

# ENDEAVOUR SHEDDER

Official Newsletter of the Endeavour Hills Men's Shed

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## R U OK

R U OK? inspire and empower everyone to meaningfully connect with the people around them and start a conversation with those in their world who may be struggling with life.

You don't need to be an expert to reach out - just a good friend and a great listener.

### A conversation can save a life

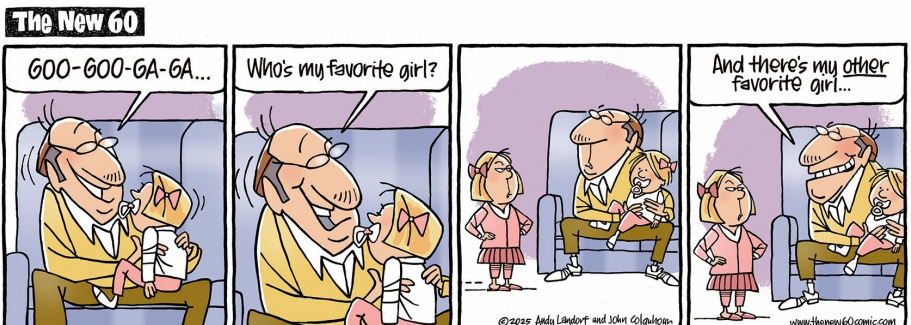
Use these four steps and have a conversation that could change a life:

- ⇒ Ask R U OK?
- ⇒ Listen
- ⇒ Encourage action
- ⇒ Check in



Endeavour Hills Men's Shed Sydney Pargeter Reserve Open Mon to Sat 10am -3pm

[Endeavour Hills Men's Shed Website](#)



# CALENDAR

## November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Art Group</i>	4 <i>Cup Day</i>	5 <i>Photo group</i>	6 <i>Naughty Boys</i>	7 <i>Music</i>	8
9	10 <i>Art Group</i>	11 <i>Remembrance Day</i>	12 <i>First Aid Course</i>	13 <i>Naughty Boys</i>	14 <i>Music</i>	15
16	17 <i>Art Group</i>	18 <i>Europe Trip Pt2</i>	19 <i>Photo Group/Committee Meeting</i>	20 <i>Dandenong Ranges</i>	21 <i>Music</i>	22
23	24 <i>Art Group</i>	25 <i>Belinda Wilson</i>	26	27 <i>Naughty Boys</i>	28 <i>Music</i>	29
30						

Note: Music group starts at 10.00 am

### EHMS Cleaning Roster

Year	Event
<b>Historic Events of October</b>	
1993	The European Union was established with the Maastricht Treaty.
1930	Haile Selassie was crowned Emperor of Ethiopia.
1957	The space dog Laika was launched into orbit, a mission she did not survive.
1979	The Iran Hostage Crisis began when Iranian militants seized the U.S. embassy in Tehran.
1605	Guy Fawkes was arrested for his role in the Gunpowder Plot, a failed attempt to blow up the English Parliament.
1917	The Bolsheviks seized the Winter Palace, confirming Lenin as the leader of Russia.
1989	The Berlin Wall fell, symbolizing the end of the Cold War.
1963	President John F. Kennedy was assassinated
1949	India's Constituent Assembly formally adopted its new constitution.
1796	Catherine the Great ordered the creation of a new Russia.

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# The Spring Racing Carnival



I have never been a gambler, however during my course at RMIT, I worked part time at Moonee Valley Race Course. November was a huge month with the Spring Racing Carnival. Major races like the Melbourne Cup, Oaks Day, the Caulfield Cup, the Derby and the one I was most involved with, the Cox Plate. Even though I never bet, I still found the job at the Race Course an interesting and busy experience. I worked on the horse gate bringing horses into the stalls, on the Track Gate allowing the riders to access and exit the track. Working with the stewards, who managed the races and arbitrated protests, I found the system was of high integrity. In the years I worked there, I found no instance of race fixing or cheating in any way.

The saddest part of my job was to assist when a horse had fallen and suffered a broken leg. The horse had to be euthanized on the track. A screen was put up, but still some members of the public were overly curious and these had to be managed to preserve the dignity of the process,

During this time, I noted two areas that would spoil an otherwise enjoyable experience:

- **Betting beyond limits**
- **Becoming drunk and losing control.**

Given my experience at the Moonee Valley, I would suggest a strategy for those of us that like a flutter and have a drink at the races:

## **Set a betting limit:**

I ran across a number of people who had lost heavily. One man lost \$5000 way back in 1980. I had found that people who set a betting limit, say \$50 and win or lose, stuck to that limit. These people seem to have had their bets without breaking the bank and not having money for day to day expenses.

## **Have a designated driver**

If you are travelling to any of the many events staged during this period, the idea of a designated driver maybe worth considering. This maybe a person who doesn't normally drink alcohol or abstains for this event. This means that the person in control of the vehicle is not under any influence, it also allows the others in the group to enjoy the time with having to guess what their blood alcohol level is.

My experience back in the early 1980s was every exit from the race courses was via a breath testing station. Only the driver is breath tested, so by having a Designated Driver, you also meet the legal requirements of travelling the roads.



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# Tony's Photos



The Mexican trump rejected!!



Men's shed thinker!!

Photos by Tony Rotunno so blame him!



# DRSABCD Action Plan

## D

### DANGER

Check for danger. Ensure the surroundings are safe for you and the patient.

## R

### RESPONSE

Check the person's responsiveness. Do they respond to your voice?

NO ↓

YES

- Make comfortable
- Monitor
- Check for injuries



## S

### SEND

Call 000. Get help from people around. Or leave the phone on speaker if alone.



## A

### AIRWAY

Open the person's mouth and check for foreign material.

NO

- Place on their back
- Tilt head & lift chin
- Keep airway open

YES

- Place on their side
- Allow the block to drain
- Clear the block with fingers



## B

### BREATHING

Check if the person is breathing. Look, listen and feel if breathing

NO

- Place on back
- CPR

YES

- Place on their side



## C

### CPR

Give the patient 30 chest compressions followed by 2 breaths. Repeat until:

- Help arrives
- Person breathes
- You're physically unable to continue



## D

### DEFIBRILLATOR

Use a defibrillator if available, immediately once CPR commenced and follow its instructions.



**BOOK NOW**

[www.firstaidpro.com.au](http://www.firstaidpro.com.au)

**FIRSTAIDPRO**  
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# CHRISTMAS FUNCTION



Myuna Farm

182 Kidds Road

Doveton

Thursday 11th of December

Gates open at 5:00 pm

Dinner at 6:00 pm

Roast Dinner

Ice Cream

Lollies

Adults \$25.00

Children \$15.00

*Plus the world famous EHM&S Band*

Contact Tony Rotunno [0407800618](tel:0407800618)



## Labor Member for Narre Warren North

Belinda will be visiting Endeavour Hills Men's Shed on the 25th of November. This will be a chance to hear Belinda's views and ask questions.



# Belinda Wilson MP

LABOR MEMBER FOR NARRE WARREN NORTH

### The New 60



*Trip to Dandenong Ranges Botanical  
Gardens*

Thursday the 20th of November 2025

# Photo Group



Photos of Endeavour  
Hills bird life



# October Activities

Photos by Howard de Zylva



Tuesday Social Meetings

Tuesday Lunch BBQ



Assembly and installation of new equipment

Disaster Aid Support



Other workshop projects

Music Group activities



# Spring Lunch

Lunch at Stella's to award Doug Rowley and Paul Morris Life Memberships for their contribution to Endeavour Hills Men's Shed, 16th of October 2025.



Tucking into a delicious lunch



Showing the awards



A round of applause was in order

Photos by Peter Wallace

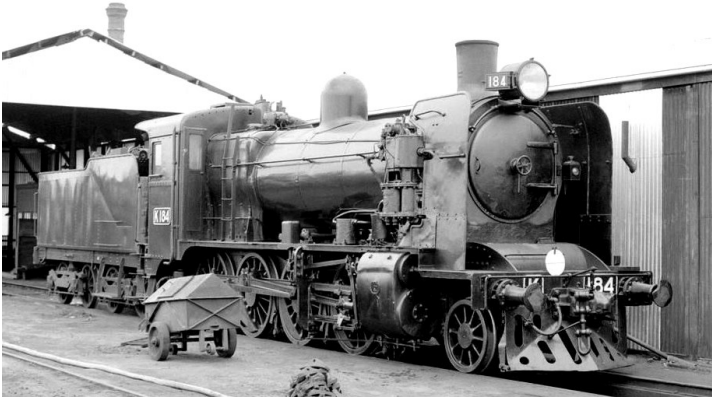


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# Modeller's Corner

## SDS Victorian Railways K Class Locomotive

### HO Scale



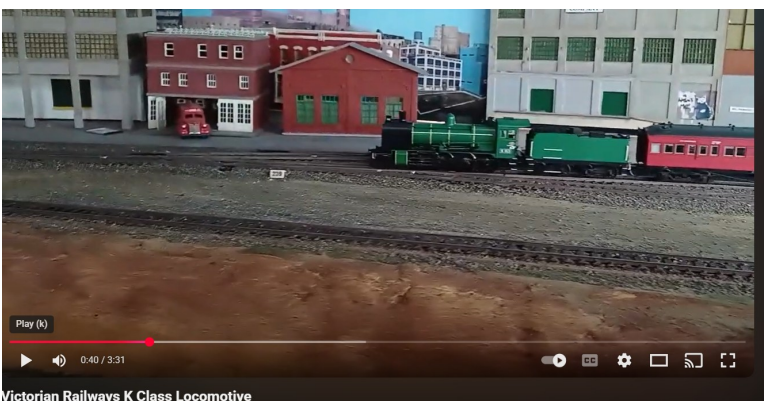
The Victorian Railways built 53 K class engines at Newport Workshops over a 24 year period, commencing in 1922. The first series of 10 engines were progressively rebuilt in the 1940s to match the performance and visual appearance of the other class members. Later in 1946 the last 9 engines entered service, these engines had single cab side windows and the last 7 engines were fitted Boxpok style driving wheels.

They were extremely versatile engines and could be found on all classes of trains, many worked until the late 1960s and several into the early 1970s.

The model represents the class in its later years of government service as well as several colorful liveries of early days preservation.

These models don't come cheap with \$660 AUD for the DC version and \$799 AUD for the DCC/Sound version.

More information can be found on this [link](#).



Watch the SDS HO scale K Class run on the WMRC layout

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# Hand Built Model Aircraft Rally

Hosted by the P&DARCS Club.

Sunday November 9<sup>th</sup> 2025 – Starts 10:00am

Field Location; Cnr Fowler & Wenn Rds. Cardinia, (50K East of Melbourne) Vic

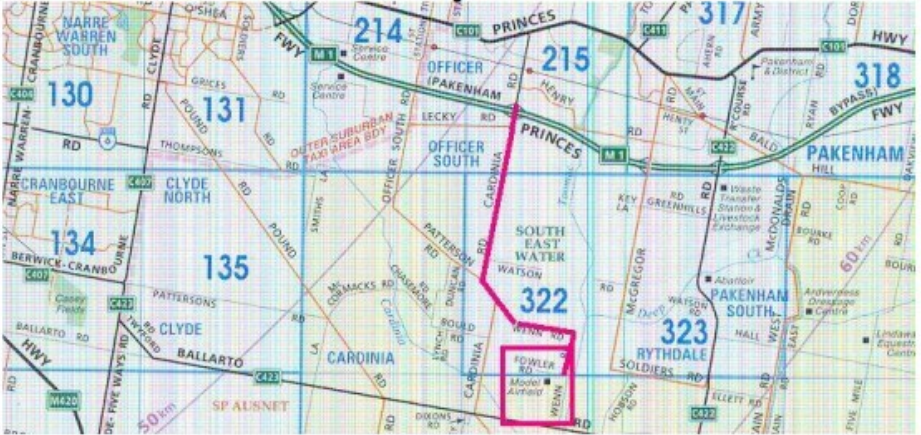


**Tell your friends to come and see some great model aircraft.**

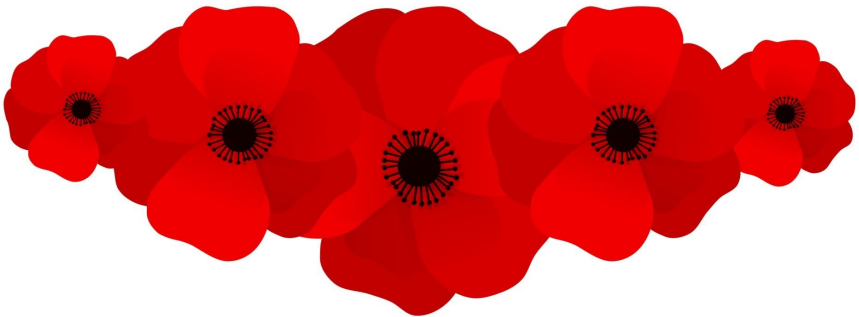
- All model aircraft are hand built.
- Some excellent scale models will be there and fly.
- Some very large models, ¼ size and above, including actual jet turbine powered, will be on display and flown.
- Models under construction will be on display.
- See club web site, [www.pdarcs.com.au/rally](http://www.pdarcs.com.au/rally), for more information.
- Please note, dogs NOT allowed at field, even on a leash.
- Come and talk to the modelers and maybe get involved with this great sport/hobby.
- It is recommended to bring a chair and hat.

**Free entry to spectators.**

## Locality Plan

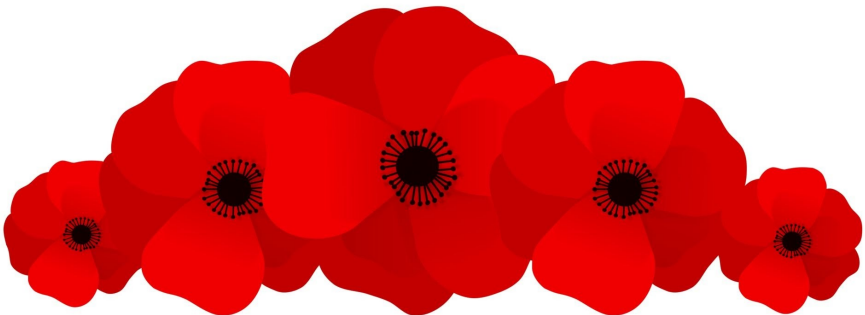


Supplied by Rodney James



**REMEMBRANCE DAY**

**LEST WE FORGET**



November 11th 2025

# The Drive

Featuring interesting vehicles owned by EHMS members



Rommy's Porsche  
911





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## ***EHMS Contact Details***

### **President**

Ronald Sterling

email: [principalservices@gmail.com](mailto:principalservices@gmail.com)

### **Vice President**

Bob Daly

email: [lock-wood@bigpond.com](mailto:lock-wood@bigpond.com)

### **Secretary**

Paul Morris

email: [secretary@ehms.org.au](mailto:secretary@ehms.org.au)

### **Treasurer**

John Thornton

email: [treasurer@ehms.org.au](mailto:treasurer@ehms.org.au)

### **Almoner: Doug Rowley**

email: [yelwor1946@gmail.com](mailto:yelwor1946@gmail.com)

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## ***Open Days***

Every weekday 10am - 3pm

Saturday 10am - Noon

## **Or Follow us on Facebook**

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[Inquires to the Newsletter Editor](#)

All submissions to the Newsletter to be made by the 25th of the month

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