



Issue 5 # 33

# *Shedding Endeavour's*

6<sup>th</sup> September 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



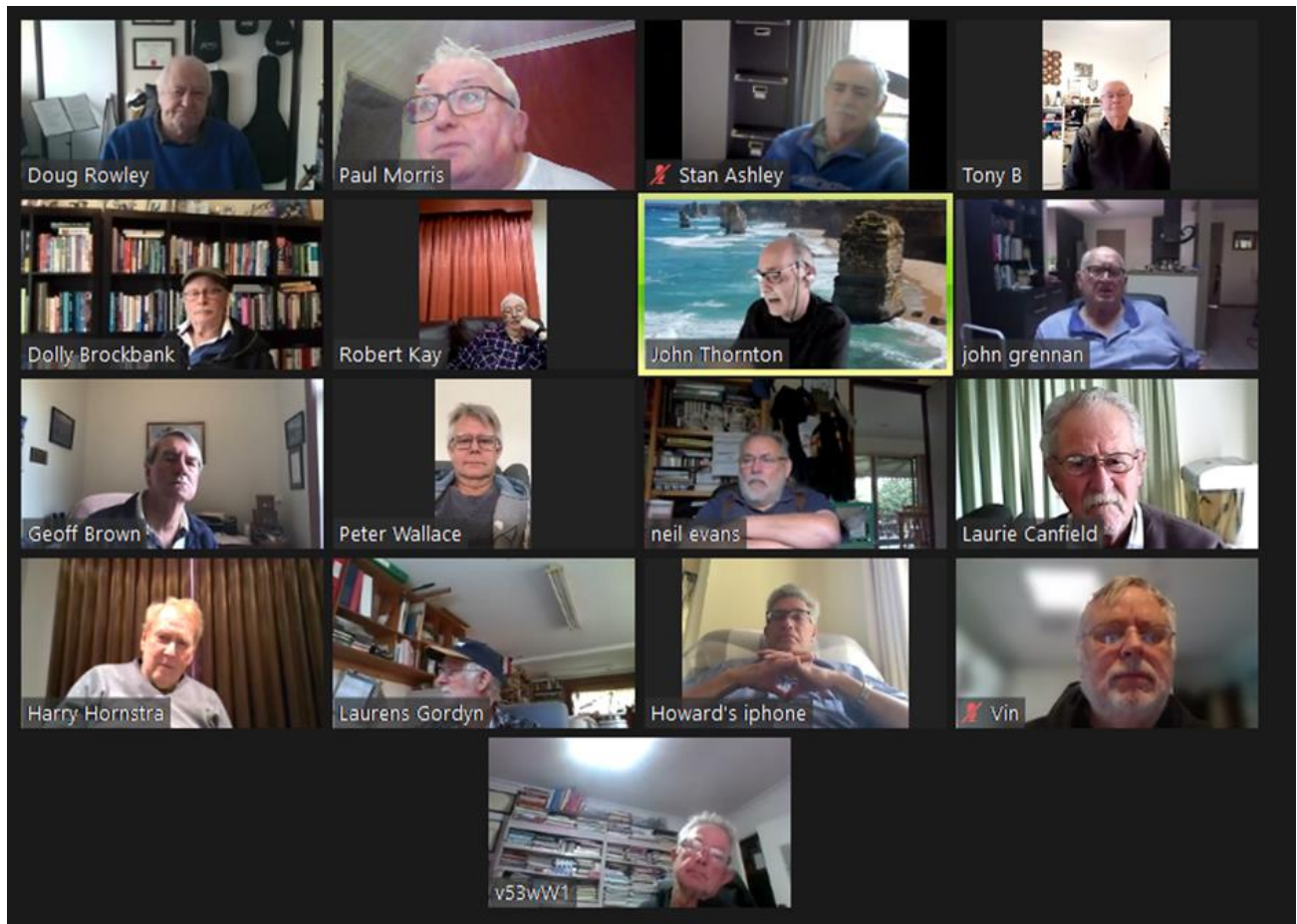
President Doug has not been too well since our last meeting.

We wish you a swift recovery.

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.

**Members Birthdays in September:**

**Neil Bennett on 15<sup>th</sup> September.**



Last week there week was a zoom meeting with 16 members online.

- President Doug will attend the virtual SBM of the VMSA on 10<sup>th</sup> September to consider the new constitution.
- Iron on EHMS badges to be ordered after a sample is received.
- No invoice received from council for the new shed lease or services.
- Policy for tools to be put in the bulletin.
- 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.
- Aa letter be sent to Bunnings in appreciation of their donation of \$500 equipment voucher in lieu of the cancelled BBQ, to be sent by email.
- 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.
- Members guessed the reopen day after lockdown.

- Stan Ashley has received 5 x \$100 Bunnings vouchers.
- Vin gave a presentation on glaciers.

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

**EHMS tool policy**

**Tools are not to be removed from the workshop for member’s private use.**

**Tools required for approved projects may be signed out and taken to site for use and then returned and sign in.**



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

**Message from a friend in Cooroy, Queensland**

Paul, last year the local "woodies" group in Cooroy (going longer than men’s shed) teamed up with local arts group to make the chairs in their workshop, sewing lot made the canvass covering and arts group painted the canvasses. All displayed and then auctioned for charities etc. Think they got an arts grant to buy timber, varnish and materials from Noosa Council.

Might be an idea for your men’s shed group.

Good publicity could get tv news coverage as quirky art and mental stuff for older men blah blah!!!

John

**Members guesstimate for the end of lockdown:**

**Doug 16<sup>th</sup> September**

**Lauren 1<sup>st</sup> October**

**Geoff 15<sup>th</sup> October**

**Ray 31<sup>st</sup> October**

**Gordon 15<sup>th</sup> October**

**Stan 30<sup>th</sup> September**

**Paul 1<sup>st</sup> December**

**Laurie 31<sup>st</sup> October**

**Howard 21<sup>st</sup> October**

**Harry 22<sup>nd</sup> September**

**John G 30<sup>th</sup> September**

**Vin Business first**

**Max 39<sup>th</sup> September**

**Neil E 14<sup>th</sup> October**

**John T all days not taken.**

## **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?**



From a UK Mens Shed on FB

Something a little different. A pen made from a solid brass rod. The two halves were drilled out to enable the mechanism and cartridge to be inserted and assembled using the standard streamline nib, end cap, clip and centre band. The next pen will have the bottom barrel and nib section as one unit and there will be no centre band.



August Report

Another month of lockdown and it seems little relief for the majority of September.

### **Aid**

Installations in Bhutan for the Bhutan 2020 project have resumed with six being completed in the last few weeks.

The board approved the following SkyHydrant Projects

- Bangsmoro Health and Peace Project (Five SkyHydrants a year for 5 years in this Majority Muslim region of Mindanao)
- Mindanao Safe Water Project (Five SkyHydrants a year for 5 years outside the Bangsmoro region of Mindanao.
- Beyond Bhutan Phase 1-12 SkyHydrants over the next 18 months for major schools and colleges not covered by the Bhutan 2020 project.
- Beyond Bhutan 2020 - To commence discussion with our partners in Bhutan about community SkyHydrants based at village schools, with possible commencement in 2023.

Thanks to support from Rotary District 9820 a further grant has been made for rebuilding after the Pamanukan Floods.

A SmartAid grant has also been approved to help a DA Canada water system repairs in Honduras.

After discussions with Dianne Holland and Peter Faulkner it was decided to leave any response to the Haiti Earthquake to DA USA.

### **Marketing and Publicity**

The quarterly Newsletter was published.

DAA Website and facebook posts on;

- The two new Philippine Projects.
- Build Back Better.
- Sustainable Safe Water.
- Latest Bhutan Installations.

DAI Website and facebook post on DA Europe's SkyHydrant in Albania.

For more information check

<https://www.facebook.com/disasteraidaustralia>

<https://www.disasteraidaustralia.org.au/>

We have also been working at providing better speaker aids.

## **Finances**

Internal reviews of our finances for 2020-2021 have been completed for our audit and Annual Report.

Although June was a good month for donations, July and August have been well below average.

In the last week of the month however we did receive advice of several future sponsored SkyHydrants.

## **Administration**

Jan Burney will resume working for DAA Initially one day per month.

Continuing to review Office Procedure, including revising COVID procedures.

We have signed up for a trial of 'Supporter Hub' a web-based system to better manage donations and communications with our supporters.

Continuing work on improving Bhutan 2020 records and sponsor communications.

Board Meeting Agenda and Minutes.

## **Operations**

Travel restrictions to developing countries still seem many months away however work continues on preparing for DART training which include YouTube videos. (Check the '**Disaster Aid Australia YouTube Channel**')

We now have a number of our videos translated to Tagalog (Philippines) and are currently aiming to obtain Khymer (Cambodia) and Tetum (Timor) translations.

## **Other**

Following a meeting with Impetus Consulting we may be eligible for 12 weeks free support in early 2022.

We are looking to take advantage of the Microsoft Charity program of free software to update our computers.

Regards

*Brian* Brian Ashworth **CEO** (Honorary)

***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](http://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.



Some funnies

A man sees his wife is busy in the kitchen and says "Can I help?" She says, "Sure, take this bag of potatoes, peel half of them and put them in a pot to boil." No matter what men do, somehow, we still get yelled at...



Our logo as it will be on the polos.



Proposed iron on logo label.







**President – Doug Rowley** [endeavourhills.menshed@gmail.com](mailto:endeavourhills.menshed@gmail.com)

**Secretary - Paul Morris** [paul\\_morris5@optusnet.com.au](mailto:paul_morris5@optusnet.com.au)

**Treasurer – John Thornton** [jthornto@bigpond.net.au](mailto:jthornto@bigpond.net.au)

**Vice President – Howard de Zylva** [hdezylva@hotmail.com](mailto:hdezylva@hotmail.com)

**Almoner - Doug Rowley** [yelwor1946@gmail.com](mailto: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  
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