



23rd March 2020

President – Trevor Ratcliffe

endeavourhillsmenshed@gmail.com

Secretary - Paul Morris

paul_morris5@optusnet.com.au

Treasurer – John Thornton

jthornto@bigpond.net.au

VP and Almoner - Doug Rowley

yelwor1946@gmail.com

<http://endeavourhillsmensshed.blogspot.com.au/>

**Open: 24th – 26th March 2020
10.00 – 3.00pm**

Endeavour Hills Men's
Shed

23rd March 2020

Guest Speakers

Men's Activities

Issue 4 # 11

ENDEAVOUR HILLS
MEN'S SHED

16 Essex Park Drive

Endeavour Hills

Tuesdays, Wednesdays and

Thursdays

10 am – 3.00pm

This week at Endeavour Hills Mens Shed

Tuesday – Shed open from 10.00 am to 3.00 pm. Supervisor Paul Morris

Wednesday - Shed open from 10.00 am to 3.00 pm. Supervisor John Thornton

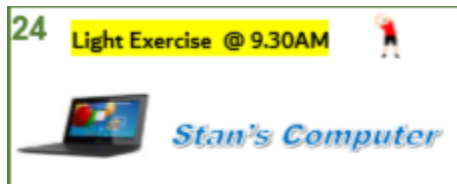
Thursday - Shed open from 10.00 am to 3.00 pm. Supervisor – Doug Rowley

Please call the nominated supervisor if you need any assistance.

Our lease times are Tuesday, Wednesday and Thursday.

This week

- Exercise
- CORVID -19
- Presidents Report
- Other business open to the floor.
- Stans Computers



Coming up

Friday

31st March – Music Day Share your music along with a brief story.

2nd April – Visit to the Sporting shooters range at Springvale.

CORVID 19

My suggestions is for everyone to increase their fitness level so that in the event of illness (whatever it might be) their resistance and recovery will be as good as it can be.

An outcome which is consistent with our Health policy

Trevor



Ten ways to reduce your risk of coronavirus

- **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.
- **TRY** not to touch your eyes, nose or mouth.
- **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.



- **PHONE** your GP first if you need medical attention. They will tell you what to do.
- **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- **DON'T** wear a face mask if you are well.
- **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- **GET** the flu shot (available April).
- **SHAKING HANDS** is optional!



Find out more

www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only



David is at home recovering after an arm operation. Whilst in hospital he sent a “funny” email which said in part:

“You’ll be pleased to know the surgeon was a cut above the rest, and I was first on the theatre list, so I got the sharp scalpel!

Now safely home and very relieved it’s over but feeling pretty ‘armless at the moment.”

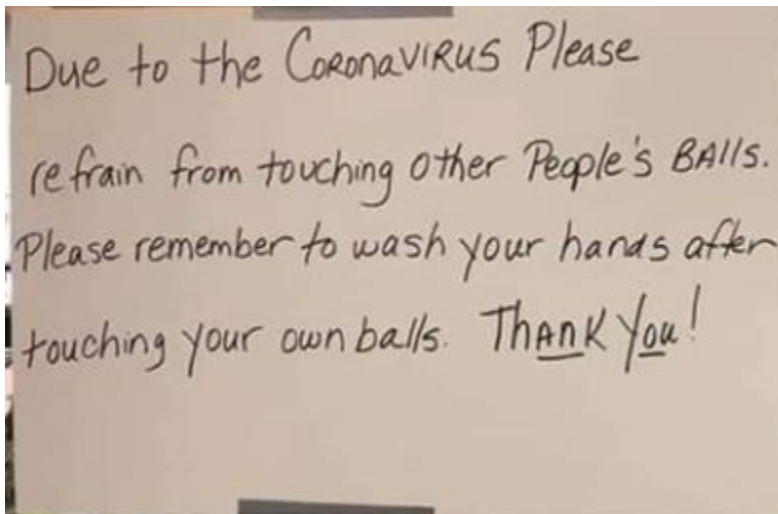
And “Hope all the guys are well and avoiding the dreaded COVID-19 virus. Are you missing my humour?” of course ed.

DGR status for Men’s Sheds

Our submission in relation to the DGR legislation will appear on Treasury web Site in due course.

www.treasury.gov.au

On the lighter side



Sign at a local bowling alley.

I don't know much about birds but I can easily identify the husband in this picture



How many members identify with this?

Medical Cost Finder

The following text is taken from the Australian Government's health Department web site:

What the Medical Costs Finder is

The Medical Costs Finder is an online tool. It lets you find out more about the cost of specialist medical services.

It covers common hospital procedures patients want to know more about. We'll be adding more procedures and treatments in 2020.

The tool's results are based on the most recent publicly available Government data about what people have paid for procedures.

How the Medical Costs Finder helps you

You can use the tool to:

- see how much people have paid out of pocket for a procedure
- compare the costs estimated by your specialists and other health providers for a hospital procedure with the typical costs for the procedure in your area

This helps you better understand what is typically paid and whether your likely out of pocket costs are high or low, compared with what others have paid for the treatment.

You will also see the Medicare and any private health insurance payments, which could affect the out of pocket costs you may pay.

For more information:

<https://www.health.gov.au/resources/apps-and-tools/medical-costs-finder>

NEW BUILDING



The new Endeavour Hills Men's Shed at Sydney Pargeter Reserve is on track to open in August 2020. All planning and building permits have been obtained and the contract is being finalised. President Trevor is constantly in contact with Angie the Council Team Leader who is negotiating with the successful tenderer. That's all we know – watch this space.

Endeavour Hills Men's Shed Projects

- Endeavour Hills Police Veggie Garden Howard De Zylva is the leader assisted by Doug Rowley, project members are John Thornton, Laurie Canfield, Neil Evans, Roger Bartlett and David Robinson.
- Construction of base and installation of Scalextric Racing Set.
- Construction of base and installation of Hornby OO train set.
- Mounting of 23 Barometers
- Woodwork Toys

We have more models to work from i.e.: - Truck, Steam Roller. Please call in on our project days Wednesday & Thursday to help.

EHMS Accounts

Any members with queries should contact Treasurer John Thornton.

Endeavour Hills Men's Shed Committees

Program	BBQ	Management	
Graeme Seymour	Stan Ashley	Trevor Ratcliffe	John Grennan
Andras Jakab	Ivan Stiglic	Doug Rowley	Neil Bennett
Neil Bennett	Graeme Seymour	Paul Morris	Laurie Canfield
John Grennan		John Thornton	Neil Evans Robert Kay

Working with Children Checks held by:

John Grennan	Tony Phillips
Geoff Brown	Neil Bennett
Doug Rowley	Andras Jakab
Howard DeZylva	David Taylor
Stan Ashley	Brian Ashworth
Paul Morris	Hans van Dyk
Gordon Harris	Robert Kay
Geoff Lacey	Will Beattie
Neil Evans	David Taylor
David Robinson	

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
Vin Wragg