



Issue 5 # 39

# *Shedding Endeavour's*

18<sup>th</sup> October 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 October**

3 <sup>rd</sup> October	Rudi	Oost
4 <sup>th</sup> October	Leigh	Martin
6 <sup>th</sup> October	Laurens	Gordyn
8 <sup>th</sup> October	Geoffrey	Lacey
9 <sup>th</sup> October	Tony	Brosinsky
12 <sup>th</sup> October	David	Robinson
20 <sup>th</sup> October	John	Cooper
31 <sup>st</sup> October	Garrick	Williams



## Speedy recovery to those off colour: All are at home.

John Thornton

Doug Rowley

Trevor Ratcliffe

Robert Kay

Gus De Hoogd

Harry Hornstra



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### Covid -19 Metro Melbourne from 11.59pm on Thursday 22<sup>nd</sup> October

#### Easing of restrictions in Melbourne Metro

There will be no travel limit within metropolitan Melbourne, despite the roadmap earlier signalling there would be a 25 kilometre limit.

However, unless they are authorised Melburnians will not be able to enter regional Victoria.

Ten visitors will be allowed to homes per day.

Mr Andrews said gatherings should be limited to the fully vaccinated.

"It won't be mandatory but it is the advice and recommendation and that is what is safest and what we would like people to focus on."

The hospitality sector will be allowed to give indoor seated service to 20 people who are fully vaccinated plus 50 people outside who are fully vaccinated.

The staggered return of grade three to year 11 in metropolitan Melbourne will commence on Friday 22 October.

Hairdressing and personal care will open to five fully vaccinated people as planned, while retail will still not be allowed to open.

#### Endeavour Hills Men's Shed

Last week there week was a zoom meeting with 20 members online another record.

- President Doug gave an update on the condition of members on the sick list.
- The Woorana Primary School Project was discussed and agreed to get more information.
- Hans gave information on Parental Alienating Behaviour and child abuse.

- AJ requested information for the November Calendar.
- Paul finally screen shared Beethoven's 5<sup>th</sup> with both sound and cartoon vision.
- Welcome back to Trevor Ratcliffe after his operation.
- The resignation of Minister Luke Donnellan from the cabinet was noted.
- Musical interlude by Trevor.
- Stan's Judo group has started outside exercises with instructors.
- Apology from Graeme Seymour as his tablet needs attention.

**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.

**Double Vaccinated**

It is highly likely that when the shed reopens after lockdown there will be harder restrictions put on non- vaccinated persons, rather than on those double vaccinated, Last week's meeting decided to ask all members to provide proof of double vaccination to the secretary Paul. This information will be treated in confidence and only released if needed by Covid or other mandatory requirements. Note that no reply will count as not vaccinated. Any member that wishes to discuss this may contact Paul or Doug.

**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 30 <sup>th</sup> September	Neil E 14 <sup>th</sup> October	John T all days not taken.

**Iron on EHMS Badges**



We now have a supply of iron on badges the cost of these is \$15 each, funds to be transferred to the EHMS account or cash. Please contact Paul with orders.

Today



Hi there, wondering if I could get information on the Endeavour Hills Men Shed for my 56 year old husband.

Hi Sharon,  
That is wonderful news, love to have him join us at the EHMS.  
Send me his email and phone contact so that we can have him join our weekly Zoom Meeting on Tuesday at 10am.  
It's an annual \$50 membership, mostly to cover insurance as we have a workshop. After we can meet at the Shed, he can decide if it suits him and then join up.  
Thanks 😊 and best regards,  
Howard de Zylva  
Vice President - EHMS  
0401101999  
hdezylva@hotmail.com

### Working with Children Check



**Only 50% of members hold a WWC Card. Any projects where children are present will mean that members without the check cannot take part. President Doug and the Committee ask that all members should hold this card.**

# VIC VACCINATIONS

Daily Doses Administered



DATE	DOSES	NET
17 Oct 21	8,737,605	▲ 77,225
16 Oct 21	8,660,380	▲ 99,193
15 Oct 21	8,561,187	▲ 99,326
14 Oct 21	8,461,861	▲ 97,617
13 Oct 21	8,364,244	▲ 97,303
12 Oct 21	8,266,941	▲ 91,042
11 Oct 21	8,175,899	▲ 57,486
10 Oct 21	8,118,413	▲ 80,974
09 Oct 21	8,037,439	▲ 97,753
08 Oct 21	7,939,686	▲ 95,301
07 Oct 21	7,844,385	▲ 96,248
06 Oct 21	7,748,137	▲ 95,600
05 Oct 21	7,652,537	▲ 96,337
04 Oct 21	7,556,200	▲ 50,017
03 Oct 21	7,506,183	▲ 72,198
02 Oct 21	7,433,985	▲ 91,450
01 Oct 21	7,342,535	▲ 94,259

Here's one for the environmentalists 🌱 out there COP 26 is coming to Glasgow next month.

The Worlds Leaders are staying at Gleneagles Hotel and 20 electric Tesla cars costing £100K each have been bought to ferry them the 75km back and forth. Someone just discovered that Gleneagles only has one tesla compatible charging station, so Malcolm Plant Hire have just been contracted to supply Diesel Generating plants to recharge all the Tesla's overnight. Couldn't make it up. 🤔🤔

<https://ukcop26.org/>



## Laurens is keen on forming an Arduino group

### What is Arduino?

Arduino is an open-source electronics platform based on easy-to-use hardware and software. [Arduino boards](#) can read inputs - light on a sensor, a finger on a button, or a Twitter message - and turn it into an output - activating a motor, turning on an LED, publishing something online. You can tell your board what to do by sending a set of instructions to the microcontroller on the board. To do so you use the [Arduino programming language](#) (based on [Wiring](#)), and [the Arduino Software \(IDE\)](#), based on [Processing](#).

Over the years Arduino has been the brain of thousands of projects, from everyday objects to complex scientific instruments. A worldwide community of makers - students, hobbyists, artists, programmers, and professionals - has gathered around this open-source platform, their contributions have added up to an incredible amount of [accessible knowledge](#) that can be of great help to novices and experts alike.

Arduino was born at the Ivrea Interaction Design Institute as an easy tool for fast prototyping, aimed at students without a background in electronics and programming. As soon as it reached a wider community, the Arduino board started changing to adapt to new needs and challenges, differentiating its offer from simple 8-bit boards to products for IoT applications, wearable, 3D printing, and embedded environments. All Arduino boards are completely open-source, empowering users to build them independently and eventually adapt them to their needs. The [software](#), too, is open-source, and it is growing through the contributions of users worldwide.

A link to Arduino project

<https://www.seeedstudio.com/blog/2020/01/16/20-awesome-arduino-projects-that-you-must-try-2020/>

<https://randomnerdtutorials.com/> (this also includes some Raspberry Pi projects)

<https://core-electronics.com.au/projects>

<https://core-electronics.com.au/workshops.html>

<https://core-electronics.com.au/tutorials>



**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 because 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.

## Recipe of the week – Nettle Soup

### Nettle Soup

2 lbs  
young  
nettles

1 1/4  
lbs  
spinach

1 1/2 pints good stock

Cold  
milk

4 cold cooked sausages

3 ~~tblsps~~  
sour  
cream

3 ~~tblsps~~ flour

Seasoning

Gather the tips of  
young stinging  
nettles, wearing  
gloves. (No  
kidding!)

Wash and blanch  
the nettles. Wash  
the spinach. Boil the  
stock and pour this  
over the nettles and  
the spinach. Season  
and simmer for  
about three quarters  
of an hour, adding  
further stock if  
required. Pass the  
liquid through a  
sieve, then add the  
flour blended to a  
cream with a little  
cold milk. Boil up to  
thicken, add the  
sausages chopped

### Wood carvings from various sources.







Here's a funny from Stan





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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)



FBEndeavour 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
Peter Wallace	Will Beattie
Neil Evans	Len Follett
David Robinson	Joe Psaila
Tony Brosinsky	Garrick Williams
Laurens Gordyn	Vin Wragg
Max Brockbank	John Thornton

**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