



30th March 2020

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Secretary - Paul Morris

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CLOSED due to Covid-19 Virus Threat

Endeavour Hills Men's
Shed

30th March 2020

Guest Speakers

Men's Activities

Issue 4 # 12

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

Postponed Indefinitely

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

- Visit to the Sporting shooters range at Springvale.
-

COVID 19

My suggestions are 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

Online meetings

As we can no longer meet in person, we are going to try meeting online.

There are several apps that the committee is investigating Skype and Zoom seem to be the most popular.

I will be online at 10.00 am Tuesday why not join in?

Exercises

It is important that we all exercise, the committee is looking at various questionnaires re exercise and will finalise one soon which will be sent to all members.

Meanwhile think about what sort of exercise you can do always remembering social distancing.

A new exercise program from the UK is going viral

<https://www.google.com.au/url?sa=t&rct=j&q=&esrc=s&source=web&cd=16&cad=rja&uact=8&ved=2ahUKEwi5vKyo77oAhUR6nMBHQ8vB7sQFjAPegQIARAB&url=https%3A%2F%2Fwww.youtube.com%2Fchannel%2FUCAxW1XT0iEJo0TYIRfn6rYQ&usg=AOvVaw0thhJpdz1xpOcpD7G3-qrh>

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> The Body Coach



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

Message from our Almoner

Roll Call

Checking up making sure everyone is fine. during these difficult times. I will be sending out a roll call every week or so to make sure all our shed members are coping with the times

Please reply with OK

If thing are not progressing as you wish

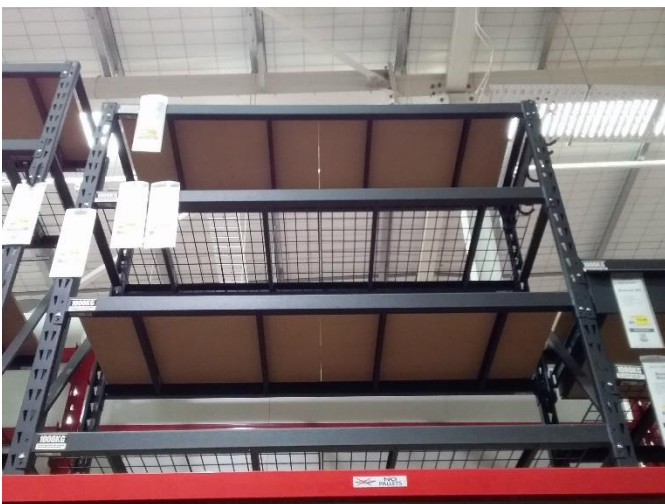
And would like some one to talk with

Please speak up so I or someone can help.

Regards

Doug

New Equipment purchased using grant funds.



President Trevor and Mark purchased the racks and tool chest from Bunnings at a total cost of \$2100. Funds are provided as part of the Community Grant.

Covid -19

The Federal Government's Department of Health has a free on-line Covid 19 Symptom Checker which members might find useful at:

<https://www.healthdirect.gov.au/symptom-checker/tool/basic-details>

As we become more 'socially isolated' and as time progresses, we need to ensure that we also care for and maintain healthy relationships with those who share our space. Some timely deep breathing exercises might be helpful. No evictions are permitted in this 'game'.

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

I have removed this content as it no longer amuses me. ed

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 presently on hold due to our current Covid-19 Threat

Endeavour Hills Men's Shed Projects

All projects requiring meetings and contact are currently suspended.

This does not mean that you have to sit in front of the TV with a wine or scotch

Think about projects within your house of garden – I am presently painting gnomes.

EHMS Accounts

Any members with queries should contact Treasurer John Thornton.

Message from AJ

Hello Gents,

Hope you're all well and behaving yourselves as per government advice. Just a couple of quick points I'd like to make so we can move a bit forward.

1. Keep being informed about the current situation is absolutely essential for your own and others' safety. You can get up-to-date information about COVID-19 from various websites :

<https://www.australia.gov.au> , <https://www.vic.gov.au> ,

<https://www.abc.net.au>, <https://www.who.int> Also, you can listen and watch news at different media outlets by your choice. **However, one thing you will never hear from any of these media outlets is NOT to listen to them for 24/7. I know due to the isolation some people turn the TV/radio on in the morning and listen to the flood of negative information throughout the day. Please use common-sense and do not expose yourself to the constant doom and gloom from the media. Get sucked into " good Television or Radio " doesn't mean you're are better informed and /or up to date with news.** - When you're isolated and constantly listening to some extraordinary bad news, it will take an adverse effect on you even if you're the toughest bloke in the universe. Depression and Isolation walk hand in hand, therefore the last thing you need is to magnify your chances to crawl into the gradual phases of depression by being Shocked > being Terrified > having Constant fear> Depression.

Again, you must keep being informed and heed the advice of Health Professionals and Government Officials but use common sense (even if it is not so common).

2. Reading your latest communication exchanges I've got the impression that the most common communication platform what you guys use is SKYPE. Therefore, in order to use ONE platform for get group connected, Skype would be the quickest one to hook on.

Please visit the following websites if you have not got Skype and these will take you through how to download and use it. <https://retireaustralia.com.au/how-to-use-skype/> and / or <https://www.microsoft.com/en-au/p/skype/9wzdncrfj364?activetab=pivot:overviewtab>

Alternatively, of course you can Google it and find a more suitable website of how to download and use Skype.

No one holds you back for using other means of communication, but it would be nice if we quickly came to a common platform.

Thanks, and Have a Good One. Regards, Andras

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