



Chips Sparks and Arts

The Newsletter of the Bundanoon Men's Shed

Number 7, June 2020

Greetings and Welcome Members and Friends

June 1st

As I begin this, our 7th Newsletter. "Now is the winter of our discontent". Well, COVID 19 has caused an Autumn of discontent for so many. Hopefully since the restrictions which have kept us from meeting together in the usual way are beginning to be lifted things may soon change. Let's hope so. The grief and pain suffered by so many down the centuries from similar pandemics has been heartbreaking. We must be thankful that in this one we have done a lot better than other parts of the world. But It isn't over yet. The latest issue of *The Open Road* magazine has an amazing photo of medical staff in 1919 dressed in protective clothing during the Spanish 'flu pandemic following WW1. Only the style has changed! Amazing photos in this issue which have been seen in recent weeks in various news bulletins.

On an outing to an historic site in Southern Cross WA in 1974 the local Historical Society uncovered almost 60 smashed gravestones from a bush burial place on the Eastern goldfields, many recording the names of young people who had died early in the century from the 'flu. We put together as many of these headstones as we could and formed a roadside memorial to them on the entrance to town. The photos reminded me of that sad discovery.

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Many thanks to all who have contributed personal reflections and other good things to this issue. Much appreciated. Editors.



Around the Shed

While our Shed is not exactly recovering from the destruction of bush fire, it is certainly emerging from hibernation following easing of restrictions resulting from Covid-19 as you have been informed by our tireless secretary Milton. Some aspects of how we function will remain different particularly regarding the application of social distancing and hand hygiene measures. The major consequence is that we will still be unable to hold meetings of the full membership unless an alternative venue was used or conferencing technology attempted, a direction which would be awkward and unsatisfying to say the least. The Committee is able to meet in full and any matters can be raised with the Men's Reps as required but the inability to catch up face to face at our meeting and barbecue is not easily rectified. A "Happy Hour" will be reintroduced with the numbers still restricted.



Another practical change is that it is anticipated that the main area for the all important socialising day-to-day aspect of the Shed will move upstairs where tables and limited seating will be set out. Interest groups that meet in the morning could consider meeting in the afternoon to allow other members to use the facilities during the morning.

Workshops will be available again (with restriction on numbers) and the downstairs kitchen

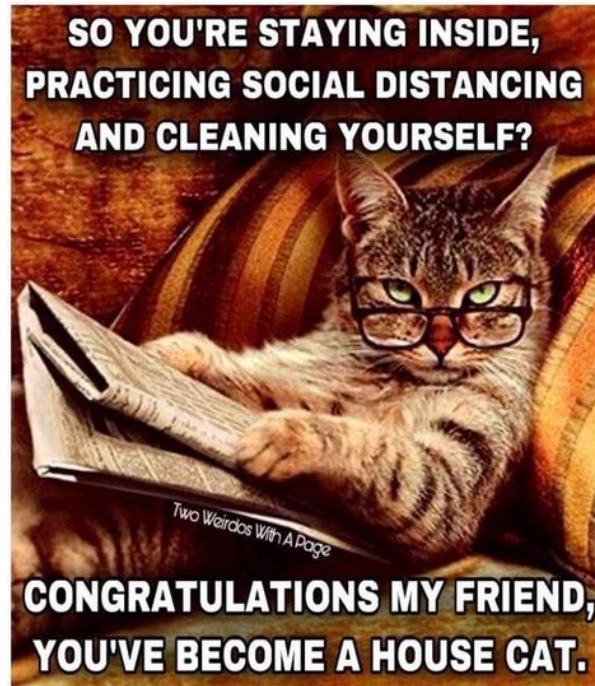
can be used by those members if space upstairs is insufficient. Given the loss of a considerable amount of income due to the lockdown (especially Brigadoon) consider using our facilities to make things for sale. We are again consigning things through the Good Yarn, our Werai outlet having closed.

Finally, building can resume so that our redevelopment plans can proceed.

I look forward to seeing you back at the Shed!

Evan





Something Precious Gained

A timely reflection from Milton

In many ways our lives haven't been that greatly impacted by the lockdown we have experienced over the last two months. Being retired, we haven't had to worry about going to work or even having work hours reduced or being stood down and its consequent financial implications.

We haven't been able to go out for lunch or dinner but they are, in the scheme of things, minor inconveniences. We've had empty diaries, but so has everyone else, or taking a poignant line from "Les Mis", "empty chairs and empty tables".

The one wrenching result is not being able to embrace our children and grandchildren. We have been using Facetime and Houseparty apps but while you can see each other it is not as enjoyable as being actually with them.

We have two daughters and five grandchildren in the Highlands, one son and three grandchildren in Sydney and one daughter and three grandchildren in Melbourne.

We haven't seen the Melbourne part of the family for some time. They usually come up to the Highlands at Easter and spend a week or so here with all the cousins catching up. That didn't happen this year because of the travel restrictions.

We hadn't seen the Highlands families until Mother's day when the restrictions were eased allowing us to visit each of the daughters and families on a one day basis.

Last Thursday (21 May) we went to Sydney to visit Sue's 95 year old Aunt who lives alone. Sue usually visits her on a weekly basis but has only seen her once or twice since the restrictions came into effect.

We stayed at our son's place that night and had a great time with him and his wife and three children. He cooked a great meal and it was a pleasure to sit and chat with them and hearing how, as a family, they have grown closer by spending so much time together at home.

Both the son and daughter-in-law worked from home during the lockdown and the children were home-schooled during this period. Their normal hectic life style had come to an abrupt end!!

We arrived home happy and content after having our “family fix”, but ore was to come. We had three of the Highlands grandkids here for a sleep-over on Saturday night; a five-year old boy, his three year-old sister and their five year-old female cousin. Life was back to normal with three kids running around playing, laughing, and just being happy.

As the weather was bleak all the activities were indoors so on Saturday afternoon Sue put on a DVD of Disney’s animated *Snow White*. The kids hadn’t seen it before so they sat around and watched it but they started to lose attention about half-way through.

I was probably the one most interested; not so much in the story but the animation. It is reflective of another time when people were given the required time to be creative. We were surprised on Sunday morning when they asked if they could watch it again. This time they sat, somewhat transfixed, and watched the whole show.

Then Sue, while ferreting around for some books for the three year-old , found her original 78 vinyl recording of the *Snow White Soundtrack* that her father had given her and which she had greatly enjoyed listening to as a little girl in the 50’s.

When our daughter arrived to take them home, they left with their bags singing “*Hi Ho, Hi Ho, it’s off to home we go*”.

Time with the family is priceless.

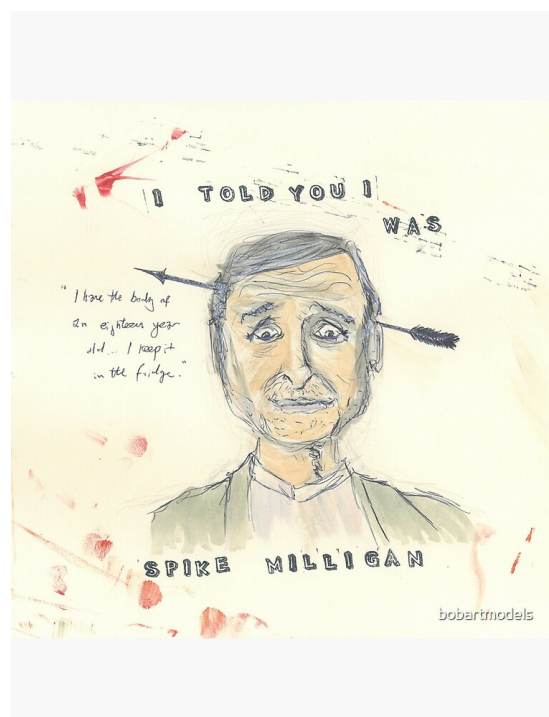
Poetry Corner

Geoff has contributed the following for us this month.

Steve Owens has brought back to us some very memorable films and radio shows: here’s another.... (to read aloud)

“On the Ning Nang Nong” By Spike Milligan

*On the Ning Nang Nong
Where the Cows go Bong!
and the monkeys all say BOO!
There’s a Nong Nang Ning
Where the trees go Ping!
And the tea pots jibber jabber joo.
On the Nong Ning Nang
All the mice go Clang
And you just can’t catch ‘em when they do!
So its Ning Nang Nong
Cows go Bong!
Nong Nang Ning
Trees go ping
Nong Ning Nang
The mice go Clang
What a noisy place to belong
is the Ning Nang Ning Nang Nong!!*



Veggiemen

Produce from the veggie garden is a little sparse at the moment. Carrots, Spinach, and Leeks are cropping, and stored Potatoes, Onions and Pumpkins, plus frozen Beans, have to be supplemented with bought vegetables! Lettuce and Cucumbers in the greenhouse are finishing, and I have planted a Mesclun mix of Salad Leaves and Radishes which were very successful last winter, but will not be ready for around six weeks. I have sown the green manure on next season's potato bed. The Sugar Snap Peas and Broad Beans are growing well, so looking forward to an early spring harvest. The brassica bed looks healthy, but looking back at last year I have noted that, with the interruption of the bush fires, my first broccoli and cabbage planting this time was a month later, and by now we should already have a crop to pick.

Planting in June

Beans - broad beans, fava beans September	Sow seed	Harvest from
Garlic	Plant cloves	Harvest from October
Mustard greens (also gai choy)	Sow seed	Harvest from July
Onion	Plant out seedlings or sow seed	Harvest from November
Radish	Sow seed	Harvest from July
Spinach (also English spinach)	Sow seed	Harvest from July
Spring onions (also Scallions, Bunching onions, Welsh onion)	Sow seed	Harvest from August

Or you can plant Microgreens

Microgreens are basically many of the same leafy greens as are used for salad mixes but are cut at a smaller stage and only harvested once. They are eaten as thin, delicate plants, the smallest possible variation on salad greens and herbs. They provide texture and colour when used as garnish, or exciting flavours when used as part of salad mixes or are added to sandwiches.

Which Microgreens Seeds can you grow?

Some common varieties include amaranth, basil, beets, broccoli, cabbage, celery, chard, chervil, coriander/cilantro, kale, kohlrabi, lettuce, mustard, parsley, peas, radish, rocket/arugula, spinach, and sorrel. However, you are certainly not limited to these!



Where to Grow Microgreens

You can grow them indoors on a well-lit bench or outdoors on a covered deck or in a shade house. Indoors start them in a warm place like a kitchen then once they sprout they should be moved to a window or sunny spot.

How to Grow Microgreens

Microgreens are grown quickly from seeds in good light with adequate moisture. They are usually sown in a soil medium or seed compost, and harvested before they reach full size. Sow the seed in any punnet, pot or tray with drainage, fairly thickly, and keep the surface damp using a spray bottle. For a warm humid environment for the seeds to germinate, cover the seeds with the lid if in a punnet, or add a clear plastic bag over the top of the pot or tray with holes snipped in the top for airflow. Once germinated, the seeds have used up their internal store of food to grow. So at this point apply a seaweed solution to feed the plants with trace elements. This improves flavour and boosts nutrition.



How to Harvest Microgreens

Microgreens are usually harvested when there are four or more leaves. Cut the shoots just above ground level with scissors. Some types will regrow and can be cut several times. Afterwards the tray contents can be added to the compost heap.

David Humphrey – 4883 6634

Quotes for June

Many thanks to **Ralph Clark** for this one:

1. “The proof of the pudding is in the eating”

And one to challenge our schoolboy language learning:
Who famously said the following?

2. “Qu’ils mangent de la brioche”

So far, the leading Quotes point scorer has three right answers to his name. Does he have any challengers? Four Members have 2 and two have 1. Neck and neck down the final straight we go... Get your answers in ASAP to have your name immortalised as the 2020 President’s Prize Quote Champion!

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Now There’s a Thought

The ABC replayed a classic 2006 FIFA match yesterday (Sunday, 31st May) between the Socceroos and Japan. Before the match the Australian National Anthem was played with the words appearing on screen in real time with those singing. To my great amazement this is what we read: “In joyful trains then let us sin”.

Was this a new promotional venture provided by NSW Govt.Transport to boost patronage?