



6th April 2020

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Secretary - Paul Morris

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Treasurer – John Thornton

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VP and Almoner - Doug Rowley

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CLOSED due to Covid-19 Virus Threat

Rotary Car Show raised \$15330 after expenses. (Joint project with RC of Greater Dandenong).

Rotary Golf Day raised \$11390 after expenses.

Endeavour Hills Men's
Shed

6th April 2020

Guest Speakers

Men's Activities

Issue 4 # 13

ENDEAVOUR HILLS
MEN'S SHED
16 Essex Park Drive
Endeavour Hills
Tuesdays, Wednesdays and
Thursdays
10 am – 3.00pm

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

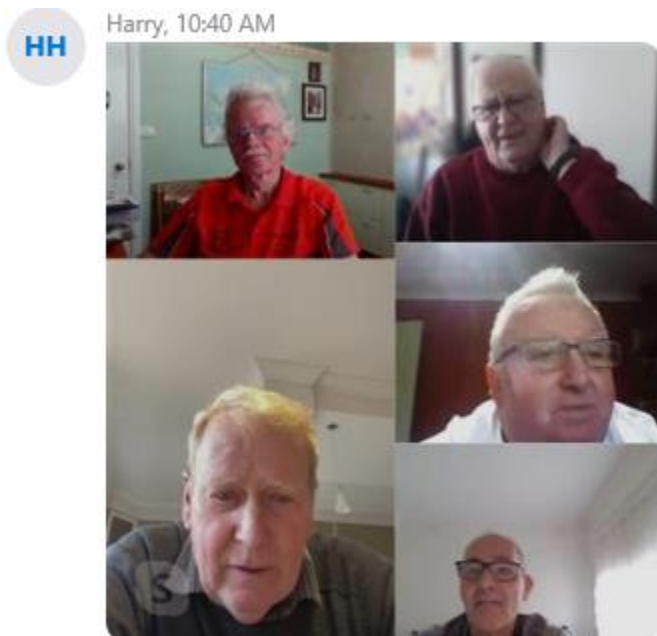
Trevor

Online meetings

Last week we had two online meetings to test different platforms Skype and Zoom.

Tanks go to John for organizing and coordinating the calls.

On Tuesday is was Skype.



The Skype meeting was attended by John Thornton, Harry Hornstra, Hans van Dyk, Neil Evans, (Neil was online chat only), Vin Wragg, Doug Rowley, Howard de Zylva, Paul Morris and by telephone only President Trevor Ratcliffe (Trevor had a power outage at home).

Unexpected noises could be heard during the meeting:

- Birds squawking
- Wives talking
- Dogs Barking
- Radios blaring

Our first ever online meeting started at 9.50 am and ended at 10.48 am.

We decided to meet again on Wednesday morning using Zoom.



More members attended this second online meeting.

John Grennan, John Thornton, Roger Bartlett, Paul Morris, Geoff Brown, Hans van Dyk, Andras Jakab, Trevor Ratcliffe, Howard de Zylva, Neil Evans, Harry Hornstra and Doug Rowley. Trevor was online and Neil had a camera and microphone at this meeting.

Everyone agreed that Zoom was better than Skype and we have scheduled our next meeting for Tuesday at 10.00 am.

Exercises

On Sunday our exercise report form was circulated please ensure, that if you are taking part, to email the secretary weekly your completed report.

What is this Form for?

Now that we are house bound it is important that we keep up our exercise and our interests. This may be an opportunity to introduce some new ones to our routine. We may also find it useful to record what we have done and perhaps challenge ourselves to do better. The short form below is intended to help us to do that.

What Can We Do with The Information?

The Committee will find it useful to know what members are doing to maintain their health and well-being. We would also like to encourage all members to maintain or increase their physical activity and their interests. To do this we would like to compile and share a list of exercises and hobbies / interests with other members. So, we are asking you to return a completed form to the Secretary once a week. There is no obligation for you to participate but we hope that you choose to do so.

The form is below:

What exercise have you been doing over the past week?

Here are some activities which provide some exercise: walking, bike riding, seated exercises (video instruction), gardening, physical exercises, cleaning the car (stretching), you may want to mention others.

Type of Exercise	Time devoted to exercise over the past week

What hobbies or interests have you been involved in over the past week?

List of Hobbies and Interests	Time devoted to the Hobby or Interest over the past week



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

KNITTED VILLAGE by womens groups in Gippsland.



There's a beautiful Norman church, two pubs, a shop, a school, a village hall, a huge Georgian manor house with landscaped gardens, teenagers slouched around the bus shelter and dozens of red-brick cottages with gardens in full bloom and vegetable patches bursting with cabbages, cauliflowers & sweetpeas

NATH, AND MARGARET GOLDUP

Woolen wonder: The ladies of the Mersham Afternoon Club, Daphne O'Donoghue, Joy Pearson, Joyce McDonagh and Margaret Goldup

There's even a cricket pitch, with a match in full flow and the offside stump leaning drunkenly to one side after a particularly unplayable spinner.

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 someone to talk with
Please speak up so I or someone can help.

Regards

Doug



Hi Darling,

**I'm down the Pub with the Lads
having a quiet drink.**

**Unfortunately, someone just
coughed everywhere so we have
been quarantined.**

See you in 14 days

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 a 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

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 or garden – I am presently painting gnomes.

EHMS Accounts

Any members with queries should contact Treasurer John Thornton.

Email from AJ

All members attending tomorrow's Zoom meeting should answer.

Hello Gents,

Hope you're travelling well. I'd like to encourage all of you to make an effort to get on Zoom for a conference discussion on Tuesday 10am. I'd like to think that I've got the day and the time right. Anyone who doesn't know how to use it, please seek advice from John T. (I am sure he would be happy to help you) myself or anyone else who would know something useful about it.

Those of you Gents who is going to join in I'd like to ask a favour for a fun time preparation sake.

Please write **Two short TRUE** statements and **One short FALSE** statement about **Yourself** without hinting or revealing your identity.

E.g. 1. **True** statement

2. **True** statement **You can mix them so it would not be so obvious that let's say the 3rd one is lie.**

3. **False** statement

Your name comes here (the real one please) for I can match those statements.

Please address the email only to me. **Don't CC or Group it!** Also, don't mark / reveal the FALSE statement, so I can have some fun as well.

Everyone is invited to write up these statements of yours about yourself, although if you cannot join in online unfortunately you will miss the fun part of it.

Please make up and send me your statements by Monday 3pm if you can, otherwise it would be much harder for me to prepare for Tuesday. Can you guys notify each other about this so no one would feel excluded by not having a contribution.

Any questions about it, please don't hesitate.

Thanks for your efforts. **Keep safe!**

Cheers, Andras

Ps: Short means ONE sentence

AJ's Quick Quiz

Numbers Questions

Questions	Answer
Freezing temperature of water (F) or Centigrade	
Feet in a mile	
Heinz variety	
Degrees in a circle	
Water boiling temperature (F) or Centigrade	
Normal body temperature (F) or Centigrade	
Days in a year	
Weeks in a year	
Centigrade body temperature	
Letters of the alphabet	
Wonders of the ancient world	
Signs of the zodiac	
Cards in a deck	

Planets in the solar system

Piano keys

Holes on a golf course

Blind Mice

Hours in a day

Why was the broom late?

Why don't Hollywood actors sweat?

What can you serve but never eat?

What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

Rearrange the letters of each word to form another word using the clues:

Coat Mexican tortilla filled with meat _____

China Length of metal links _____

West A meal of meat and vegetables in a
casserole _____

Serial A Middle Eastern country on the
Mediterranean Sea _____

Room Uncultivated land, typically covered with heather _____

The answers to this quiz all start with the letter: S

1. Pink fleshed fish _____

2. Type of whisky _____

3. Frozen figure _____

4. Give oneself up _____

5. Lettuce leaf mix _____

6. Second largest planet _____

7. Easter holy day _____

8. Season after winter _____

9. Cane product _____

10. Marine predator _____

11. Fire cloud _____

12. Single performer _____

13.	Instrument for injecting	_____
14.	Slow-moving mammal	_____
15.	North European area	_____
16.	Jewish place of worship	_____
17.	Teacher's workplace	_____
18.	Part of Great Britain	_____
19.	A car with a longer body than usual	_____
20.	Postage sticker	_____

Target Letter Game How many words can you make using the letters in the grid?

Instructions: 1. All words must contain the letter inside the black square. 2. Each letter can be used only once per word. 3. Words must contain at least three letters. 4. Names can be used.



S	B	C
I	D	U

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