



Issue 5 # 35

Shedding Endeavour's

20th 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 15th September.

Speedy recovery to those off colour:

Doug Rowley Trevor Ratcliffe

Robert Kay Gus De Hoogd

Harry Hornstra



The Victorian Government has unveiled a long awaited roadmap out of lockdown which shows a gradual easing of restrictions for those who are vaccinated.

As 70 per cent single doses expected to be reached by 26th October when restrictions are expected to ease (still only 25Km travel bubble).



Last week there week was a zoom meeting with 18 members online

- The VMSA zoom SGM only attracted 26 out of 257 Sheds with only the shed of board members making a quorum, another SGM is required to amend the new constitution.
- Roller shutters at the shed are fixed and extra remotes provided.
- We are not offering Wi-Fi to users of the social area.
- The Southern District Migrant group cover all migrants not just Afghanis.
- Extensive discussion re the think tank. A report will be prepared later.
- The Andrew Centre operation and newsletter were discussed.
- We are waiting for the Casey Community grant to hit our bank account.
- The Doveton Show has also been cancelled.
- Trevor is working on Christmas carols.

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.

Members guesstimate for the end of lockdown:

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

September Committee meeting

On Wednesday we had 100% virtual attendance at the committee meeting. The main points are set out below:

- Plaques for furniture obtained by Howard and an electric branding iron to be made by Laurens.
- Strategic Plan is being updated.
- No change in financial position
- Defibrillator to be checked after lockdown.

Health Co-Ordinator (or other title to be decided)

The existing Strategic Plan calls for a Health Co-Ordinator to be appointed. The committee has asked me to put this notice in the bulletin. Anyone interested in taking on the role please contact the Secretary.

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?

Most men do not like talking about their emotions. So, if one of your mates has [depression](#), they won't necessarily show it — and they may try to hide it.

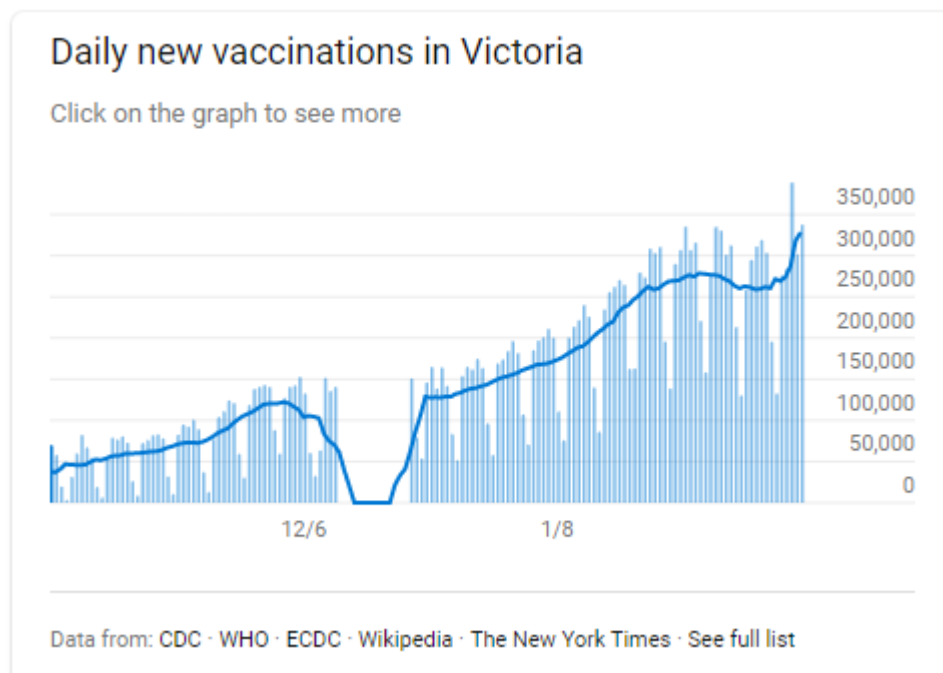
But there are signs you should look out for if you suspect a man you know may be depressed.

1 in 8 men experiences depression at some stage of their life. Men are more likely to recognise and describe the *physical* symptoms of depression (such as feeling tired or losing weight) than women. Men may acknowledge feeling irritable or angry, rather than saying they feel low.

Many men hate talking about their feelings because it makes them feel exposed. But if a mate is under stress or feeling depressed, it will help if they talk to someone about it. As a friend, there are ways you can get them to open up.

Depression isn't just about feeling sad or frustrated; it's about feeling out of control, powerless to handle emotions and unable to see a way out. It can affect anyone at any age and can be triggered by any number of things that can go wrong in people's lives.

Everyone feels 'down' occasionally. But if someone has been sad, moody, angry, or unable to sleep or concentrate for more than 2 weeks, it could be depression. A man might also lose interest in work, sport, sex, going out or other things he might previously have enjoyed.



Book your vaccine appointment

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



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 – this week thanks to Stan the man.





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
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