



Endeavour Hills Men's
Shed

27th April 2020

Guest Speakers

Men's Activities

Issue 4 # 16

27th 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.

Our NEW Shed

- Wonderful news the contract for the project has been awarded to the:
More Building Group <https://www.morebg.com.au/>

We have been advised that all our enquiries should be addressed to council and **NOT** the builder.



Taken on the 23rd April, Friday was an RDO.

Site works underway and safety fence erected. Thanks to John T. for the pictures.



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.

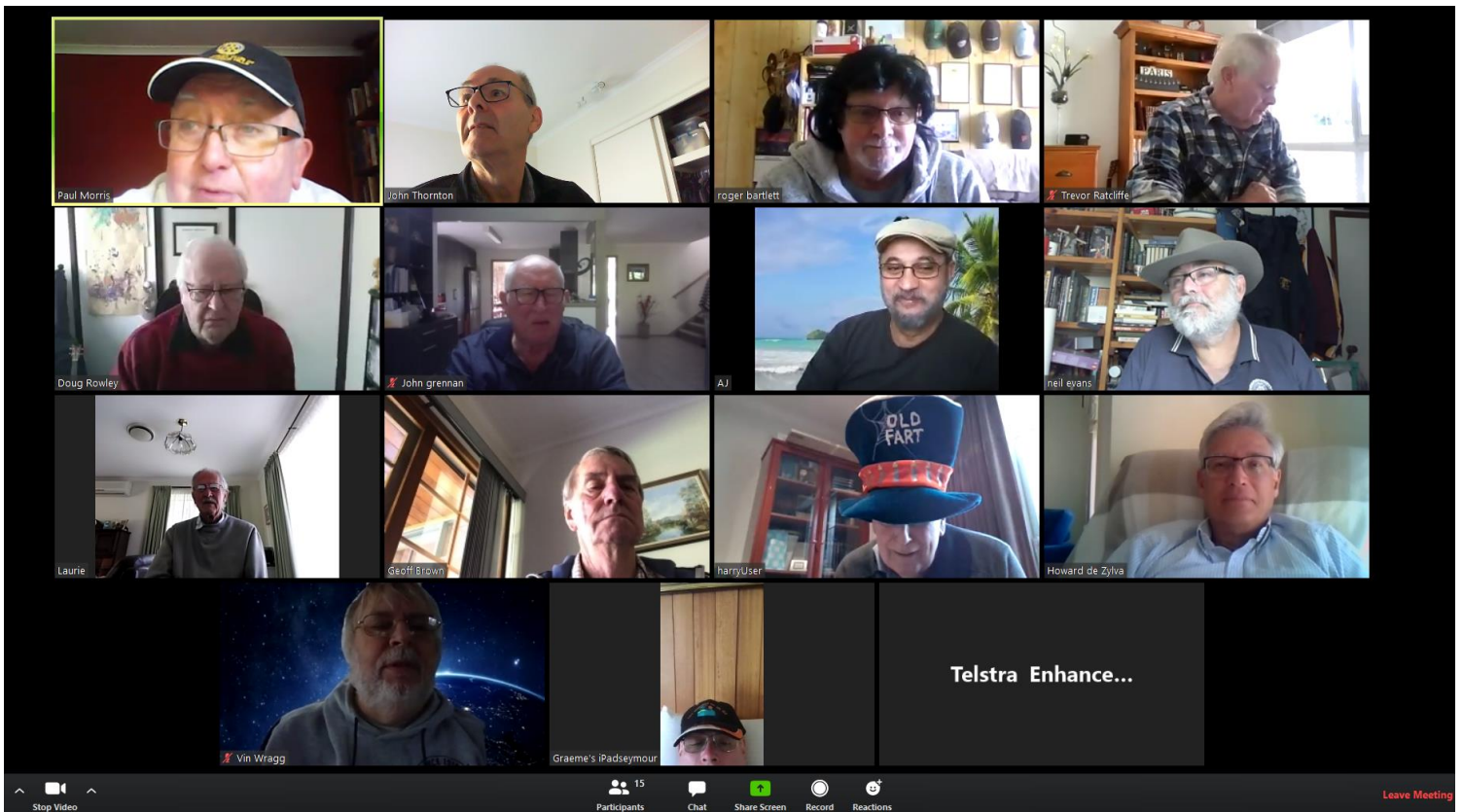
An outcome which is consistent with our Health policy

Trevor

Online meetings

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

On Tuesday we had our normal members meeting with 14 members online. Some decided to wear one or more hats during the meeting.



The meeting went from 10.00am to 11.45 noon.

The music group met online on Friday "Just let you know that it was 5 of us, Roger, Trevor, Doug , John G. and myself , doing the Friday music session."

"So, we were together for 80 minutes or so for enjoying some music and the company". Thanks, AJ, for the information.

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.

Howards mishap

“Got to share this morning’s disaster with you.

While attempting to replace the boot gas struts on my old BMW 840Ci by myself (Inger was too busy to help, so it's all her fault 😊), had to pre compress each strut.

Well this was not an easy task. I goggled it.

Used a coat hanger wire to tie the two ends and a sash clamp to compress the strut by about 50mm.

When fitting the strut to the ball pivots, wire gave way and the stored energy shot it through the taillight as the boot fell. The boot lip is bent, I had the second strut that is now bent hanging out of the boot, taillight assembly is shot and my arm is bleeding from being jammed.

I cannot believe the damage I have just done. Parts for this car are rare, only 278 units came to Australia in the 90s. 😞

Thanks and best regards, Howard

Health and Human Services Victoria

What are the symptoms of coronavirus (COVID-19)?

The most common coronavirus (COVID-19) symptoms reported are:

- Fever
- Breathing difficulties, breathlessness
- Cough
- Sore throat
- Fatigue or tiredness.

Many people who contract coronavirus (COVID–19) will suffer only mild symptoms. Elderly people and those with pre-existing medical conditions may experience more severe symptoms.

Can an employer conduct temperature checks on workers or others?

An employer may want to monitor the health of its workers (e.g. through administering temperature checks) as a preventative measure in managing a COVID-19 outbreak in their workplace. There may be times where this is lawful and reasonable, for example, where workers live together in accommodation such as FIFO or agricultural workers.

However, for many workplaces, there may be little benefit in conducting temperature checks on workers or others. This is because temperature checks will not tell an employer whether a person has COVID-19. It is possible that a person may be asymptomatic or be on medication that reduces their temperature. It is also possible that the person may have a temperature for another reason unrelated to COVID-19. An employer should implement known controls, such as [good hygiene measures](#), [physical distancing](#) (keeping everyone at the workplace at least 1.5 metres physically apart) and personal protective equipment rather than only relying on temperature checks. An employer should also require workers to tell them if they are feeling unwell, including if they have a fever, and require them to go home when they do.

Exercises

On Sunday our exercise report form was due to be sent to the secretary, with week 3 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

More “groan” jokes! – from David

- The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death.
- A mate of mine recently admitted to being addicted to brake fluid. When I quizzed him on it he reckoned he could stop any time....
- I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin, 3 hours later and they're still walking about with it. I thought to myself, they've lost the plot!!
- My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were \$70!!! Blow this, I thought, I can get one cheaper off the web..
- I was at an ATM yesterday when a little old lady asked if I could check her balance, so I pushed her over.

- I start a new job in Seoul next week. I thought it was a good Korea move.
- I was driving this morning when I saw an RACV van parked up. The driver was sobbing uncontrollably and looked very miserable. I thought to myself that guy's heading for a breakdown..
- Statistically, 6 out of 7 dwarves are not Happy.
- My neighbour knocked on my door at 2:30 am this morning, can you believe that, 2:30 am?! Luckily for him I was still up playing my Bagpipes.
- Paddy says "Mick, I'm thinking of buying a Labrador. "Bugger that" says Mick, "have you seen how many of their owners go blind?"
- I saw a poor old lady fall over today on the ice!! At least I presume she was poor - she only had \$1.20 in her purse.
- My girlfriend thinks that I'm a stalker. Well, she's not exactly my girlfriend yet.
- A wife says to her husband you're always pushing me around and talking behind my back. He says what do you expect? You're in a wheelchair.
- I was explaining to my wife last night that when you die you get reincarnated but must come back as a different creature. She said she would like to come back as a cow. I said you're obviously not listening.
- The wife has been missing a week now. Police said to prepare for the worst. So I have been to the charity shop to get all her clothes back.
- Two Muslims have crashed a speedboat into the Thames barrier in London . Police think it might be the start of Ram-a-dam.
- Sat opposite an Indian lady on the train today , she shut her eyes and stopped breathing. I thought she was dead, until I saw the red spot on her forehead and realised she was just on standby.
- When I was in the pub I heard a couple of plonkers saying that they wouldn't feel safe on an aircraft if they knew the pilot was a woman. What a pair of sexists. I mean, it's not as if she'd have to reverse the bloody thing!
- Local Police hunting the 'knitting needle nutter', who has stabbed six people in the arse in the last 48 hours - believe the attacker could be following some kind of pattern...

- Bought some 'rocket salad' yesterday but it went off before I could eat it!
- A teddy bear is working on a building site. He goes for a tea break and when he returns he notices his pick has been stolen. The bear is angry and reports the theft to the foreman. The foreman grins at the bear and says "Oh, I forgot to tell you , today's the day the teddy bears have their pick nicked."
- Murphy says to Paddy "What ya talkin' to an envelope for?" "I'm sending a voicemail ya thick sod!"
- Just got back from my mate's funeral. He died after being hit on the head with a tennis ball. It was a lovely service.

One piece folding Bench and Picnic Table

An example of DIY outdoor furniture sent by email from Howard with lots of other options.



Folding picnic table in both bench-seat and picnic table mode

Hello Gents,

Can you find the murder in the first mystery puzzle and decide if it was a murder or suicide by studying the picture for a bit?

Can you tell me your answer(s) on Tuesday?

Accounts

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

A man is found murdered on a Sunday morning. His wife calls the police, who question the wife and the staff, and are given the following alibis:

the wife says she was sleeping,
the butler was cleaning the closet,
the gardener was picking vegetables,
the maid was getting the mail, and
the cook was preparing breakfast.

Immediately, the police arrest the murderer.

Who did it and how did the police know?

RIDDLESANDANSWERS.COM

Thanks AJ

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 a help. 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 Committees

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