



Issue 5 # 43

Shedding Endeavour's

15th 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	2 Melbourne Cup Day 	3	4 Guitar Group  @12.30pm	5	6	7 SUNNINGS  8.30am – 4.30pm Shifts as per Arrangement
8	9 Newbie's Self- Introduction Board Game Time  Ukulele at midday	10	11 Remembrance Day   @12.30pm	12	13	14
15	16 Vin remembers about Remembrance Day   Ukulele at midday	17 Committee Meeting @ 10am	18	19	20	21
22	23 Light Exercise @ 9.30AM  Newbie's Self- Introduction Board Game Time  Ukulele at midday	24	25 Guitar Group  @12.30pm	26 Barefoot  Bowling 5 - 8.30pm \$10 p/p + optional meal	27	28
29	30 Light Exercise @ 9.30AM  Newbie's Self- Introduction Board Game Time  Ukulele at midday	Changes may occur due to unplanned factors				

Last week at the shed we had 26 double vaccinated members present.

- President Doug opened the meeting.
- The fight club (men's health) is the only permanent booking for the social area.
- 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.
- Howard will contact Renee re the Woorana Primary School project.
- The think tank was discussed and is reported on in this bulletin.
- Bicycle repair workshop at EH Library stan to follow up.
- Two tables for the Narre Warren Primary School Howard and Robert to organise.
- About 15-20 people were turned away at the BBQ due to no EFT.
- 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

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

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.



New Group – Photography
Group Leader – Vin Wragg
Supporters:
Doug Rowley
John Thornton
Paul Morris
Many other members.

Other think tank ideas

Artistic painting – tutor required

Rifle Shooting – Laurie Canfield to organise

3D Modelling

3D Printing

Cars

Gardening

History

Walking

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.



Rotary Club's safe water project wins global award

Staff reporter

The Rotary Club safe water project launched in 2018 won an environmental award on November 8, called the Energy Globe Award, organised by an independent Energy Globe Foundation in Austria.

The USD 1 million project 'BHUTAN2020' was being implemented in collaboration with Disaster Aid Australia (DAA) and it delivered 111 patented SkyHydrant water filters to schools in Sarpang, Dagana and Wangduephodrang. SkyHydrant water filters remove bacteria from the water supply to schools and help deliver safe drinking water to students.

The chairperson for the project, Yeshey Dorji, said about 90,000 students benefited from the project and they will deliver the remaining nine filters soon. "Although the project is nearing completion, we have a commitment from our partners in Australia that the project will be further extended for two years."

Project 'BHUTAN2020' was initiated after the pre-

sented chairperson of Disaster Aid International, K K Looi, visited Bhutan in 2017 for a conference, spoke about the SkyHydrant water filtration system, and connected the Rotary Club members with DAA.

Rotary Club president Tshewang Rinzing said it is significant that global leaders are recognising the club's work when humanity is seeing unprecedented hardship brought on by the Covid-19 pandemic.

"We thank our international partners, Disaster Aid Australia, for their unwavering support to provide safe water to our children," he said.

He said the Rotary Club is the only organization in the world whose members contribute personal money and time to do community service. "Even the office staff's salary and office rent are financed through contributions by the members."

Meanwhile, the Energy Globe Award has been honouring the best projects addressing environmental issues for the past 20 years.



► The project distributed water filters to schools in Sarpang, Dagana and Wangdue

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.

Positions Vacant

We are currently looking for shed supervisors for Friday and Saturday also stand-ins

Congratulations to VP Howard for taking on the booking officer role

Trailer Hire Rates



9 x 5 Tandem Hydraulic 3.5 Ton Tipping Trailer

1 Day	\$160
2 nd to 5 th day	\$80.00 per day,
Weekly hire	\$500

A fully refundable cash deposit of \$300 is required at time of collection when trailer is returned undamaged.

Men's Shed Rates

1 Day	\$80
2 nd and further days	\$60.00 per day,

A fully refundable cash deposit of \$300 is required at time of collection when trailer is returned undamaged

Portable electric brake controller is available for use by hirers without a controller fitted to their vehicle.

Call: Gordon Harris 0418 363 416



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.





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