

# Kushed Bulletin

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

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## Farewell from Paul Schiebaan, President of our Shed



*"Dear friends,*

*With my son Daan and his children in Newcastle, my other son Bart moving there this year too, me travelling up and down to visit Newcastle nearly weekly, I have come to the conclusion that my future lies in Newcastle. With many personal challenges, ahead it makes sense to be close to my family.*

*Over the past few weeks I have surveyed the Newcastle market, and as a result have bought a property which exchanged recently. As a result, I have placed my townhouse in North Turramurra on the market for sale. As a result I will sell my townhouse in North Turramurra.*

*Subsequently, I regret to inform you that I am resigning from my roles and duties as President of the Shed - a date and transition to be agreed with the committee.*

*I am most pleased that we have received advice that Development Approval has been granted for our proposed Shed Extension and the Cookbook is going to print imminently. The Shed is in very good hands and I will obviously pass on whatever is not already in the public domain, which should be little as I have made it my habit to keep you posted on all that I did or was involved with, there should be no surprises.*

*My life over the past 6+ years has been the Shed and revolved around the Shed, it gave me a purpose and fulfilment in life after being widowed in 2011. I surely will miss the Shed and the many friendships and fun we had, it has also allowed me to develop many community relationships, for all of it I am deeply grateful indeed.*

*Newcastle has the AMSA Head Office as well as quite a few good Sheds so that part, in some way, may well continue, I hope our friendships will too.*

*Best for me to thank you for all the support you have given me personally as well as in my various roles in the Shed over the years, I could not have done it without your help. It has been a privilege to serve the Shed and the wider community, and hope they are both a bit better for it.*

*Wishing you all the very best both with the Shed as well as in your personal lives with good health.*

*With warm regards, Paul"*

### **Thank you**

On behalf of all the members and the committee, a heartfelt THANK YOU to Paul for his work for the Shed and his irresistible enthusiasm to promote the aims of the movement for the benefit of the community.

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## **Barbecue Friday 16th June**



We are having a barbecue on Friday the 16th of June at the shed at 12 o'clock. To cover the cost of this culinary delight, a donation of \$10 will be asked on the day to cover the food and beverages.

To help the catering team, please enter your name on the list in the lunchroom or email [kushed@bigpond.com](mailto:kushed@bigpond.com) before Wednesday 14th June.

We plan to launch the Shed's grand "**Real Men's Cookbook**" on the day. So, bring an extra \$10 in donation to get your personal copy.

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## **Shed's Cookbook Update**



The compilation of the menus, photos and stories for the Shed Cookbook has been a frenzy of activity. All the recipes have been completed and are being checked for accuracy as are the quantities, lest a teaspoon becomes a tablespoon.

To write a few paragraphs on the Shed itself tested our abilities as wordsmiths. A well-known writer, whose name escapes me at the moment, but well-known, once wrote a nine-page letter to a friend and apologised about its length. For, he did not have the time to write a shorter one.

We are off to the printer to produce the book. The cookbook will be officially launched at the BBQ on Friday 16 June.

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## Wooden dress up

It may surprise a few, probably many, that our Shed participated in the high fashion parades. But designer of garment Yousef Akbar, an up and coming fashion designer, needed novel accessories for garments that were showcased at the prestigious Mercedes Fashion week at the Carriage works, Eveleigh. We were contacted through a friend of Paul, Leonie, who worked alongside Yousef making the patterns for the designs and during the show to dress the models.

In total 382 cedar pieces were needed with over a 1000 holes of 5 mm to be drilled and all corners rounded. The Shed will get a mention as Yousef likes the concept of using recycled timbers.



**Note to the Press:**

The colourful ode to sustainability that was designer Yousef Akbar's resort wear collection was both magically surreal and at times confronting.

Akbar teamed with community development organization, the Ku-ring-gai Shed, a member of the Australian Men's Shed Association (AMSA), for the occasion. The men's sheds create safe spaces, or 'sheds' for men in emotional need which is why the centre of his runway featured a make-shift shed, with four openings, through which the models ascended.

*"I wanted to make sure that ... my label needed to stand for something good," Akbar says. "No exploitation of people, no harm to the environment. I wanted to create something where the value extends beyond the clothes."* Yousef Akbar

[See the show here](#)

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## Men's Shed cooking

**April**

Chicken but not 'any old' chicken! Chicken with cinnamon, dates and Moroccan couscous was the masterpiece created by 14 Shedders at the cooking class on 21st April.



With an entrée of hot cream of celery soup and then apple jalousie for dessert, our clever guide, Ruth, with fourteen pairs of very willing hands, shopped for the ingredients, prepared, cooked and ate the nutritious and tasty meal.

**May**

Despite a number of absences this cooking session, enthusiasm reigned and our members remarked that they had produced "the best ever" Menu yet again.

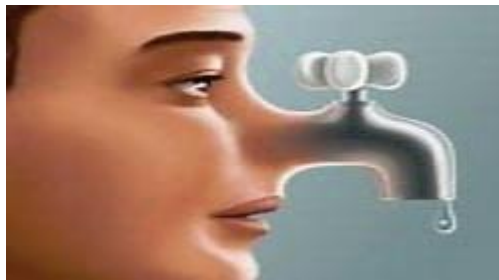


They prepared a cauldron of Prawn Laksa, marvellously succulent BBQ Skirt Steak with Warm Potato Salad and Red Cabbage Salad. A refreshing chilled dessert of Oranges in Spiced Red Wine completed a nicely balanced three-course meal.

Most of the recipes are featured in our Men's Shed Cookbook, soon to be launched. Then you can try them at home! and entertain with confidence and pizzazz.

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## **Why does your nose drip when it is cold?**



Even when you do not have a cold, your nose will often drip when it is cold. Cold air carries less moisture than warm air, it will simply condense out. Exhaled air has been warmed and moistened to saturation by the lungs and the airways when you exhale through the nose. The latter is often overlooked, as it is a significant source of dehydration, even if you sweat very little through the skin.

When the exhaled, saturated warm air meets cold external air in the nasal passages, the moisture condenses out in the form of clear water. Hence the nose drip. You can demonstrate this by breathing on a cold window pane and see the condensed moisture. Or better still, you can get a beer from the fridge and watch the condensation on the glass. Oh well, now you may just as well drink it.

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## AMSA May Newsletter

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

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### The importance of a Will, seminar



From Ruth Jacka *Community Development Officer, Lane Cove Council*

A local Solicitor, Fay Frischer, will repeat the "Wills Seminar". It covers all you need to know about making a valid legal Will, including how to change your current Will, what happens if you die without a Will and the responsibility of the lawyer preparing the Will.

**When:** Wednesday 14 June, 10:30am – 11:30am

**Where:** Living and Learning Centre, 180 Longueville Road, Lane Cove

**Cost:** Free

**Contact:** To make a booking call 9911 3591 or email [agrant@lanecove.nsw.gov.au](mailto:agrant@lanecove.nsw.gov.au)

#### Topics covered

- Ingredients of a valid will
- Responsibility of the lawyer preparing the will
- Capacity to provide instructions
- Multiple wills
- Beneficiaries
- What happens if no will: intestacy and its implications
- Homemade wills and validity and problems
- Witnesses to a will
- Powers of Attorney: when they begin and when they end and when the will kicks in
- Probate of wills and what this means

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