



Issue 6 # 30

Shedding Endeavour's

15th August 2022

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



Members Birthdays in August

| | |
|-------------|------------------|
| 8th August | Will Beattie |
| 13th August | Luke Cintolo |
| 14th August | Neil Davidson |
| 21st August | Peter Wallace |
| 26th August | Jeff Miller |
| 26th August | Trevor Ratcliffe |



Sick List

ALL GOOD

| | | | |
|------------------------|--------------------|------------------------|--------------------|
| Cleaning Roster | | | |
| Today | Doug Rowley | Howard De Zylva | Len Follett |
| Next Week | Doug Rowley | Laurens Gordyn | Vin Wragg |



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

Events Calendar

| August 2022 | | | | | | |
|-------------|---|---|-----------------------------|---|---|--|
| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| 1 | 2 Board / Card Games Time Tai Chi @ 11.45AM Music Group @ Mdday | 3 Leaving @ 9am Photo Club 2pm | 4 Music Group @ 12.30pm | 5 | 6 | 7 8.30am - 4.30pm Shifts as per Arrangement |
| 8 | 9 "My Health Related Experience" Member's Sharing Time - John G. Tai Chi @ 11.45AM Music Group @ Mdday | 10 Art & Craft 10am | 11 Music Group @ 12.30pm | 12 | 13 Promotional table @ EHSC As per roster 9am - 2pm | 14 |
| 15 | 16 Newbie's Self-Introduction Mr. Bruce Shaw Pub Quiz Morning Prizes Tai Chi @ 11.45AM Music Group @ Mdday | 17 Leaving @ 9am Talk to HANS Committee Meeting @ 9am Photo Club 2pm | 18 Music Group @ 12.30pm | 19 | 20 Promotional Table 10.30am-2pm | 21 8.30am - 4.30pm Shifts as per Arrangement |
| 22 | 23 IAN'S BLAST FROM THE PAST Ian's Story Sharing Tai Chi @ 11.45AM Music Group @ Mdday | 24 Art & Craft 10am | 25 Music Group @ 12.30pm | 26 Barefoot Bowling 5.30 - 8.30pm | 27 Promotional Table 10.30am-2pm | 28 |
| 29 | 30 Winter Warm Up Bring a Plate to Share + My Wedding Photos | 31 | | | | |

Changes may occur due to unplanned factors

Last Week's Meeting

- Apologies: Doug Rowley (part) Graeme Seymour, John Thornton and Neil Bennett.
- Polo Shirts distributed today
- Bunnings BBQ profit was \$900 +, pop up banners needed for inside.
- Dandenong Show on 12th and 13th November.
- Doveton Show 18th September.
- \$5000 grant received from City of Casey for music, camera and fitness groups.
- Saturday 20th August and 27th August, promotion at Bunnings 10.30 -2.00 for \$200 gift voucher, Tony R, Stan, Garrick and Vin are available.

- AJ – Winter warm up last Tuesday in August
- Art group meeting deferred.

COOKING Classes

Up to 10 members are interested in the new group which will start soon.



Starting with hygiene, equipment and food handling.
We hope to get this underway later in the year.

Public Speaking Group



The third meeting of the group had the same disappointing attendance with 3 members present.

We need more members and an audience if we are to survive. Last call one more session to be announced later.



The music group needs a keyboard player – do you play see President Doug!

EHMS Shirts



Charcoal

The bamboo shirts have now been delivered to the embroidery contractor who has ordered the polos.

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
- Trivia
- **Comedy Club**
- **Movie Shorts**

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

Live a Healthier Lifestyle

In between doctor visits, Schlachter says there are many different ways that men — well, everyone actually — can prevent disease.

- **Exercise:** Work out three to four times every week, for 30 to 45 minutes. Include a mix of cardiovascular exercise and weight training.
- **Balanced diet:** Eat a balanced diet that's low in fat and includes a mix of vegetables, fruit, protein, fibre, lean meats, and complex carbohydrates, and limits processed foods and added sugars.
- **Water:** Stay hydrated by drinking adequate amounts of fluids.
- **Don't smoke:** Ninety percent of lung cancer diagnoses are in people who smoke. Smoking also increases the risk of many other cancers and chronic diseases.
- **Limit drinking:** Avoid excessive alcohol consumption.
- **Sleep:** You need about seven hours per night at the very least.

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The bulletin and the EHMS are normally free of politics (although not all would agree).

However, Luke Donnellan the State Member for Narre Warren North has announced his retirement from the Victorian Parliament at the next election.

Luke has worked with the Men's Shed from its beginning at Essex Park Drive through the grant process and attended our official opening in March.

The EHMS thanks Luke for his involvement and wishes him well in whatever he decides to do in the future and issue an invitation to join the EHMS.



COVID-19 vaccine rates in Victoria

Data last updated Sunday 14 August 2022.

96.2% of 12+ eligible Victorians first dose

94.7% of 12+ eligible Victorians second dose

69.5% of 16+ eligible Victorians third dose

COVID-19 data in Victoria

Data last updated Sunday 14 August 2022

3450 new cases (PCR and rapid antigen test)

9,216 total PCR tests

2,396 rapid antigen test cases

575 cases in hospital

22 cases in ICU

24 lives lost

Covid Safe Gatherings from State Government Website

When organising or attending gatherings, consider ways to reduce the risk of getting and spreading COVID-19. Take extra precautions if someone has a higher chance of developing severe illness or complications from COVID-19 (including those not up to date with their vaccinations).

If after attending a gathering you learn you have COVID, or that someone you were with had COVID, follow the [COVID Checklist](#) to help keep yourself and others safe.

Checklist for attending a gathering

Follow these steps before and while you attend a small or large gathering:

- ensure you are up to date with your COVID-19 vaccination
- take a rapid antigen test if you are visiting someone who is at a high-risk of severe illness from COVID-19
- stay home if you are sick or experiencing COVID-19 symptoms
- maintain a physical distance of 1.5m from each other
- wear a face mask in a space (indoor or outdoor) where you cannot physically distance
- spend more time outdoors than indoors. Avoid poorly ventilated spaced, crowded indoor settings and prolonged contact with others
- clean your hands with soap and water regularly. Carry a hand sanitiser with you
- always cover your cough and sneeze into a tissue or a bent elbow
- keep a note of people you have visited in a gathering so you can contact them in case you get 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

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 Bob Daly | Tony Brosinsky Hans van Dyk Laurie Canfield Peter Wallace 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