



Endeavour Hills Men's
Shed

13th April 2020

Guest Speakers

Men's Activities

Issue 4 # 14

13th April 2020

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

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

CLOSED due to Covid-19 Virus Threat

Happy Easter



Keeping isolating and keep safe.

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

Thanks to John Grennan for this one

SUBJECT: BREAKING NEWS - WASHINGTON

Washington DC (AP Wire) — The American Medical Association has weighed in on Trumpy's Pandemic Health Plan. The Allergists were in favor of scratching it, but the Dermatologists advised not to make any rash moves. The Gerontologists had sort of a gut feeling about it, but the Neurologists thought the Administration had a lot of nerve.

Meanwhile, Obstetricians felt certain everyone was laboring under a misconception, while the Ophthalmologists considered the idea shortsighted. Pathologists yelled, "Over my dead body!" while the Pediatricians said, "Oh, grow up!" The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it. Surgeons decided to wash their hands of the whole thing and the Internists claimed it would indeed be a bitter pill to swallow. The Plastic Surgeons opined that this proposal would "put a whole new face on the matter." The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea. Anesthesiologists

thought the whole idea was a gas, and those lofty Cardiologists didn't have the heart to say no. In the end, the Proctologists won out, leaving the entire decision up to the assholes in Washington.

Online meetings

Last week we had two online meetings both on Zoom.

On Tuesday we had our normal members meeting with 17 members online, a good turnout considering the limited resources that some of our members have.



The meeting went from 10.00am to 12.00 noon we went through the quizzes sent out by Andras and a guess the person and the lie contest. We were asked prior to provide 3 facts about ourselves one of which was a lie.

There were some interesting truths and lies which were revealed by various members.

Getting online

All members need is a computer with a microphone and webcam or a smartphone.

If anyone needs assistance getting online, please contact me and I will try and get some help for them. Our aim is to have every member able to contribute to the online meeting just as though they were driving to our shed.

Online protocols

In previous meetings we have had members talking at the same time (again no different to meeting at the shed!) we must find a way to resolve this.

Options suggested so far are:

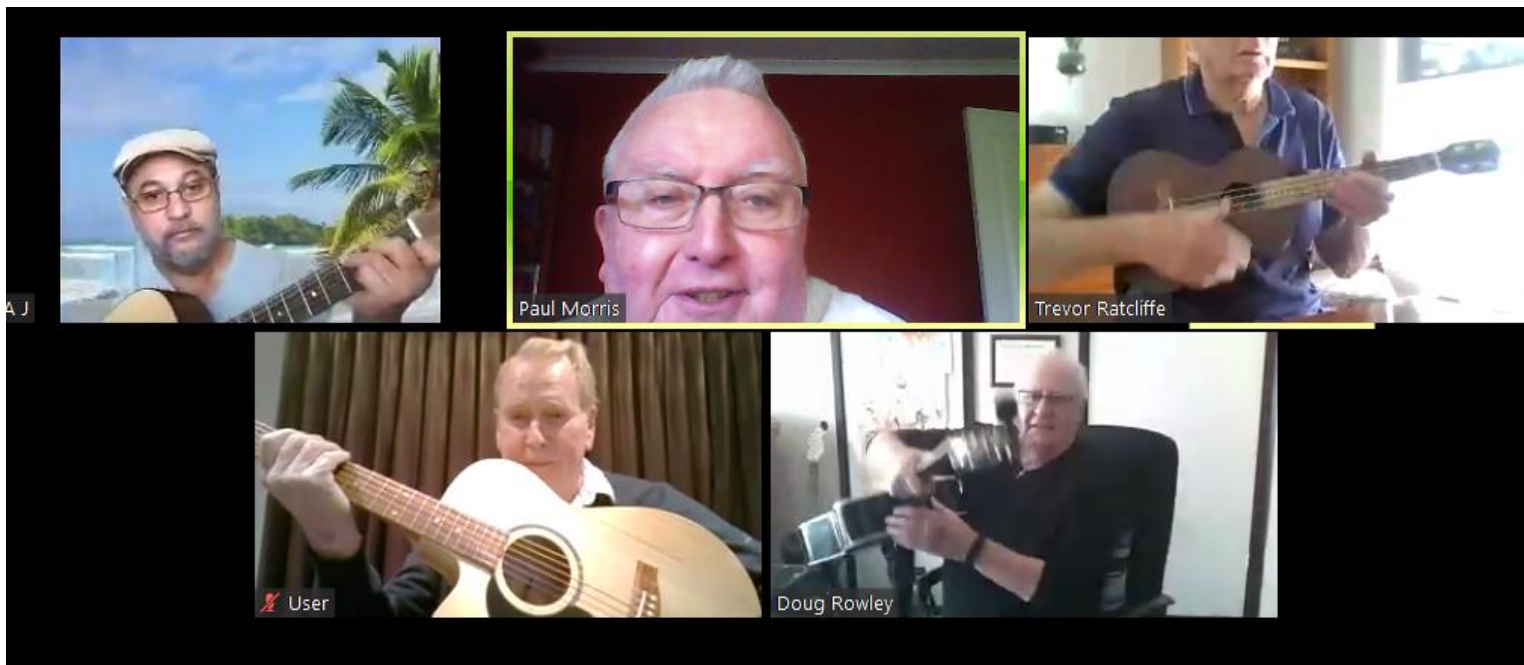
- flash your red audio button
- have a hand signal which will be recognized by a moderator

Any other suggestions will be welcomed.

For this week's meeting we will issue an agenda to give the meeting more structure and allow discussion on particular items.

The second meeting for the week was on Friday hosted by Andras on behalf of the music group.

All members were welcome.



David's Jokes

Lock Down Crazy

Just be careful because people are going crazy from being in lock down!

Actually, I've just been talking about this with the microwave and toaster while drinking coffee and we all agreed that things are getting bad.

I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant.

In the end the iron straightened me out as she said everything will be fine, no situation is too pressing.

The vacuum was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over!

The toilet looked a bit flushed when I asked its opinion and didn't say anything but the doorknob told me to get a grip.

The front door said I was unhinged and so the curtains told me to yes, you guessed it pull myself together!!

Things That Don't Make Sense

1. If a bottle of poison is past its expiry date, is it more poisonous or is it no longer poisonous?
2. Which letter is silent in the word "Scent," the S or the C?
3. Do twins ever realize that one of them is unplanned?
4. Every time you clean something, you just make something else dirty.
5. The word "swims" upside-down is still "swims".
6. 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
7. If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.
8. At a movie theatre, which arm rest is yours?
9. If people evolve from monkeys, why are monkeys still around?
10. Why is there a 'D' in fridge, but not in refrigerator?
11. Who knew what time it was when the first clock was made?
12. Why isn't a Fireman called a Waterman?
13. How come Lipstick doesn't do what it says?
14. If money doesn't grow on trees, how come Banks have Branches?
15. If a Vegetarian eats vegetables, what does a Humanitarian eat?
16. Why are goods sent by ship called CARGO and those sent by truck SHIPMENT?
17. Why do we put cups in the dishwasher and the dishes in the cupboard?
18. Why is it called 'Rush Hour' when traffic moves at its slowest then?
19. How come Noses run and Feet smell?
20. What are you vacating when you go on a vacation?
21. Why do they call it a TV 'set' when there is only one?

Exercises

On Sunday our exercise report form was due to be sent to the secretary, with week 2 also started on Sunday. In addition to the table, any comments will be welcomed.

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

Disaster Aid Australian update from Hon CEO Brian Ashworth = dated 6th April 2020

The COVID19 pandemic has caused severe disruptions to our activities including:

- Cancelling the DAA Conference
- The various District conferences where we hoped to have stands being cancelled
- Rotary Clubs cancelling meetings (One of our best ways of raising funds is donations following DAA champions speaking at Clubs)

What is happening:

- At the moment the Bhutan team are still installing units that were delivered in February . . . Up to now the Bhutan Government have closed their borders but internal travel is still permitted (*I was told last week there are only two cases in the country, both isolated*)
- Balay Mindanaw have released one of their Disaster preparedness units to the Philippine Army (check out www.disasteraidaustralia.org.au and/or <https://www.facebook.com/disasteraidaustralia/> For photos and more information.
- A Global Grant to support SkyHydrants at 2 schools in Cagayan de Oro, Philippines has been approved by RI.
- With our normal shipping route to Bhutan not operating we are investigating sending the next 20 SkyHydrant to Bhutan by sea.
- The office is closed to visitors and has a limit of one DAA person at a time, with cleaning at the end of the day.
- We are reviewing our fundraising strategy
- We are reviewing our procedures.
- We can provide speakers for Zoom Meetings.
- News on whether we have got through to the 2nd stage of the Scale Grant process is expected later this month.

Finance

- Although donations have been reduced this year with the bush fires and now COVID-19 we are still solvent and will be able to continue to operate beyond the end of 2020.
- Unless further funds are forthcoming, we may have difficulty in achieving Bhutan 2020 by the end of the year.
- If you or anyone you know would like to support DAA in this difficult time donations can be made at <https://www.disasteraidaustralia.org.au/donate/>

Regards

Brian



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 things are not progressing as you wish
And would like someone to talk with
Please speak up so I or someone can help.

Regards

Doug

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

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 – the gnomes are finished for those of you who read this section, now to touch up the house painting.

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.

A	L	T
S	B	C
I	D	U

EHMS Accounts

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/9wzdnrcfj364?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

Graeme Seymour
Andras Jakab
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John Grennan

BBQ

Stan Ashley
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Management

Trevor Ratcliffe
Doug Rowley
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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

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Paul Morris
Doug Rowley
John Thornton
Brian Ashworth
Neil Bennett
Tony Cannata
Howard De Zylva
Garrick Williams
Stan Ashley
Neil Evans
Vin Wragg