



Endeavour Hills Men's  
Shed

24<sup>th</sup> August 2020

Guest Speakers

Men's Activities

Issue 4 # 33

24<sup>th</sup> August 2020

**President – Trevor Ratcliffe**

[endeavourhillsmenshed@gmail.com](mailto:endeavourhillsmenshed@gmail.com)

**Secretary - Paul Morris**

[paul\\_morris5@optusnet.com.au](mailto:paul_morris5@optusnet.com.au)

**Treasurer – John Thornton**

[jthornto@bigpond.net.au](mailto:jthornto@bigpond.net.au)

**VP and Almoner - Doug Rowley**

[yelwor1946@gmail.com](mailto:yelwor1946@gmail.com)

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

Facebook search Endeavour Hills Mens Shed

**CLOSED due to Covid-19 Virus Threat**  
Keep isolating and keep safe. Regulations are changing  
watch this space. During the current lockdown we cannot meet  
in person.

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

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

**Meeting ID: 869 4642 2774**

**Password EHMS**

**An important message from your Committee**

*As you are aware the Governments announced COVID-19 restrictions severely limits what we, as members of the EHMS, are able to do.*

*Although we have tried to continue with our community projects, the recent tightening of the restrictions means that we are no longer able to do that lawfully.*

*At some point, an easing of the restrictions will allow us to re-engage with our community projects and activities. When and how that will occur is unknown. Accordingly, to ensure that we all have a clear understanding of the current circumstances the Committee is announcing:*

- an immediate suspension of all community projects which do not meet the Government's announced COVID-19 restrictions; and*
- that any projects (which are to be undertaken in the name of the EHMS) will require the prior written consent of the EHMS Committee.*

*We hope that you understand that the EHMS wants you to stay safe and not be in a position where you might contract or transmit COVID-19.*

*Our virtual meetings (Zoom) will continue along with the administration of the EHMS. There is still a lot for us to plan for and look forward to when the restrictions are eased. In the meantime, we encourage all members to stay in contact with and support each other by email, phone or otherwise.*

*Please, exercise, stay healthy and stay safe.*

*EHMS Committee.*

## Vale:

We note with sadness the passing of Howards wife's mother and John Thornton's wife's father. Our thoughts are with Inger and Lyn.



Last week we had 15 members attending our virtual get together, and 1 apology.

Notes from the meeting are below:

- President Trevor is working on the draft lease and has sent a copy to Janette at Luke Donnellan's office for comment. Our issues are with the schedules, the standard lease is ok.
- A copy of the draft and our comments will be sent to every member for comment this week.
- President Trevor noted that the building merges with the land. There should be no need for an audit of the EHMS. The use will be Men's Shed and associated activities.
- John Thornton moved a motion that the \$165 invoice for a further 12 months, seconded Paul Morris carried unanimously.
- The invoice for \$120,000 for the new shed will not be paid until completion and agreement on a lease.
- Paul suggested that a requirement to report a criminal record was not a valid requirement as members privacy would be breached.
- It was noted that Laurie's wife is in hospital.

- John Thornton followed up on Paul's suggestion re a second meeting to include visitors
- It was agreed to look at an announcement in the Star Newspaper and a local radio station of the meeting, Casey Radio, 3MBS Easter and VCR radio stations were suggested. Luke Donnellan's FB page and Beyond blue were also mentioned as possibilities.
- Graeme Seymour suggested we get internal pictures of the shed for our records; Paul is to follow up with Angie at Casey Council.
- President Trevor reported that a Physio in Endeavour Hills was holding online exercise classes.
- Howard mentioned that his family had two suicides last week, leaving close relatives grieving. Vin said that suicide was a wide problem.



**Happy Birthday to President Trevor on 26<sup>th</sup> August 2020**

## **Our NEW Shed**

- Our new shed is being built by:  
**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.  
**Please do not enter the worksite.**

Work continues, nearing completion, with internal fit out happening.

---



## The Lease on the new EHMS

Angie has enquired re our progress on commenting on the draft lease. President Trevor has advised her that we should be able to formally comment by the end of this week or early next week. This will include comments from the committee, members and Janet at Luke's Office.

### **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

## **Warning**

Just an idea that members should check their Visa statement if they are purchasing goods online. Someone just tried to take \$10,000 from my account thankfully the bank stopped it

On speaking to the bank with all the online shopping it is getting very prevalent at this point in time

Regards Doug

Quarantine Day 63. Thought I'd try my hand at a spot of carpentry. I might open a shop.

OK own up, who built this?



## Forum unites community in tackling mental health

By Brendan Rees

More than 70 Casey residents have gathered for a virtual forum to discuss ways of supporting people's mental health and wellbeing during the Covid-19 pandemic.

Federal Labor MP for Holt Anthony Byrne led the Zoom forum on Thursday evening, 13 August which included leading mental health professionals in Australia.

Mr Byrne said the question and answer style forum provided genuine conversations about current mental health challenges facing Victorians with some participants raising ideas for improvements in mental health practices.

Special guests included Patrick McGorry, a Professor of Youth Mental Health at the University of Melbourne; Dean McCaughan, Headspace Narre Warren manager; Jemma Schmutter, co-chair of the youth action committee at headspace Narre Warren; and youth advocate Jake Downward.

"I wish to thank everyone for being involved in the mental health and well-being forum, and special thanks to Professor Patrick McGorry for his excellent mental health briefing during a challenging period of time for everyone with the Covid-19 pandemic,"

Mr Byrne said.

Mr Byrne told the forum that Australia had seen a surge in demand for mental health services due to the Covid-19 pandemic - with "extraordinary and unprecedented constraints" placed on public mental healthcare services and practitioners who "continued to provide the best care they can".

"We know that young people are disproportionately affected by the Covid-19 pandemic, and the stage four lockdown measures that are needed to stop the spread of this deadly disease," Mr Byrne said.

"Many health professionals - including GPs, psychiatrists, and emergency physicians - are seeing significant growth in the number of patients seeking treatment and support for their mental health like at headspace Narre Warren.

"Data shows there has been a 33 per cent rise in children and young people in Victoria presenting to hospital with self-harm injuries over the past six weeks, compared to a year earlier."

Professor and psychiatrist Jayashri Kulkarni, who is the director of the Monash Alfred Psychiatry research centre, said mental health symptoms could be exacerbated by

fears of a "never-ending lockdown" - leading to an increased sense of panic.

"If you're worried that you or someone you know is having mental health difficulties, it's important to seek help from your GP or another mental health professional," Prof Kulkarni said.

"Everyone is going to experience ups and downs during isolation - feelings of hopelessness, frustration, anger, sadness and anxiety will be commonplace," she said. "It's important that everyone builds an element of routine into their lives to combat mental deconditioning, and ensure that they are continuing to function normally. This will also help them transition back to 'normality' when lockdown is lifted."

In August, the Australian Government announced it was providing an additional \$12 million to ensure people in Victoria can access 24-7 mental health support through digital and telephone counselling services during the difficult time.

This is in addition to 10 additional Medicare subsidised psychological therapy sessions for people subjected to further restrictions in areas impacted by the second wave of the Covid-19 pandemic.



Federal Labor MP for Holt Anthony Byrne.

## **This week's Jokes**

Went swimming today and took a pee at the deep end. The lifeguard noticed me and blew his whistle so loud I almost fell in....

Imagine a world where You Tube, Twitter and Facebook merge to become known as YouTwitFace.

I tried to come up with a carpentry pun that woodwork.

I thought I nailed it but nobody saw it...

### **Classified ads which were actually placed in U.K. newspapers:**

**FREE YORKSHIRE TERRIER.**  
8 years old, Hateful little bastard. Bites!

---

**FREE PUPPIES**  
1/2 Cocker Spaniel, 1/2 sneaky neighbour's dog.

---

**FREE PUPPIES.** Mother is a Kennel Club registered German Shepherd.  
Father is a Super Dog, able to leap tall fences in a single bound.

---

**COWS, CALVES: NEVER BRED.** Also 1 gay bull for sale.

---

**JOINING NUDIST COLONY!**  
Must sell washer and dryer £100.

---

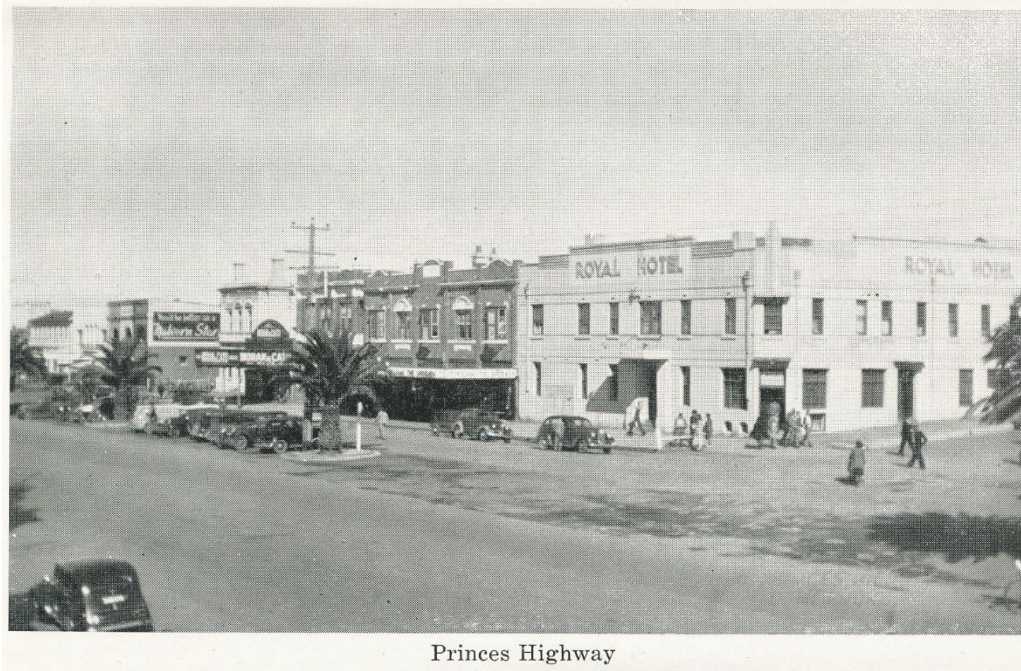
**WEDDING DRESS FOR SALE .**  
Worn once by mistake.  
Call Stephanie.

---

**And the WINNER is...**

---

**FOR SALE BY OWNER.** Complete set of Encyclopaedia Britannica, 45 volumes.  
Excellent condition, £200 or best offer.  
No longer needed, got married, wife knows everything.  
(Statement of the Century)



Princes Highway

The picture above is from an album of 9 photographs of Dandenong, Time is unknown probably the early 1950's. Thanks to David Robison for the album.

### **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>



## 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](http://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	John Grennan
Doug Rowley	Neil Bennett
Paul Morris	Laurie Canfield
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	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