



Shedding Endeavour's

16th 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 Workshop Safety Induction 1pm Ukulele at midday</p>						
9	10					14	15
	<p>Light Exercise @ 9.30AM Newbie's Self-Intro. Carpet Bowling</p>					<p>Promotional table at EHSC As per roster 9am - 2pm</p>	
16	17	18	19	20	21	22	
	<p>Ukulele at midday Light Exercise @ 9.30AM Board Games Day Newbie's Self-Intro. Ukulele at midday</p>	<p>Bike Riding Tour from EHMS 10am Tour De EH Talk to Hans</p>	<p>@12.30pm Guitar Group @12.30pm</p>				
23	24	25	26	27	28	29	
	<p>Light Exercise @ 9.30AM Board Games Day Newbie's Self-Intro. Ukulele at midday</p>		<p>@12.30pm Guitar Group @12.30pm</p>	<p>Barefoot Bowling 5 - 8.30pm</p>			
30	31						
	<p>Light Exercise @ 9.30AM Newbie's Self-Intro. Ukulele at midday</p>						

Last week there week was a zoom meeting with 15 members online, nearly twice that of the last zoom meeting. Remember the more the merrier.

- Paul reported on minor problem with email contacts.
- Polo order has been delayed by a change in colour availability.
- The meeting with Geoff Heffernan (local gamer) has been delayed by Covid 19.
- Welcome back to Trevor after his operation, Trevor will look after forming a local cluster of Men's Sheds.
- Rudi is working on the proposed games day.
- Bunnings will give us a donation for the cancelled BBQ.

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.

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?

On facebook

Hidden Valley and Wallan District Men's Shed is trying to establish themselves and are requesting tools. We have a big order (for us) with the local SES and are looking for a router and a builder's square. Can you help a small, growing shed please?

The current Covid lockdown is until Thursday 19th August – more restrictions are rumored.

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.



Tony Cannata
Training
members in the
use of hand
tools.



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](tel:1800675398)) and press 3. You will be connected to a volunteer from the Australian Red Cross who can link you with local supports.

Music Groups

When regulations allow, the music groups are very popular with members.



Some funnies

Instead of a sign
that says 'do not disturb'
I need one that says
'already disturbed
proceed with caution'



How to recognize when Jesus has been in
your grocery store.



**You drop something
when you were younger,
you just pick it up.**

**When you're older and
you drop something, you
stare at it for a bit
contemplating if you
actually need it
anymore.**

Our logo as it will be on the polos.





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	Stan Ashley	Doug Rowley	Tony Brosinsky
Andras Jakab	Laurie Canfield	Howard de Zylva	Neil Evans
Neil Bennett	Graeme Seymour	Paul Morris	Laurie Canfield
John Grennan	Tony Cannata	John Thornton	Harry Hornstra
		Robert Kay	Lauren Gordyn

Working with Children Checks held by:

John Grennan	Tony Phillips
Geoff Brown	Neil Bennett
Doug Rowley	Andras Jakab
Howard DeZylva	Harry Hornstra
Stan Ashley	Brian Ashworth
Paul Morris	Hans van Dyk
Gordon Harris	Robert Kay
Geoff Lacey	Will Beattie
Neil Evans	Len Follett
David Robinson	Joe Psaila
Tony Brosinsky	Garrick Williams
Lauren Gordyn	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