



Endeavour Hills Men's
Shed

20th April 2020

Guest Speakers

Men's Activities

Issue 4 # 15

20th 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

CLOSED due to Covid-19 Virus Threat
Keep isolating and keep safe.

Breaking News



- Wonderful news the contract for the project has just been awarded to the: **More Building Group** <https://www.morebg.com.au/>
- Site possession was granted very late last week on 10 April 2020 to the More Building Group with Practical Completion currently expected at 30 June 2020.

Some key milestones of the project that council officers are working towards are:

- Site possession was granted on 10 April 2020 to the More Building Group
- Practical Completion currently expected around 30 June 2020
- Handover in and around 31 August 2020 (this date is likely to move forward)

The above may be affected by regulations/restrictions due to the Covid – 19 threat.

The committee has organised regular photographs to be taken in order that we may have a history of the Men's Shed construction.

We have been advised that all our enquiries should be addressed to council and **NOT** the builder. The beginning of the build comes some 3 years after we were incorporated.

Hi Paul,

That sounds like great News!

Please pass my congratulations on to the Committee et al for their great success!

Cheers Will Beattie

The pictures below are provided by John Thornton whilst exercising and walking the dog. These pictures will be updated weekly to cover the construction period.



Photo Locations

1



2

3



4

5



Views of New Shed Site – Week 1 – w/e 18 April 2020

Best news yet. There were people at the site last week taking measurements when I drove past on power road – Gordon Harris

Hi Trevor

Excellent news.

Now we have a lot of planning to do, for when the current restrictions are lifted or eased.

Paul Morris

Postponed Indefinitely

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

- Visit to the Sporting shooters range at Springvale.
-

How religions deal with possums

-

The Presbyterian church called a meeting to decide what to do about their possum infestation. After much prayer and consideration, they concluded that the possums were predestined to be there, and they should not interfere with God's divine will.

At the Baptist church, the possums had taken an interest in the baptistery. The deacons met and decided to put a waterslide and let the possums drown themselves. The possums liked the slide and, unfortunately knew instinctively how to swim, so twice as many possums showed up the following week.

The Lutheran church decided that they were not in a position to harm any of God's creatures. So, they humanely trapped their possums and set them free near the Baptist church. Two weeks later, the possums were back when the Baptists took down the waterslide.

The Episcopalians tried a much more unique path by setting out pans of whiskey around their church in an effort to kill the possums with alcohol poisoning. They sadly learned how much damage a band of drunken possums can do.

But the Catholic church came up with a more very creative strategy! They baptised all the possums and made them members of the church.

Now they only see them at Christmas and Easter. Not much was heard from the Jewish synagogue. After they took in the first possum and circumcised him, they haven't seen a possum since.

Laurie

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.

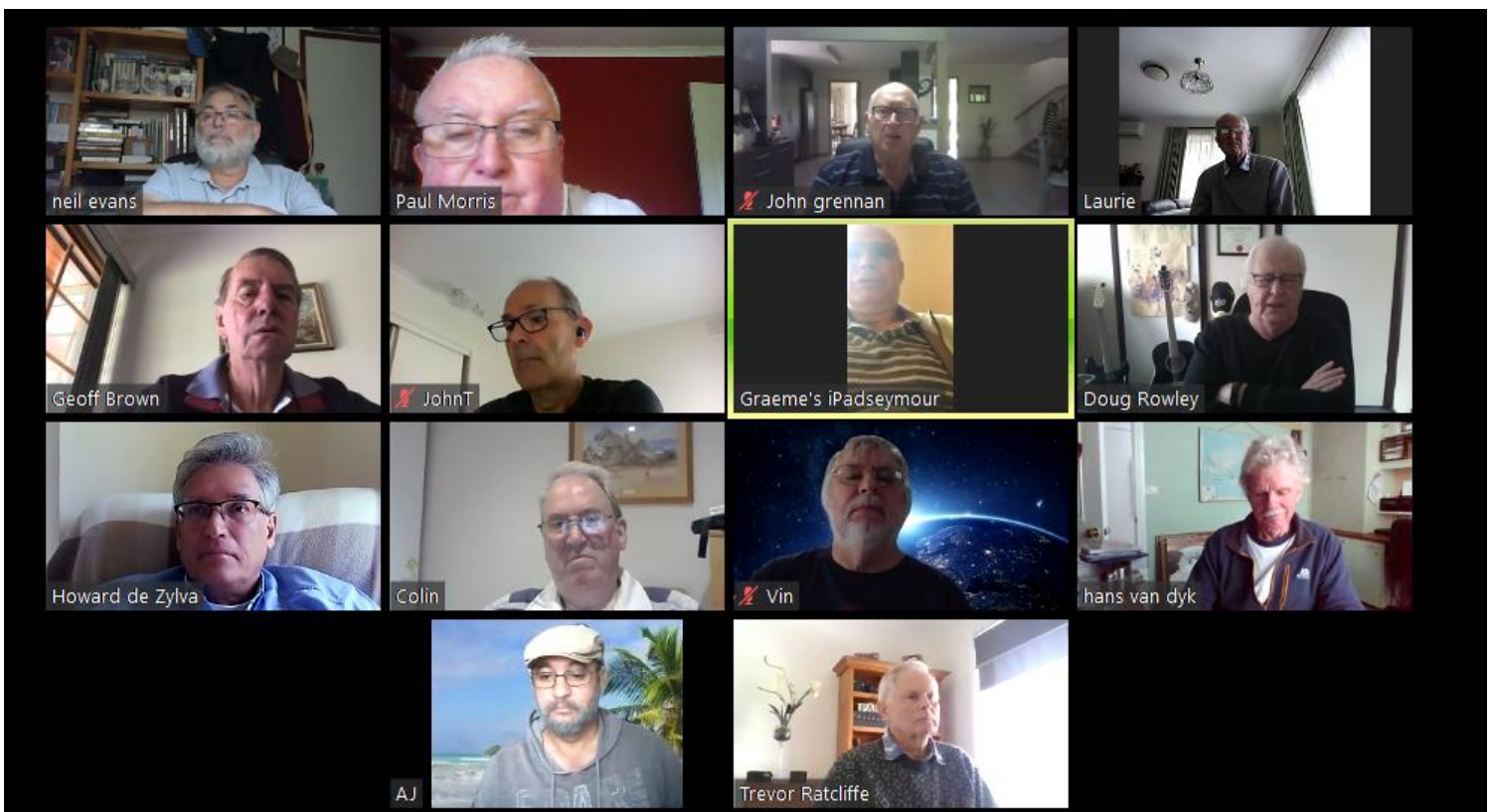
An outcome which is consistent with our Health policy

Trevor

Online meetings

Again, last week we had two online meetings both on Zoom.

On Tuesday we had our normal members meeting with 16 members online, with at least two members trying to join unsuccessfully, I will contact the members concerned to see if I can help.



The meeting went from 10.00am to 11.45 noon.

The Tuesday meeting reverted to our normal format with the president's report, health and fitness discussion, Covid – 19, a round robin to all members attending, the new shed and other business.

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

We are getting used to zoom and using the hand up reaction button when wanting to speak.

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

All members were welcome.



SENIORS TEXTING CODE:

ATD: At The Doctors
BFF: Best Friend Fell,
BTW: Bring the Wheelchair,
BYOT: Bring Your Own Teeth,
FWIW: Forgot Where I Was,
GGPBL: Gotta Go Pacemaker Battery Low,
GHA: Got Heartburn Again,
IMHO: Is My Hearing-Aid On,
LMDO: Laughing My Dentures Out,
OMMR: On My Massage Recliner,
OMSG: Oh My! Sorry, Gas,
ROFLACGU: Rolling On Floor Laughing And
Can't Get Up
TTYL: Talk To You Louder.

Thanks Doug - Ed

Endeavour Hills Men Shed

Links to National Quality Standards Area 6 – Collaborative partnerships with communities.



- The Fountain Gate kindergarten community are extremely grateful to the Endeavour Hills Men's Shed for fixing our wooden tables and chairs and restoring our old wooden blocks.
- They picked up our blocks and furniture and had a working bee for us. They sanded all our old large outdoor blocks and re-stained them and also fixed and stained some wooden furniture before returning them to our *Thank you* n.
- What a fantastic... How lucky

Some ideas for keeping yourself happy

Some members have come up with things to do during our isolation.

Hello Gents,

Hope you're cruising well. Just some quick headline style ideas for keeping yourself engaged in isolation. I don't have to recommend television. Do I?

- Starting a veggie patch
- Fix up your backyard (it is a good idea for me)
- Record your thoughts - You can just use your mobile, computer or simply going back to a good old fashion style of recording by using a pen and paper
- Learn a basic language - You can use language applications on you mobile or computer and try to memorise a couple of words per day. Don't worry about the grammar, you'll learn it as you go along.
- You can do Work out with YouTube - Don't forget about your age for searching a suitable one accordingly.
- Read / re-read a book.
- Find your hidden artist and paint a picture. (you don't have to show it to anyone but it's optional)
- Learn an instrument - e.g. get a guitar or a ukulele and join Roger's music group.

- Put on your old records or get on YouTube for some memorable music and move it baby move it by asking your partner to join you. (Try it as it could be one of the biggest fun)
- Keep pursuing your hobby and don't forget to have some physical movement as well.

There are many ideas and the list can go on and on.

One more: Why don't you record some of your time in isolation. Record what you are doing for keeping yourself occupied and when things will go back to normal, we can put members recordings together for making a short video for our memory sake and more importantly for fun sake. Please try it and you'll see how much fun it actually can be. Why don't you join in and start it now? Please let me know how you're going.

Just a friendly advice: Please don't forget that your skin needs to produce vitamin D and to do that it requires a minimum of 20minutes exposure to sun as it is recommended by health professionals.

Regards, Andras

Hi all,

I know a really nice secluded spot, less than 13 Km from where I live.

Running water, 2WD accessible, my dogs roam free, my wife & youngest son can wander up & down the roads, barely any traffic, no phone reception, only 2 x other visitors (on horseback) in my last 5 x visits!

The loudest noise is ... me!

But I'm not telling – unless ...

Also, I went for a drive to Sydney Pargeter Drv., this afternoon – but the gates were locked?

Is that normal?

Also, is there anyone here who is really, really proficient with MySQL, as I am writing some twitter-bots in PHP and would like someone with more clues than I have, in saving & comparing MySQL data sets!

Even if you're not proficient but have a few clues – it would be helpful to me to be able to discuss this with someone! Cheers Will Beattie

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

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

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

Accounts

EHMS Accounts Any members requiring information on accounts should contact treasurer John.

Hi Paul, Hope this is the type of thing you want. Nothing has happened yet. Regards, Garrick



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'.



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

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>

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



Left is a picture of Howards latest project the Mark 2 training benches, which are available to members for cost of materials and a donation to the Men’s Shed.

Endeavour Hills Men’s Shed Committees

Program

Graeme Seymour
Andras Jakab
Neil Bennett
John Grennan

BBQ

Stan Ashley
Ivan Stiglic
Graeme Seymour

Management

Trevor Ratcliffe John Grennan
Doug Rowley Neil Bennett
Paul Morris Laurie Canfield
John Thornton Neil Evans
Robert Kay

Working with Children Checks held by:

John Grennan
Geoff Brown
Doug Rowley
Howard DeZylva
Stan Ashley
Paul Morris
Gordon Harris
Geoff Lacey
Neil Evans
David Robinson

Tony Phillips
Neil Bennett
Andras Jakab
David Taylor
Brian Ashworth
Hans van Dyk
Robert Kay
Will Beattie
David Taylor

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