



Issue 5 # 40

Shedding Endeavour's

25th October 2021

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

This week we are holding a BBQ at the shed car park please note it is a 10.00am start.

Members must be double vaccinated to attend. If you have already provided proof, that's great.

Otherwise, you may be present it to the Secretary, President, or Treasurer. A \$5 entry fee to cover the cost of the BBQ and soft drinks.

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



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

John Thornton

Trevor Ratcliffe

Robert Kay



Covid -19 Metro Melbourne from 11.59pm on Thursday 22nd 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.

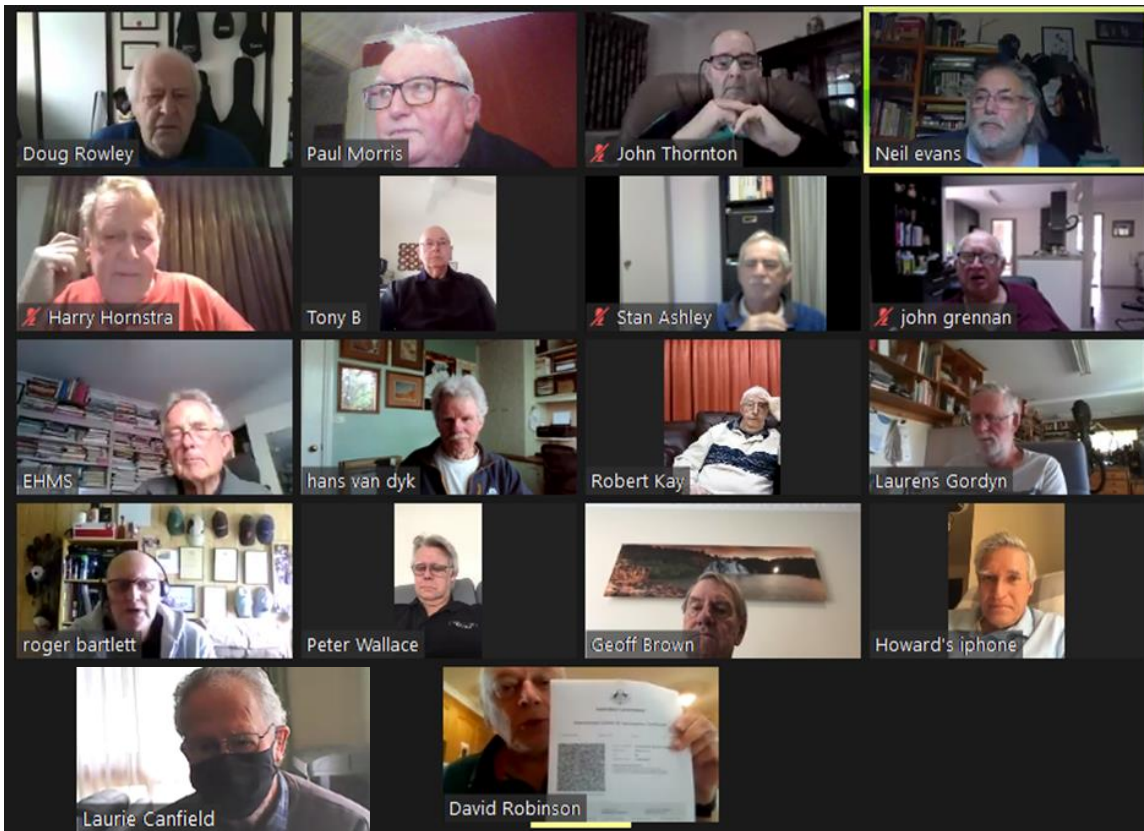
"It won't be mandatory but it is the advice and recommendation and that is what is safest and what we would like people to focus on."

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 19 members online.

- President Doug welcomed back Treasurer John Thornton after his operation.
- President Doug gave an update on the condition of members on the sick list.
- St Paul's Primary School will be advised that their project will continue in the new year.
- Howard has a gas heater available suitable for under floor or ceiling mounted systems.
- AJ requested information for the November Calendar.
- Howard will be an apology for the committee meeting on Wednesday.
- Rudi is keen to improve his chess skills.

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 16th September

Lauren 1st October

Geoff 15th October

Ray 31st October

Gordon 15th October

Stan 30th September

Paul 1st December

Laurie 31st October

Howard 21st October

Harry 22nd September

John G 30th September

Vin Business first

Max 30th September

Neil E 14th 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.

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.

Covid restrictions – Further easing of restrictions is set for Friday 29th October further detail will follow by email and in next week's bulletin.

EHMS October Committee Meeting

Our October meeting was held last Wednesday, items discussed included:

- **BBQ meeting outside next Tuesday.**
- **Christmas Shutdown**
Last Tuesday meeting 14th December
Shed Closes 18th December
Shed Opens 11th January
First Tuesday meeting 18th January
- **Insurance Gallaghers vs AMSA**
- **Workshop Safety**
- **Membership**
- **Think tank**
- **Portable Hep Filter – Robert kay to advise**



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 – Scottish Tattie Scones

Ingredients for Tattie Scones

The ingredients for tattie scones are simple:

500g Potatoes

125g Plain Flour

20g Butter

Pinch of salt

Dough for Scottish Potato Scones Recipe

Boil and drain the potatoes, allow them to air dry for a few minutes.

Next, add in the butter, ideally softened to room temperature, and mash well to remove any lumps.

Adding the flour is the next step and how much you use depends on the potatoes. Here is where you may need to go a bit off-piste! I measured out 125g of flour but keep more on hand to add as you flatten out the tattie scones later.

Add the flour slowly, one tablespoon or so at a time to make sure it's thoroughly mixed into your mash and that you don't add more than necessary.



The potatoes should come together to form a stiff dough, once you see this happening you can stop adding flour and turn them out onto a floured surface. Separate the dough into 3 even-sized balls.

Now importantly, leave these to cool just a little!

Rolling out dough for Scottish Tattie Scones

You're aiming for the size of a side-plate, and you can place one on top and cut around it to get a perfect circle once it's big enough.

Preheat the pan on a high heat and then reduce the heat to medium when you put them in.

Use a hot, dry pan, rather than frying in butter. This is because when you're doing multiple scones the butter will burn and you'll be left with that taste on the scone. A light dusting of flour will stop them from sticking.

Fry for 3-4 minutes each side, depending on thickness. You can flip more than once and should keep an eye on them, so they don't colour too quickly on the outside without heating and cooking through the middle. If they start to brown too quickly turn your heat down.



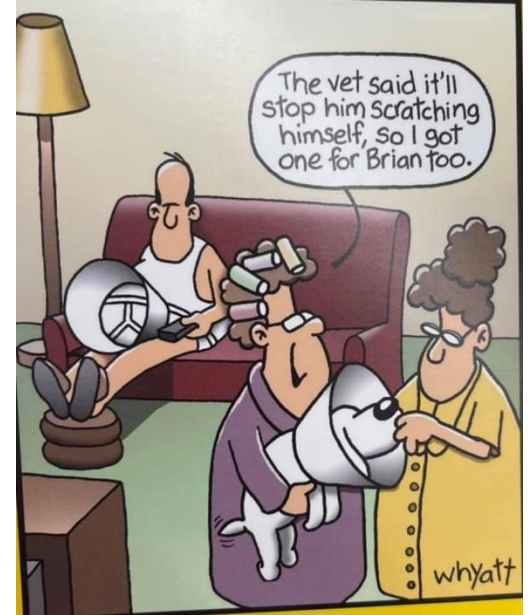
THE DAA AGM will be held on 6th November 2021 at 10.00 am by Zoom. See Paul or Brian for further details.

Wood carvings from various sources.



Funnies – thanks to John Grennan for the water on Mars

I've reached an age
where
my train
of thought
often leaves
the station
without me.



FIRST PICTURE OF WATER ON MARS...





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



FBEndeavour Hills Men's Shed

Endeavour Hills Men's Shed Committees

Program	BBQ	Management	
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