



Issue 5 # 37

# *Shedding Endeavour's*

4<sup>th</sup> October 2021

**The shed is closed due to Covid 19 Restrictions – notice will be given when it is to reopen.**

**There is a zoom meeting on Tuesday at 10.00 am ID 389 290 7889 Pass EHMS – no time limit**

All meetings, music groups and other activities are cancelled until further notice. Remember to wear your mask and keep safe. Zoom meetings will be held.

## **Members Birthdays in September**

3 <sup>rd</sup> October	Rudi	Oost
4 <sup>th</sup> October	Leigh	Martin
6 <sup>th</sup> October	Laurens	Gordyn
8 <sup>th</sup> October	Geoffrey	Lacey
9 <sup>th</sup> October	Tony	Brosinsky
12 <sup>th</sup> October	David	Robinson
20 <sup>th</sup> October	John	Cooper
31 <sup>st</sup> October	Garrick	Williams



**Speedy recovery to those off colour:**

**Doug Rowley**

**Trevor Ratcliffe**

**Robert Kay (now home)**

**Gus De Hoogd**

**Harry Hornstra**



**Condolence**

**To Inger and Howard de Zylva and family on the loss of Inger's brother.**



Last week there was a zoom meeting with 18 members online plus 1 telephone attendance

- Rommie is the project leader for Howard's Cupola project.
- The Defibrillator cabinet is armed.
- VP Howard introduced a group in Sri Lanka requiring financial assistance.
- There were several discussions relating to music, bike riding, beans and Judo training.

**For any information about the EHMS please call Paul on 0418313395.**

### **EHMS tool policy**

**Tools are not to be removed from the workshop for member's private use.**

**Tools required for approved projects may be signed out and taken to site for use and then returned and sign in.**

### **Social Housing Boost for Doveton and Endeavour Hills**

In the first round of the Big Housing Build, the Government will contribute \$3.2 million for 10 homes in Doveton in partnership with Affordable Rentals Victoria.

In Endeavour Hills, \$2.5 million has been allocated for eight homes in partnership with Common Equity Housing Limited.

The homes are available to people living with mental illness or disability, escaping family violence, First Peoples and those experiencing homelessness.

Dandenong MP Gabrielle Williams said the projects would stimulate the local economy while providing "the stability and security of a home for those in our community that need it most."

"These projects will support more local jobs – with construction expected to be underway this year."

The projects are part of a \$740 million community housing program comprising 89 projects and 2352 homes across Victoria.

About 9000 jobs are expected to be created.

Across four years, the \$5.3 billion Big Housing Build is expected to provide 12,000 social-housing dwellings and 10,000 jobs a year.

### **Double Vaccinated**

**It is highly likely that when the shed reopens after lockdown there will be harder restrictions put on non- vaccinated persons, rather than on those double vaccinated,**

**Last week's meeting decided to ask all members to provide proof of double vaccination to the secretary Paul.**

**This information will be treated in confidence and only released if needed by Covid or other mandatory requirements. Note that no reply will count as not vaccinated.**

**Any member that wishes to discuss this may contact Paul or Doug.**

## Members guesstimate for the end of lockdown:

Doug 16<sup>th</sup> September

Lauren 1<sup>st</sup> October

Geoff 15<sup>th</sup> October

Ray 31<sup>st</sup> October

Gordon 15<sup>th</sup> October

Stan 30<sup>th</sup> September

Paul 1<sup>st</sup> December

Laurie 31<sup>st</sup> October

Howard 21<sup>st</sup> October

Harry 22<sup>nd</sup> September

John G 30<sup>th</sup> September

Vin Business first

Max 30<sup>th</sup> September

Neil E 14<sup>th</sup> October

John T all days not taken.

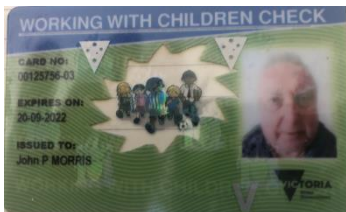
## Iron on EHMS Badges



We now have a supply of iron on badges the cost of these is \$15 each, funds to be transferred to the EHMS account or cash.

Please contact Paul with orders.

## Working with Children Check



Only 50% of members hold a WWC Card. Any projects where children are present will mean that members without the check cannot take part. President Doug and the Committee ask that all members should hold this card.

## Now you have reached your seventies

Now that you have reached your 70s, here are some recommendations to help you prevent health conditions that are more common at this age and beyond.

The screening tests you should have will depend on your health. Talk to your doctor about what you need. However, most healthy people who are in their 70s or older should have the following tests.

### Every year

- have an osteoporosis risk assessment
- have a flu vaccination
- have a dental check-up
- have a hearing test
- have an eye test

## Every 2 years

- have a heart disease risk assessment
- have a blood pressure check
- have a mammogram (women)
- have a check for bowel cancer

## Every 3 years

- have a blood glucose test

## Every 5 years

- have cholesterol and lipids checked
- have a cervical screening test (women) – talk to your doctor, nurse or health worker about a free test if you are over 75

## At regular intervals

- have [skin cancer checks](#)
- have a falls assessment

## Healthy lifestyle recommendations

Some risk factors can contribute to certain diseases when you are in your 70s or older, including heart disease, stroke, diabetes, kidney disease and cancer. To help you stay healthy:

### Quit smoking

You can get support to [quit smoking](#) from your doctor who may also give you medication, or you can try a service such as [Quit Now](#) or [Quitline](#).

### Eat healthily

It is important to have a [balanced diet](#), especially as you get older, to help maintain muscle strength and stay within a [healthy weight range](#).

You should enjoy a wide variety of nutritious foods every day, including fruit and vegetables, grains, lean meats, poultry and fish, as well as milk, yoghurt and cheese. Limit foods containing saturated fat, added salt and sugar, and alcohol.

### Limit alcohol

Drink [no more than 10 standard drinks a week](#) and no more than 4 standard drinks on any one day.

When you are older you have an increased risk of harm from drinking alcohol. If you have a condition that can get worse with alcohol, your doctor may advise you not to drink it.

## Be physically active


If you are generally fit and are reasonably mobile, aim for at least 30 minutes of moderate-intensity activity on most, preferably all, days of the week. Moderate-intensity physical activity is an activity that is energetic and raises your heart rate but doesn't make you too breathless, such as fast walking.

Once you are over 70, it is still better to do some physical activity than none at all. You can start exercising and gradually increase the amount you do and how often.

Choose strength, balance and flexibility exercises as well. These will help you to maintain stronger muscles, bones and reduce your risk of falls, which are all important as you get



## Howard has requested that we support the orphanage in Sri Lanka

TO FRIENDS OF PETER WEERASEKERA CHILDREN'S HOME



**Peter Weerasekera  
Foundation**  
A Government Approved Charity  
Dambuwa, Buthpitiya, Sri Lanka  
Tel: 94-33-2222095 Fax: 94-11-2699162  
E-mail: [pwchildrenshome@dialogsl.net](mailto:pwchildrenshome@dialogsl.net)  
Web: [www.peterweerasekerachildrenshome.org](http://www.peterweerasekerachildrenshome.org)

**Trustees**  
Mrs V.Srimathi Dissanayake – President  
Mr Singha Weerasekera – Secretary  
Mrs Mala Weerasekera  
Mrs Lakshmi Perera  
Mr Hiran Weerasekera  
Mr Mahen Weerasekera  
Mr Pani Adihetty  
Mr Amrith Weerasekera



John Grennan started the ball rolling, contact Howard if you wish to donate.



## Covid in Victoria

### VIC CASES

Daily Confirmed Cases



DATE	NEW	CASES	
03 Oct	1,220	41,128	▲ 1,379
02 Oct	1,488	39,749	▲ 1,285
01 Oct	1,143	38,464	▲ 1,131
30 Sep	1,438	37,333	▲ 1,429
29 Sep	950	35,904	▲ 929
28 Sep	867	34,975	▲ 1,008
27 Sep	705	33,967	▲ 694
<b>Week</b>	<b>7,811</b>	<b>1122.1</b>	<b>▲ 7,855</b>

### VIC VACCINATIONS

Daily Doses Administered



DATE	DOSES	
03 Oct	7,506,183	▲ 72,198
02 Oct	7,433,985	▲ 91,450
01 Oct	7,342,535	▲ 94,259
30 Sep	7,248,276	▲ 84,711
29 Sep	7,163,565	▲ 90,066
28 Sep	7,073,499	▲ 91,292
27 Sep	6,982,207	▲ 49,514
<b>Week</b>	<b>81,927</b>	<b>▲ 573,490</b>

From 29<sup>th</sup> September

- The 10km travel limit will be extended to 15km.
- Contactless outdoor recreation facilities such as golf and tennis are now open (gathering limits still apply).
- Up to five people can now exercise outdoors with a personal trainer (all must be fully vaccinated).
- Masks may be removed at playgrounds to eat and drink.

## Laurens is keen on forming an Arduino group

### What is Arduino?

Arduino is an open-source electronics platform based on easy-to-use hardware and software. [Arduino boards](#) are able to read inputs - light on a sensor, a finger on a button, or a Twitter message - and turn it into an output - activating a motor, turning on an LED, publishing something online. You can tell your board what to do by sending a set of instructions to the microcontroller on the board. To do so you use the [Arduino programming language](#) (based on [Wiring](#)), and [the Arduino Software \(IDE\)](#), based on [Processing](#).

Over the years Arduino has been the brain of thousands of projects, from everyday objects to complex scientific instruments. A worldwide community of makers - students, hobbyists, artists, programmers, and professionals - has gathered around this open-source platform, their contributions have added up to an incredible amount of [accessible knowledge](#) that can be of great help to novices and experts alike.

Arduino was born at the Ivrea Interaction Design Institute as an easy tool for fast prototyping, aimed at students without a background in electronics and programming. As soon as it reached a wider community, the Arduino board started changing to adapt to new needs and challenges, differentiating its offer from simple 8-bit boards to products for IoT applications, wearable, 3D printing, and embedded environments. All Arduino boards are completely open-source, empowering users to build them independently and eventually adapt them to their particular needs. The [software](#), too, is open-source, and it is growing through the contributions of users worldwide.

A link to Arduino project

<https://www.seeedstudio.com/blog/2020/01/16/20-awesome-arduino-projects-that-you-must-try-2020/>

<https://randomnerdtutorials.com/> (this also includes some Raspberry Pi projects)

<https://core-electronics.com.au/projects>

<https://core-electronics.com.au/workshops.html>

<https://core-electronics.com.au/tutorials>



**Remember the EHMS has an Almoner Doug Rowley and over 50 Members Committed to each and to Men's Health all you need do is pick up the phone.**



## Tips for staying calm and healthy

For your physical health, the most important thing you can do is maintain basic hygiene, particularly frequently washing your hands with soap or using hand sanitiser. For your mental wellbeing, there are a number of things you can do:

- Maintain a healthy diet, exercise and sleep regime.
- Keep the conversation going – talking to loved ones about any worries and concerns.
- Engage in hobbies and enjoyable activities at home.
- Be prepared – ensure you have enough food, supplies and medication on hand. Ask for help collecting these items if needed.
- Avoid or reduce your use of alcohol and tobacco.
- Get reliable and trusted information – make sure you receive information through trusted and credible sources, rather than social media. If you can't access the internet, ask a friend or family member to get you the most up-to-date information from credible sources such as:
  - The [coronavirus \(COVID-19\)](#) section on this site
  - [Australian Government coronavirus \(COVID-19\) health alert](#)
  - [World Health Organization – coronavirus disease \(COVID-19\) outbreak](#)
- Limit your exposure to media – you or a loved one may feel stressed listening to the news.

## Staying positive

While it might feel like we don't have control of current events, it's important to remember that we can do many things to feel empowered and enabled.

Find opportunities to share positive and hopeful stories with others, generate positive emotions by sharing memories, and show acts of kindness.

## Staying connected

The coronavirus (COVID-19) pandemic highlights the importance of community and social connections in improving our health and wellbeing.

Connect with friends and family

- Staying connected with friends and family at this time can reduce feelings of loneliness and isolation. For example, regular phone or video calls.
- For older Australians, now might be the time to embrace technology. Younger family members can help you get set up and guide you through the process. Give it a go!
- If you are more comfortable with the phone, call friends and family for regular catchups. You could even write notes or letters.

Call for support

If you are feeling less connected as a result of coronavirus (COVID-19) you can call the Coronavirus Hotline ([1800 675 398](tel:1800675398)) and press 3. You will be connected to a volunteer from the Australian Red Cross who can link you with local supports.

## Recipe of the week – Orange cake

### Ingredients

- 1 orange skin on
- 180 g butter melted
- 3 eggs
- 1 cup caster sugar
- 1 1/2 cups self-raising flour

### ICING

- 2 1/2 cups icing sugar
- 2 tbs butter melted
- 1 orange juiced zested

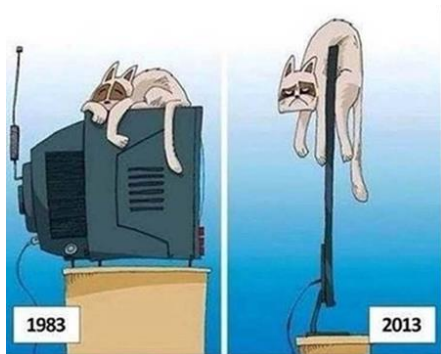
### Method

- 1 Preheat oven to 180C.
- 2 Orange cake: Grease and flour a ring pan.
- 3 Process the whole orange until well pureed.
- 4 Add all other ingredients and process until well mixed.
- 5 Bake 40-45 minutes.
- 6 Icing: Mix icing sugar, butter, zest and enough orange juice together until icing is of a consistency to run down sides of cooled cake.

### NOTES

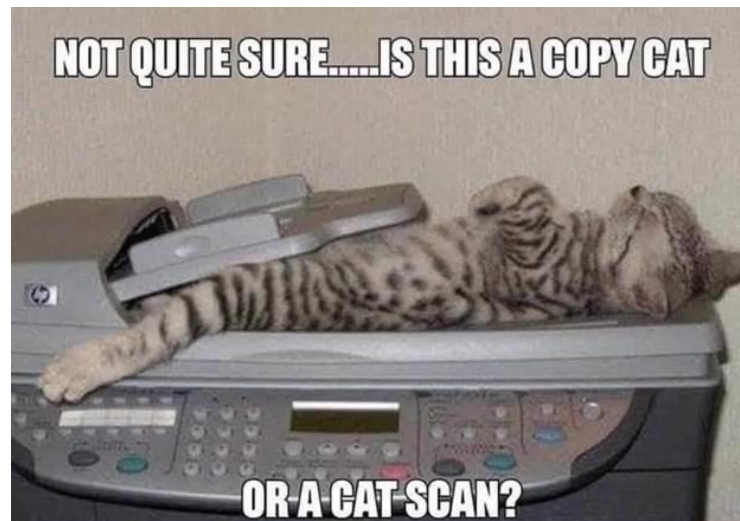
I tend to cut the orange into quarters and then cut out some of the pith before processing.

## Some funnies – this week thanks to Stan Ashley.



Growing old is  
hard work...  
The mind says  
"yes" but, the  
body says "what  
the hell are you  
thinking"

And thanks to John Grennan





**President – Doug Rowley** [endeavourhills.menshed@gmail.com](mailto:endeavourhills.menshed@gmail.com)

**Secretary - Paul Morris** [paul\\_morris5@optusnet.com.au](mailto:paul_morris5@optusnet.com.au)

**Treasurer – John Thornton** [jthornto@bigpond.net.au](mailto:jthornto@bigpond.net.au)

**Vice President – Howard de Zylva** [hdezylva@hotmail.com](mailto:hdezylva@hotmail.com)

**Almoner - Doug Rowley** [yelwor1946@gmail.com](mailto:yelwor1946@gmail.com)



FB Endeavour Hills Men's Shed

**Endeavour Hills Men's Shed Committees**

**Program**

**BBQ**

**Management**

Graeme Seymour  
Andras Jakab  
Neil Bennett  
John Grennan

Stan Ashley  
Laurie Canfield  
Graeme Seymour  
Tony Cannata

Doug Rowley  
Howard de Zylva  
Paul Morris  
John Thornton  
Robert Kay  
Tony Brosinsky  
Neil Evans  
Laurie Canfield  
Harry Hornstra  
Lauren Gordyn

**Working with Children Checks held by:**

**First Aiders.**

John Grennan  
Geoff Brown  
Doug Rowley  
Howard DeZylva  
Stan Ashley  
Paul Morris  
Gordon Harris  
Geoff Lacey  
Neil Evans  
David Robinson  
Tony Brosinsky  
Lauren Gordyn  
Tony Phillips  
Neil Bennett  
Andras Jakab  
Harry Hornstra  
Brian Ashworth  
Hans van Dyk  
Robert Kay  
Will Beattie  
Len Follett  
Joe Psaila  
Garrick Williams  
Vin Wragg

Trevor Ratcliffe  
Paul Morris  
Doug Rowley  
John Thornton  
Brian Ashworth  
Neil Bennett  
Tony Cannata  
Howard De Zylva  
Garrick Williams  
Stan Ashley  
Neil Evans