



Issue 6 # 17

Shedding Endeavour's

10th May 2022

The Shed is open Tuesday - Saturday 10.00am – 3.00pm

Members Birthdays in May



15th May	Paul Morris
19th May	Robert Kay



SICK LIST

Trevor Ratcliffe
Robert Kay
John Thornton

Lunch today

Chef Graeme has advised that lunch will consist of Hot Dogs in a bread roll with the usual condiments.



**Endeavour Hills
Men's Shed Inc.**
"Men Make It Happen"

Events Calendar

		May 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
							1 May Day	
2	3 <i>Dr John Stewart</i> Adult Diabetes Prevention / Treatment Tai Chi @ 11.45AM Ukulele at midday	4 Leaving @ 9am Talk to HANS Photo Club 2pm	5 Guitar Group @12.30pm	6	7	8 		
9	10 Guest Speaker from Casey Council Casey's Link Worker Program Tai Chi @ 11.45AM Ukulele at midday	11	12 Guitar Group @12.30pm	13	14 Promotional table @ EHSC <i>As per roster</i> 9am - 2pm 	15		
16	17 "My Health Related Experience" Member's Sharing Time - Neil E. <i>Newbie's Self- Introduction</i> Tai Chi @ 11.45AM Ukulele at midday	18 Leaving @ 9am Talk to HANS Committee Meeting @10am Photo Club 2pm	19 Guitar Group @12.30pm	20	21	22		
23	24 <i>Newbie's Self- Introduction</i> Tai Chi @ 11.45AM Ukulele at midday	25	26 Guitar Group @12.30pm	27 Barefoot Bowling 5.30- 8.30pm	28	29		
30	31 Tai Chi @ 11.45AM Ukulele at midday							

Changes may occur due to unplanned factors

The EHMS with Stan's Exercise Class has moved to after lunch on a Tuesday



Last Week's Meeting

- Apologies Paul Morris, Brian Ashworth, Harry Hornstra and Doug Rowley
- Newcomers welcome Kevin and Patrick
- Len Follett finished 21 Airplanes with the St Pauls Apostle School.
- St Paul School have a Ukulele group and may be interested in us helping.
- Project Reports
 - Andrews Centre completed
 - Garage Door repair for elderly lady
 - Washing Machine installed.
- Afghan group hire of social area 9-13 hrs @ \$17 per hour.
- Mother's Day, John Thornton and Graeme Seymour will help Tony Rotunno and his wife set up a breast cancer stand.
- R John Stewart spoke on Diabetes prevention and reversal particular emphasis on Ketosis, sugar avoidance and a healthy diet. See pages later in the bulletin.



So what should I eat to help control my Type 2 Diabetes & loose weight? A lower carb approach

The problem with having diabetes is your metabolism struggles to deal with sugar, which becomes almost a poison.

It seems logical to cut back it's consumption dramatically.

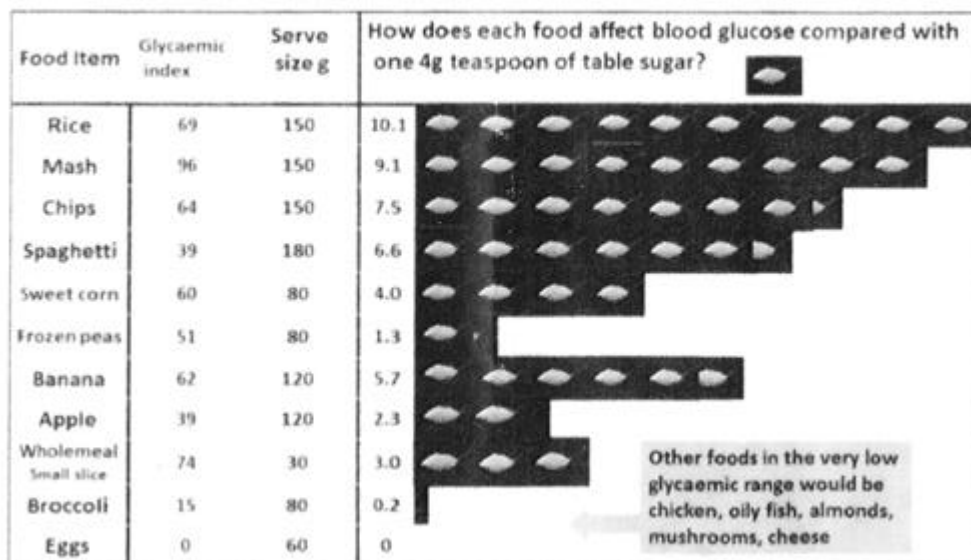
But where might your sugar burden be coming from?

Remember starchy carbs digest down into sugar.

Three different sources of sugars that make up our total dietary 'sugar burden' shown as 4g teaspoon of table sugar equivalents*

1. Naturally occurring sugars	2. Foods with added sugars	3. Foods digested down into sugars
Banana 4.9 teaspoons/100g	Coco Pops® average 24.4 teaspoons/100g	Brown bread 10.8 teaspoons/100g
Honey 17.6 teaspoons/100g	Fanta orange 3.4 teaspoons/100ml	Boiled spaghetti 3.7 teaspoons/100g
Skimmed Milk 0.9 teaspoons/100ml	Digestive biscuits 8.8 teaspoons/100g	French fries 5.1 teaspoons/100g
Raisins 17.1 teaspoons/100g	Malt loaf 14.7 teaspoons/100g	Basmati rice 6.8 teaspoons/100g
Apple juice 4.3 teaspoons/100ml	Raspberry yoghurt 2.4 teaspoons/100g	Baked potato 6.3 teaspoons/100g

*As each food would affect blood glucose, from the International tables of glycaemic index and glycaemic load (Atkinson, Foster-Powell et al. 2008) as per the calculations in a paper published in The Journal of Insulin Resistance 10's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited. D.J. Unwin et al.



Important on medication for diabetes? Check this with your doctor

Added sugar, cut it out altogether or you are less likely to ever be in control of your diabetes. Although it will be in the blueberries, strawberries and raspberries you are allowed to eat. Cakes and biscuits are a mixture of sugar and starch that make it almost impossible to avoid food cravings; they just make you hungrier!!

Reduce starchy carbs a lot (remember they are just concentrated sugar). If possible cut out the 'White Stuff' like bread, pasta, rice or breakfast cereals.

All green veg/salads are fine – eat as much as you can. So that you still eat a good big dinner try substituting veg such as broccoli, courgettes or green beans for your mash, pasta or rice – still covering them with your gravy, Bolognese or curry! Tip: try home-made soup – it can be taken to work for lunch and microwaved. Mushrooms, tomatoes, and onions can be included in this. Aldi and Tesco now sell cauliflower rice!

Fruit is trickier; some tropical fruits like bananas, oranges, grapes, mangoes or pineapples have too much sugar in and can set those carb cravings off. Berries are better and can be eaten; blueberries, raspberries, strawberries, apples and pears too.

Proteins such as in meat, eggs (three eggs a day is not too much), fish – particularly oily fish such as salmon, mackerel or tuna – are fine and can be eaten freely. Plain **full fat** yoghurt makes a good breakfast with the berries. Processed meats such as bacon, ham, sausages or salami are not as healthy and should only be eaten in moderation.

Fats (yes, fats can be fine in moderation): olive oil is very useful, butter may be tastier than margarine and could be better for you! Coconut oil is great for stir fries. Four essential vitamins A, D, E and K are only found in some fats or oils. Please avoid margarine, corn oil and vegetable oil. **Beware 'low fat' foods.** They often have sugar or sweeteners added to make them palatable. Full fat mayonnaise and pesto are definitely on!! Cheese: in moderation – it's a very calorific mixture of fat, and protein.

Snacks: avoid, as habit forming. But un-salted nuts such as almonds or walnuts are OK to stave off hunger. The occasional treat of strong dark chocolate 70% or more in small quantity is allowed.

EATING LOTS OF VEG WITH PROTEIN AND HEALTHY FATS LEAVES YOU PROPERLY FULL IN A WAY THAT LASTS.

Finally, about sweeteners and what to drink – sweeteners have been proven to tease your brain into being even hungrier, making weight loss more difficult – drink tea, coffee, and water or herb teas. (100ml milk is 1 teaspoon of sugar) **Alcoholic drinks** are often full of carbohydrate – for example, beer is almost 'liquid toast' hence the beer belly!! The odd glass of dry white, red wine or spirits is not too bad if it doesn't make you hungry afterwards – or just sparkling water with a slice of lemon. **PS** you may need more salt



LOW CARB DOWN UNDER

Where to get a free copy of your local newspaper

ENDEAVOUR HILLS DOVETON HALLAM STAR JOURNAL

Doveton News and Lotto	7 Autumn Place	DOVETON
Endeavour Hills Medical Centre	61 Heatherton Road	ENDEAVOUR HILLS
Endeavour Hills Milk Bar	13 Gleneagles Drive	ENDEAVOUR HILLS
Endeavour Hills Shopping Centre	Cnr Heatherton Road & Matthews Flinders Ave	ENDEAVOUR HILLS
Hallam Milk Bar	2-4 George Chudleigh Drive	HALLAM
Spring Square Newsagency	42 Spring Square	HALLAM
Saffron Grove Retirement Village	8 Saffron Drive	HALLAM
Real Estate Agents		EVERYWHERE

Computer Lessons

For members who may be interested in learning about email, spreadsheets, the www, and word, we have a computer available in the office with assistance from Paul and others where required.

EHMS Shirts



Charcoal

This week the order sheet will be on the table for polos. We can also bet long sleeved and the more expensive black bamboo shirts.

ADULTS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	53.5	56	58.5	61	63.5	66.5	70	73.5
SP LENGTH	70	72.5	75	77.5	80	81	82	83

It's time to get the Flu Shot!

It is time to book in to get the Flu Shot. Supplies are readily available from your GP or Pharmacist.

Shedders are a more vulnerable cohort than the rest of the population, so we encourage all Shedders to get vaccinated.

- Influenza (sometimes called 'the flu') is a highly contagious virus that causes widespread illness every year.
- Immunisation and practising prevention measures are the best ways we can protect against the flu and reduce the number of influenza infections and deaths.
- Yearly flu immunisation is recommended for everyone aged 6 months and over.
- Some people are more at risk of complications from the flu and are eligible for free vaccination.
- People who work or live with people who are at risk of serious complications should also be immunised to avoid spreading the flu.
- The flu vaccine cannot give you influenza because it does not contain any live virus.
- You can receive your flu vaccine and your COVID-19 vaccine on the same day.

Remember to help contain the flu virus follow these simple guidelines:

- **Get vaccinated**
- **Stay home if you are sick**
- **Wash hands regularly and sanitiser**
- **Keep a safe distance, and**
- **Choose to wear a mask if you wish to protect others and yourself**

Gosh, the same guidelines as COVID-19!

You can read more on the Victorian Government website here: <https://www.betterhealth.vic.gov.au/health/healthyliving/flu-influenza-immunisation#bhc-content>

And on the Federal Government Website here: <https://www.health.gov.au/health-topics/immunisation/vaccines/influenza-flu-vaccine>

Your GP will normally stock flu vaccine and is given at no charge to the patient at the Hallam Family Practice. Ed.

Dandenong Chess Club

The Dandenong Chess Club now meets at the Shed most Wednesday evenings. Any EHMS members, beginners or budding grand masters are invited to go along. Call Paul Huver on 0406 786 242 for information.





Think Tank

A few ideas:

- Attractions on a different day
- Food demos John T and Kam Pow RC
- Karaoke
- Darts
- Vehicle servicing
- Arts Group
- Trivia

If you have an idea do something about it!!!

Workshop and social area etiquette.

- If you make a mess, it is your responsibility to clean it up.
- If you need assistance just ask.
- If you spill anything wipe it up.
- The 240 litre bins are not for timber disposal
- Only bottles and cans in the recycling bin, everything else in the waste bin.

Signing in

Shed supervisors should not have continually check up on members attendance registration.

Please remember:

1. Enter your entry and departure time on the manual sheet.
2. Remember your \$2 for tea, coffee, water and biscuits.

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 All members must be double vaccinated to enter the Shed.

Workshop training

The workshop committee now asks that any member who wants training on individual tools contact the trainer directly and arrange a mutually convenient time to have the training. Remember members must be trained to the satisfaction of the trainer on each tool before they can use it.

A list of tools and trainers is given below.

Tools and trainers

Grinders and finishers	Tony Brosinsky and Bob Daley
Lathes	John Graham
Table saw, band saw, docking saw and coping saw.	Bob Daley
Thickeners, planer and router	Bob Daley
Pedestal Drills	Tony Brosinsky and Bob Daley
Metal Saw	Tony Brosinsky
Shears and Benders	Laurens Gordyn
3 in 1 Folder, bender and guillotine	Tony Brosinsky
Welder	Laurens Gordyn
Forklift	Tony Brosinsky

A record of your attendance and training will be kept.

Latest Victorian Covid Settings.

Statewide settings from 11.59pm Friday 22 April 2022



You're not required to show your **vaccination status** before entering any venue.

You are also not required to **check-in** to any venue using the Service Victoria app.



Masks will no longer be required in primary schools, early childhood, hospitality and retail settings, or at events with 30,000 attendees or more.



Close contacts will no longer have to quarantine – provided they wear a mask indoors and avoid sensitive settings. They will also need to undertake at least five rapid tests over the seven day period.

For more information head to coronavirus.vic.gov.au



How Crypto Currency works . . . an analogy in laymen terms.

Not long ago a Merchant found a lot of monkeys that lived near a certain village.

One day he came to the Village saying he wanted to buy these monkeys!

He announced that he would buy the monkeys at **\$100** each.

The Villagers thought that this man must be crazy - How can somebody buy stray monkeys at \$100 each?

Still some people caught some monkeys, gave them to this Merchant and he gave **\$100** for each monkey.

This news spread like wildfire and people caught monkeys and sold them to the merchant.

After a few days, the merchant announced that he will buy monkeys at **\$200** each.

The lazy villagers also ran around to catch the remaining monkeys! They sold the remaining monkeys at \$200 each.

The Merchant then announced that he will buy monkeys for **\$500** each!

The Villagers start to lose sleep....They caught six or seven monkeys, which was all that were left and got \$500 each.

The Villagers were waiting anxiously for the next announcement.

Then the Merchant announced that he is going on holiday for a week, but when he returns, he will buy monkeys at \$1000 each!

He also said that his employee will be in charge and would take care of the monkeys he bought pending his return. The Merchant went on holiday!

The Villagers were frantic and very sad as there were no more monkeys left for them to sell it at **\$1000** each as was promised by the Merchant.

Then the Merchant's Employee contacted them and told them that he would secretly sell them some monkeys at **\$700** each.

The news spread like wildfire. As the Merchant promised on his return that he would buy monkeys at \$1000 each, they would achieve a **\$300** profit for each monkey.

The next day the Villagers queued up near the monkey cage.

The Employee sold all the monkeys at **\$700** each. The rich bought monkeys in large lots. The poor borrowed money from money lenders and bought the rest of the monkeys!

The Villagers took care of their monkeys & waited for the Merchant to return!

However, nobody came! They then ran to find the Employee

However, he was nowhere to be found!

The Villagers then realized that they have been duped buying the useless stray monkeys at \$700 each and were now unable to sell them!

This Monkey Business is now known as **Bitcoin!**

It will make a lot of People bankrupt and very few People filthy rich in this kind of Monkey Business.

Blast from the past.



Where and when.



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

Endeavour Hills Men's Shed Committees

Program

BBQ

Management

Andras Jakab	Stan Ashley Neil Evans Graeme Seymour	Doug Rowley Howard de Zylva Paul Morris John Thornton Robert Kay	Tony Brosinsky Neil Evans Laurie Canfield Harry Hornstra Lauren Gordyn
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Working with Children Checks held by:

John Grennan	Neil Bennett
Geoff Brown	Andras Jakab
Doug Rowley	Harry Hornstra
Howard DeZylva	Brian Ashworth
Stan Ashley	Hans van Dyk
Paul Morris	Robert Kay
Gordon Harris	Will Beattie
Peter Wallace	Len Follett
Neil Evans	John Thornton
David Robinson	Garrick Williams
Tony Brosinsky	Vin Wragg
Laurens Gordyn	
Max Brockbank	

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