



**23<sup>rd</sup> April 2018**

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**Next meeting: Tuesday 24<sup>th</sup> April 2018**

**Endeavour Hills  
Men's Shed**

**23<sup>rd</sup> April 2018**

**Guest Speakers**

**Men's Activities**

**Issue 2 # 15**

**ENDEAVOUR HILLS**

**MEN' SHED**

16 Essex Park Drive

Endeavour Hills

Tuesdays

10 am – 3.00 pm

## Next meeting on 24<sup>th</sup> April 2018

The agenda on Tuesday will be as follows:

- Presidents Report
- Other Business

Activities will be:

- Gordons dogs – if they don't eat us first
- Chess, jigsaws, cards and other games available after the reports.

Visits Offsite

- 9<sup>th</sup> May Trip to Desalination Plant at Wonthaggi
- Sunday 3<sup>rd</sup> June – Trydel Car Museum Guys Hill Beaconsfield
- Dinner Dance 24<sup>th</sup> November 2018 at the Dandenong Club



## Last week's meeting

- A reply has been received from PV
- Nothing further from the City of Casey
- Tony and Paul attended the VMSA cluster meeting at Lang Lang
- Rudi is to finalise purchase of a band saw.

## The EHMS fishing trip.

From the comments received, photographs sent and the article below which was written by Tony Phillips and is included in the bulletin unedited, the fishing was an enormous success enjoyed by all well done to Doug for the arrangements.

### EHMS Fishing Trip, Rye. Friday 20<sup>th</sup> April 2018.



Our group met at the “Kindy” ready for our drive down to the Rye Jetty. The drive was uneventful, and a couple of us nodded off en route. Our party consisted of Andreus, Laurie, Doug, Wil, John and Tony.

On arrival we headed off to the local fish & chip shop where most of us purchased the local fish for lunch. I noticed that the advertised serving sizes for chips started at tiny, then small, etc, but the servings were large, so much so, there were enough chips left over for tea.

At around 1pm, we headed off to our fishing vessel and after the safety lecture we left the wharf and at 5Km/Hr sailed up the channel heading for open sea. Our crew prepared the lines until we reached the first trial area where we cast out our lines and almost immediately one jammy bastard pulled in a good sized flathead. After a short while, with very few bites we moved to another section of the bay to try our luck again. Another dud area. After a few more searches we had some luck and we managed to pull in a few small fish which were legal size to take, but not

big enough for a good feed. During this time Doug was teasing Wil about his failure to land anything, meanwhile the jammy bastard kept landing them. At this stage Wil 0, jammy bastard 8.

The sea was as calm a mill pond, but when a container ship went past the swell was enormous. No One got sick however. Towards the end of the day, we circled the light thingy which had birds on top, and sea lions and seals on the bottom. Not being a wildlife expert, I can't tell the difference, but they were large and very vocal.

At this stage our crew cleaned our catch and divided up so we all got a reasonable share of fish. I think it worked out at about 10 fillets each, just enough for a good feed.

At the end of the day we sailed back to shore, around 5.30pm pm.

A smooth ride back to Dandenong and into heavy traffic in time to reach "Kindy" about 7.30pm

A very enjoyable day, we couldn't have asked for better weather. Let's do it all again later in the year.

Some photos will tell the story in more detail. Finally, a cook up of flat head tails went over very well. We couldn't have them any fresher.



All of Tony's pics can be seen at <https://photos.app.goo.gl/GadrtbeC01zmDMCw2>

### **Registered Address of the EHMS**

At present we do not have a post box, and last week I found a letter from the Department of Justice in the letter box at Essex Park Drive. If you are completing forms or other communication the registered address is:

Endeavour Hills Men's Shed  
3 Corker Close Narre Warren  
Victoria 3805

## The Victorian Men's Shed Association cluster meeting.



Tony and I attended what was a completely different and amazing meeting. About 70 shedders attended from the 35 sheds in the cluster.

The morning session, David Mudge the VWMA Secretary, introduced Alain Young from Equip4life an exercise physiologist who spent the hour and a half answering three questions:

(1) Is walking the best exercise to prevent and/or manage blood sugars?

Answer: Need to include interval training and resistance training. Think of exercise like superannuation for the body.

(2) Is dark chocolate better for you than milk chocolate?

Answer: Good brands of Dark Chocolate (Lindt) is better for you than milk chocolate. Dark chocolate is low in sugar and hi in antioxidants. On the flip side dark chocolate has more fat than milk.

(3) What is great food for the brain?

Answer: Tuna, mackerel, herring, sardines, salmon, and nuts. Exercise is good for the brain.

Equip4life run programs (government funded at no cost to the attendees) and have a questionnaire on health and exercise.

The afternoon session consisted of a health play “out of the blue”. This is about “suicide in a country town. Four blokes gather in a pub to discuss life’s challenges ... a story of heartache, laughter and good old aussie mateship”.

The play was followed by a panel session which had some amazing stories from the audience, conclusions were:

- Empathise with people
- Men’s shed members can need help
- Request to stop arranged marriage
- Seek professional help or AA if needed



## Atoms, Molecules and Compounds

### The Problem

John is about to take his mid term science test and has revised the difference between atoms, elements molecules and compounds. In the test he is given the following questions:

“What is the difference between atoms, elements, molecules, compounds, and mixtures, and which of the following is a molecule or a compound:  $H_2$ ,  $O_2$ ,  $CO_2$ , and  $H_2O$ ? Is iron (II) sulphide ( $FeS$ ) a mixture or a compound and what happens when you mix iron with Sulphur?”

### MAN OF THE WEEK

**EHMS MEMBER**

????

????

**New Member**

**Retired?**

**Bored?**

**Distressed?**

**Dependent?**

**Do you know anyone who  
would benefit from  
membership of the EHMS?**

Link for Endeavour Hills Newspaper - [EHD Star Journal – 16<sup>th</sup> April 2018](#)



The Disaster Aid Australia Conference 2018  
Sat 5<sup>th</sup> – Sunday 6<sup>th</sup> May

For more information see Paul Morris.

### EHMS signage



Attached are some bits that I have to layout the word Hills, now I wonder if my fellow members would like to add to this to make up Endeavour Hills Men's Shed.

Letters can be made up of anything 'workshop' related and not too heavy or thick.

Letter size is 150mm for caps and 100mm for rest.

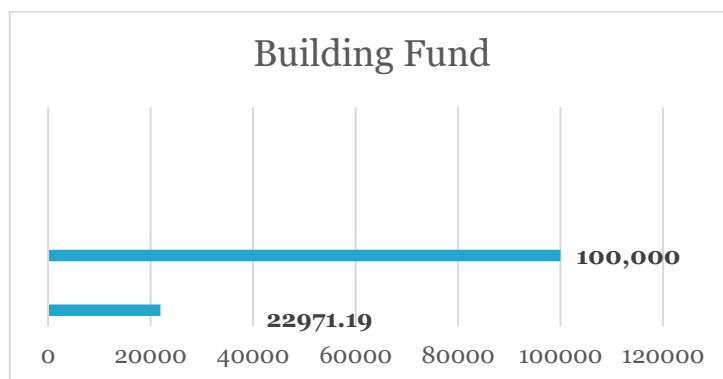
These would then be mounted on a sheet to hang or on an A frame.

The signboard is in our storeroom.

### Building Fund

As always thanks for the amazing donations.

We have set a target of \$100,000 for our building fund.



Anyone with fund raising ideas please talk to the committee.