



Issue 6 # 13

Shedding Endeavour's

12th April 2022

The Shed is open Tuesday - Saturday 10.00am – 3.00pm

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 April

26th April - Vin Wragg

Yes, Vin is the only birthday in April



SICK LIST

Trevor Ratcliffe

Robert Kay

John Thornton



Events Calendar

April 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 Daylight Saving
4	5 Light Exercise @ 9.30AM Newbie's Self-Introduction Ukulele at midday	6 Leaving @ 9am Talk to HANS Photo Club 2pm	7 World Health Day Guitar Group @ 12.00pm	8 Barefoot Bowling 4.30 - 6.30	9 Bunnings BBQ & Fundraiser 8.30am - 4.30pm Shifts as per arrangement	10
11	12 Light Exercise @ 9.30AM "My Health Related Experience" Member's Sharing Time - Paul Ukulele at midday	13	14 Guitar Group @ 12.00pm	15 Good Friday	16 Easter Saturday	17 Easter Sunday
18 Easter Monday	19 Light Exercise @ 9.30AM Newbie's Self-Introduction Board / Card Games Time Ukulele at midday	20 Leaving @ 9am Talk to HANS Committee Meeting @ 10am Photo Club 2pm	21 Guitar Group @ 12.00pm	22 Earth Day	23 World Book Day	24
25 Anzac Day	26 Light Exercise @ 9.30AM "WAR in the Pacific" Vin's Presentation Ukulele at midday	27	28 Guitar Group @ 12.00pm	29 Barefoot Bowling 5 - 8.30pm	30	

Changes may occur due to unplanned factors

Start your morning at the EHMS with Stan's Exercise Class



Last Week's Meeting

- Apologies Laurens Gordyn, Peter Wallace, Tony Brosinski, Stan Ashley, Harry Hornstra and Vito Occhipinti.
- Bunnings BBQ on the 9th April.
- St Pauls School delayed until after school holidays, school to purchase more plane kits

- Montagues, a dark start, ordinary weather, kangaroos and the music group, lessons need price tags and label EHMS tools.
- Cleaning contractor to be followed up for quote (HdZ) which was for \$100 weekly.
- Hires are the fight club and the chess club.
- Procedure required for cleaning thicknesser and circular saw, to minimise fire risk.
- No table at the EH Shopping Centre due to Bunnings table and BBQ.
- Paul away from 20th April to 9th May inclusive.
- No tools to be taken from the shed for private use.
- Committee to discuss portable defibrillator purchase
- Need to hire out the Shed more frequently.
- Men's Health committee to be formed
- RCGD&EH Car Show raised \$23000
- Committee to consider badges for members.
- Vin talked about organisation of the Melbourne flower Show.
- Committee meeting to be held on Wednesday 13th April as Paul is away after 20th.
- Committee to consider purchase of pull up banners (indoor and outdoor)
- Trevor putting together a grant application for music equipment and other.

Where to get a free copy of your local newspaper

ENDEAVOUR HILLS DOVETON HALLAM STAR JOURNAL

Doveton News and Lotto	7 Autumn Place	DOVETON
Endeavour Hills Medical Centre	61 Heatherton Road	ENDEAVOUR HILLS
Endeavour Hills Milk Bar	13 Gleneagles Drive	ENDEAVOUR HILLS
Endeavour Hills Shopping Centre	Cnr Heatherton Road & Matthews Flinders Ave	ENDEAVOUR HILLS
Hallam Milk Bar	2-4 George Chudleigh Drive	HALLAM
Spring Square Newsagency	42 Spring Square	HALLAM
Saffron Grove Retirement Village	8 Saffron Drive	HALLAM
Real Estate Agents		EVERYWHERE

Computer Lessons

For members who may be interested in learning about email, spreadsheets, the www, and word, we have a computer available in the office with assistance from Paul and others where required.

SUMMARY OF INFORMATION FOR SHEDDERS

Your Shed and Dementia

Dementia can happen to anybody. Of all Australians aged 65 years or older almost one in ten will develop dementia. It is therefore likely the Men's Shed you are involved in will encounter dementia through either a participant or spouse being diagnosed at some stage. There may also be men with early stage dementia or carers of spouses with dementia interested in participating in their local Men's Shed as a meaningful social activity.

Although symptoms of dementia are different for different people, common early symptoms include:

- Memory problems, particularly remembering recent events
- Increasing confusion
- Reduced concentration
- Personality or behavior changes
- Apathy and withdrawal or depression
- Loss of ability to do everyday tasks

WARNING!!

It might not be dementia.

It is important to remember there are a number of conditions people might think are dementia but are actually something else. These include vitamin deficiencies, dehydration, depression and the effects of medication. Many of these problems are treatable and need to be discussed with a doctor. It is important a medical diagnosis is obtained when symptoms first appear to ensure that a person is diagnosed and treated correctly.

A major objective of Men's Sheds is to advance the wellness and health of their members by reducing social isolation and increasing social engagement. Men with early stage dementia are welcomed by Men's Sheds across Australia. Many men with dementia are active participants in their Shed activities. Just like other members, they can be an asset to their Shed as well as greatly benefiting from membership themselves.

Being engaged in such a social way has been shown to increase the quality of life and self-worth of men with dementia. There is increasing evidence this type of social engagement can potentially slow down the progression of dementia.

EHMS Shirts



Charcoal

This week the order sheet will be on the table for polos. We can also bet long sleeved and the more expensive black bamboo shirts.

ADULTS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	53.5	56	58.5	61	63.5	66.5	70	73.5
SP LENGTH	70	72.5	75	77.5	80	81	82	83

Think Tank



A few ideas:

- Attractions on a different day
- Food demos John T and Kam Pow RC
- Karaoke
- Darts
- Vehicle servicing
- Arts Group
- Trivia

If you have an idea do something about it!!!



Free Bicycles

Cliff Pritchard has 3 lady's bikes to give away.

First in best dressed.

Give Cliff a call.



Dandenong Chess Club

The Dandenong Chess Club now meets at the Shed most Wednesday evenings. Any EHMS members, beginners or budding grand masters are invited to go along. Call Paul Huver on 0406 786 242 for information.

Workshop and social area etiquette.

- If you make a mess, it is your responsibility to clean it up.
- If you need assistance just ask.
- If you spill anything wipe it up.
- The 240 litre bins are not for timber disposal
- Only bottles and cans in the recycling bin, everything else in the waste bin.

Signing in

Shed supervisors should not have continually check up on members attendance registration.

Please remember:

1. Enter your entry and departure time on the manual sheet.
2. Remember your \$2 for tea, coffee, water and biscuits.

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.



You can work twice as fast with this hammer.

A London lawyer runs a stop sign and gets pulled over by a Dublin copper.

He thinks that he is smarter than the cop because he is a lawyer from LONDON and is certain that he has a better education than any Irish cop. He decides to prove this to himself and have some fun at the Dublin cops expense!!

Dublin cop says, "License and registration, please."

London Lawyer says, "What for?"

Dublin cop says, "Ye didnae come to a complete stop at the stop sign."

London Lawyer says, "I slowed down, and no one was coming."

Dublin cop says, "Ye still didnae come to a complete stop.

License and registration, please"

London Lawyer says, "What's the difference?"

Dublin cop says, "The difference is, ye didnae come to a complete stop, that's the law, License and registration, please!"

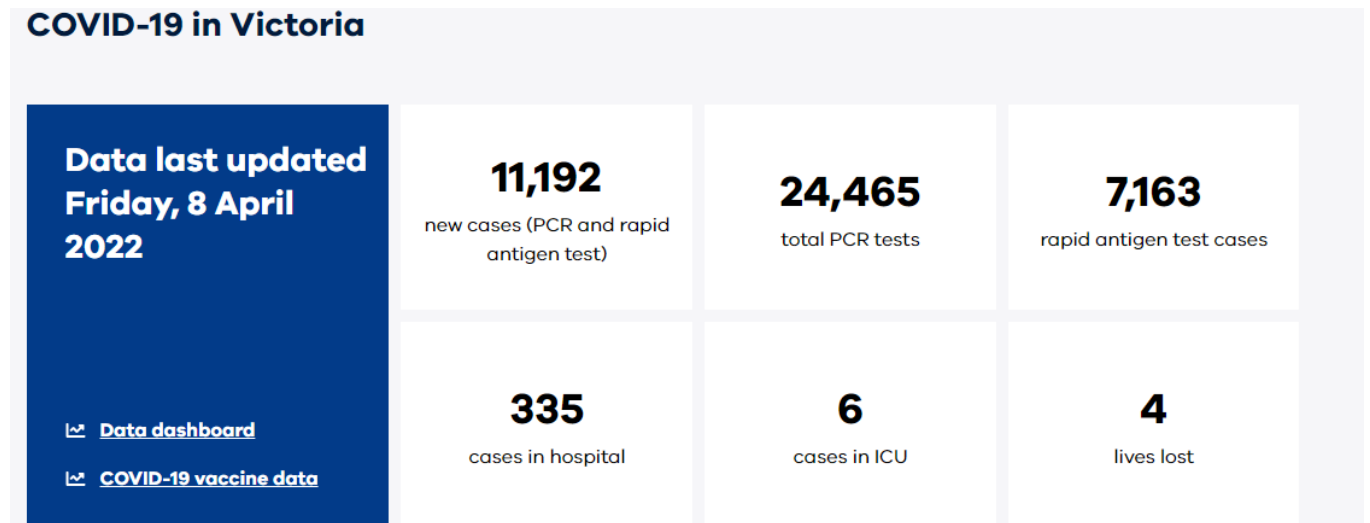
London Lawyer says, "If you can show me the legal difference between slow down and stop, I'll give you my license and registration and you give me the ticket. If not, you let me go and don't give me the ticket."

Dublin cop says, "Sounds fair. Exit your vehicle, sir."

The London Lawyer exits his vehicle.

The Dublin cop takes out his baton and starts beating the living crap out of the lawyer and says, "Dae ye want me to stop, or just slow doon?"

Covid 19



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 Inc is registered as a charity with the Australian Charities and Not-for-profits Commission ABN 20212080319

Endeavour Hills Men's Shed Committees

Program

BBQ

Management

Andras Jakab	Stan Ashley Neil Evans Graeme Seymour	Doug Rowley Howard de Zylva Paul Morris John Thornton Robert Kay	Tony Brosinsky Neil Evans Laurie Canfield Harry Hornstra Lauren Gordyn
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Working with Children Checks held by:

John Grennan	Neil Bennett
Geoff Brown	Andras Jakab
Doug Rowley	Harry Hornstra
Howard DeZylva	Brian Ashworth
Stan Ashley	Hans van Dyk
Paul Morris	Robert Kay
Gordon Harris	Will Beattie
Peter Wallace	Len Follett
Neil Evans	John Thornton
David Robinson	Garrick Williams
Tony Brosinsky	Vin Wragg
Laurens Gordyn	
Max Brockbank	

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