

Kushed Bulletin

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

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Nick Stafford-Gaffney

We would like to thank all those who visited Nick in Hospital and stood by him in the trying last months of his life, and thank the 30 or so members who attended the funeral.

Office Habits



Suffering from pain in your neck, shoulders and back??? It maybe caused by poor posture and the way you sit. SMART maybe the answer. It may have to do with:

- Sitting position
- Minimising back strain
- Adjusting your work station
- Releasing muscle tension
- Task variety

[Read more about posture on our website.](http://www.kushed.org.au/Web-files/Ergonomic-posture.pdf)
<http://www.kushed.org.au/Web-files/Ergonomic-posture.pdf>

Shedders Welfare

If anyone knows or hears about a fellow Shedder being sick or incapable of coming to the Shed, please let the Committee or one of the Coordinators know and write it down on the 'Sickbay' notice board next to drawer with the name-tags.

Friday Introductory Courses



During the recent AGM we raised the prospect of Introductory Courses for 2017.

The courses proposed are to be held mostly on Friday's or at a convenient time for the conveners, and based on sufficient interest, were:

- Welding
- Picture Framing
- Wood-turning
- Tool sharpening
 - Chisels, Plane, Irons, Lathe scraping tools
 - Skew and Gouges (Advanced)
- General equipment accreditation

Please add your name on the list provided in the lunchroom, but if this is not convenient, email kushed@bigpond.com.

The proposed introductory courses can lead to Accreditation on various equipment although attendance on the course is unlikely to be sufficient for the Accreditation process because of time constraints.

Accreditation may take place at a later time. The courses are aimed at enabling the Shed member to become familiar with the equipment and improve their skills.

A dedicated Induction course for members who have recently joined (i.e. in the last year) or attend less frequently is also proposed for Tuesdays at this stage. Those able to attend are asked to add their name to the appropriate list in the lunch room.

Shedders Health and Well-being Forum



We call for anyone who is willing and/or is eminently qualified to assist or organise such a one day event.

Speakers have been found who are willing to participate/present the following subjects:

- Spanner in the Works - by: Australian Men's Shed Association Australia (AMSA).
- Prostate Cancer - by: North Shore Prostate Cancer Support Group.

- Hearing - by: Australian Hearing or alternative.
 - How hearing loss occurs
 - Protecting your hearing
 - How to identify a hearing loss and when to take action
 - Solutions available - it's not just Hearing Aids
 - The importance of regular hearing checks
 - Hearing aid myths
- Dementia including Alzheimer.
- Possibly local GP Association for blood test, heart and general health.

Some of these professionals can offer tests (e.g. hearing) during the days event.

Contact Paul Schiebaan if you are interested and can help. Look forward to hear from you.

Red Cedar and other wood stocks



The photograph of the Australian Red Cedar for Sale is to show you where we have put some planks that were cut out of one of the big slabs Kevin Callinan arranged for the donation of to our shed.

To buy any of the Australian Red Cedar and other timbers, there is a folder containing details of the prices for our members, including commercial timber prices of various types of wood and some prices of materials in our container.

Check with a committee member and fill out the Chit before taking any timbers.

Leaning against the stack is a folder containing details of the prices that should be charged to our members, commercial timber prices of various types of wood and some prices of material in our container that can be purchased after checking with a Committee member that the sale is acceptable.

Shed Wood for Members is the document at the front of the folder and Shed Materials Donation Record is the page that can be cut up if more are required for recording of sales.

Painting Board



The sheet of masonite outside our tool store is to be placed underneath items being painted to catch all the drips that mess-up the surfaces of our bench tops.

Radio interview with Paul



Listen - to the [broadcast interview](http://www.kushed.org.au/Web-files/2016-12-06%20162227.mp3) <http://www.kushed.org.au/Web-files/2016-12-06%20162227.mp3> on the value of Men Sheds in our community and reflecting on the value of the Australia day award on promoting the Men's Shed movement in the interest of Men's Health. Interview by our own President Paul Schiebaan and Lucy Dahill on Community Radio station 3HHH. <http://www.triplehfm.com.au/>

Bush fire season



Our shed is in a bush fire prone area. The [linked document](http://www.kushed.org.au/Web-files/Fire-plan-2017.pdf) <http://www.kushed.org.au/Web-files/Fire-plan-2017.pdf> sets out the procedure for safeguarding our members and the shed on total fire ban days or if a bush fire is in the general area.

The main message is get out and drive in a direction away from the fire. Even if it means a longer trip around. Do not take any chances that may risk your life or the life of others.

The Shed Cooking Class

After a long seasonal break, we commenced our 2017 cooking class with the finesse of professional cooks under the guidance of the ever presence Ruth.

After several hours of preparing the food and cooking, the usual amazing three course meal. Sweetcorn cakes with avocado as an entrée, baked fish with olive crumb coating, tomato salsa and a Caesar salad for the mains, followed by peaches in lemongrass syrup for dessert. All enjoyed the experience, over an harmonious, very talkative lunchtime.

A sample of one of the recipes.



BAKED FISH WITH OLIVE CRUMB COATING

Serves 6

Ingredients:

- 1.5kg lean white fish fillets (eg ling, red snapper)
- 3T lemon juice
- 1/3 cup dry breadcrumbs
- 1/3 cup green olives chopped
- 1T olive oil
- 2t oregano
- 1t minced garlic
- 1/4t pepper
- 80g black olives chopped
- 6 lemon wedges

Method:

Arrange fish in a 13 x 9" baking dish coated with cooking spray or olive oil.
Sprinkle with lemon juice.

Combine the next 6 ingredients * and spread evenly over fish fillets, pressing firmly to coat.

Bake at 180C for 12 mins or till fish flakes evenly when tested with a fork.
Serve with lemon wedges.

Car window tinting



Many people tint their car windows but here is a word of caution. Tinting may reduce the heat loading of the interior, saving fuel and increasing the comfort of the occupants but it will affect driver's visibility. Before you install window tinting, you need to consider the following.

Most older adults, over 60, require three to four times more light as when they were younger to perform many everyday activities. With the loss of brightness comes a corresponding loss in contrast. Contrast is the difference between light and dark. As our brightness is reduced with the natural aging of our eyes, so the contrast is also reduced. We need contrast to distinguish objects on the road, even more so when it is dark and is one of the main reason why older people do not like driving at night.

Window tinting will reduce the brightness even further, by a factor of 2 or more. It thereby reduces contrast, in particular at night. It is illegal to tint the windscreen for this reasons. It is however still legal to tint the side and rear window. It may feel and look cool, but at the cost of greater loss of visibility when you look in the side or rear mirrors. You may not perceive the other car till it is too late and then you may really look dead cool.

Think twice about car window tinting!!!

See also:

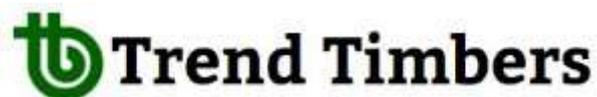
http://acrs.org.au/files/papers/48%20Batchelor_NPR.pdf

<http://www.visionaware.org/info/your-eye-condition/eye-health/normal-vision-changes/125>

<https://www.sharecare.com/health/eye-vision-health/article/aging-eye>

<http://www.allaboutvision.com/over60/vision-changes.htm>

Wood turning newsletter February 2017



Course class dates:

February 18 and 19 Module 1 only

March 25 and 26 Any module except 1 e.g. Bowls, Furniture, Free end. [Read more](#)

<http://www.kushed.org.au/Web-files/Wood-turning-news-Feb2017.pdf>

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

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