



Issue 9 # 6

Shedding Endeavors

11th February 2025

Shed is open Mon to Sat 10.00am to 3.00pm

President – Doug Rowley

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0425 864 447

February Birthdays

2 Rafael Peralta
2 Raouf Zahalan
5 Robert McGregor
5 Roger Bartlett
15 John Farrell
15 Dean Svendren
17 Ranjan Pethiyagoda
21 Rommie Alday
24 Graeme Seymour

CLEANING ROSTER

G. Williams-Toilets

M. Wittman. 11 Feb
P. Wallace

T. Brosinsky 18 Feb
S. Ashley

V. Wragg 25 Feb
T. Rotunno

B. Latham. 4 Mar
Bruno Volpe


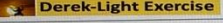
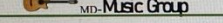
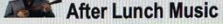

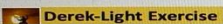
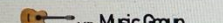
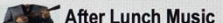
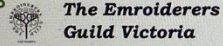
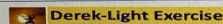
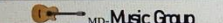
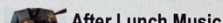
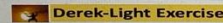
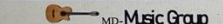
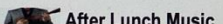
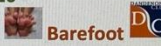
G. Seymour. 11 Mar
H. Van Dyk

Howard De Zylva 18 Mar
Laurens Gordyn

Len Follett 25 Mar
Louis Zhararopoulos

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

February 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4  Cancer Council Victoria  Derek-Light Exercise  MD-Music Group	5	6 10am - Thursday with the Naughty Boys Pool - Carpet Bowls- Card games & Lunch  After Lunch Music	7	8 Promotional table @ EHSC As per roster 9am - 2pm 	9
10	11 -My Recent Experience - <i>Awareness Raising by Glen</i>  Derek-Light Exercise  MD-Music Group	12 Photo Club 10am	13 10am - Thursday with the Naughty Boys Pool - Carpet Bowls- Card games & Lunch  After Lunch Music	14	15	16
17	18  The Emroiders Guild Victoria  Derek-Light Exercise  MD-Music Group	19 Committe Meeting @10am	20 10am - Thursday with the Naughty Boys Pool - Carpet Bowls- Card games & Lunch  After Lunch Music	21	22	23
24	25 HITECH in our Life Discussion with Mark  Derek-Light Exercise  MD-Music Group	26 Photo Club 10am	27 10am - Thursday with the Naughty Boys Pool - Carpet Bowls- Card games & Lunch  After Lunch Music	28  Barefoot DC Bowling 5 - 7pm		

Changes may occur due to unplanned factors

Trending
 Music
 Westpac
 City of Casey - Contact us form inquiry
 Dear Rodney, Reference ID: CONTACTUS-PETS-650318 Thank you for contacting us. We will review your enquiry within 5 working d...

Did you know on the Canary Islands there is not one canary? And on the Virgin Isles? Same thing - not one canary there either!



DAILYSQUAT.COM
 Circuses struggling to find new clowns as top prospects continue to go into politics



Life is short...be the girl on the left...

www.womenof1950.com



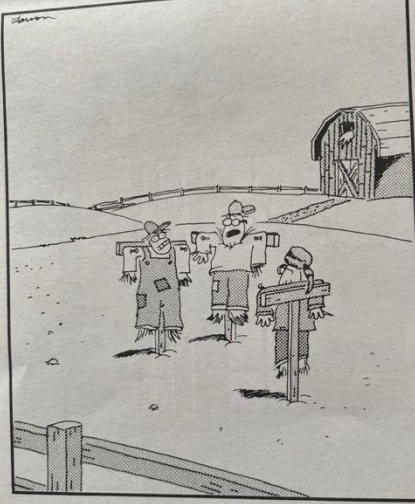
My coffee cup reminding me why I shouldn't have a donut with it.



Oh, nothing. Just babysitting...



Be a virus, see the world.



"Come on, Johnny—don't be chicken ... After it's over, we'll all be strawbrothers."

Key messages

- ✓ 1 in 3 cancers can be prevented with individual action.
- ✓ Early detection saves lives – the sooner you find cancer, the better the chance of treating it.
- ✓ All people aged between 45 and 74 years should do a bowel cancer screening test kit every 2 years.
- ✓ Help us spread the word about the importance of cancer prevention, screening and early detection for men in Casey!



How common is bowel cancer?



Source- Australian Institute of Health and Welfare (2019) Cancer in Australia 2019, AIHW, Australian Government, accessed 23 February 2024.

Everyone talks about leaving a better planet for our children.

Why doesn't anyone try to leave better children for our planet?

**SOMETIMES I
WONDER IF ALL OF
THIS IS HAPPENING
BECAUSE I DIDN'T
FORWARD THAT
MESSAGE TO 10
OTHER PEOPLE**

 Oldtimers





Collection Instructions

Step 1
You'll receive an envelope in the mail with everything you need to do the test including instructions. All you need to do is collect 2 samples from your 2 weekly poos.

Step 2
Take your collection tube and add your stool. First do a poo then put the handles over the end of the tube. Load. This will catch your poo for the sample.

Step 3
Once you have done a poo, repeat the collection tube and scrape the tip of the tube back and forth over your poo. You only need to do this once. Put the tube back into the tube and check the lid that.

Step 4
Place the tube into the prepaid bag and close it somewhere cool. A fridge is best, but do not put it in the freezer.

Step 5
When you do your next poo, repeat the process with the second collection tube.

Step 6
Fill out the form and put it in the envelope along with your 2 samples. Read the checklist on the back of the envelope before leaving. Mail the samples, within 24 hours if you can. The postage is free!

NATIONAL BOWELCANCER SCREENING PROGRAM
health.gov.au/NBCSP
1800 930 998

A SIMPLE BOWEL TEST COULD SAVE YOUR LIFE.

Information Booklet
National Bowel Cancer Screening Program

NATIONAL BOWELCANCER SCREENING PROGRAM

7 ways to help prevent cancer.

For more information

For cancer information and support call **13 11 20**, or visit cancervic.org.au. You can also use a translator service by calling **13 14 50** and asking for Cancer Council Victoria.

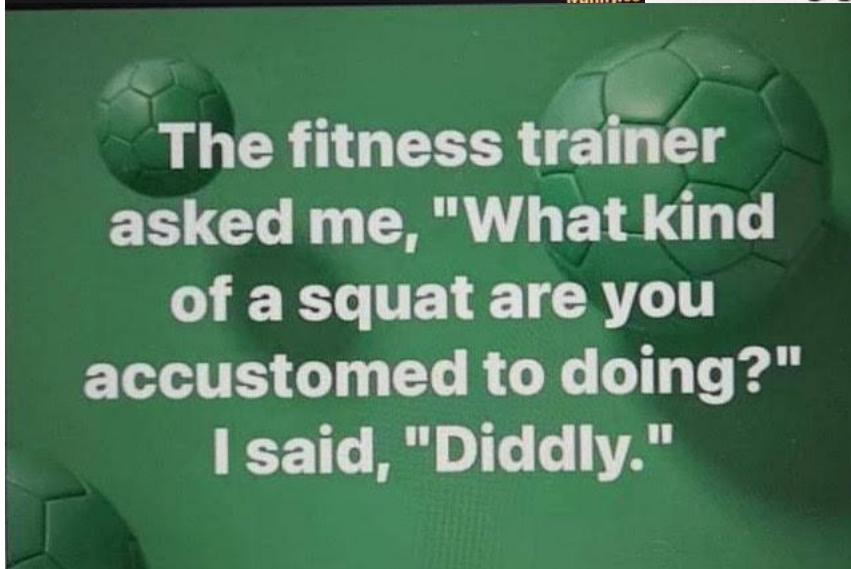
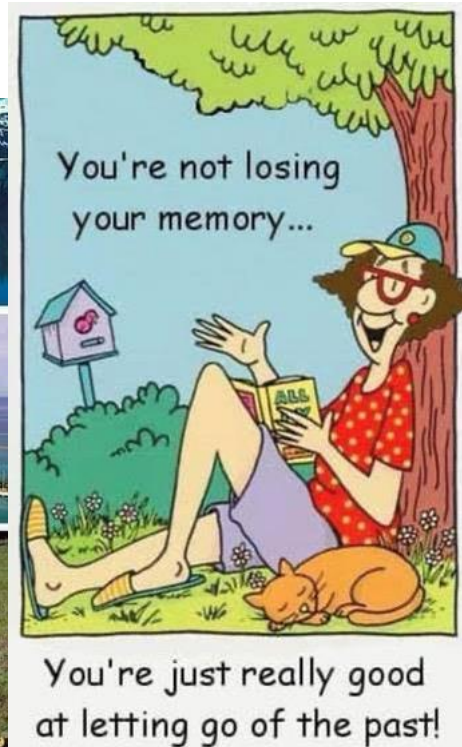
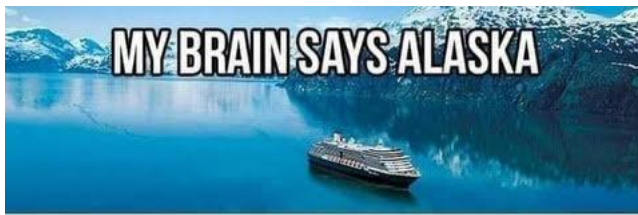
Book an appointment

Do the free bowel cancer screening test kit or speak to your doctor about bowel cancer screening
 Contact the National Bowel Cancer Screening Register for support on **1800 627 701**
 Date: _____
 Location: _____

Book your breast screen
 Visit breastscreen.org.au or call **13 20 50**
 Date: _____
 Location: _____

Book your Cervical Screening Test
 Find a provider near you at cancervic.org.au/cervicaldirectory or call Cancer Council on **13 11 20** for support
 Date: _____
 Location: _____

Hang in there!



Nice to see the return of Neil Bennett!



The "Heads of Government meeting"



WORKSHOP HAPPENINGS

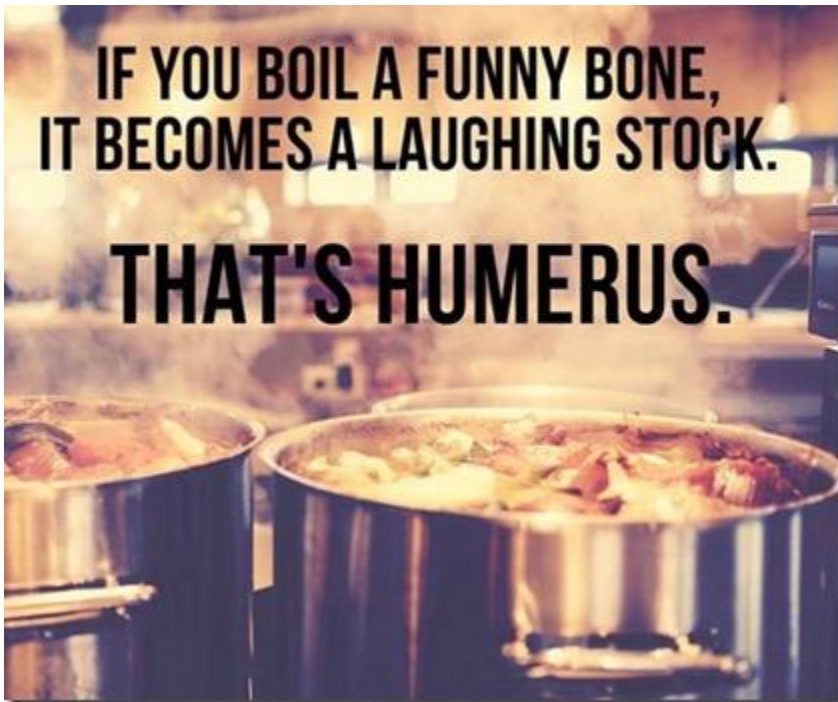


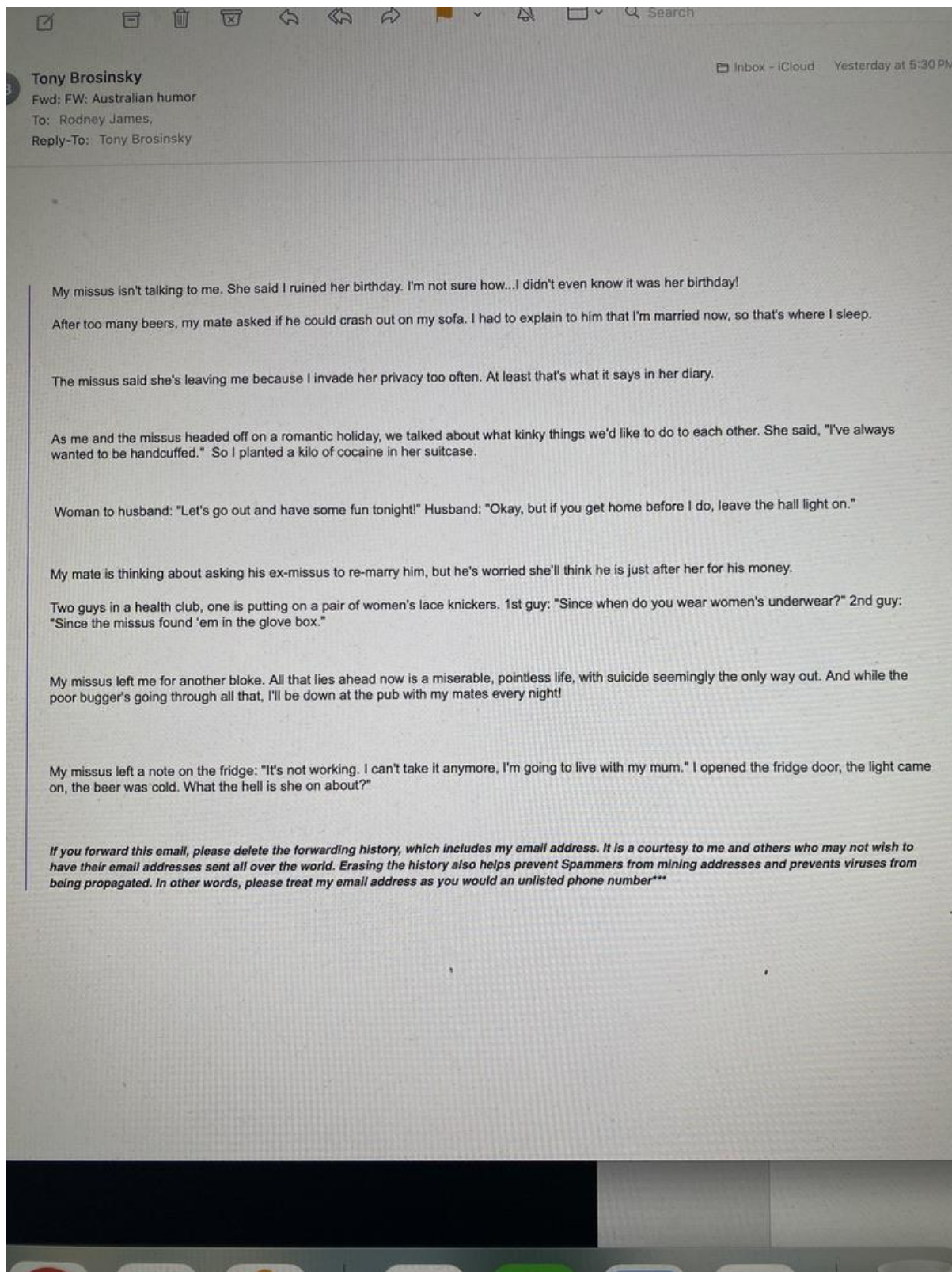


No, you're not in trouble Carmello!



The vacuum cleaner has broken down again!





Very little happening at the shed on Thursday. Playing trains, adding digital devices to the o/head lighting. No scrumptious lunch or exotic trips.

So, if nothing else happens I thank my contributors, Howard, Tony B, Ross and Garrick.
And one more just to cheer you up!

