



Shedding Endeavour's

9th August 2021

The shed is closed due to Covid 19 Restrictions – notice will be given when it is to reopen.

There is a zoom meeting on Tuesday at 10.00 am ID 389 290 7889 Pass EHMS



Events Calendar

		CARRY ON					
		August 2021					
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
						1	
2	3	<p>All meetings, music groups and other activities are cancelled until further notice. Remember to wear your mask and keep safe. Zoom meetings will be held.</p>				7	8
	 <p>Annual General Meeting 2021</p> <p>Workshop Safety Induction 1pm</p> <p>Ukulele at midday</p>						 <p>SUNNING'S Warehouse</p> <p>BARBECUE FUNDRAISER</p> <p>8.30am – 4.30pm</p> <p>Shifts per Arrangement</p>
9	10				14	15	
	<p>Light Exercise @ 9.30AM</p> <p>Newbie's Self-Intro.</p> <p>Carpet Bowling</p>				<p>Promotional table at EHSC</p> <p>As per roster</p> <p>9am - 2pm</p>		
16	17	18	19	20	21	22	
	<p>Ukulele at midday</p> <p>Light Exercise @ 9.30AM</p> <p>Board Games Day</p> <p>Newbie's Self-Intro.</p> <p>Ukulele at midday</p>	<p>Bike Riding</p> <p>Tour from EHMS</p> <p>10am Tour De EH</p> <p>Talk to Hans</p>	<p>@12.30pm</p> <p>Guitar Group</p> <p>@12.30pm</p>				
23	24	25	26	27	28	29	
	<p>Light Exercise @ 9.30AM</p> <p>Board Games Day</p> <p>Newbie's Self-Intro.</p> <p>Ukulele at midday</p>		<p>@12.30pm</p> <p>Guitar Group</p>	 <p>Barefoot Bowling 5 - 8.30pm</p>			
30	31						
	<p>Light Exercise @ 9.30AM</p> <p>Newbie's Self-Intro.</p> <p>Ukulele at midday</p>						

Last week there week we had 30 members attend the AGM. We are pleased to announce that the executive remains unchanged with President Doug Rowley, VP Howard de Sylva, Secretary Paul Morris and Treasurer John Thornton all being reelected unopposed.

The committee members are:

- Tony Brosinsky
- Lauren Gordyn

Welcome to new committee members Tony and Lauren, both have had significant positive inputs to the shed already setting up the workshop and designing and building a dust extraction system.

- Laurie Canfield
- Neil Evans
- Harry Hornstra
- Robert Kay

Existing Committee members reelected.

Our thanks go to retiring committee member John Grennan whom I am sure will remain an active member of the club and tend to his babies the music groups.

As always in thanking members there are many in the background who have input to and enjoy the workings of the club, which is appreciated by all of us.

The AGM also confirmed the membership fees of \$50 for the year and \$0 joining fee.

Please remember to pay the invoice given to you by Treasurer John.

Your Endeavour Hills Men's Shed.

The role of the executive and the committee are to manage the shed, which is also a registered charity. Your role as members is to tell us (nicely) what you want. To further this at the next physical meeting of the shed we will have a think tank where you can bring your ideas for new committees, groups and projects to enhance the operation of the shed.

Following the AGM, we had our weekly meeting.

- All positions for the Bunnings BBQ were confirmed, (subsequently cancelled).
- Supervision of the shed on Friday and Saturday will be by workshop manager Neill Bennett.
- The new web site design will start next week.
- We have accepted the invitation to the Dandenong Show.
- Tony Brosinsky will hold a training session on lathes this afternoon.
- Doug Rowley thanked Merrilyn for the sausage rolls provided for lunch.
- Howard will deliver the furniture to the Narre Warren North Primary School today.
- Brian Ashworth suggested a Pizza Oven as a project for the Shed.
- John Thornton spoke on the responsibilities of the committee members.
- Howard de Zylva suggested that annual health checks be arranged.
- Polo Shirt orders to be finalised this week

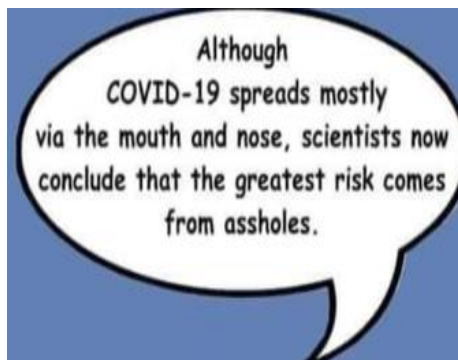
For any information about the EHMS please call Paul on 0418313395.

First Aid Training

Presently we have 12 first Aiders who need to be updated,

Will any members wishing to undergo First Aid Training please contact the Secretary?

Best plumber advertising ever



Bob forgot his wedding anniversary



His wife was mad. She told him "Tomorrow morning, I expect to find gift in the driveway that goes from 0 to 200 in 6 seconds AND IT BETTER BE THERE!!!"

The next morning she saw a big gift wrapped box in their driveway. She rushed out, opened it and found a brand new bathroom scale...

Bob has been missing since Friday!

□

The Premier has announced social restrictions for the next seven days in Victoria, from 8pm on Thursday 5 of August 2021.

There are now five reasons for people to leave their home:

- Shopping for food or supplies when you need them – one person, once per day
- Care and caregiving
- Authorised work and permitted study
- Exercise for up to two hours each day, no more than 5km from your home
- To get vaccinated.

You must wear a mask whenever you leave home.

Please visit www.coronavirus.vic.gov.au for full details on the latest restrictions.

Book your vaccine appointment

Information about how to book your COVID-19 vaccine appointment.

Ways to book

You can book your vaccine appointment:

- At a vaccination centre – use the [online booking system](#) or call the [Coronavirus Hotline](#) on 1800 675 398.
 - For an interpreter, press 0.
 - If you or the person that you are booking has a disability and needs additional support to get a COVID-19 vaccine, please visit: [Vaccination information for people with a disability, carers, volunteers and disability support workers](#).
 - First dose Pfizer appointments are being reserved for people who are eligible. To access a reserved appointment, call the Coronavirus Hotline on 1800 675 398. For more information on who can access reserved appointments visit [who can get vaccinated](#).
- At a participating GP or community health service through the [Australian Government Eligibility Checker](#).

Talk to your doctor GP about medical conditions

You may have questions about a pre-existing medical condition and getting a COVID-19 vaccine. Your doctor will be able to talk to you about your health and any questions you have.

People who have a pre-existing medical condition and/or disability are encouraged to receive their COVID-19 vaccine by their doctor.



Remember the EHMS has an Almoner Doug Rowley and over 50 Members Committed to each and to Men's Health all you need do is pick up the phone.

Tips for staying calm and healthy

For your physical health, the most important thing you can do is maintain basic hygiene, particularly frequently washing your hands with soap or using hand sanitiser. For your mental wellbeing, there are a number of things you can do:

- Maintain a healthy diet, exercise and sleep regime.
- Keep the conversation going – talking to loved ones about any worries and concerns.
- Engage in hobbies and enjoyable activities at home.
- Be prepared – ensure you have enough food, supplies and medication on hand. Ask for help collecting these items if needed.
- Avoid or reduce your use of alcohol and tobacco.
- Get reliable and trusted information – make sure you receive information through trusted and credible sources, rather than social media. If you can't access the internet, ask a friend or family member to get you the most up-to-date information from credible sources such as:
 - [The coronavirus \(COVID-19\) section on this site](#)
 - [Australian Government coronavirus \(COVID-19\) health alert](#)
 - [World Health Organization – coronavirus disease \(COVID-19\) outbreak](#)
- Limit your exposure to media – you or a loved one may feel stressed listening to the news.

Staying positive

While it might feel like we don't have control of current events, it's important to remember that we can do many things to feel empowered and enabled.

Find opportunities to share positive and hopeful stories with others, generate positive emotions by sharing memories, and show acts of kindness.

Staying connected

The coronavirus (COVID-19) pandemic highlights the importance of community and social connections in improving our health and wellbeing.

Connect with friends and family

- Staying connected with friends and family at this time can reduce feelings of loneliness and isolation. For example, regular phone or video calls.

- For older Australians, now might be the time to embrace technology. Younger family members can help you get set up and guide you through the process. Give it a go!
- If you are more comfortable with the phone, call friends and family for regular catchups. You could even write notes or letters.

Call for support

If you are feeling less connected as a result of coronavirus (COVID-19) you can call the Coronavirus Hotline (1800 675 398) and press 3. You will be connected to a volunteer from the Australian Red Cross who can link you with local supports.



President – Doug Rowley endeavourhills.menshed@gmail.com

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



FB - Endeavour Hills Men's Shed

Endeavour Hills Men's Shed Committees

Program

BBQ

Management

Graeme Seymour
Andras Jakab
Neil Bennett
John Grennan

Stan Ashley
Laurie Canfield
Graeme Seymour
Tony Cannata

Doug Rowley
Howard de Zylva
Paul Morris
John Thornton
Robert Kay

Tony Brosinsky
Neil Evans
Laurie Canfield
Harry Hornstra
Lauren Gordyn

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
Lauren Gordyn

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

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