



Issue 5 # 41

# *Shedding Endeavour's*

1<sup>st</sup> November 2021

The Shed reopens on Tuesday at 10.00 am 2<sup>nd</sup> November 2021

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.

## Members Birthdays in October

4th November	Howard	De Zylva
10th November	Gordon	Harris
18th November	John	Grennan
20th November	Mark	Wittman
30th November	John	Thornton



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

John Thornton

Trevor Ratcliffe

Robert Kay



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``Covid -19 Metro Melbourne from 6.00pm on Friday 29th October 2021`

### Easing of restrictions in Melbourne Metro

In summary, from 29 October:

- No restrictions on travel around the state.
- No masks outside.
- People can return to work if fully vaccinated.
- Outdoor public gatherings of 50 people allowed.
- Gyms and retail reopen, subject to density limits.
- Indoor and outdoor hospitality venue limits increase.
- Indoor entertainment venues open at 75% capacity, as many as 1000 patrons.
- Outdoor venues as many as 5000 patrons.
- Indoor sport resume with density cap.
- All schoolchildren back in classrooms full-time.

The state will abandon almost all restrictions from about 24 November, when it reaches the vaccination rate of 90% of people aged 12 and older. But restrictions on those who are unvaccinated are expected to continue throughout 2022.

# Endeavour Hills Men's Shed

Last week we met outside at the shed.



**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:**

**As we will met on 2<sup>nd</sup> November the adjudicator President Doug will announce the winner**

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.

## 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 29<sup>th</sup> October further detail will follow by email and in next week's bulletin.**

### Positions Vacant

**We are currently looking for shed supervisors for Friday and Saturday also stand-ins plus a new booking officer for the social area please reply to Paul.**



**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.



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

## Use of pallets



## Funnies



Ever since I was a child, I've always had a fear of someone under my bed at night. So, I went to a shrink and told him: "I've got problems. Every time I go to bed, I think there's somebody under it. I'm scared. I think I'm going crazy."

"Just put yourself in my hands for one year," said the shrink. "Come talk to me three times a week and we should be able to get rid of those fears."

"How much do you charge?"

"One hundred fifty dollars per visit," replied the doctor.

"I'll sleep on it," I said.

Six months later the doctor met me on the street. "Why didn't you come to see me about those fears you were having?" He asked.

"Well, \$150 a visit, three times a week for a year, is \$23,400.00. A bartender cured me for \$10.00. I was so happy to have saved all that money that I went and bought a new pickup truck.

"Is that so?" With a bit of an attitude he said, "and how, may I ask, did a bartender cure you?"

"he told me to cut the legs off the bed. Ain't nobody under there now."



**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)



FBEndeavour Hills Men's Shed

**Endeavour Hills Men's Shed Committees**

**Program**

**BBQ**

**Management**

Graeme Seymour  
Andras Jakab  
Neil Bennett  
John Grennan

Stan Ashley  
Laurie Canfield  
Graeme Seymour  
Tony Cannata

Doug Rowley	Tony Brosinsky
Howard de Zylva	Neil Evans
Paul Morris	Laurie Canfield
John Thornton	Harry Hornstra
Robert Kay	Lauren Gordyn

**Working with Children Checks held by:**

**First Aiders.**

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

Trevor Ratcliffe  
Paul Morris  
Doug Rowley  
John Thornton  
Brian Ashworth  
Neil Bennett  
Tony Cannata  
Howard De Zylva  
Garrick Williams  
Stan Ashley  
Neil Evans