



Issue 5 # 34

# *Shedding Endeavour's*

13<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**

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:**

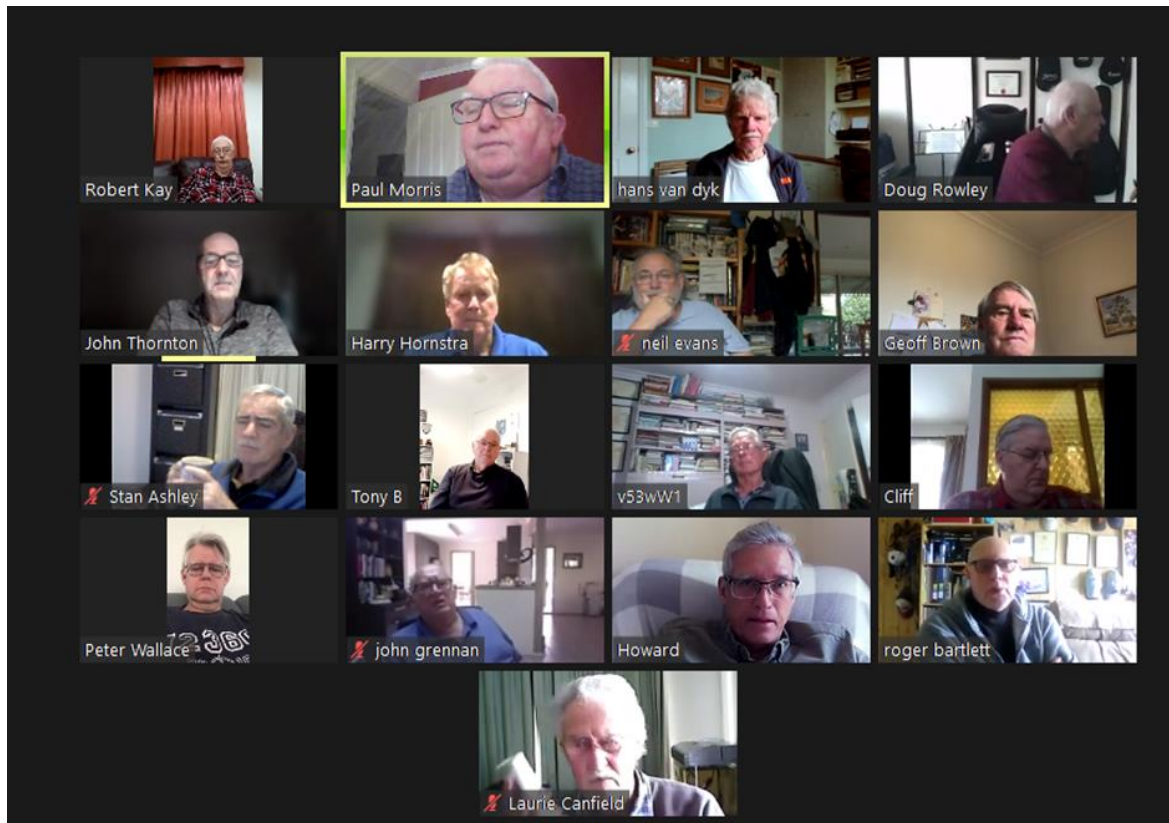
**Neil Bennett on 15<sup>th</sup> September.**

**Speedy recovery to those off colour:**

**Doug Powley**

**Robert Kay**

**Harry Hornstra**



Last week there week was a zoom meeting with a record 18 members online 9 and yes, I know that there are only 17 in the picture above. Lauren joined the meeting a little later.

- An audit of the shed 12 months after construction is being done today.
- Time capsule to be mounted in the ceiling.
- Eye wash station to be installed by council.
- Policy for tools is in the bulletin.
- Howard is an expert in Lawn mower repair.
- Lauren has joined a bike riding group.
- Logo registration to be looked at but it is very expensive.
- Roger Bartlett has an 8-string ukulele and is practicing some Christmas songs.
- We are waiting for the Casey Community grant to hit our bank account.
- The Dandenong Show has been formally cancelled.
- Is the Doveton Show going ahead?
- Email from Maryam Mohammadi to be sent to Roger and John T.
- Discussion on printers, computers and beans.

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

### **Zoom meeting with the Southern Migrant and Refugee Centre**

President Doug and Paul met with Maryam Mohammadi and Jesse Boyd from the centre. They have secured funding for a project in Suicide Prevention in migrant and refugee community. The discussion was an icebreaker and another meeting ((F2F) face to face)). They will be holding classes on mental health and a tour of facility for participants. Further detail will be worked out.

Jesse and Maryam were not aware of the Afghanistan/ Australian Philanthropic Association which meets at the EHMS.

### **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.**

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

<b>Doug 16<sup>th</sup> September</b>	<b>Lauren 1<sup>st</sup> October</b>	<b>Geoff 15<sup>th</sup> October</b>
<b>Ray 31<sup>st</sup> October</b>	<b>Gordon 15<sup>th</sup> October</b>	<b>Stan 30<sup>th</sup> September</b>
<b>Paul 1<sup>st</sup> December</b>	<b>Laurie 31<sup>st</sup> October</b>	<b>Howard 21<sup>st</sup> October</b>
<b>Harry 22<sup>nd</sup> September</b>	<b>John G 30<sup>th</sup> September</b>	<b>Vin Business first</b>
<b>Max 30<sup>th</sup> September</b>	<b>Neil E 14<sup>th</sup> October</b>	<b>John T all days not taken.</b>

#### **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?**



**Have you answered Doug's email?**

## VICTORIAN MENS SHED ASSOCIATION

### SPECIAL GENERAL MEETING

#### 10/9/2021 ZOOM MEETING- Attended by President Doug.

The secretary outlined the reasons for an updated constitution, which were many as outlined in the overview of replacement constitution.

There were a number of grammar errors Once a quorum was achieved (26) 10% Of membership (257) the President opened the meeting.

to be corrected as were some definitions to be clarified i.e., Members means Sheds

5.4 (d) (3) change from 2 months to 12 months

It was discussed that a further SGM will be required to complete the errors

This being said, the New Constitution in its present state was passed (requirement 75%)

Very surprised by the lack of numbers attending the quorum only just scraped in and if the board had not nominated their own shed as their own representative, it would have been a no show.

Meeting closed 11.00am

*Douglas A Rowley*

President EHMS

### Networking Lunches for Not-for-profit Leaders

Hi Paul

I hope you are having a good week (despite the current challenges!)

As a way to share ideas and help keep people connected, I have recently started hosting some free not-for-profit lunchtime networking sessions.

The pilot held last week was really well received so I am going run another on Thursday 16 September.

It will be a simple zoom session and we will explore the discussion topic: **What's been your organisation's biggest COVID challenge? And how have you dealt with it?**

The session will run from 12 pm - 1 pm. All that people will need to do is BYO lunch and log in.

Click [here](#) for further details and do let me know if you have any queries.

I'd love to see you there and places are limited, so if you (or someone you know) would like to join us please do book in now so you don't miss out.

Let's see if a bit of connection with some new people can't inspire us and give us all a bit of a lift.

I hope this get-together is beneficial for you or someone you know.

Take care and best wishes

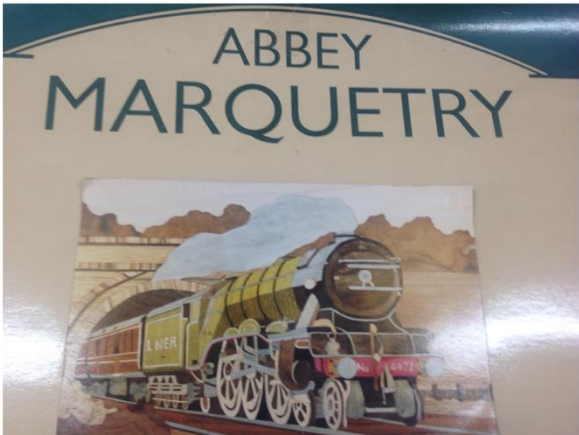
Megan

Megan Buntine

P: 0421 525 048E: [megan@mjbconsulting.net.au](mailto:megan@mjbconsulting.net.au)

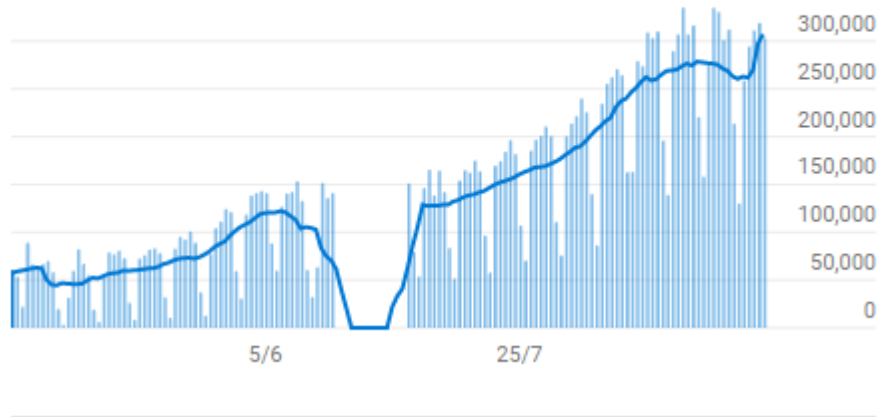
W: [www.mjbconsulting.net.au](http://www.mjbconsulting.net.au)

John Grennan' new project.



## Daily new vaccinations in Victoria

Click on the graph to see more



● LIVE STREAMS

9:21am Monday, September 13th, 2021

sky news .COM.AU



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## Scott Morrison announces 400,000 additional vaccines for Victoria as COVID crisis deepens

Prime Minister Scott Morrison has announced Victoria is set to receive more than 400,000 additional vaccine doses as the state's COVID case numbers continue to rise.

## 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



**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.

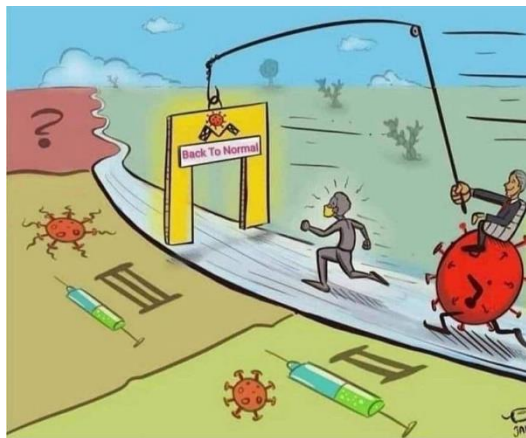
## LOVE IN TENNIS

Many people have been puzzled by the fact that 'no score' in tennis is announced as *love*. This practice goes back at least to the year 1742. Seeking an explanation of the expression, some have thought that anyone failing to score must be playing the game for love. However, it is much more likely that 'love' in tennis may have had its roots in France, just as the game (and its name) originated in that country. The word 'tennis' is derived from the French *tenez*, meaning 'take it' or 'play'. Nil, or nothing, is zero, the figure whose shape resembles an egg. The French, always subtle and quick on the uptake, adapted their word for egg, *l'oeuf*, to announce 'no score'. Crossing the Channel, the *l'oeuf* was adapted to British tongues by being rendered *love*. Thanks to Ray Stewart our member in NSW.



### Some funnies

There was a lumberjack who moonlighted as a serial killer. He used woodchippers to dispose of the bodies, which is why he was so prolific. Every once in a while, these guys come out of the woodwork.



**I tried to come up with a carpentry pun that woodwork. I think I nailed it but nobody saw it.**

**THANKS FOR TEACHING ME THE MEANING OF -PLETHORA- IT MEANS A LOT**







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**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

<b>Program</b>	<b>BBQ</b>	<b>Management</b>	
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