



Shedding Endeavour's

31st August 2021

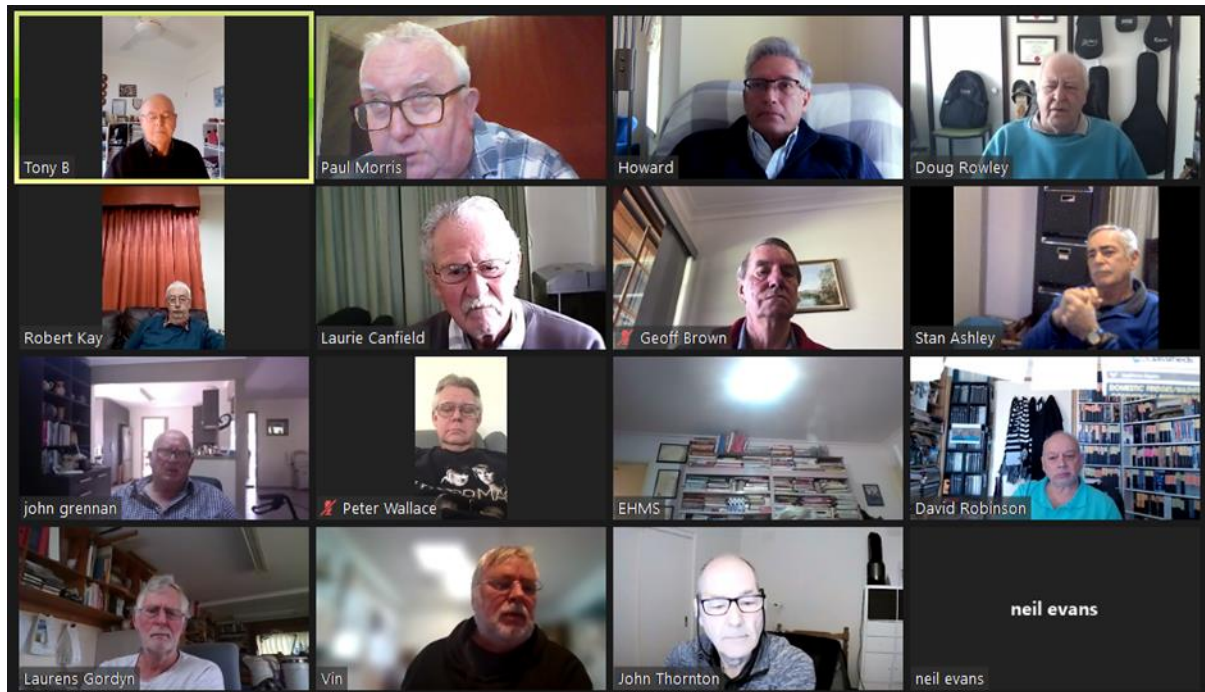
The shed is closed due to Covid 19 Restrictions – notice will be given when it is to reopen.

There is a zoom meeting on Tuesday at 10.00 am ID 389 290 7889 Pass EHMS – no time limit



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</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 17 members online, Harry Hornstra was an apology, he is in hospital.

- Following last week's committee meeting, President Doug agreed to and enrolled for the VMSA zoom meeting on the New VMSA Constitution.
- The Gippsland cluster meeting has been replaced with a virtual meeting on 15/9/21.
- AMSA have a podcast by John Paul Young.
- The Cricket club has replied to our email a meeting will be set up post lockdown.
- At the committee meeting it was resolved to keep the Policy for tools as it stands.
- Membership currently stands at 49.
- Discussion about where to keep photographs and the "Brag Board", including EHMS.org.au, Google Drive, a cloud account and our own server.
- An email from Maryam Mohammadi from the Southern Migrant and Refugee Centre in Dandenong (SMRC).
- The Disaster Aid Australia (DAA) has been postponed due to Covid.
- John Thornton has stated a risk assessment document for the workshop.
- Roger Bartlett asked about the video of our family day.
- Stan Ashley suggested that a letter be sent to Bunnings in appreciation of their donation of \$500 equipment voucher in lieu of the cancelled BBQ. This will be sent.

- The cricket club BBQ equipment was discussed (removal recommended).
- Rudi has two large pieces of timber which will be relocated to the workshop post lockdown.
- Vin Wragg presented on his project described later in this bulletin.
- The meeting ended with “footy talk”, I thought that was in the category of politics and religion?

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



**Does anyone know of or has a copy of?
the video taken at our family day.**

The moon landing in 1969.



Vin Wragg described his project, at last week’s meeting. The modelmaking and photography for this picture is fantastic. The yellow area nearest to the moon is gold leaf. Parkes observatory then at Honeysuckle Creek played a major part in receiving the TV pictures and was high on NASA’s thank you list.

When this was happening, I was watching it on TV with 3 friends at a Pub in Rhyl in North Wales, having driven 60 miles for lunch.

Where were you when Apollo 11 landed on the moon?

The email below was sent to the “Team at the Men’s Shed. We have followed up with Maryam and will meet after lockdown.

My name is Maryam Mohammadi and I am the Migrant and CALD suicide prevention initiative coordinator at Southern Migrant and Refugee Centre (SMRC). And as part of my role I am running information sessions on mental health for Afghan men.

I am writing to request the use of your men’s shed to run these information sessions on mental health and suicide prevention. We would like to use your facility because your facility is men-friendly and that gives men a safe and welcoming environment to discuss deeper feelings. I believe this will work hand-in-hand with our program in assisting men who experience mental health. I would be thrilled if we can organise a meeting to discuss this in details.

The event would take place from once a week. I prefer after work-hours or over the weekend as most of our clients are working. We are expecting 10 to 15 number of men. Where possible, we would use the men’s shed to minimise set up requirements. However, we would bring our own resources, food and drinks on the days.

The men’s shed involvement is minimal because the event would be held after hours. We would restore the facility to its former condition.

I hope you’ll consider my request. The mental health workshops are great for our community as it improves the mental health condition of the men. Please call me on 0416183144 or email me at maryamm@smrc.org.au if you have any question and let me know when it suits you to have a meeting to discuss this matter in detail.

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?

The current Covid lockdown is ongoing until our numbers come down.

□



Merrilyn sends here thanks to the “courier delivered” flowers and chocolates. Unnecessary but much appreciated.



Yes, they are good!



This may be the next EHMS project.

Who has a suitable double story house they may want renovating?

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



Some funnies

A man is driving down a road when he runs over a bunny. He slams on his brakes, gets out and walks up to the flattened bunny. The bunny is obviously expired. A passing car slams on its brakes and screeches to a halt. The driver of that car runs up to the bunny pulls out an aerosol can and sprays the bunny with the aerosol spray. The Bunny jumps up runs a few feet, then stops, turns around and waves its paw at the two men. Runs away a few more feet, stops, turns around and waves at the two men. Runs away a few more feet, stops, turns around and waves at the two men. He continues to do this until he's out of sight. The first driver looks at the man with the aerosol can and says "Wow that is amazing, what is in that can" the man looks at the can and reads the label "Hair restorer, with a permanent wave".



Sometimes you
have to admit
it's time to retire!!



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

Graeme Seymour
Andras Jakab
Neil Bennett
John Grennan

BBQ

Stan Ashley
Laurie Canfield
Graeme Seymour
Tony Cannata

Management

Doug Rowley	Tony Brosinsky
Howard de Zylva	Neil Evans
Paul Morris	Laurie Canfield
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