way past the Webers Circus, a 70% off rug sale and a TV commercial shoot, to our new temporary Shed entrance at the kitchen for our cooking class. The Showground was quite a busy place, plus the new Shed extensions now underway.

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Food preparation included some ingenious Shed initiative by Bob Ellis. As the kitchen had no mortar and pestle, Bob used the end of a hammer to pound the drumstick spices in a bowl, that proved very effective. Bob always comes and amuses us with his range of unusual hats.

The day's gourmet menu that tested our culinary skills included for the entrée tasty Spicy Cauliflower Fritters; for the main Spiced Drumsticks with accompaniments of Chickpea and Sweet Potato Salad with Yoghurt Dressing, Sesame Beans with fried Almonds and a Tzatziki; and for the dessert a delicious Pineapple Upside-down cake.

All accomplished in fine style and appreciated by all cooks, with Ruth's guidance and numerous cooking tips.

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## **November Cooking Class**

On the 24th November the cooking team again enjoyed producing a delicious meal under the guidance of Ruth, who remained composed despite leaving the marinade for the meat at home.



Team #1 created the starters comprising Borlotti Beans and Olives on toasted Bruschetta, plus Spinach "pinwheels", which could well wheel their way into our Christmas lunch on 15th December.

Team #2 saved the day by remaking enough marinade to cover the delicious meat in the Thai Beef salad, although they did go a little heavy on the volume of onion! Ever thrifty Ruth assisted the treasury by replacing the specified rump steak with blade steak at half the price. The men on the BBQ cooked the beef to perfection.

The final course was an unusual, but extremely tasty, Zucchini cake.



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## Boccia slides

The three slides were made by Hetta, David and Andrew to fill an order for Cerebral Palsy Australia. Over time we have made over 100 of these slides to assist those with Cerebral Palsy to participate in the sport of Boccia. [Click here](#) to see some of the ramp designs.



Wheelchair basketball is a Paralympic sport that was added to the Games in 1960. It involves throwing, kicking, or using a ramp with the help of an assistant to propel a soft leather ball towards a target. The ability to use assistive equipment such as ramps and headresters allows individuals with a wide range of disabilities to play.

Wheelchair basketball is a strategic precision sport held in a fun, supportive environment to develop both physical and cognitive skills. There are opportunities to compete provincially, nationally and internationally. Individuals of all ages and abilities are welcome to participate.

Players with the highest level of impairment, that are unable to throw or kick the ball consistently into play, therefore play using an assistive device, also known as a ramp. The athlete has an assistant on court that faces away from play and is not allowed to move around for the duration of the end. The assistant positions the ramp under instruction from the player and places the ball on the ramp for the player to release. For a full run down [see the manual](#).



## New Members

We welcome with great pleasure the following new members who have joined our shed since October this year. We would appreciate it if all existing members would welcome our new fellow members to the fold.

Gordon Galletti  
Colm Halley  
Thomas Dalton  
Trev Killen  
Peter McKay  
Peter O'Sullivan

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## Current Projects

Kevin, the bee box king, and helpers working on one of our biggest project of the year, about 1500 Bee Boxes. Many others have also lent a helping hand. Thank you all.





Rod has been busy making toast grippers for Christmas presents.  
While Taras is progressing with his harp. Some strings for Christmas would be nice!





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## Notices

### Australian Men's Shed Newsletter

[Click here](#) to read the November edition of "The Shedder" newsletter.

### Wood Turning Newsletter

[Click here](#) for the December wood turning newsletter.

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