



Issue 5 # 10

Shedding Endeavour's

5th April 2021

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Secretary - Paul Morris paul_morris5@optusnet.com.au

Treasurer – John Thornton jthornto@bigpond.net.au

Vice President – Howard de Zylva hdezylva@hotmail.com

Almoner - Doug Rowley yelwor1946@gmail.com

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

FB - Endeavour Hills Men's Shed



Men's Activities

Guest Speakers.

We are now meeting at the new shed at Sydney Pargeter Reserve Endeavour Hills

10.00 –15.00 on Tuesdays, Wednesdays and Thursdays, soon to increase to Friday and Saturday.

This week we will meet at the New Shed on Tuesday at 10.00 am, after our meeting the setup of the workshop will continue.

Music Group

The Ukulele group will meet at the new shed from 12-2.00 pm on Tuesdays.

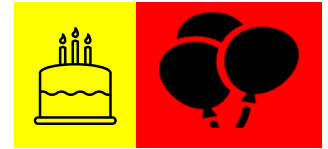
The guitar group will meet at the new shed from 1.00 – 3.00pm on Thursdays.

We will have a person on the door to ensure that you sanitize your hands and log in to the new identity QR check point using a mobile phone which is a compulsory requirement. Your number and first name will be recorded for 28 days in case there is a breakout, and you need to be contacted.

Note any breaches will result in 12 months suspension of the meetings for the Men's Shed.

(not just the offending member)

- **Apologies from Max Brockbank, Harry Hornstra and Andras Jakab**
- **Welcome to new members Reyes Franco, Robert Daly and Peter Wallace.**
- **Meeting with Telstra in Dandenong next Tuesday, Vin, Stan and Paul to attend.**
- **Stan Ashley gave a presentation on the latest computer virus issues.**
- **President Doug thanked Lauren and his team for work to date on the workshop.**
- **New sign in pages have been prepared to avoid confusion.**
- **A supervisor is required for 7th -14th April.**
- **The last bowls night at the DC was disappointing with only 3 members turning up after 18 confirmed. This makes us look stupid. We will try again at the end of April and review.**
- **After considerable discussion lead by Treasurer John, it was agreed to purchase a 2.5m lift pallet stacker @ \$2073.50 inc. GST. Howard will arrange purchase and delivery.**
- **3 filing cabinets donated by Howard will be used in the workshop.**
- **Rowan from Montagues has invited members working on the furniture to a morning tea.**
- **Hans van Dyk returned to the shed after taking part in the last Rotary ride to conference which raised \$55,000.00.**
- **The quote for the TV aerial (\$1132) as modified with two aerial points was accepted.**
- **Garrick reminded members, of the fishing trip and lunch before.**



- No birthdays this week

Our NEW Shed



Our new pallet stacker being offloaded at the EHMS.

Thanks to all involved in the grant, purchase, delivery and off loading.



Treasurer John Thornton and Stan putting together a planer, with our workshop manager Neil Bennett in the background.

Melbourne Retirement Village & Resort Expo

The Melbourne Retirement Village & Resort Expo will be held at the Novotel Glen Waverley on Sunday 18th and Monday 19th April 2021.

This is a free community service event for the public.

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



Settling in Our Shed

April 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Guitar Group @ 1pm	2 Good Friday	3 Easter Saturday	4 Easter Sunday
5 Easter Monday	6 Easter Tuesday (TAS) Ukulele group at midday Walking with Probus Lysterfield Park at 10.30am Lunch at Stella's Kitchen at Montague Orchard at 12pm	7 World Health Day	8 Guitar Group @ 1pm	9 Fishing in Western Port 12.30pm – 4.30pm Boarding at Yarringa Boat Harbour \$80pp Carpool at 11 am	10 Natl. Siblings Day	11
12	13 Newby's Time New Members Self-intro Ukulele group at midday	14	15 Guitar Group @ 1pm	16	17	18
19 Bike Riding Team from EHMS 10 km to Jolim Park Talk to Hans	20 Newby's Time New Members Self-intro Ukulele group at midday	21	22 Earth Day Guitar Group @ 1pm	23 World Book Day	24	25 Anzac Day
26	27 Newby's Time New Members Self-intro Ukulele group at midday	28	29 Guitar Group @ 1pm	30 Barefoot Bowling 5 - 8.30pm		

MEN'S HEALTH

The Australian Men's Shed Association is funded by the Federal Department of Health to provide practical support to Men's Sheds and deliver a wide range of services. It aims to improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.

Through collaboration and strategic partnerships with national, state, territory and health related community services such as beyondblue, Heart Foundation, Department of Veteran Affairs, Cancer Council, AMSA has developed a range of resources and delivered a variety of national initiatives such as 'Spanner in the Works?', a men's health project.

The national 'Spanner in the Works?', a Men's Health screening program has proven very successful in engaging men. This is promoted via the 'Machine Man', a visual interpretation of the relationship of Body to Vehicle. Combined with other activities of interest to men and in collaboration with local health services, the program delivers health screening, improves health literacy and distributes health information.

SPANNER IN THE WORKS

The AMSA website has available a variety of health related resources and links such as:

- [National Male Health Policy 2010](#)
- [National Men's Health Strategy 2020](#)
- [The Indigenous Men's Health Manual](#)
- [Health Speakers and Info Contact Guide July 2020](#)-Health Speakers & Info Contact Guide – a comprehensive list of health organisation 'Peak Bodies' (the experts in their field) who can provide guest speakers for Men's Sheds.
- [Men's Shed Dementia Manual](#)
- ['Any Mug's BBQ Cookbook'](#)
- ['A Beginner's Kitchen' cookbook](#)
- ['Spanner in the works?'](#)

If you require further information regarding resources and/or assistance in planning a men's health initiative such as 'Spanner in the Works?' or any other men's health project, contact AMSA on 1300 550 009 or email amsa@mensshed.net.

Endeavour Hills Men's Shed Committees

Program

Graeme Seymour
Andras Jakab
Neil Bennett
John Grennan

BBQ

Stan Ashley
Ivan Stiglic
Graeme Seymour

Management

Doug Rowley
Howard de Zylva
Paul Morris
John Thornton
Robert Kay
John Grennan
Neil Evans
Laurie Canfield
Harry Hornstra

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
Harry Hornstra
Brian Ashworth
Hans van Dyk
Robert Kay
Will Beattie
Len Follett

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