



Issue 5 # 38

Shedding Endeavour's

11th 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 October

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



Speedy recovery to those off colour:

A special mention about our treasurer John Thornton who underwent a quintuple bypass and single heart valve replacement on Friday. Reports are that the long operation (8 hours) was successful, and John is recovering in hospital. Our best wishes to him, his wife and family.

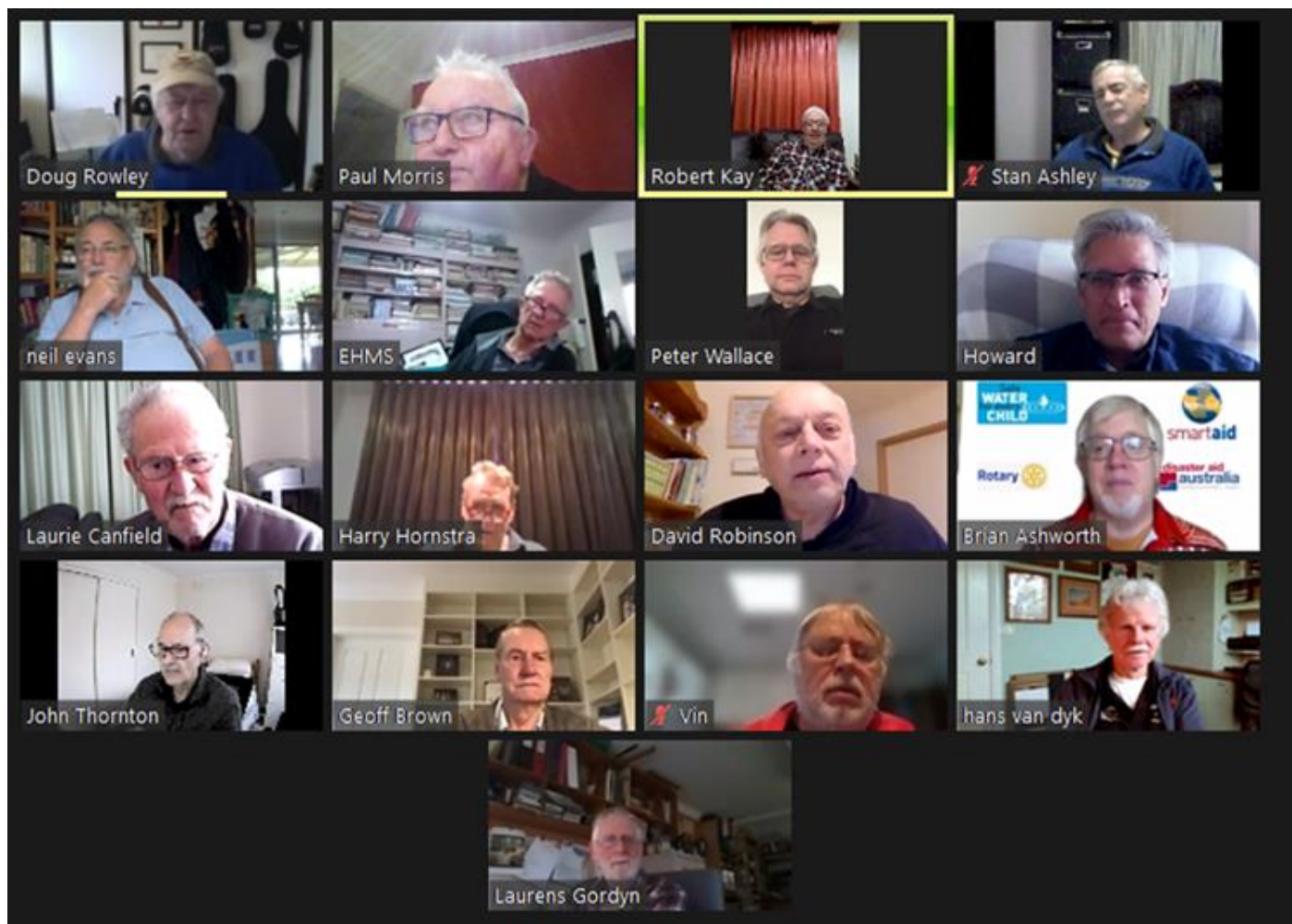
Doug Rowley

Trevor Ratcliffe

Robert Kay (now home)

Gus De Hoogd

Harry Hornstra



Last week there week was a zoom meeting with 19 members online a new record.

- Good to see Geoff Brown after his operation yesterday.
- Condolences to Howard on the sudden loss of his bother in law.

- President Doug has compiled a list of past members.
- President Doug will circulate a purchase list to the committee for comment.
- Stan Ashley has a contact for an auto electrician
- Paul introduced some quiz questions
- Tony Cannata will welcome patrons to his pizza van in Dorset Road.
- Covid Certificates are coming in, only Garrick has objected.
- Rowville Mens Shed has beehives.
- There is a women's shed in the Blue Mountains
- Paul unsuccessfully attempted a video with sound on share screen, Vin finally got it up when most people had left.

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.

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.

The following paragraph has been inserted at the request of Garrick Williams, a member of our club. Neither the executive or the Committee have been asked for comment. It is the opinion of 1 member.

Hi Paul, Just read that we are going to offer proof to all and sundry that each us is vaccinated against Covid, that's great! So are we going to incite our members to breach the Privacy Act??? Under Australian Law we are considered innocent until proven guilty!! If our various levels of government want proof then they need to provide a facility where we can be provide a Covid Inoculation Card to prove we have been inoculated as required!!! The expense of the card must be borne by the (expletive deleted) morons that allowed the disease into this country in the first place and also currently!! We also need to be informed by our government, either State or Federal, who is the party that produced or caused Covid Virus and which entity do we approach for compensation???

Naturally we seek the Truth from our politicians but are not holding our breath as politicians are unfamiliar with the concept!!!!
Regards, Garrick

Members guesstimate for the end of lockdown:

Doug 16th September

Lauren 1st October

Geoff 15th October

Ray 31st October

Gordon 15th October

Stan 30th September

Paul 1st December

Laurie 31st October

Howard 21st October

Harry 22nd September

John G 30th September

Vin Business first

Max 30th September

Neil E 14th 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.



Hi DAA Friends,

I hope you are all well.

The lockdowns continue to roll on, but things are still moving at DAA.

Aid

We are supporting DA Canada in a 2nd Project to restore a storm damaged water supply in Honduras (Rio Blanco).

We have started work on the following projects:

- Bangsamoro Health and Peace Project. Our aim is at least 5 SkyHydrants a year for 5 years.

- Mindanao Safe Water Project. Our aim is at least 5 SkyHydrants a year for 5 years.
- Bhutan Beyond 2020. Initially we are looking at some larger colleges, but longer term moving to village-based systems.

Our collection of SkyHydrant videos in Tagalog (Philippines) continues to grow. *It is really weird watching yourself talking with a female Filipino voice!*

We have also started to provide videos in Tetum (Timor).

Both these are thanks to our friend Nick Woodhams.

See our [YouTube Channel](#) to check out our large collection of videos.

We are continuing to do some ZOOM presentations and while Peter Faulkner is 'stuck' in Queensland he is aiming to do some club visits.

I am currently working with Balay Mindanaw on a concept for them to introduce Rocket Stoves (https://en.wikipedia.org/wiki/Rocket_stove) these are a high efficiency wood burning stoves which use low quality firewood. The stoves can be made at very low cost. These have the potential to help with global warming, and deforestation. The stoves can be used in disaster responses and cost less than \$5.00.

Marketing and Publicity

We have been recording and reviewing our promotional activities.

DAA Website and facebook posts on

- Latest Installations in Bhutan
- Rio Blanco Water System
- International Peace Day
- 5 times healthier with a SkyHydrant
- WASH Myth No 2 – A stream sample means safe water.
- Updates DAI Facebook and a post on DAI website about DA USA's Hurricane response.

For more information check

<https://www.facebook.com/disasteraidaustralia>

<https://www.disasteraidaustralia.org.au/>

We have registered and have an Entry on the Pro Bono Guide to Giving Website.

(<https://probonoaustralia.com.au/directory/disaster-aid-australia-2/>)

We are uploading our Data to 'Supporter Hub' a web-based system to manage donations and communications with our supporters.

We have also continued working at providing better speaker aids.

I was interviewed about the work of Disaster Aid Australia by the 'Unbox your Gift' podcast, which is due for release in the next couple of weeks.

Finances

Although June was a good month for donations, this financial year has been below average.

We have received sponsorships for 2 SkyHydrant installations in the last two weeks.

The Rotary Club of Greater Dandenong & Endeavour Hills has agreed to pay our rent for 2021-2022.

Administration

The Rotary Club of Greater Dandenong and Endeavour Hills has expressed an interest in buying a building that will be shared by DAA and the Club's 'Community Hub'.

Whether this will be the existing building, or a different building will be one of the things considered in a review that will take place over the next few months.

Jan Burney has now resumed working for DAA for one day per month.

Produced the 2020-2021 Annual Report (See Attachment).

Continuing to review Office Procedures.

Continuing work on improving Bhutan 2020 records and sponsor communications and setting up a similar system for the Philippines projects.

Operations

Travel restrictions to developing countries still seem months away however work continues on preparing for DART training which include YouTube videos, (check the '**Disaster Aid Australia YouTube Channel**').

Other

Congratulations to Larry Agee of Disaster Aid USA who has won the National Volunteer of the Year Award (which comes with a US\$50,000 donation).

We are now enrolled

- On the Microsoft Charity program of free software for our computers.
- On the Google Non-Profit Program with free software and improved search

We have been approached by RAWCS about providing a SkyHydrant to a Barangay within the area of our Bangsamoro Health and Peace project and partnering with a project north of Manila.

Regards

Brian



Covid in Victoria

From 29th 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.

VIC VACCINATIONS

Daily Doses Administered



DATE	DOSES	NET
10 Oct 21	8,118,413 ▲	80,974
09 Oct 21	8,037,439 ▲	97,753
08 Oct 21	7,939,686 ▲	95,301
07 Oct 21	7,844,385 ▲	96,248
06 Oct 21	7,748,137 ▲	95,600
05 Oct 21	7,652,537 ▲	96,337
04 Oct 21	7,556,200 ▲	50,017
03 Oct 21	7,506,183 ▲	72,198
02 Oct 21	7,433,985 ▲	91,450
01 Oct 21	7,342,535 ▲	94,259

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>

Interesting information-The population of Earth is around 7.8 billion. For most people, it is a large figure, that is all. However, if you condensed 7.8 billion in the world into 100 persons, and then into various percentage statistics.

The resulting analysis is relatively much easier to comprehend.

Out of 100:

11 are in Europe

5 are in North America

9 are in South America

15 are in Africa

60 are in Asia

49 live in the countryside

51 live in cities
12 speak Chinese
5 speak Spanish
5 speak English
3 speak Arabic
3 speak Hindi
3 speak Bengali
3 speak Portuguese
2 speak Russian
2 speak Japanese
62 speak their own language.
77 have their own houses
23 have no place to live.
21 are over-nourished
63 can eat full
15 are under-nourished
1 ate the last meal but did not make it to the next meal.
The daily cost of living for 48 is less than 2 USD.
87 have clean drinking water
13 either lack clean drinking water or have access to a water source that is polluted.
75 have mobile phones
25 do not.
30 have internet access
70 do not have conditions to go online
7 received university education
93 did not attend college.
83 can read
17 are illiterate.
33 are Christians
22 are Muslims
14 are Hindus
7 are Buddhists
12 are other religions
12 have no religious beliefs.
26 live less than 14 years
66 died between 15 - 64 years of age

8 are over 65 years old.

If you have your own home,

Eat full meals & drink clean water,

Have a mobile phone,

Can surf the internet, and

Have gone to college,

You are in the miniscule, privileged lot.

(In the less than 7% category)

Amongst 100 persons in the world, only 8 can live or exceed the age of 65.

If you are over 65 years old, be content & grateful.

Cherish life, grasp the moment.

You did not leave this world before the age of 64 years like the 92 persons who have gone before you. You are already the blessed amongst humankind.

Take good care of your own health.

Cherish every remaining moment.

Only if you think you are suffering memory loss!

Anosognosia

Very interesting...

In the following analysis the French Professor Bruno Dubois Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière (Paris Hospitals) addresses the subject in a rather reassuring way:

"If anyone is aware of his memory problems, he does not have Alzheimer's."

1. I forget the names of families.

2 I do not remember where I put some things.

It often happens in people 60 years and older that they complain that they lack memory.

"The information is always in the brain, it is the "processor" that is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease.

The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys ...

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ...

Many people are concerned about these oversights hence the importance of the following

statement:

"Those who are conscious of being forgetful have no serious problem of memory."

"Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."



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 – Toad in the hole

PREP TIME	COOK TIME	TOTAL TIME
35 mins	30 mins	65 mins

SERVINGS
4 to 6 servings

Ingredients

- 1 1/2 cup (180 g) all-purpose flour
- 1/2 teaspoon kosher salt
- Pinch freshly ground black pepper
- 3 large eggs, beaten
- 1 1/2 cup (350 ml) milk
- 2 tablespoons (28 g) butter, melted
- 1 tablespoon vegetable oil
- 1 pound (454 g) bangers (English sausage made with pork and breadcrumbs), or good quality pork or beef sausage links

2. Preheat the oven:

Preheat the oven to 425°F.

3. Preheat the baking dish:

Coat the bottom and sides of an 8x12-inch or 9x9-inch ceramic or metal casserole dish with vegetable oil. (Do not use a glass baking dish.) Place a rack in the bottom third of the oven. Put the empty dish on the rack in the oven as it preheats.

4. Brown the sausages:

While the oven is coming to temperature, heat a tablespoon of vegetable oil in a skillet on medium high. Add the sausages and brown them on at least a couple sides.

5. Pour the batter over sausages:

When the sausages have browned, and the dish in the oven hot, pull the oven rack out a bit, put the sausages in the casserole dish, and pour the batter over the sausages.

6. Bake:

Bake at 425°F for about 20 to 30 minutes or until the batter is risen and golden.



Wood carvings from various sources.



President – Doug Rowley endeavourhills.menshed@gmail.com

Secretary - Paul Morris paul_morris5@optusnet.com.au

Treasurer – John Thornton jthornto@bigpond.net.au

Vice President – Howard de Zylva hdezylva@hotmail.com

Almoner - Doug Rowley yelwor1946@gmail.com



FBEndeavour Hills Men's Shed

Endeavour Hills Men's Shed Committees

Program

Graeme Seymour
Andras Jakab
Neil Bennett
John Grennan

BBQ

Stan Ashley
Laurie Canfield
Graeme Seymour
Tony Cannata

Management

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:

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

First Aiders.

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