



Katoomba Men's Shed

Building Better Blokes

Noise from the Shed

No. 12 November 2016

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BFS kiosk upgrade nearly there

Peter Kinhead

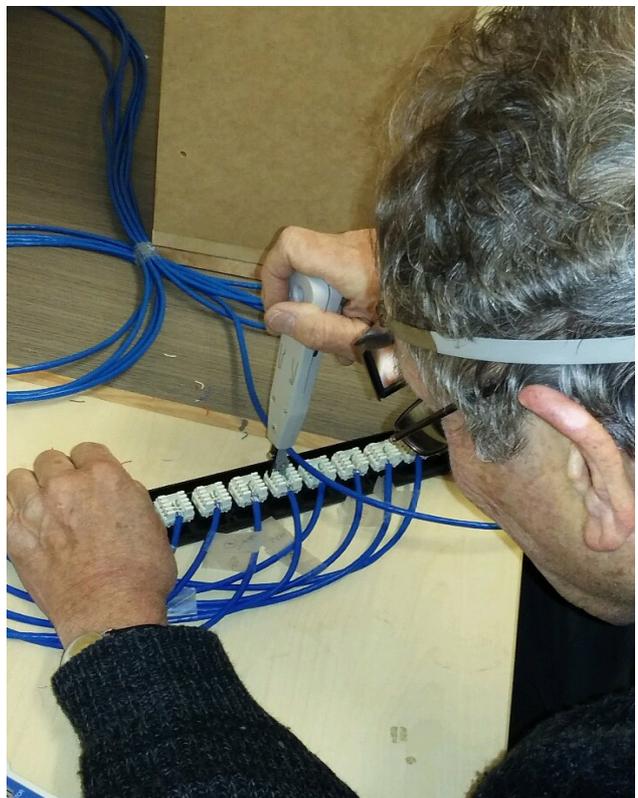
As reported in the August edition of this newsletter, the Katoomba Men's Shed was successful in obtaining a grant from the Australian Government to upgrade our Broadband for Seniors (BFS) kiosk.

The subcommittee put a recommendation up to the management committee specifying the equipment we thought applicable for the Shed and also asked for some Shed money so that we could get a complete package of technology.

The equipment we opted for included an two tablet devices, some NUCs (Next Unit of Computing) and a Desktop as well as a projector, screen and a 'Compute Stick, which will allow our television to double as a computer. This equipment should give Shed computer users a range of experiences as well as tuition on the more up-to-date technologies. Our software will be Windows 10 on all but the Linux computer.

This is what we purchased:

- 3 new computers – doubling our capacity.



Shed member Chris is seen here wiring up the internal computer network. He is using a 'punchdown' tool to attach wires to sockets in a 'patch panel'.

- A data projector, screen and computer connections – will enable better training programs
- 2 tablet devices – will extend our training capability to use of tablets.
- security locks and power protection devices to keep our new equipment safe.

With the new equipment on hand, work commenced on building new benches and shelving to house the new equipment and setting up an improved internal computer network. This work is nearing completion and the new computers have now been installed.

Like most jobs, the buying of the equipment was the easy part. Reorganising the computer area, rewiring the computer network and setting up the new computers has taken a lot more time. The subcommittee has spent many hours of their time on working bees to get all the work done. The network wiring in particular was an intricate and time-consuming task, but one that will greatly reduce the clutter of cables.

Some work still remains to be completed, including the setting up of the training and seminar area, with the projector and screen.

A computer administrator will soon be appointed from among the members to undertake the routine management responsibilities. A computer reference group will also be established to guide long-term directions. Planning is already under way for new computer activities, including participating in BFS webinars (see separate article below).

KMS supporting aid project

Paull Mitchell

My wife and I adopted two girls from the Philippines in 2002 and 2006. In the Philippines, you don't adopt a person, you adopt a country. It's impossible to visit a place where the needs of the poor are so obvious without feeling a compulsion to make a contribution, however small.

Subsequently we've traced and contacted our daughters' birth families, learned Tagalog (the national language), published a tribal language dictionary, raised funds for various sponsorships and run livelihood programs. We have become particularly involved in projects to help remote villages in the Mambing region, in the south-eastern Philippines.

There are about 12 villages, spread along the spine of the mountain range – rather like the

towns of the Blue Mountains. The people are farming very marginal, ex-forestry land with poor soil and major erosion problems. The villages are very poor, and many modern services such as piped water and electricity are not available. There is very little direct government funding.

To make matters worse, in 2012 Typhoon Pablo wrought havoc in the region. Homes, food crops, banana and coconut plantations were all wiped out.

Our support program is funded by local fundraising, crowd support and direct support from the community at our daughters' school. We started in 2010, sponsoring two families for high school education. A further 10 families were each given 4 hens and a rooster to supplement the meagre diet of camote (yam), corn and fruit.

More recently, we have started sending cargo boxes of donated goods for the community. Families who had successfully bred the donated chickens were rewarded with breeding pairs of goats or pigs, and the offer for breeding hens was extended to ten new families.

Following the typhoon, we sent \$5000 in food relief which gave the people breathing space to rebuild and replant.

The Filipinos are an incredibly resilient, resourceful and hard-working people. Upon subsequent visits we found that they'd rebuilt after the typhoon using local timber which had been hand-milled. They have proved themselves

Our eldest daughter Antoniete with a water tank donated through our program. The villages have requested more water tanks.



willing to take on new ideas and improve their living standards in practical and innovative ways.

The communities we are helping have need of consumables (such as soap and toothpaste, toothbrushes), clothing, shoes, towels, blankets, tarpaulins and toys.

Items donated through the Katoomba Men's Shed have also been of great value. Heavy duty gardening, woodworking, maintenance and mechanic's tools are particularly valuable. Manual tools are what is needed most because there is no electricity supply. Tools suitable for motorcycle maintenance are also greatly prized because most families own a 155cc motorcycle.

On average a cargo box (1 cubic metre) is dispatched every month and camping style items – ropes, wire, tarpaulins, cooking equipment, eating utensils, enamel or heavy-duty plastic plates/cups are useful.

If you would like to help, donations may be delivered to us at 5 Harvey Street, Katoomba or call on 4782 2925 to arrange for us to collect.

Aim for a long healthy life

Stafford Lowe, Men's Health Coordinator

Let food be thy medicine and medicine be thy food
Hippocrates – c.460 BC to c. 375 BC

Thomas Edison once said, while destroying yet another light globe, 'The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition'.

From the moment of our birth we begin to age. Whether we like it or not our cells, bones and organs are slowly losing some of the function.



Making your meals from raw and unprocessed ingredients is a good nutritional strategy.

The research has also shown that the most important factor in ageing and living a long

healthy life is nutrition. What we eat supplies the building blocks for our body's cells, energy, enzymes and minerals that build or break the body. When a vital piece of this complex puzzle goes missing, the body scrambles to find substitute pieces. However, these may not be what is really needed so disease and illness can result.

The standard supermarket diet with individually refined products is sometimes packaged in materials more nutritious than the contents. With ingredients often dominated by soy and corn derivatives, trans fats, refined vegetable oils, artificial colourings, flavourings and sweeteners, many nutrition experts believe that many common processed foods are far from nutritious. Some say 'if your great grandmother would not recognise what you are eating then **don't eat it!**'

Great grandma's advice is often quite different to professional advice of the past 40 years.

- Eat plenty of green vegetables, legumes and fruit, 2 serves of fruit per day is good, but make sure you include the fibre. Juicing reduces the fibre and fruit juice can be a high source of sugar.
- Eat cereals, preferably whole grain.
- Reduce carbohydrates such as white bread, pasta and noodles.
- Avoid polyunsaturated trans fats like processed oils (canola, sunflower safflower etc) and margarine. Use instead smaller amounts of grandma's oils like olive, coconut and butter or ghee.
- Consume smaller amounts of sugars and foods containing added sugar.
- Reduce or avoid artificial sugars especially those derived from aspartame.
- Reduce alcohol consumption or avoid it altogether.
- Limit cakes and biscuits that combine high sugar and high carbohydrates.

And remember Hipocrates also said *Walking is man's best medicine.*

Also see the cooking item later in this newsletter.

Free webinars

Stephen Crisdale, Broadband for Seniors Tutor

'Webinar' is a combination of 2 words 'Web' and 'seminar'. It means a seminar or training course

that is conducted over the internet (ie the web). You can participate from your home or from the Shed, just using a computer.

The Broadband for Seniors organisation has been hosting webinar events for some time. With the new computer facilities being installed, we hope that we can soon start to participate more actively in this program, by hosting a group participation in these webinar events.

Each webinar runs for about an hour, starting at 1:00pm every second Friday. Some recent webinar topics have been:

- Blogging – what’s the fuss all about
- My aged care
- MyGov – accessing government services online
- Using the web to learn a new language

As soon as we get the necessary equipment set up and working, we will start to offer these webinars live at the Shed. They will be publicised on the activities noticeboard (on the door to the lunch room) and via email. If there is sufficient interest, we may also be able to run a replay of one of the past webinars.

Alternatively, you can choose to participate as an individual, either on your own computer, or one at the Shed. To participate as an individual, you need to register for a webinar and download and install some free software called ‘blackboard’. You have to have access to email to register and get the instructions.

See bfseniors.com.au/events/

If you need help getting set up, see the Broadband for Seniors Tutor at the Shed on most Friday mornings.

Member profile: Bruce Ward



I was born in Newcastle and lived in the suburb of Mayfield until the family moved to Salamander Bay where my parents set up a vegetable farm. I

attended a lot of schools. Infants in Mayfield, primary at Nelson Bay, then high school at Glenfield (Hurlstone Agricultural High School) before returning to Nelson Bay and finally Raymond Terrace for the HSC.

I then completed a degree in agriculture at Hawkesbury Agricultural College, where I specialised in beekeeping and pigs. My working life started when I joined the Department of Agriculture as a trainee while still at college. On graduation, I was assigned to the Apiculture (beekeeping) Section.

After 14 years as an Apiary Officer (beekeeping advisor), mainly based in Goulburn, I moved into management, first in Leeton and later in Orange. My career moved away from technical agriculture and by the end of my career I was managing the publications unit.

The biggest achievement in my career was moving the department into the digital publishing era, setting up its first website in 1996.

My wife Jill and I love to visit our families. Between us we have 6 grandchildren – they keep us busy!

I retired after 40 years of service with the same department, even though it changed name at least four times. We moved from Orange to Wentworth Falls to be closer to our elderly parents and closer to major transport links. The climate and altitude were key deciding factors in sticking to the upper mountains.

My passion is pottering in my workshop, with my current obsession being woodturning. I also have interests in family history and like to dabble in computer programming. from time-to-time.

The Men’s Shed is my main regular social activity. I like talking to people and helping to keep the place running. My preferred place to be is in the workshop. I really appreciate the more specialised equipment, and the advice of more experienced men in particular areas is great.

I have enjoyed working as Secretary of the Shed for the last two years and I am looking forward to moving on to a different role next year.

Something to do

Bruce Ward, Secretary

The first Men’s Shed started up as a ‘community’ workshop for some ‘shedless’ men in Sydney. Soon after it started, the members recognised that it was serving a much deeper purpose in their lives by providing a place they could just ‘be’

with other men. Those first shedders recognised that what they had established was a potentially powerful tool to help men who were depressed, socially isolated or lonely.

Men today join a Men's Shed for a whole variety of reasons. Some want to volunteer their time to help other men. Some just want to use the workshop facilities. But many men join a Shed because they are at a loose end and want something to do.

The Katoomba Men's Shed does not have a highly organised project or production schedule like some other Sheds, but there are many things to occupy men who are looking for a purpose to life, or just something to fill in time. Some examples include:

- Developing and caring for the gardens around the Shed.
- Working on projects that people drop in to the Shed. Sometimes these are repairs; other times it might be making something.
- Helping with Shed maintenance. We are currently organising a work schedule for this.
- Helping with administration and running of the Shed or taking a position on the management committee.
- Taking on one of the many voluntary coordination roles, such as coordinating the newsletter, running the library, organising publicity or maintaining our website (there are many more).
- Doing your own projects using the Shed facilities. We cater for woodwork, metalwork, leatherwork, electronics, computing, woodturning and many other types of projects.
- Taking on one or more of the routine chores such as checking the rubbish, sorting the screws and small parts, cleaning the various areas of the Shed.
- Becoming a day coordinator and taking the responsibility of coordinating activities for all or part of a day.

Not long ago I read an article about a Men's Shed in Ireland (the Australian idea is spreading). One member said that the Men's Shed was the thing that got him started each day – the knowledge that he had something important to do, and people were relying on him.

If you are looking for more to do, have a talk to one of the committee members, or a day coordinator. Unless you speak up, we have no way

of knowing what sort of things you would like to do.

Vale Brian Lynch

Trevor Donnelly

Members of the Katoomba Men's Shed will be saddened to learn of the recent death of Brian Lynch. Brian was a very early member of the Shed, joining in about 2005.

While Brian's health was already failing when he joined, he attended regularly on Thursdays and always worked hard. He enjoyed a yarn and was good with his hands.

Brian passed away on 31 October 2016 aged 84.



Brian Lynch at work at the Katoomba Men's Shed.

Cooking for healthy eating

Several men from our Shed have been participating in a men's cooking group organised by Blue Mountains Food Services. The program aims to teach older men to cook affordable and healthy food.

We have had very positive reports from our participants, and this has inspired us to add some appropriate recipes to this and future editions of our newsletter. The following recipe is drawn from a University of Newcastle and Department of Veteran's Affairs booklet 'Recipes for life'.

Beef and vegetable bolognese

Preparation: 25 minutes

Cooking: 20 minutes

Ingredients

- 120g dried spaghetti
- 1 teaspoon canola oil
- 150g lean beef mince
- ½ large brown onion, finely chopped
- 1 teaspoon garlic (fresh or dried)
- ½ large carrot, diced
- ½ large zucchini, diced
- 100g broccoli, finely chopped
- 400g can of diced tomatoes
- 400g can of brown lentils, drained
- 1 tablespoon parmesan cheese (optional)



Method

1. Fill a saucepan with water and bring to the boil. Cook pasta for 10-15 minutes. Drain well.
2. Heat oil in a saucepan on medium heat. Add mince, onion and garlic and cook for 5 minutes.
3. Add carrot, zucchini, broccoli and tomato to the mince. Cook for 10 minutes with the lid on.
4. Add lentils and simmer for 5 minutes.
5. Serve with pasta and sprinkle with parmesan cheese (optional).

This is a freezer friendly recipe, so you can freeze any leftovers for another easy meal.

About Katoomba Men's Shed

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The Shed is a not-for-profit organisation that aims to advance the health and wellbeing of its members by providing a safe and happy environment where skilled and unskilled men can, in the company of other men:

- Pursue hobbies, pastimes and interests
- Learn new skills, practise, and pass on old skills
- Learn about their own and other men's health and well-being
- By their efforts, contribute to their families, their friends, the Shed and their community
- Mentor younger men

Disclaimer

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Thanking our supporters

The Katoomba Men's Shed thanks the following organisations who provide ongoing in-kind support to the Shed and its operations.

- Blue Mountains City Council
- Digital Mountain
- Blue Mountains Burglar Alarms
- Cleanaway Katoomba