

Kushed Bulletin

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Annual CPR and First Aid Course - Friday, 8th of November

Our Annual First Aid course, conducted by Hand on Heart, will be held on
Friday the 8th of November

All Shed First Aiders and anyone wanting to learn skills that may save a life are invited to attend.

Spouses and Family members are also welcome to join in.

It will commence at **10am** at The Shed, St Ives Showground

Price: \$ 60 CPR only \$115 First Aid (includes CPR)

Pre-course study: You are required to complete online learning prior to your assessment day. This involves watching videos and completing the online multiple choice tests.

The two courses are :

HLTAID009 Provide Cardiopulmonary Resuscitation(CPR)
and

HLTAID011 Provide First Aid

Click [here](#) to commence your enrolment and online study.

Please enrol in only ONE course. Provide First Aid (renewed every 3 years) includes CPR (renewed yearly).

What's on at The Shed

Whilst the Committee finalises the capital budget for next three years, there is a lot of effort and movement happening at the Shed over the next few months. The planning is focused on what is the best investment for the benefit of our members.

We became aware that the sound level in the lunchroom was having a detrimental impact on our members, particularly those with hearing aids. The existing corrugated metal surfaces are perhaps the worst possible material in this regard.

A project is underway to fit the lunchroom with sound dampening acoustic surfaces.

Mal Cocks has continued his excellent program to maximise space utilisation. This includes the panel saw moving into the multi purpose area and building additional work benches in its place.

The compressor will be enclosed in a soundproof enclosure to make the area comfortable to work in. The bee box work benches have been made mobile so they can be easily moved around as required.

We have taken the decision to hire the Douglas Pickering Pavilion when we have larger gatherings such as our AGM and Christmas lunch, rather than keeping space available in the MPA for use a couple of times a year.

After the great success of our initial skills training in welding and knife sharpening, 2025 will see the introduction of regular courses for members in welding, knife sharpening, drill bit, chisel and plane blade sharpening using the Tormek system, table router and Gifkins jig and wood turning using our new lathe.

Our picture framing area is now fully equipped for personal use and a course will be run.

The capital expenditure planning is considering investing in some additional resources to complement these courses and detailed assessments are under way. Members will be directly advised as to the course schedules and how they can enrol.

Particular note must be made of the superb efforts of Kevin Jeffress and his bee box team, who work hard to provide the financial resources that enable our continuing development.

We have been expanding our community outreach and are working on a number of projects at present, including new front window display shelving for Lifeline Bookshop, Lindfield and a freshen up paint job for Hornsby Connect, where the volunteers work hard preparing food packages for those in need.

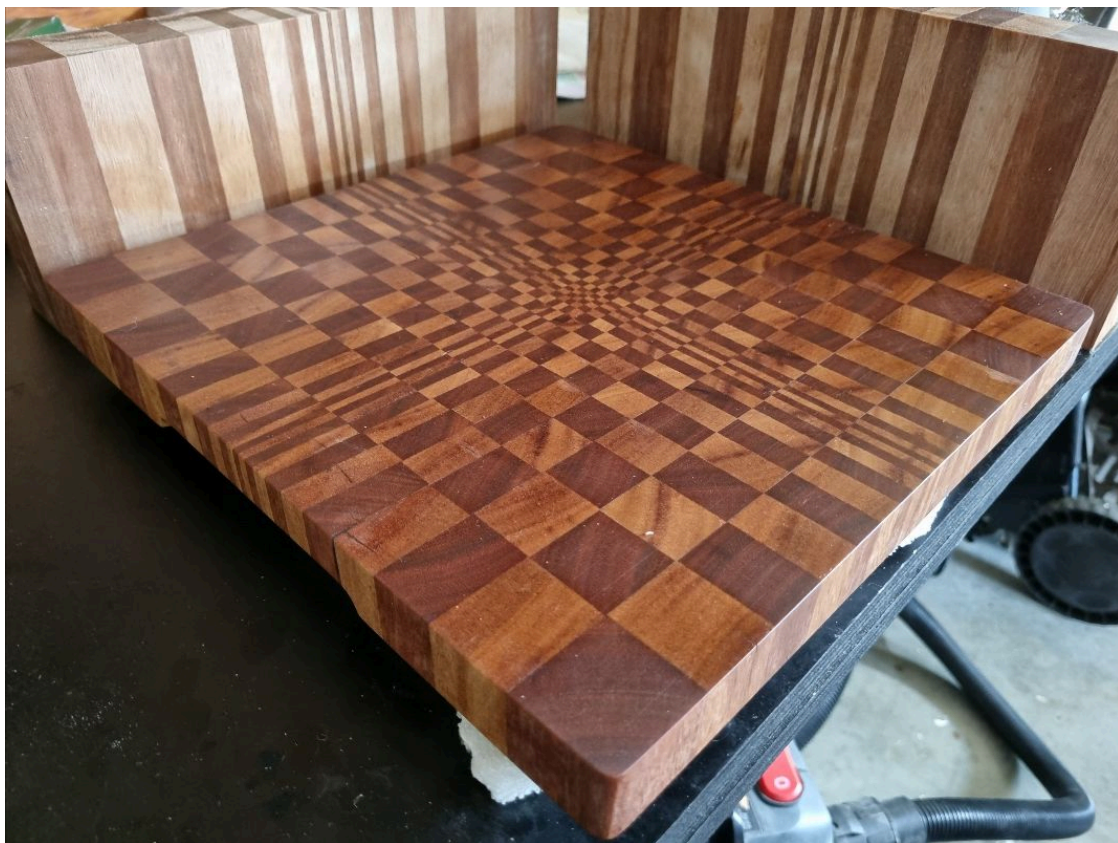
Car Parking

The parking area to the South that is used by Shed members, dog area visitors and function attendees at the Douglas Pickering Pavilion continues to be of concern in wet weather with the soft silt surface quickly turning into a quagmire, sometimes requiring a tow out.

The trees in this area are an important part of our surroundings, so it is vital that we protect their roots by managing where we park.

It is problematic in that the area cannot be paved without affecting those trees, so we are hoping to have the surface supplemented with crushed sandstone and better drainage going forward.

End Grain Chopping Board



One of our members recently completed, after a **huge battle**, an end-grain chopping board with a bit of a difference. It is one of those boards that creates an optical illusion, as one can see in the picture.

Fortunately, there is a very detailed set of instructions that runs to 32 pages on how to create this board. The instructions are available [here](#)

Did you notice the emphasis on **huge battle**? Let the discussion on mistakes begin.

The free downloadable instructions are good. They talk about using two woods easily available in America to create the light and dark effect, namely maple and walnut. The member searched for 50 mm Australian lumber, and selected blackbutt and spotted gum. This is believed to be the beginning of a cascade of problems.

The board is made from cutting light and dark strips of decreasing sizes, sanding them to get down to the precise thickness, and then gluing them together to create two boards, one the negative of the other – left over sections can be seen as the backdrop to the photograph. Relatively easy so far.

The next step is to cut these boards into pieces, flip them to reveal the end-grain, and then cut those pieces into decreasing sizes. Let the battle begin!!

After the second cut, the segments warped. Some of them so badly that they formed the letter “C”. Was this due to the wood selection – maybe. How to sand a “C” section down to a precise size then became a battle. Using a carrier and sticking or screwing the cut piece allowed each cut to be sanded on the drum sander. Spotted gum has a lot of gum, so the drum sander burns the end-grain, no matter how small an increment is taken.

After finishing this process, the gluing of the cut “C” sections commenced. This had to be done incrementally, and the wood cracked in places where the stress was excessive. Some sections could not come together and gaps were left.

After gluing, all holes, cracks and gaps were then filled with casting resin, hand sanded and then returned to the drum sander to take out the warp which was also present in the thickness of the board.

Recommendation – don't start this project unless you select more suitable woods. Also, the board could (most likely) be made in a similar fashion, but not flipping the wood to make an end-grain board.

The AMSA Shed Wireless Podcasts

The AMSA Shed Wireless Podcasts are regular Podcasts presented by John Paul Young
They discuss topics of interest to AMSA members



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