



Issue 5 # 45

# *Shedding Endeavour's*

29<sup>th</sup> 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 November**

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:  
home.**

John Thornton  
Trevor Ratcliffe  
Robert Kay

**All are at**



# Covid -19 Metro Melbourne from 19<sup>th</sup> 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





**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	4	<p>Guitar Group @12.30pm</p>	5	<p> <b>BUNNINGS</b> MUSIC STORE FUNDRAISER 8.30am - 4.30pm Shifts as per Arrangement</p>	
8	<p><u>Newbie's Self-Introduction</u> <b>Board Game Time</b></p> <p>Ukulele at midday</p>	10	11	<p style="color: red; font-weight: bold;">Remembrance Day</p>  <p>Guitar Group @12.30pm</p>	12	13	14
15	<p style="color: red; font-weight: bold;">Vin remembers about Remembrance Day</p>  <p><b>LEST WE FORGET</b></p> <p>Ukulele at midday</p>	17	18	<p>Committee Meeting @ 10am</p> <p>Guitar Group @12.30pm</p>	19	20	21
22	<p style="background-color: yellow;">Light Exercise @ 9.30AM</p> <p><u>Newbie's Self-Introduction</u> <b>Board Game Time</b></p> <p>Ukulele at midday</p>	24	25	<p>Guitar Group @12.30pm</p>	26	27	28
29	<p style="background-color: yellow;">Light Exercise @ 9.30AM</p> <p><u>Newbie's Self-Introduction</u> <b>Board Game Time</b></p> <p>Ukulele at midday</p>	<p> <b>Barefoot</b> Bowling 5 - 8.30pm \$10 p/p + optional meal</p>					

Changes may occur due to unplanned factors

### Last week at the shed:

- President Doug opened the meeting.
- First meeting of the photographic group tomorrow (Wednesday)
- Renee will speak to the school on Thursday re silhouettes at the primary school.
- Howard needs volunteers for 2 projects, tables and gate.
- Stan presented 3 x \$100 Bunnings Cards from Ann de Luca.
- Bunnings evening BBQ on 9<sup>th</sup> December (tbc) with an information table.

- Supercheap auto BBQ at EH Shopping Centre to be confirmed.
- Fishing see notice in this bulletin.
- Shooting see Laurie Canfield for details.
- EH Library bicycle repair day now next year.
- Bruce Latham gave an icebreaker talk
- Exercise classes at 9.30 am on Tuesday are a success and will continue.
- Men's health member share experience will begin next year.
- Facebook/Website see not in this bulletin
- Laurie Canfield spoke about the history of the Ashes.

**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.

### **EHMS Website and Facebook page**

At last week's meeting there was discussion about our facebook page, blog and proposed website.

A committee has been formed to oversee the new website and existing facebook account and to consider the future of the blog. Hans, Peter Vin, Will and Trevor have volunteered.



**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**



**Bruce Latham**

**Born and bred in Melbourne, Bruce has a master's degree in applied chemistry and was born to play the Ukulele, according to his mates.**

**Photography, reading and travel are his other passions. Also, a longtime volunteer at the Dandenong Show.**

**Bruce suffers from UAS**

**“Ukulele acquisition syndrome”**

**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

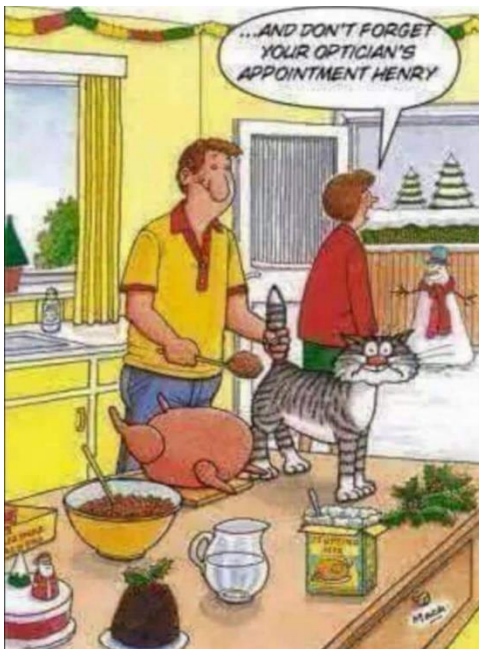
We are currently looking for shed supervisors for Friday and Saturday also stand-ins

Congratulations to VP Howard for taking on the booking officer role

### Cricket Scoreboards

Trevor has sold two more score boards, well done Trevor. If you have leads, please follow them up.

### Funnies



First day back at school after lockdown 🤔😞🙄🤪





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](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	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