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President's message

David Bowskill, President

Welcome to the Spring edition of the Newsletter. As the photo below shows, it has been a cold winter at the Shed, but shedders are resilient, and even on the coldest of days, we still have men on deck!

We continue to make improvements to the Shed and its facilities. We are all looking forward to the commissioning of the new woodfired oven, hopefully before Christmas. Be prepared for some working bees to prepare pizza bases and ingredients.

July freeze at KMS! Looking up at the Shed from the Showground. See more photos and a story on the resilient shedders inside this newsletter. Photo: John King.



Feed the Inner Man

Stafford Lowe (from an article by Sherry Brescia)

If you were to be asked to name a nutrient that was **so** vital to your good health that you shouldn't be without it, what would you say?

- Vitamin C?
- Vitamin B?
- Magnesium?
- Iron?
- Fatty Acids?

Correct on all of these but there are others that are arguably more important.

They are the nutrients that are there as nourishment for the trillions of microscopic inhabitants within your body known as **probiotics** or bacteria.

The nutrients are called **prebiotics**.

In short – the better the nourishment of the probiotics in your gut the healthier you will maintain your immune system. In other words you will be more capable of resisting things like colds and flu and even major diseases such as cancer.

These prebiotics are available to you as delicious foods and drinks such as:

- **Fresh Fruit and Vegetables**
Unpeeled...Antioxidant compounds called **phenols** are found just under the skins of fruits and vegetables and probiotics love them. Plus the fibre helps as well.
- **Nut and Seed Mixes**
These are great sources of fibre, protein and dietary phenols. However avoid those covered in sugars, candies or sweetened yoghurts.
- **Dark Berry Juices**
These include blueberries, raspberries, blackberries, cranberries, cherries and purple grapes. Ensure 100% juice and not 'juice drinks' which are not really juices. Better still eat the fruits to include the fibre.
- **Herbs and Spices**
Practically all herbs and spices contain dietary phenols – oregano being one of the highest.
- **Oats**
Loaded with beta-glucan, which is a soluble fibre and an excellent prebiotic.
- **Legumes**
Beans, lentils, peanuts (if you're not allergic)

are loaded with soluble fibre, proteins, phenols and minerals.

- **Tea**
Dietary phenols are extracted from the tea leaves during brewing. Green tea has highest phenol count with black tea close behind. Phenols are not found in most herbal teas but the teas are good in other respects.
- **Red Wine**
In moderation not only helps reduce cardiovascular problems but also has a particularly high phenol content.
- **Dark Chocolate**
But not milk chocolate because the process reduces phenol content.



Unpeeled fresh fruit and vegetables are a good source of antioxidants and fibre.

It is recommended that you not only feed your existing probiotics well but also keep the population in your gut strong by replenishing those that are destroyed through natural attrition. Many factors can lower your population of bacteria including stress, medications, toxins in the environment and lack of sleep.

Therefore supplement with a multi strain formula of probiotics. You will be rewarded with good health and vigour.

What's on

17-20 October: Australian Men's Shed Association 6th National Conference, Newcastle (www.dccconferences.com.au/mensshed2015).

3 November: Melbourne Cup social afternoon at the Shed.

Shed facilities - computers

Bruce Ward

A feature of the Katoomba Men's Shed is the excellent computer facility. There are five computers of varying age and configuration:

- Two NEC computers running Windows Vista.
- A Dell computer running Windows 8.
- An Acer computer running a variety of Linux.
- A desktop computer running Windows 7.

All computers are linked to the internet via a broadband connection, which is also available to members through a wireless hotspot. This allows members to bring their own computer or tablet device and use it at the Shed.

We also have a room that can be used for computer demonstrations and presentations by connecting to a large screen display.

The Shed is a 'kiosk' for the Australian Government *Broadband for Seniors* program, which has provided some of the computers, as well as desks, chairs and the broadband connection.

These facilities provide a unique opportunity for people who would like to learn to use a computer, but don't have one of their own. Broadband for Seniors provides a structured learning program that you can complete at your own pace.



A group of members learning to use their own computers more effectively. In the background, other members are using the Shed's computers.

If you are interested in learning more about using a computer, call in at the Shed any Friday between 9 and 2.

The computers are in use most days, but there is a particular focus on Fridays when many of the men interested in computers gather at the Shed.



Another group of members learning a computer programming language in the training area.

Woodfired oven

Mick Elliott

The woodfired oven project is progressing well and, weather permitting, is on target for completion before Christmas.

The next stage is to build another brick arch in front of the existing one, and then construct the chimney. Once that is in place, a 'blanket' will be installed over the dome and a final coat of mortar will complete the structure. A small roof may be added to protect the oven from excessive weathering.



The woodfired oven is starting to look the part, but will soon sprout a chimney stack.

Shedders are: Resilient

When the maximum temperature is below 5 degrees and all the roads are closed due to snowfall, a shedder could be excused for staying warm and dry at home. But shedders are very resilient and three hardy souls showed up at the Katoomba Shed on 17 July, despite the heavy snowfall!

The trains were running, so two members travelled up from the lower mountains by train (as they usually do) and walked to the Shed from the Station. Another member walked in from his home in Katoomba.

The scene that greeted them was a winter wonderland (see photos below). Snowmen had appeared here and there, and there were people snow-boarding on the roadside in front of the Shed. Extra entertainment was provided by vehicles defying the road closures. An ambulance also got stuck right in front of the Shed and was eventually abandoned until the snow melted.

Clockwise from top left: The Shed; snowman on the showground; shade sail in the garden area; snowboarding down Orient Street (near the Shed gates).

Member profile: David Bowskill



David Bowskill is the current President of our Shed. He grew up in Teddington on the outskirts of London. He attended a technical school, which was heavily focused on technical subjects. After school, David gained a traineeship with an electronics firm where he was trained and qualified as an electrical engineer.



David moved to Australia to take up an opportunity at the Woomera rocket range, where he worked on the electronics of rockets and missiles. When the Woomera program was finally wound down, he moved to Sydney where he worked for STC (now Alcatel), AWA and TAFE before retiring and moving to Wentworth Falls in 2000.

David has a wide range of interests at the Shed, including electronics and Linux computing. He particularly likes meeting and talking to people at the Shed.

Local sights worth a visit

Stephen Davis

I have been on a number of visits lately that may be of interest to other shed members.

My first visit was to the Hydro Majestic Hotel. I was mainly interested in the industrial heritage represented by the old engine room that was used to haul produce from the valley below via an aerial ropeway.

On the same trip I also dropped in at the Zig Zag Railway. It is a sad sight, with the piles of scrap from the 2013 bushfire and the evidence of graffiti and vandalism on the old carriages.



Photos 1 and 2 show the remains of the boiler at the old Faulconbridge sawmill. Photo 3 shows the 'Boilerhouse Café' which now occupies the old engine room at the Hydro Majestic. Photos 4, 5 and 6 show the sad state of the Zig Zag railway.

If anyone is interested, a day's walk of Lithgow's industrial heritage can be arranged taking in the

Zig Zag railway, State Mine railway spur, Blast Furnace Park, Eskbank House and Museum. A walk from Zig Zag to Lithgow takes about 2 hours.

My latest trip was a walk with the Glenbrook and District Historical Society to the site of an old steam sawmill at Faulconbridge. The ruins of the old boiler, crankshaft and other machinery lie in dense bush. With the rainforest gloom and the other enthusiastic photographers, it was a challenge to get good photographs.

Vale Desley Annells

David Christie



Desley in the early days of the Katoomba Men's Shed after organising the screw and nail shelf.

Shed members were sad to hear of the passing of former member Desley Annells who died in August. Desley was one of the early members of the Shed and was a great personality. She had worked for the police force in an administrative role and was perfectly at home around men. She could give as good as she got.

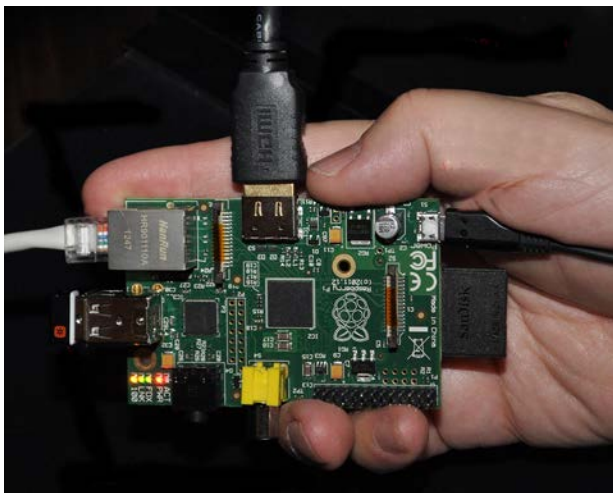
She was quite a loveable person, and took on the role no one else wanted, that is sorting out the myriad of screws and nuts and bolts in spite of knowing very little about it. There were frequent questions about what was what and what went with what, and some of her categories were amusing.

Desley also served on the Shed's Management Committee.

Anyone for Raspberry Pi?

Chris Johnson

The Raspberry Pi is a small and low-cost computer built on a single printed circuit board, which is a little larger than a credit card. The Pi was first released for sale in February 2012, and was initially expected to attract about 10,000 buyers. However, the Pi has become wildly popular, and the number sold now exceeds three million. The idea behind the Pi was to provide a low-cost computer for children so they could become computer-literate and learn to program. But the appeal of the Pi was found to be much wider than this, and now the Pi is used in all sorts of roles by computer enthusiasts, and people who just like to tinker and build devices that can be controlled by the Pi.



A Raspberry Pi computer. The cables connected include a power adaptor, TV display and Ethernet (network). This Pi also has a wireless network adapter fitted.

The Pi has gone through a number of revisions since its release in 2012. The latest and most powerful version is the Raspberry Pi version 2 model B. This is over six times faster than the original 2012 release. The Pi 2 uses a 4-core ARM processor and has 1 GB of RAM. The CPU cores run at 900 MHz, but can be overclocked to run at 1000 MHz. The Pi is based on what is known as an SoC, system on a chip. That is, the CPU cores, memory and graphics display hardware are all on a single integrated circuit chip. Persistent storage, the equivalent of the

hard disks in a conventional computer, is provided by an SD card, the same type of card that is used in digital cameras. The Pi 2 uses a micro SD card which fits into a slot on the circuit board. All models of the Pi have a number of connectors on the board which provide communication to a keyboard, mouse and screen. A conventional TV can be used as the screen, or a standard computer monitor with an HDMI socket. As we all know, for a computer to be useful, it needs an operating system or OS. The Pi can support a number of operating systems, including several variants of Linux, an OS called RISC OS, and even a version of Windows 10 is touted for release.

Can the Pi be used as a replacement for a conventional desktop or laptop computer? Possibly, but it would not suit everyone in this role. The Pi takes power, via an adapter, from mains power. So it does not have the portability of a laptop. The Pi uses a totally different processor to the ones found in normal PCs, so software that runs on PCs will not work on the Pi. At this stage, not much is known about Win 10 and the Pi, and we must also remember that the Pi is much less powerful than modern PCs. The Pi needs lots of cables attached to it, so it does not have the sleek and tidy appearance of a laptop computer.

But the bottom line is, the Pi is a great little computer that will appeal to computer enthusiasts and people who are familiar with the Linux operating system. The Pi has been used in many applications such as a media centre, photo editing and display, web server, weather station, games machine and much more.

If you would like to find out more, drop into the Shed on a Friday and join the informal Raspberry Pi group.

Editorial details

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