



Issue 6 # 18

Shedding Endeavour's

17th May 2022

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

Members Birthdays in May



15th May	Paul Morris
19th May	Robert Kay

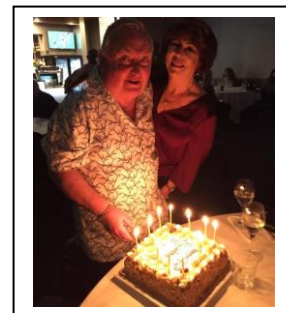


SICK LIST

Trevor Ratcliffe

Robert Kay


John Thornton





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

Events Calendar

		May 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
						1	May Day	
2	3 <i>Dr John Stewart</i> Adult Diabetes Prevention / Treatment  Tai Chi @ 11.45AM  Ukulele at midday	4  Leaving @ 9am Talk to HANS Photo Club 2pm	5  Guitar Group @12.30pm	6	7	8 		
9	10 Guest Speaker from Casey Council Casey's Link Worker Program Tai Chi @ 11.45AM  Ukulele at midday	11	12  Guitar Group @12.30pm	13	14 Promotional table @ EHSC <i>As per roster</i> 9am - 2pm	15		
16	17 "My Health Related Experience" Member's Sharing Time - Neil E. <i>Newbie's Self- Introduction</i> Tai Chi @ 11.45AM  Ukulele at midday	18  Leaving @ 9am Talk to HANS Committee Meeting @10am Photo Club 2pm	19  Guitar Group @12.30pm	20	21	22		
23	24 <i>Newbie's Self- Introduction</i> Tai Chi @ 11.45AM  Ukulele at midday	25	26  Guitar Group @12.30pm	27  Barefoot Bowling 5.30- 8.30pm	28	29		
30	31 Tai Chi @ 11.45AM  Ukulele at midday							

Changes may occur due to unplanned factors

The EHMS with Stan's Exercise Class has moved to after lunch on a Tuesday



Endeavour Hills Men's Shed Annual General Meeting
Will be held at the EHMS on 12th July 2022 at 10.15am

Last Week's Meeting

- Apologies Brian Ashworth, Harry Hornstra and Doug Rowley
- Toy aeroplane made by Peter Wallace.
- Cooking skills course to be developed.
- Public Speaking group to be formed if numbers permit.
- Projects include doghouse, sand pit and chair restoration.
- Table at the shopping centre John Grennan and Graeme Seymour, followed by Stan Ashley and David Robinson.
- Bike Riding – Ride to the Shed
- Basic Tai Chi taught by Andras
- Bowling at the Dandenong Club on 27th May
- Chess and Board Games Group see Rudi.



The Andrews Centre

Following our help to the Andrews Centre John (left in pic) delivered delicious cakes for all of us.

I took the opportunity to present the wheelchair which once belonged to my late mother-in-law and had been refurbished in the workshop (thanks Laurens Gordyn).

Last week's guest speaker was Narelle **from the City of Casey**

Narelle is Casey Councils Link Worker



Links are a free service to residents over 65:

- Navigation of my aged care
- Referral to subsidised gardening and heavy-duty cleaning services
- Awareness of fraudulent groups
- Referral to subsidised podiatry
- Home maintenance assessment service and subsidised contractors
- Link to financial planners
- Referrals to overcome isolation and loneliness
- Food relief
- Local events and festivals

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.



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

It's time to get the Flu Shot!

It is time to book in to get the Flu Shot. Supplies are readily available from your GP or Pharmacist.

Shedders are a more vulnerable cohort than the rest of the population, so we encourage all Shedders to get vaccinated.

- Influenza (sometimes called 'the flu') is a highly contagious virus that causes widespread illness every year.
- Immunisation and practising prevention measures are the best ways we can protect against the flu and reduce the number of influenza infections and deaths.
- Yearly flu immunisation is recommended for everyone aged 6 months and over.
- Some people are more at risk of complications from the flu and are eligible for free vaccination.
- People who work or live with people who are at risk of serious complications should also be immunised to avoid spreading the flu.
- The flu vaccine cannot give you influenza because it does not contain any live virus.
- You can receive your flu vaccine and your COVID-19 vaccine on the same day.

Remember to help contain the flu virus follow these simple guidelines:

- **Get vaccinated**
- **Stay home if you are sick**
- **Wash hands regularly and sanitiser**
- **Keep a safe distance, and**
- **Choose to wear a mask if you wish to protect others and yourself**

Gosh, the same guidelines as COVID-19!

You can read more on the Victorian Government website here: <https://www.betterhealth.vic.gov.au/health/healthyliving/flu-influenza-immunisation#bhc-content>

And on the Federal Government Website here: <https://www.health.gov.au/health-topics/immunisation/vaccines/influenza-flu-vaccine>

Your GP will normally stock flu vaccine and is given at no charge to the patient at the Hallam Family Practice. Ed.

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.



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!!!

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.

Latest Victorian Covid Settings.

Statewide settings from 11.59pm Friday 22 April 2022



You're not required to show your **vaccination status** before entering any venue.

You are also not required to **check-in** to any venue using the Service Victoria app.

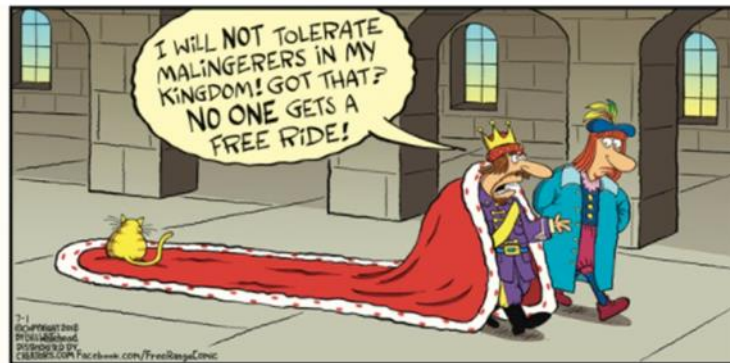


Masks will no longer be required in primary schools, early childhood, hospitality and retail settings, or at events with 30,000 attendees or more.



Close contacts will no longer have to quarantine – provided they wear a mask indoors and avoid sensitive settings. They will also need to undertake at least five rapid tests over the seven day period.

For more information head to coronavirus.vic.gov.au





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

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

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