

Kushed Bulletin

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

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Mens Health Week



Men's Health Week is an annual series of events, around the nation.

Our contribution was a get together, lunch and informative presentation by our President, Brian Killin

A fine lunch was prepared and served by the Cooking Group, after the presentation below

Today we are celebrating Men's Health Week and I want to share some insights with you. Before we get into it, let me just say: Our Shed isn't just a workshop—it's a lifeline. Its where we share stories, have a laugh, fix a few things, and sometimes fix ourselves in the process.

*Men's Health Week is a good time to stop and ask: *How are we really doing? Not just physically, but mentally, emotionally—and yeah, even socially.*

Why Men's Health Matters

Now we all know the stats:

- Aussie blokes live, on average, about 4–5 years less than women.*
- We're more likely to die from preventable diseases.*
- And mental health? Too many men still suffer in silence.*

*But here's the thing: **most of it is preventable**. A bit of awareness, a few better habits, and mates looking out for each other*

can make a hell of a difference in many ways.

The Big Four

Let's talk about four areas that really affect us:

1. Physical Health

- *Go see your doctor—*before* something breaks.*
- *Heart health, prostate checks, diabetes, skin checks—these sneak up on us.*
- *Get a hearing test- it matters more than you think in the development of dementia.*
- *A daily walk, less alcohol, more greens—boring maybe, but powerful.*
- *Keep your vaccinations up to date- don't risk the flu, shingles, RSV or Covid*

2. Mental Health

- *It's okay to not be okay. Talking helps.*
- *Anxiety, depression, grief—these don't make you weak.*
- *Shed mates are gold. Keep checking in on each other.*
- *We heard last year how much social engagement can affect the onset of dementia.*

3. Connection & Purpose

- *Retirement hits some blokes hard. We need to stay useful in our community.*
- *The Shed gives purpose, mateship, meaning.*
- *Volunteering, mentoring, or just showing up—it all counts.*

4. Sleep & Stress

- *Poor sleep = poor health. Get professional help*
- *Stress builds up in quiet ways. Talk it out, walk it off, or build something to let it go.*

Practical Tips

- *Get a check-up once a year. No excuses.*
- *Move your body every day—even if it's just around the block.*
- *Watch what you eat: meat and three veg is fine, but cut the salt, sugar, and processed stuff.*
- *Keep your mates close. Isolation is dangerous.*
- *Have a yarn when you're down. You'd be surprised how many others feel the same.*

Looking after your health doesn't mean giving up who you are. It means sticking around for your wives, your kids, your grandkids, and your mates. It means staying sharp enough to keep making sawdust, fixing lawnmowers, or giving younger blokes a hand.

This week, make one small change. Book the check-up, have the conversation, go for that walk. Because you're worth it.

Thanks for listening—and don't forget: a strong shed needs strong blokes.

Changes to Dust Extraction for the Thicknesser and Jointer



Until recently, the Thicknesser and Jointer were connected to the overall dust extraction system.

This has caused problems, due to the large amount of heavy wood shavings clogging the system and filling up the cyclone dust collector.

We have installed a new dust collection system dedicated to these two machines. It also has a sensor on the dust bin to detect a full bin.

It is necessary to turn on and off the Dust Extractor at the moment. The switches are at the top of the new unit.

Once we receive one component, the operation will be made automatic.

Please be aware of the status of the bin (see the instructions attached to the Thicknesser and Jointer) and empty the bin if necessary

Steams Up at The Shed!!



A steam box for steam-bending wood has been installed at the Shed. It is rather unobtrusive, as it is installed underneath the bench near the compressor.

The steam generator (a wall paper steamer) and drain are also installed under the bench.

Instructions and tips still have to be written for the operation, but a “proof of concept” serving platter was steam bent to prove the effectiveness.

Steam bending works by softening the lignin in the wood. Lignin is the wood's natural “glue” that keeps the fibres together. Besides making bent structural elements, steam bending can be used to make decorative inlays in boards, wooden bracelets, etc.

The serving platter was made by member Mike Levitan from different coloured strips of wood and bent in a sinusoidal jig. The bent strips were then glued together, put through the thicknesser and finished with tung oil. The end result was a pleasing effect as well as successful pilot project.

Hope this sparks your imagination.

Lets Make a Cutting/Bread board



New Members are often unsure what to make for their first project.

We have prepared a booklet explaining the process to create a cutting/serving/bread board.

This will introduce them to a range of machines and techniques they can use under supervision to create something they can be justifiably proud of.

Copies of the booklet will be posted on the notice board in the lunch room.

If you see a new member looking a bit lost, suggest they have a look at the booklet.

You might like to have a go yourself!

Two Decades to a Tune



Some twenty years ago, Paul Nelson bought a ukelele kit online from Stewmac. He started some basic work on it, but for the most part it sat in a cupboard, just waiting for a suitable venue to complete the build process.

Paul recently joined The Shed and made use of the tools and experience of other Shedders to bring the ukulele to life.

In mid June, Paul was finally able to string up his completed ukulele, and provided some background music for the Tuesday group's morning tea.

Paul vows that this is a one off build, and he won't be seen in the shed making another ukulele ever again!

Inaugural Coffee Club



The first Coffee Club was held on the 22nd of April

It was a full house in the Lunchroom for an engrossing talk on the history and construction of the Harbour Bridge, given by Hette Mollema

The next Coffee Club date is being organised

A Decade of Toys



When he lived in Cabarita, Patricio Parrague was a member of the Canada Bay Men's Shed.

There, he led a group that made small wooden toys and airplanes, which they sold to visitors and at local fairs. They donated the vast majority—hundreds each year—of the toys to a charity called Samaritan Purse, which sent them to poor children in Asian countries at the end of the year. They also sold many airplanes to HARS, the Historic Aircraft Restoration Society.

Once Patricio moved to Turrumurra, he became a member of our Shed, where he has been welcomed in.

Patricio continues making toys and airplanes, which we donate to various charities in our area, such as the Red Cross, the Salvation Army, and St. Vincent de Paul.

These organizations sell toys for \$5 and airplanes for \$10.

This activity gives Patricio great satisfaction.

Our Lathe Goes Digital



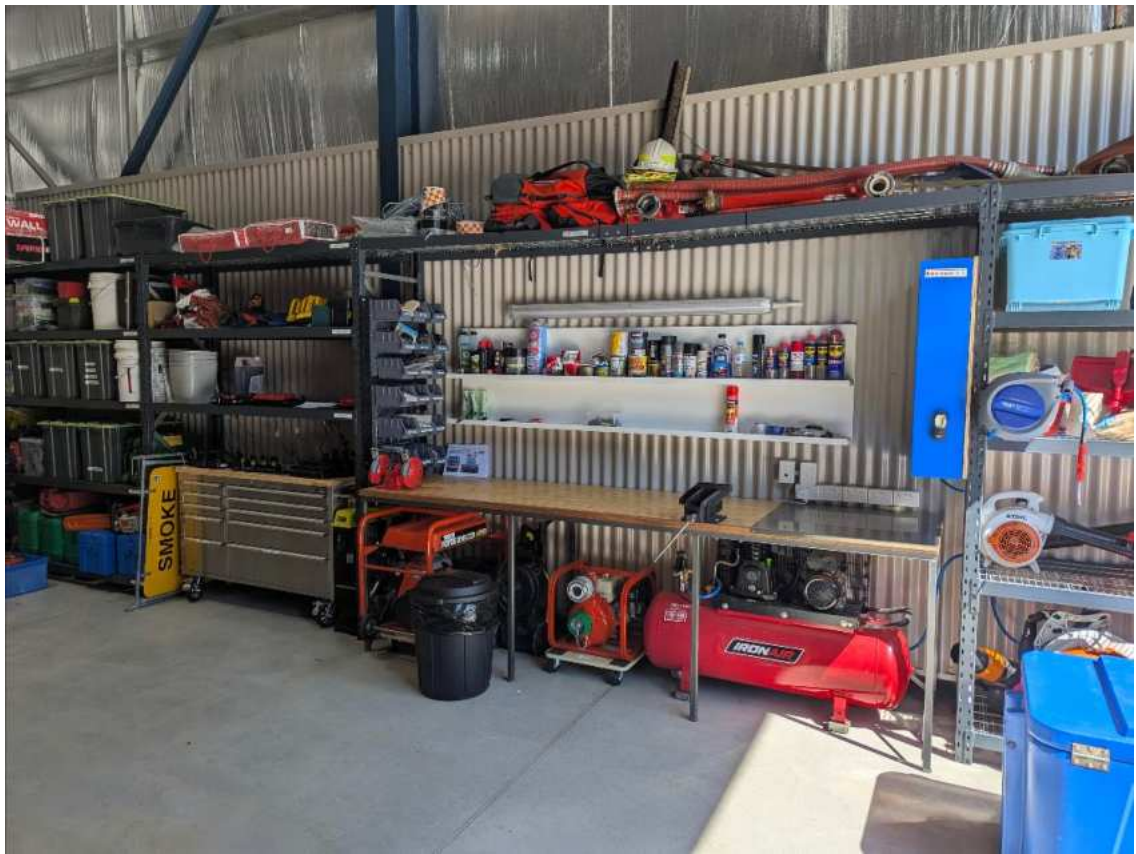
The Shed has taken delivery of a new metal lathe with digital motor control.

It provides a very welcome increase in accuracy and functionality to the old lathe, which was welcomed by the Jeffress Shed team.

The photo shows Mike Vernon and Rob Schild, as they prepare to unload the lathe.

The lathe is now in operation, after installation and setup by Trevor Lowe, who did a great job.

The Shed Helps Out the RFS





The East Killara Rural Fire Service Brigade Headquarters was recently officially opened. Even after completion, there are a myriad of tools, trolleys and benches that were required. Luckily Rob Schild, as well as belonging to the Brigade, is also a Shedder. Rob and other Sheddors built the pieces pictured above.

The first pic is a work bench made with help from Mark Restuccia and Stephen Carroll and above it is a wooden double storage shelf made with help from Mal Cocks

The middle pic is a mobile hose storage rack with created with assistance from Mike Levitan.

The lower pic is the two surplus outdoor table/bench units that the Shed generously donated. These were cleaned, sanded and repainted with assistance from Mike Levitan and are being enjoyed by the crew after training.

The RFS would also like to thank us for the many small hand tools the brigade now has that were collected over a period of time courtesy of the Men's Shed and especially Mike Vernon.

**Fancy Joinery for St Ives Bowling Club
and the Lifeline Store at Gordon**



The Shed was contracted by the St Ives Bowling Club to design and construct 12 lockers for the members of the bowling club to store their bowls.

The lockers were fabricated at The Shed from melamine sheet as four individual chassis comprising three lockers. These were transported on the Ute and bolted together on site.

We sourced special locks that enable the people to supply their own padlock.

An aluminum liner was added to the base of locker, and returned down the front of the shelf, to protect the melamine when bowls bags were being dragged out of the lockers.

In addition, we constructed bookshelves for the LifeLine Store at Gordon

All construction was carried out under the able leadership of Peter McLean

Bowls Storage for St Ives Bowling Club



These are some of the 14 new bowls storage cases made at The Shed, before they were sealed with a Urethane lacquer to protect the case, should it be placed on a wet bowls green.

They are used to store bowls that have been donated to the St Ives Club and are predominantly then used by those who play barefoot bowls on trade days.

The Shed team, headed by Rob Lander and Gerry Hoy, have made nearly 40 of these units over the past 12 months.

The Club Management are very happy with the quality and presentation that Rob, who is a member and bowler at the club, can verify by comments passed back to him by members.

The Shed Wireless



Made in Australia and distributed all over the world, for the love of Shedding.

Jump in and buckle up for an episode packed with interesting conversations.

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