



Issue 6 # 2

Shedding Endeavour's

24th January 2022

The Shed is open Tuesday, Thursday – Saturday - closed Australia Day

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 January

7th January

Andras Jakab

19th January

Colin Ferns



The Shed will be closed on
Australia Day

Wednesday 26th January

Speedy recovery to those off colour: All are at home.

John Thornton

Trevor Ratcliffe

Robert Kay



Endeavour Hills Men's Shed Calendar



Events Calendar

January 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
3	4	5	6	7	8	9
10	11	12	13	14	15  8.30am - 4.30pm Shifts as per Arrangement	16
17	18 Welcome Back  We've Missed You 	19	20  Guitar Group @12.30pm	21	22	23
24	25 Light Source @ 9.30AM 	26 Happy Australia Day 	27  Guitar Group @12.30pm	28	29	30
31						

Last meeting at the shed on 18/01/2022:

- All members to wear masks whilst in the Shed
- Apologies, Paul, John T, Neil E, Lauren G and Vito
- Bunnings BBQ Saturday 5th February
- Fishing trip Friday 28th January meet at the Shed 12.00 noon
- Photography group Thursday 27th January meet at Wilsons Park at 2.00pm
- Neil E needs help restoring the cricket scoreboards.

- 7 barometers have been mounted and one sold today at the meeting.
- Thanks to Tony and Lauren for their efforts in the metal area.
- Walking to be confirmed with probus.
- Hans following up on bike rides.
- Committee moved to Thursday.
- More enquiries for the social area
- 4 new prospective members
- Exercise to recommence.

Fishing trip Friday 28th January

- Meet at the Shed at 12.00 noon
- Bring \$90 on Tuesday for Garrick – correct change please.

Photography Group Thursday 27th January

- Meet at Wilsons Park at 2.00pm

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.

Committee Meeting

The Committee met on Thursday last week, the main points arising were:

- Strategic Plan to be finalised
- 3D Printer purchase to be put to members
- The information table at the Endeavour Hills Shopping Centre will recommence on 12th February.
- Montague morning tea to be organised
- Insurance quote from AMSA to be obtained.
- Workshop operation and safety
- Membership.

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](#)

Think tank



New Group – Photography

Other think tank ideas

Artistic painting – tutor required

Cars

Rifle Shooting – Laurie Canfield to organise

Gardening

3D Modelling

History

3D Printing

Walking

EHMS Workshop



Jo with his latest homemade toy wheelbarrow

Projects



Neil Evans is working on refurbishment of these cricket scoreboards for the Monash University Cricket Club.

He needs members to help him on this intricate work.

What to do if you have mild Covid symptoms

Someone with mild symptoms is unlikely to need medical attention. You should monitor these symptoms and:

- rest
- drink plenty of water (aim to drink 2 to 2.5 litres a day)
- if you have vomiting or diarrhoea, drinking oral rehydration fluids such as Gastrolyte and Hydralyte
- eat healthy food
- take over the counter pain medicine such as paracetamol or ibuprofen if you feel uncomfortable. Pregnant women should not take ibuprofen.
- continue to take your regular medicines

What to do if you have severe Covid symptoms

You should call Triple Zero (000) if any of the following happens to you, or the person you are caring for:

- severe shortness of breath or difficulty breathing
 - becoming short of breath even when resting and not moving around
 - becoming breathless when talking or finding it hard to finish sentences
- breathing gets worse very suddenly
- chest pain or discomfort
 - severe or constant
 - not only on coughing or with movement
- lips or face turning blue
- skin cold, clammy, pale or mottled
- severe headaches
- passing out due to dizziness or light-headedness
- unable to get out of bed or look after self or others
- confusion (for example, can't recall the day, time or people's names)

What do I do?

Call Triple Zero (000) immediately if you, or the person you are looking after, gets any of these symptoms. Do not wait to see if the symptoms change. If you have any of these symptoms and you wait to get help, you could die at home.

When you call an Ambulance (dial 000), let the operator know you have COVID-19 so the paramedics know how to treat you safely. Ambulance transport to the nearest and most appropriate medical facility is free if you have a Health Care Card or Pensioner Concession Card.

Ambulance cover is included under most private health insurance. Find out more about ambulance cover at [Membership - Ambulance Victoria](#).



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.

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.

Don't forget these important organisations that are there to help in these difficult times.
REMEMBER TO CALL A MATE.

Beyond Blue	1300 224 636
Lifeline	131 114
MensLine	1300 789 978
Suicide Call Back Service Veterans Line	1300 659 467
Veterans Line	1800 011 046
Grief Line - 12-3pm 7 days:	03 9935 7400
Pain Management Line	1300 340 357
Sane Australia	1800 18 7263
Mind Australia Carer Helpline	1300 554 660
Men's Referral Service for help to avoid domestic violence:	1300 766 491

International Men's Shed Associations

While we are all locked down, and you may be looking for something to do, you may want to check out International Men's Shed sites for ideas. Here are the links:

- The UK Men's Shed Association website is: <https://menssheds.org.uk/>
- The Irish Men's Shed Association website is: <https://menssheds.ie/>
- The Welsh Men's Shed Association facebook page is: <https://www.facebook.com/MensShedsCymru/>
- The Scottish Men's Shed Association website is: <https://scottishmsa.org.uk/>
The Scottish Shedder Magazine is well produced
- The Canadian Men's Shed Association website is: <http://menssheds.ca/>
- The New Zealand Men's Shed Associations website is: <https://menzshed.org.nz/>
- The USA Men's Shed Association website is: <https://usmenssheds.org/>



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