



Endeavour Hills Men's
Shed

1st June 2020

Guest Speakers

Men's Activities

Issue 4 # 2

1st June 2020

President – Trevor Ratcliffe

endeavourhillsmenshed@gmail.com

Secretary - Paul Morris

paul_morris5@optusnet.com.au

Treasurer – John Thornton

jthornto@bigpond.net.au

VP and Almoner - Doug Rowley

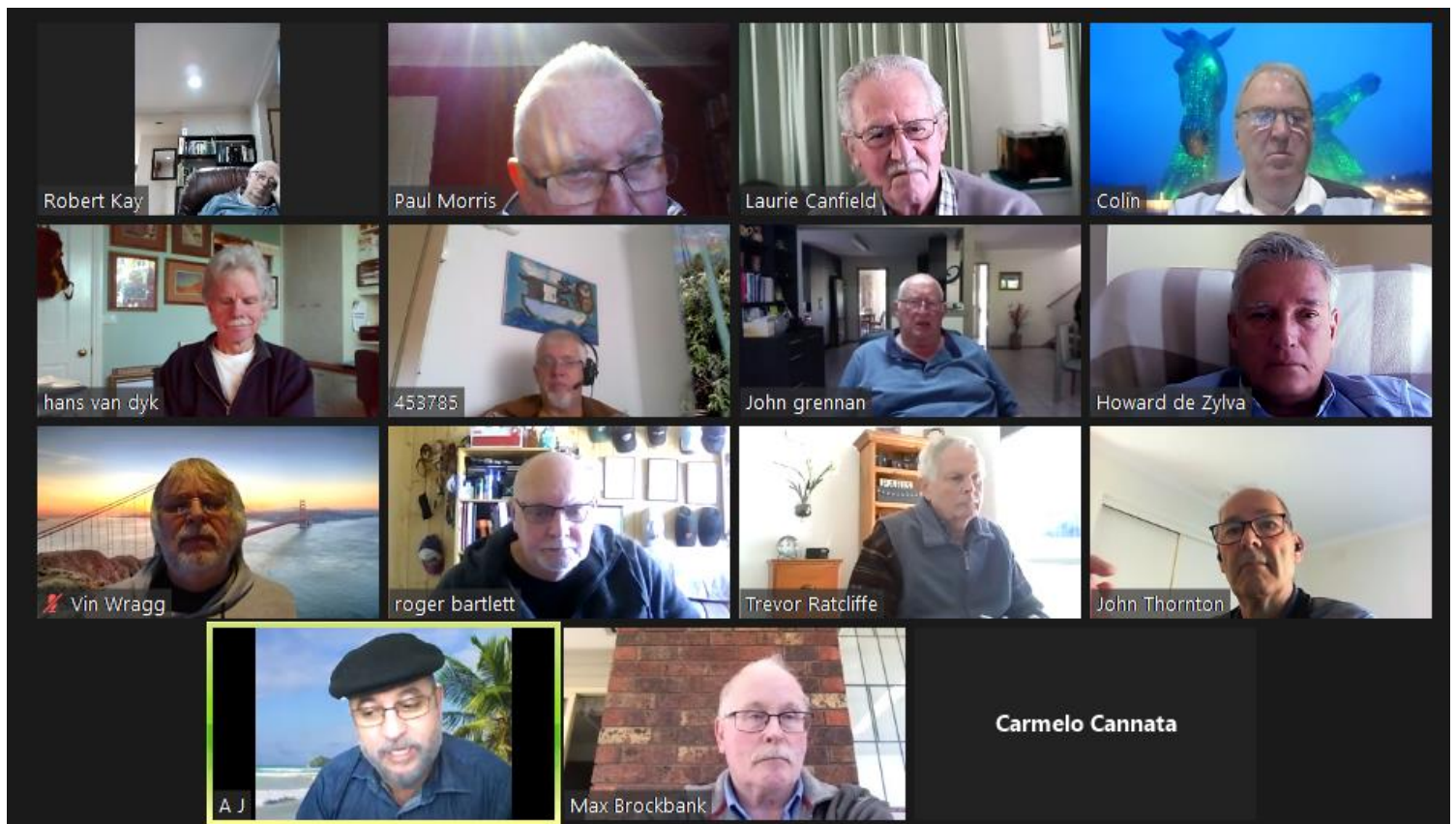
yelwor1946@gmail.com

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

ENDEAVOUR HILLS
MEN'S SHED
Closed due to Covid -19 threat.

CLOSED due to Covid-19 Virus Threat
Keep isolating and keep safe. Regulations are changing
watch this space.

This week we have a zoom meeting on Tuesday, our members meeting at 10.00am.



Last week we had 15 members attended our virtual meeting. A number of items were discussed:

- Ann de Luca from Bunnings has contacted President Trevor and is going to make a donation in kind to the EHMS, Trevor, Paul and Howard will attend when arrangements are made.
- President Trevor has contacted the City of Casey (Angie working from home) re the use of Essex Park Drive Centre when restrictions relax on 1st June, no reply has been received as of today.
- We have had success with the community grant (invite by Julian Hill MP) for outdoor equipment (\$4750). President Trevor has obtained quotes and from Technishelter at Bayswater and Trevor, John T, and myself will visit on Monday.
- Gus de Hoogd of Office Choice (and of our members) has made a very generous donation of the fold up tables and chairs for our new shed.
- President Trevor has contacted Casey Cardinia Foundation to ask for variation in the use of funds due to a promised donation of tables and chairs.
- Member Mark Wittman left for the US on Friday; we may see him at Christmas.
- A draft letter of thanks to the Rotary Club of Endeavour Hills has been written by President Trevor and will be finalised this week.

- Response to our Almoner Doug's roll call has been very weak.
- The reports on members fitness are down.
- There was discussion about our Men's Health Strategy and the type and quality of guest speakers, this will be continued in Committee. As a registered Charity we have an obligation to Men's Health.

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 14th May 2020.

Thanks to Howard and Garrick for the pictures.



Work continues, still working on the membrane - a lot of sealing to be done on the corners of each of the sand blocks. Thanks to Garrick for this picture.

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

Latest news from the State Government

Premier Danial Andrews has announced that as at 1st June 2020 community groups of up to 20 people (including Men's Sheds) can meet. President Trevor has asked the City of Casey whether we can resume meetings and if so, what the restrictions will be.

Anyone remember the poet Pam Ayres? She's 73 and still going strong. This is her latest ode to coronavirus...

I'm normally a social girl
I love to meet my mates
But lately with the virus here

We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For four weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no flaming flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old

There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For four weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no flaming flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this awful virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!



Pam Ayres

Gift of a Gurney from Bunnings



President Trevor, Howard (took the picture) and I met with Ann at Bunnings for a presentation of a pressure washer last Friday.

The pressure washer was nominated by us following Bunnings offer of tools.



The doctor asked me to spend at least one hour per day on the treadmill. 😂



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'.

Committee

Our committee has not met during the Covid-19 restrictions, we will meet as soon as we get word from council about conditions to apply to Essex Park Drive Centre. In the meantime, if any has questions or suggestions (nice ones please) please contact President Trevor Treasurer John or myself.



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

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
Doug Rowley
Paul Morris
John Thornton
John Grennan
Neil Bennett
Laurie Canfield
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	Harry Hornstra

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