

Kushed Bulletin

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

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The Shed Cooking Class

The Shed Cooking Class held its first of fourteen planned classes for the year on Friday 29th January 2016. It was very well attended and enjoyed by all. We were guided by our very talented and patient chef Ruth Fulton who chose the menu and purchased the ingredients.

The menu included:

Entrée: Salmon and sweet potato fish cakes with dill yoghurt

Main: Lemon chicken with rice served with almond rice and sesame beans

Sweets: Plum cake

We have a few class vacancies, so if the idea of learning how to prepare healthy and delicious meals, please contact me for further details.



Saturday Shed open - 1st and 2nd Saturdays of the month only

Confused??? The Shed will only be open on the 1st and 2nd Saturday of the month.

Please note the change to the Shed opening on Saturdays. We are open from Mondays to Thursdays. Friday is cooking day and you need to be booked in for that one.



Library Boxes

No we are not building a tower but are assembling boxes for community libraries. For more details see <http://littlefreelibrary.org/>



Accreditation documents

Reading and understanding the Accreditation documentation is necessary to be accredited to use the equipment in the Shed. To get access to the library of these documents for training and instruction [click on this link](#).



Seniors Festival 2016

The Seniors Festival will take place from 29 February till 8 April with a wide range of activities for everyone. For details on Community Transport as well and on the University of the 3rd Age - U3A, see below

See also the council website www.kmc.nsw.gov.au/seniorsfestival

Download the full brochure here.

Community Transport - Hornsby and Ku-ring-gai

Go to their web page CommunityTransport.org.au/outings/

or

Click here for details of the outings during February 2016.

communitytransport.org.au/wp-content/uploads/February-2016.pdf

For the programs of the U3A:

See for Upper Northern Region

<http://sydneyu3a.org/wp-content/uploads/2016/01/UNR-S1-2016.pdf>

And for Northern Beaches:

<http://sydneyu3a.org/wp-content/uploads/2016/01/NB-S1-2016.pdf>



The 4th annual Ku-ring-gai Chase and Barry Easy Walk

The event celebrates the Special Olympics Athletes' love of sport and the community that supports them. The highlight of the event is the Knox Buddies running or walking with the Special Olympics Athletes.

Registrations, donations and more information <http://www.kuringgaichase.com.au>

For event information and to register, please visit the website or [download the flyer.](#)



VOLUNTEER BUS DRIVER NEEDED

Come and be a volunteer bus driver at our Aged Care Facility in Allambie Heights!

EVERY WEDNESDAY – 9am to midday

OR

EVERY FRIDAY – 9am to midday

It's so much fun and very rewarding!

FREE COFFEE & CAKE!

(must have LR or LR bus license)

Please contact Virginia Stapleton – Recreation & Activities Officer on 9975-5800 or
email: vsapleton@alhvillage.com.au

Location: St Ives Showground, 450 Mona Vale Road, St Ives Telephone: (02) 9983-9732

Email: kushed@bigpond.com **Web:** <http://www.kushed.org.au>

Mail: Ku-ring-gai Community Workshop 'The Shed' Inc, PO Box 216 GORDON, NSW 2072 Australia

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