



Issue 5 # 44

Shedding Endeavour's

22nd 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.

Vale

Our thoughts are with David Robinson and his family for the loss of his dearly beloved mother at the age of 90.

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 19th November 2021

Easing of restrictions in Melbourne Metro

Most remaining Covid restrictions in **Victoria** have now been removed for those who are fully vaccinated, with the state about to hit its 90% vaccinated target.

Just about all restrictions will come off, including capacity and density requirements in a wide variety of venues, but only for those who are fully vaccinated.

Endeavour Hills Men's Shed Calendar

 		Events Calendar							
November 2021									
Mon	Tue	Wed	Thu	Fri	Sat	Sun			
1	Melbourne Cup Day 	3	4	 Guitar Group @12.30pm	5	6	7	 8.30am - 4.30pm Shifts as per Arrangement	
8	Newbie's Self- Introduction Board Game Time Ukulele at midday	10	11	Remembrance Day   Guitar Group @12.30pm	12	13	14		
15	Vin remembers about Remembrance Day  Ukulele at midday	17	18	 Guitar Group @12.30pm	19	20	21		
22	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	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.
- Bike repair workshop at the library – Stan to contact the library
- Supervisors for Friday and Saturday, Stan Ashley and Tony Brosinsky may be available.
- EH Shopping Centre pulled out of the BBQ after consulting with traders
- Howard will contact Renee re the Woorana Primary School project.
- Doug donated a SLR Camera lenses and bag to the Shed photographic group.
- Howard de Sylva, Rommie and Tony will repair a gate at an EH home.
- Two tables for the Narre Warren Primary School are being built.
- Stan will begin a gentle exercise class at 9.30 am before Tuesday's meetings.
- Rudi is organising a games day.
- Bruce Latham gave an icebreaker talk
- Brian Ashworth demonstrated the sawyer filter for dirty water,
- Laurie C is organising a shoot meeting
- Garrick brought along photographic magazines and is organising a fishing trip.
- Vin presented on Remembrance Day.

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 All members must be double vaccinated to enter the Shed.

Workshop training

The workshop committee now asks that any member who wants training on individual tools contact the trainer directly and arrange a mutually convenient time to have the training.

Remember members must be trained to the satisfaction of the trainer on each tool before they can use it.

A list of tools and trainers is given below.

Tools and trainers

Grinders and finishers	Tony Brosinsky and Bob Daley
Lathes	John Graham
Table saw, band saw, docking saw and coping saw.	Bob Daley
Thickeners, planer and router	Bob Daley
Pedestal Drills	Tony Brosinsky and Bob Daley
Metal Saw	Tony Brosinsky
Shears and Benders	Laurens Gordyn
3 in 1 Folder, bender and guillotine	Tony Brosinsky
Welder	Laurens Gordyn
Forklift	Tony Brosinsky

A record of your attendance and training will be kept.



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

Committee Meeting

The November committee meeting was held last Wednesday, main items were:

- Projects – need to record projects
- Workshop – members must clean up when they finish work.
- Tables for Narre Warren North School to be built and delivered.
- Budget for CNC Router and 3D Printer approved by committee to be put to the members next Tuesday
- Strategic Plan to be finalised early in the new year.
- Think tank, dart board frame, brag board, photography group underway.
- EHMS phone and payment terminal about \$300 up front plus 1.4% of revenue
- Rifle Shooting to be held on 9th December – see Laurie Canfield to book.

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.

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

Cricket Scoreboards

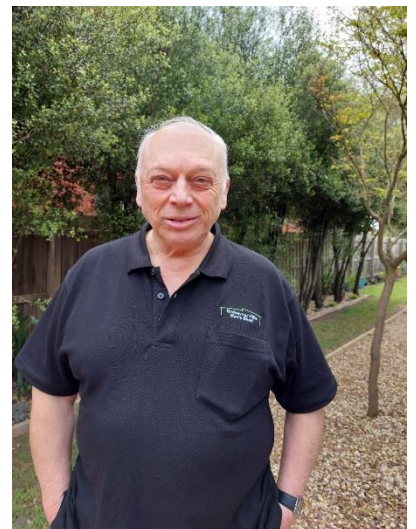
Trevor has sold another score board, well done Trevor. If you have leads, please follow them up.

EHMS Models



Stan and David wearing the latest EHMS Polo Shirts with or without pockets.

See Paul if you are interested – long sleeve also available.



Trailer Hire Rates

See Gordon Harris



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) 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

Graeme Seymour
Andras Jakab
Neil Bennett
John Grennan

BBQ

Stan Ashley
Laurie Canfield
Graeme Seymour
Tony Cannata

Management

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:

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

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