



Issue 5 # 42

Shedding Endeavour's

8th November 2021

The Shed is open.

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



``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 Calendar





Endeavour Hills Men's Shed Inc.
'Men Make It Happen'

Events Calendar

November 2021						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	<p style="color: red; font-weight: bold;">Melbourne Cup Day</p> 	3	<p style="color: red; font-weight: bold;">Guitar Group</p>  @12.30pm	5	6	<p style="color: red; font-weight: bold;">SUNNINGS Warehouse</p>  <p>8.30am – 4.30pm Shifts as per Arrangement</p>
8	<p style="color: blue; font-weight: bold;">Newbie's Self- Introduction</p> <p style="color: red; font-weight: bold;">Board Game Time</p> <p>Ukulele at midday</p>	10	<p style="color: red; font-weight: bold;">Remembrance Day</p>  <p style="color: red; font-weight: bold;">Guitar Group</p>  @12.30pm	12	13	14
15	<p style="color: red; font-weight: bold;">Vin remembers about Remembrance Day</p>  <p style="color: red; font-weight: bold;">LEST WE FORGET</p> <p>Ukulele at midday</p>	<p style="color: blue; font-weight: bold;">Committee Meeting @ 10am</p>	18	19	20	21
22	<p style="color: yellow; font-weight: bold;">Light Exercise @ 9.30AM</p>  <p style="color: blue; font-weight: bold;">Newbie's Self- Introduction</p> <p style="color: red; font-weight: bold;">Board Game Time</p> <p>Ukulele at midday</p>	24	25	<p style="color: blue; font-weight: bold;">Barefoot</p>  <p style="color: blue; font-weight: bold;">Bowling 5 - 8.30pm</p> <p>\$10 p/p + optional meal</p>	27	28
29	<p style="color: yellow; font-weight: bold;">Light Exercise @ 9.30AM</p>  <p style="color: blue; font-weight: bold;">Newbie's Self- Introduction</p> <p style="color: red; font-weight: bold;">Board Game Time</p> <p>Ukulele at midday</p>	Changes may occur due to unplanned factors				

Last week the shed reopened to double vaccinated members and guests. The meeting even though on a public holiday attracted 21 members.

- President Doug opened the meeting the meeting saying that it was 3 months and 1 week since we were able to meet due to the Covid Lockdown.
- John Thornton is recovering after his major operation.
- We need supervisors for Friday and Saturday, Stan Ashley and Tony Brosinsky may be available.
- The Dandenong Migrant Centre wants to use the shed for meetings and classes.
- Stan was looking for members for the Sunday Bunnings BBQ.
- The eyewash station has not been installed; maintenance requests have been submitted for
- Bicycle repair workshop at EH Library stan to follow up.
- Two tables for the Narre Warren Primary School Howard and Robert to organise.
- The Cupola project has been cancelled.
- The silhouettes for Wooranna primary school – Stan appointed project manager.
- Insurance to be checked for partners working at BBQ's
- St Paul's school deferred to the next school term.

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

Bunnings BBQ Sunday 7th November 2021



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It was an excited member who rang me last night and said “have I made the deadline”

He went on to report a BBQ profit of \$695.00 plus donations of \$135.00 including a one-off donation of \$100.00 – thanks to all concerned a great achievement \$830.00

THINK TANK

- What do you want to do in the EHMS
- When we get back after lockdown the committee will hold a think tank
- Gives all members the opportunity to voice their expectations
- The music club has taken off



- Photography



- Cooking classes



- Your ideas



Picture painting
Workshop projects



Model
Making Trains what else?
Board Games and Cards

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:

We reopened the shed on Tuesday 2nd November

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.

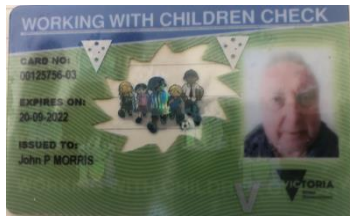
Iron on EHMS Badges



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.

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 several 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 was held on 6th November 2021 at 10.00 am

Carvings



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
Andras Jakab
Neil Bennett
John Grennan

Stan Ashley
Laurie Canfield
Graeme Seymour
Tony Cannata

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:

First Aiders.

John Grennan
Geoff Brown
Doug Rowley
Howard DeZylva
Stan Ashley
Paul Morris
Gordon Harris
Peter Wallace
Neil Evans
David Robinson
Tony Brosinsky
Laurens Gordyn
Max Brockbank

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
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