



Issue 5 # 14

## *Shedding Endeavour's*

3<sup>rd</sup> May 2021

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<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 12.30 – 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.**

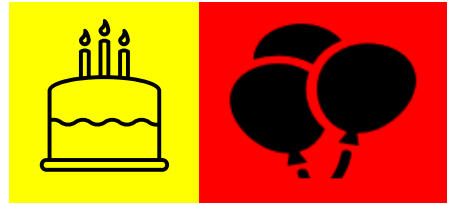
**Note any breaches will result in 12 months suspension of the meetings for the Men's Shed.**

**(not just the offending member)**

**This week is a partners meeting, so that our better halves can see where we are and what we do in this wonderful new shed. Please bring a plate between you for everyone to share. The music group will entertain us.**

**Last week's notes come from Treasurer John.**

- **Approval given for the new signs.**
- **! shutter (No 4) has failed.**
- **Thanks to Trevor for purchasing the vices and jig.**
- **Tony Brosinsky will develop new training programs in, Introduction to workshop, hand tools, powered Hand tools and other tools.**
- **Promotion table arranged for Saturday 8 May Stan John G Robert & Will**
- **10 people booked for bowls at the DC on 30<sup>th</sup> April.**
- **Bike riding starting 5<sup>th</sup> May, 2 per month on 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays.**
- **Walking on 1<sup>st</sup> Monday of the month starting 3<sup>rd</sup> May, partners welcome.**
- **Neil Evans will take over organization of the bowling at the DC.**
- **The President of Pakenham Modelers will present to us on 11<sup>th</sup> May.**
- **Golf day on 10<sup>th</sup> May Tony C to enquire and report, fee of \$10 per member.**
- **Shooting early June Laurie to advise.**



- **No birthdays this week**

**Roll Call** - Checking up making sure everyone is fine.

during these difficult times. I will be sending.

out a roll call every week or s/o 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



**Events Calendar**

May 2021						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 May Day	2
3  <b>walking for health</b> in Endeavour Hills 11am from EHMS Enq. Howard	4  <b>Open Day for Partners</b> <b>10am</b>	5 <b>Bike Riding</b>  Tour from EHMS 10am Tour De EH  <b>Talk to Hans</b>	6  <b>Guitar Group</b> @ 12.30pm	7	8  <b>Promotional Table</b> at EHSC 9am - 120pm 	9 <b>Mother's Day</b>  <b>BUNNINGS Warehouse SALES STEEL FUNDRAISER</b> 8.30am - 4.30pm Shifts per Arrangement
10 <b>Golf @ Churchill Park 10am</b>  Talk to Tony C.	11 <b>Scale Modelling by Vn</b>  Newbie's Self-Intro .  Ukulele at midday	12	13  <b>Guitar Group</b> @ 12.30pm	14	15	16
17	18 <b>Tony B. Beekeeping</b>  Newbie's Self-Intro .  Ukulele at midday	19 <b>Bike Riding</b>  Tour from EHMS 10am Tour De EH <b>Talk to Hans</b>	20  <b>Guitar Group</b> @ 12.30pm	21	22	23  8.30am - 4.30pm Shifts per Arrangement
24	25 <b>Intro to Machines &amp; OH&amp;S Session I. by the Safety Committee</b> Newbie's Self-Intro .  Ukulele at midday	26	27  <b>Guitar Group</b> @ 12.30pm	28  <b>Barefoot Bowling</b> 5 - 8.30pm	29	30
31						

Changes may occur due to unplanned factors



## A GROUP PICTURE OF THE EHMS BOWLERS AT THE DANDENONG CLUB ON FRIDAY NIGHT

### E H M S Group Bike Ride

Let's see if we can get the bike ride up and rolling again with a proposed twice a month ride, the first and third Wednesday with a 10am start. I have listed the possible riders below but is open to anyone willing to take part in an easy off-road cruise. It will be at a pace of the slowest rider with time for refreshments and rest. Without Mens Shed insurance cover for outdoor activity it is important to ensure you have adequate personal and public liability cover and sign a disclaimer as per below.

#### Interested members –

Hans Van Dyk  
Stan Ashley  
Howard De Silva  
Len Follett  
Lauren Gordyn  
Tony Brosinsky  
Rudi Oost  
Trevor Ratcliffe  
And room for more.

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# GROUP RIDE DISCLAIMER

FOR BIKE RIDES FROM 01/01/2021 TO 05/05/2021

The Endeavour Hills Mens Shed and its members try to make its rides and other activities as safe as is reasonably practicable. However, cycling cannot be risk free and is inherently dangerous. We are not a professional concern, just amateurs inviting club members and friends to join us for a ride. Every rider must be responsible for their own safety and judge whether they and their equipment are fit to take part.

The Endeavour Hills Mens Shed and its members can accept no responsibility for loss or damage to personal property or for personal injury not arising as a result of our own act or default. Riders are strongly advised to check they have their own personal insurance cover for injury as well as third parties. This can be obtained through Bicycle Network or you may be covered by your household insurance policy.

By joining one of our rides or events you confirm that you understand the above and accept that you have a responsibility to act in a way that will minimize the likelihood of injury to yourself and others and that you and your cycle are fit for the event.

Participating Rider Name..... Signature.....

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## MEN'S HEALTH

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Has the increased pressure I am under impacting my partner or family?

Have I ever scared my partner or family?

Have I been putting my partner or family down, or calling them names?

Has my partner ever said they feel controlled, threatened, or scared by me?

Am I concerned with how my behaviour is impacting my kids or family?

If you answered yes to any of the above

Call the Men's referral line on **133 766 49**

[www.mrs.org.au](http://www.mrs.org.au)

## A CONVERSATION COULD CHANGE A LIFE



Got a feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it. Learn more about the signs and when it's time to ask R U OK? [here](#).

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not ok, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are ok, that person will know you're someone who cares enough to ask.

### Rotary Cornerstone project



Hans van Dyk and Neil Bennett have been assisting the RCGD&EH on behalf of the EHMS.



### 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 Brosinsky

Tony Phillips  
Neil Bennett  
Andras Jakab  
Harry Hornstra  
Brian Ashworth  
Hans van Dyk  
Robert Kay  
Will Beattie  
Len Follett  
Joe Psaila  
Garrick Williams

#### 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