



4th May 2020

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

Endeavour Hills Men's
Shed

4th May 2020

Guest Speakers

Men's Activities

Issue 4 # 17

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

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 2nd May 2020, work continues despite the rain.

2 guys working on the site assembling the rebar for the footings

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.



The meeting went from 10.00am to 11.45 noon.

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.

Meeting Protocols

We still have some issues with too many members talking at once, which makes it very difficult for some to hear. This week I suggest that we all are muted when not speaking, the hand is used before speaking and to wait to be invited to speak. This should make things better for everyone.

As we now have an account with Zoom there will be no problem with the time running out, we can go for 24 hours if anyone is game. Seriously though we should keep the meeting to

1.5 – 2 hrs. or less.

We will begin after greetings with President Trevor's report.

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 helpful. No evictions are permitted in this 'game'.



Doug asks

-- Which is the Blonde

Thanks to Laurie for the next item.

**AT AGE 4 SUCCESS IS NOT PEEING IN YOUR PANTS.
AT AGE 12 SUCCESS IS HAVING FRIENDS.
AT AGE 16 SUCCESS IS HAVING A DRIVERS LICENSE.
AT AGE 20 SUCCESS IS HAVING SEX.
AT AGE 35 SUCCESS IS HAVING MONEY.
AT AGE 50 SUCCESS IS HAVING MONEY.
AT AGE 60 SUCCESS IS HAVING SEX.
AT AGE 70 SUCCESS IS HAVING A DRIVERS LICENSE.
AT AGE 75 SUCCESS IS HAVING FRIENDS.
AT AGE 80 SUCCESS IS NOT PEEING IN YOUR PANTS.**

Honesty

Two old folks got married. As they were lying down in their wedding suite, staring at the ceiling, the old man says, "I haven't been completely honest with you. I think the world of you, but you are only number two to me. Golf is my first love. It's my hobby, my passion, my first love."

They both stare at the ceiling for a bit then the woman said, "While we're baring our souls, I guess I better tell you that I've been a hooker all my life."

The man jumps out of bed, looks at her a moment then says, "Have you tried widening your stance and adjusting your grip?"

Thanks to John Grennan

THINGS TO PONDER

By I Might Be Funny

1. If the No. 2 pencil is the most popular, why is it still No. 2?
2. Why do we press harder on the remote control when we know the batteries are getting weak?
3. Why are you "in" a movie, but "on" TV?
4. What was the best thing BEFORE sliced bread?
5. Why do we drive on parkways & park on driveways?
6. Why do "fat chance" & "slim chance" mean the same thing?
7. Why do British people never sound British when they sing?
8. At a movie theater, which arm rest is yours?
9. Why are there no "B" batteries?
10. Why do people say "heads up" when you should duck?

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*Original quote sources unknown

Thanks Doug



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

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