

Endeavour Shedder

Issue 5.0 June 2026



Winter 2026



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

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Calendar

June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 AGC	2TBA	3	4 NBWF	5	6
7	8 Kings Birthday	9 ☆	10	11 NBWF	12	13
14	15 AGC	16 TBA	17	18 NBWF	19	20
21 Winter Solstice	22 AGC	23 TBA	24	25 NBWF Movie	26 BFB	27
28	29 AGC	30 Parkinsons talk				

AGC	Art and Coin Collecting
NB	Naughty Boys
M	Music Group
PG	Photography Group
CM	Committee Meeting
BFB	Barefoot Bowling
WF	Walking Football

[EHMS Cleaning Roster](#)

* Lunch Cost \$10

Historic Events of June

Year	Event
1953	Coronation of Queen Elizabeth II at Westminster Abbey.
1989	Solidarity wins Polish elections, sparking the fall of communism in Eastern Europe.
1944	D-Day: Allied forces launch Operation Overlord, landing on beaches in Normandy, France.
632	Death of Muhammad, founder of Islam.
1190	Death of Holy Roman Emperor Frederick Barbarossa.
1645	The Parliamentarian New Model Army defeated King Charles I at the Battle of Naseby.

President's Perspective

We are experiencing a healthy growth of interest in our men's shed with enquiries and new members joining up. At our May Committee Meeting we discussed aspects of membership including retention, induction, friendship formation. When you are a "Newbie" you may find yourself uncertain, even a little apprehensive hoping for acceptance, afraid of rejection. This happened on your first day in Preps, when you got your first job, and most certainly when you got married!

Joining a new organization is the same, I remember my first weeks at EHMS but fortunately I had brought some mates with me. These Naughty Boys were my support group whilst we collectively negotiated the Shed Mafia.

Everyone likes certainty; what will happen; who is in charge; where can I sit; what is my role? Breaking in can be tricky at the start and even over a period as you are less noticed as a new comer.

Friendships and similar interest groups are important to establish as well as trying something different. Perhaps you were attracted by the resources of the Workshop, but it being

we have other strings to our bow, some established like the Music group, and some emerging through suggestions by members.

Monthly outings to interesting places are becoming more and more well supported and offer the opportunity for partners as well. In May we visited a fantastic private automobile collection with approximately 25 members and partners altogether. A great day and I am sure there are some photos in this issue of the newsletter. What excited me was the number of newish members and partners who joined the core group of existing "Wanderers" as organized by member Ian.

Finally I will try to remember at a Tuesday meeting to reintroduce the various convenor of our shed activities so new members know who to approach to join in. It is easy to forget that we all were uncertain when we first joined EHMS or any new organisation.

Please enjoy your membership and support our basic purpose: The health and welfare of men, mentally and physically, and age appropriate. The longer we can continue living

independently is important to ourselves, naturally, but also for the economic wellbeing

Ron Sterling - President



DEBRIEF No 3/26 AMBLESIDE

It seems like only days ago we were checking out Coolart yet here we are, in nice sun shine this time, at another old property in F.T.G. called Ambleside Homestead.

It was built in the 1890,s by the Hansen family (no relation to any red headed Queenslanders) and was part of a Crown allotment in Scoresby.

There have been several owners before the remaining plot was donated to Knox City by the David Family in the 70,s.

While small there were many “old wares” and period furniture as well as art works on display.

We forget how simple and hard “ yakka” life was back then.

The machine shop bought back memories of my

grandfather, his old well-kept tools hanging on the walls and I have a soft spot for stationary engines and old Chev trucks that have seen better days.

My highpoint (don't laugh) was in the cellar looking at the flooring above my head.....it was Baltic pine, almost 6in wide and worth a fortune on its own nail holes and all.

Yvonne's highpoint was the old Church front that was removed from the Church because the coffins could not squeeze past .

The early Aussies were much smaller back then too so, imagine the horror if it was Loui or I they had to wheel in.

It took under 2 hrs to explore the house and grounds, round up every one for the usual pics and then we were off to the Club Hotel in FTG.

I had booked for 25 and we finished with 27 including 10 ladies due to two late arrivals who were noted.....read on.

Digressing for a minute, my old dog went blind so to help him navigate (key word) I would put drops of tee tree oil around the yard





[More Photos](#)



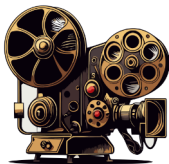
The Drive



Peter Basil's
1958 Morris
Minor Ute



Movie Afternoon



Movie is Song Sung Blue starring Hugh Jackman and Kate Hudson

25th. of June at 1.00 pm, cost is \$5.00. A tub of popcorn and a ice cream will be supplied at the interval.

If this is successful, then this will be come a monthly feature of the Shed's Calendar.

[Email](#)



EHMS Rustless Wanderers

On Thursday 18th June we are off to **BUNNINGS** (for coffee) , **USA FOODS** and **FAT BOBS BURGER joint** all close together and in Cochranes Rd Moorabbin.

Suggested meet up time is 9.30am, car pool and leave at 9.45am.

We will time the arrival at Fat Bobs for 1pm.

ON THURSDAY 16TH JULY we will celebrate "Christmas in July" at the

VILLAGE GREEN HOTEL on the corner of **FTG. Rd and Springvale Rd** in Mulgrave

Here things get interesting as the strings come together so please work on arriving at the Shed at 9.30am to carpool and by July our run to the Hotel will be finalized.

As will the **AUGUST** outing after options are offered to the members.

PETROL HEAD MEMORIES

The first traffic lights installed in Australia were in S.A. Rundle St in 1927, and were followed up by a set on Swanston & Collins St in Melbourne in 1928.

Since then, they have bred like cane toads and are found all over Australia with the modern ones taking your photo as well.

So, smile when you drive through the Red at controlled intersections

Ian for the social committee.

June to August



Derek's Health Tips

Recently I read many people use only the upper part of their lungs in a normal inhalation and exhalation.

This means 2 thirds of our lungs contain stale deoxygenated air.

To give yourself a greater lung capacity and clean up your lungs do the following.

When you awake, lay still for a few seconds.
after you have wiggled your toes, moved your hands and wakened your brain.

Tell your heart you will be exercising.

Lay on your back with our hands on your stomach.

Breath into the lower part of your lungs, distending your stomach.

Continue to breath in expanding your diaphragm.
Continue to breath in expanding your thorax (throat).

Stop and Count to 3.

Begin to breath out by tightening abdominal muscles
Continue expelling breath by tightening your chest
Continue expelling breath so that you have expelled most of the air from the lungs.

Stop and Count to 3.

Repeat as many times as you like.

Sit on the side of the bed by swinging your legs to the floor and use the momentum to lift your head and torso to the sitting position.

Don't use your arms if possible.

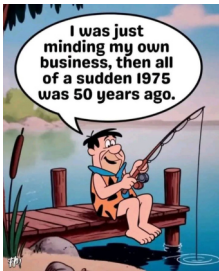
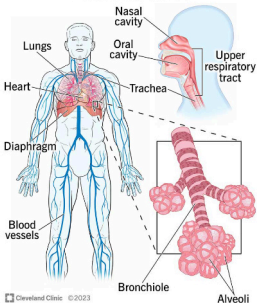
Toes up 10 times, Heels up 10 times, stand and start your day with oxygenated lungs and a happy heart.

Should you cough or phlegm up, See your health professional.

Your lungs may be compromised.

Derek Perry.

Respiratory system



Music of our Lives



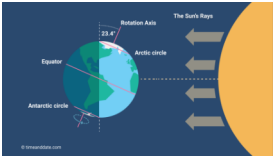
[Listen](#)

While in the army it struck my fancy for the obvious reasons. It tells a story that.

Mark



June Solstice



There are two solstices year: one in June and one in December. The June solstice marks the longest day north of the equator and the shortest day in the south.

Longest Day in the North

Since the **Northern Hemisphere** tilted toward the Sun in June, it receives more sunlight during the course of a day. The North Pole's tilt toward the Sun is greatest at the solstice, so this event marks the **longest day** the year north of the equator.

This effect is greatest in locations that are farther away from the equator. In tropical areas, the longest day is just a little longer than 12 hours; in the temperate zone, it is significantly longer; and places within the Arctic Circle experience Midnight Sun or polar day, when the Sun does not set at night.

Shortest Day in the South

Conversely the June Solstice is the shortest day in the Southern Hemisphere

Places within the Antarctic Circle experience polar night, when the Sun does not rise at all.

Why Is It Called a “Solstice?”

During a year, the subsolar point—the spot on the Earth’s surface directly beneath the Sun—slowly moves along a north-south axis. Having reached its southern most point at the December solstice, it stops and starts moving northward until it crosses the equator the day of the March equinox. At the June solstice, which marks the northern most point of its journey, it stops again to start its journey back toward the south.

The term Solstice comes from the Latin words *Sol* and *istere*, meaning “Sun” and “to stand still.”

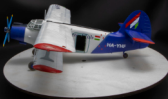


Modeller's Corner



Scale :48th
original kit
manufacture
Hobby Boss.
Modified with
Quickboost
aftermarket
parts

Done in the
scheme of the
Malev Sky Diving
Club Hungary
1990s. Aircraft still
in operation



 ANTONOV



The Antonov An-2(USAF/DoD reporting name 22,[NATO reporting name Colt] is a single-engine agricultural aircraft

Designed and manufactured by the Antonov Design Bureau in 1947. It's durability, lifting power, and ability to take off and land from poor runways have given it a long service life. The An-2 was produced up to 2001 and remains in service with military and civilian operators around the world. 18000 were produced making it the second most produced biplane in history



Health Report

Both Doug Rowley and Ingrid Wragg appeared to be either on the road to recovery or fully recovered.

Please inform the Newsletter Editor via this [link](#) if you know of any health issues in the Shed.

Rodney James's treatment is continuing

STROKE SYMPTOMS

Remember, recognize and act fast



F

Face
drooping



A

Arm
weakness



S

Speech
difficulties



T

Time
to call

EMERGENCY CONTACTS

WHEN TO CALL 000

Is your situation life threatening and in any of the below?

- All fires including bushfires and house fires
- Collapse or life threatening situation - Police
- Health is critical - Ambulance
- Major gas leaks
- Assistance where there is a fire or chemical or medical assistance

WHEN TO CALL 132 000 (SES)

Please be clear and concise:

- Where damage is done
- Property at risk of flooding
- You have an air on fire



NON-EMERGENCY CONTACTS

Other situations that emergency and coordinating can be dealt with using local services such as a handyperson, electrical or local council.

For non-emergencies visit www.132.gov.au or refer to the following numbers:

SES (SES)

132 000

SES QLD

SES NSW

SES VIC

SES WA

SES SA

SES NT

SES ACT

Health and safety

Accidents resulting in a death or injury

000

Major personal injury

132 000

Major personal injury

132 000

Major personal injury

132 000

Fire and safety

Accidents resulting in a death or injury

000

Major personal injury

132 000

Major personal injury

132 000

Major personal injury

132 000

Health and safety

Accidents resulting in a death or injury

000

Major personal injury

132 000

Major personal injury

132 000

Major personal injury

132 000

For all you bikers getting up in age!



Peter Wallace getting into the spirit of cleaning decoratively



Operation Overlord June 1944



Operation Overlord, launched on June 6, 1944 (D-Day), was the Allied invasion of Western Europe during World War II, establishing a crucial second front against Nazi Germany. Under Supreme Commander Dwight D. Eisenhower, over 150,000 U.S., British, and Canadian troops landed on five Normandy beaches (Utah, Omaha, Gold, Juno, Sword), supported by 5,000+ ships and 13,000 aircraft. This massive amphibious operation, which lasted until August 30, 1944, resulted in an Allied victory, enabling the liberation of France and changing the momentum of the war.

Key Aspects of Operation Overlord

- **D-Day (June 6, 1944):** The initial landings, or Operation Neptune, began on June 6, with Allied troops breaking through German defenses.
- **The Five Beaches:** US forces targeted Utah and Omaha; British forces targeted Gold and Sword; Canadian forces targeted Juno.
- **Significance:** It was the largest amphibious invasion in military history.
- **Deception Strategy:** Allied forces used sophisticated deception to convince Germany that the invasion would occur at Pas-de-Calais, not Normandy, helping to minimize initial resistance.
- **Key Commanders:** Gen. Dwight D. Eisenhower (Supreme Allied Commander), Gen. Bernard Montgomery (Ground Forces).

Result: By late August 1944, all of northern France was liberated, and the Allies were moving towards the German border.



Dead Penguins

This is very interesting, read all the way to the end. I bet you never knew this! Did you ever wonder why there are no dead penguins on the ice in Antarctica? Where do they go?

Wonder no more!!!!!!! It is a known fact that the penguin is a very ritualistic bird which lives an extremely ordered and complex life. The penguin is very committed to its family and will mate for life, as well as maintain a form of compassionate contact with its offspring throughout its life. If a penguin is found dead on the ice surface, other members of the family and social circle have been known to dig holes in the ice, using their vestigial wings and beaks, until the hole is deep enough for the dead bird to be rolled into, and buried. The male penguins then gather in a circle around the fresh grave and sing: "Freeze a jolly good fellow." "Freeze a jolly good fellow." You didn't really believe that I know anything about penguins, did you?

Supplied by Ian Cole



Lysterfield Mother's Day Classic



Dalys starting their run and Tony Rotunno was part of the organizing team

A number of EHMS members both participated in and volunteered to assist in the organizing of the Lysterfield Mother's Day Classic. The purpose of this event is to raise funds for Breast Cancer and Ovarian Cancer research. The hope that this research will provide better medications and treatment for these diseases as well as preventive screening. Donations to this cause can be made via the [website](#).

Terry Dowell Museum Visit



On the 21st of May, a large group from the Endeavour Hills Men's Shed visited the Terry Dowell Museum. After a brief introduction from Terry regarding family and museum history, we were allowed to wander through the massive auto and collectables on display. Many types were only examples in Australia. There was a 1948 Tucker, Paul Newman's car, a FX Holden that was fitted out for a royal visit.

All members found this an enjoyable and interesting experience. A lunch at a US Burger Restaurant capped off a great excursion. Thank you to **Ian Cole** for the great work in organizing this event.

Click on this [link](#) to view the full photo shoot. We are allowed to have these pictures in our newsletter, and you can download them to share with family or friends, but we are asked not to share them on social media.



A replica of Carl Benz's first car. Howard was a handsome model



Howard test driving the 1948 Tucker



a large group from the Endeavour Hills Men's Shed

Tools: The Airbrush



Airbrushes are a powerful tool for artistic work and creative design. Essentially they allow paint to be applied without contact to the surface. More advanced airbrushes can vary both air and paint flow, allowing effects to be created.

Airbrushes normally operate between the air pressures from around 15 PSI to 23 PSI. I normally use 18 PSI for most work.

Airbrushes fall into two broad categories, **Single Action** and **Dual Action**. Single action, you press the button and paint flow occurs, Dual Action allows you to vary paint flow for a given PSI value. Even more advanced Dual Action Airbrushes have an adjustment that allow air pressure to be varied at the needle, the one pictured here is one of these.

Single action tend to be cheaper and are normally recommended for beginners.

There is a sub category with Airbrushes, **Gravity Feed** and **Suction Feed**. Gravity feed normally has the air and paint mixture done internally, where as suction feed normally performs the mixture in front of the Nosal.

Dual action allows a change of nasal and needle to suit a particular application. The Table below is a rough guide to this:

Needle Diameter	Application
0.2mm	Fine work as <u>grazing</u> or pre shading work
0.3mm	A general work size
0.5mm	Metallic paints, thickish paints

Compressors

A critical component of any airbrushes is the compressor. Compressors should achieve the supply of air at the correct Pressure (PSI) with the air being moisture free and a steady non pulsating air flow.

When selecting a suitable compressor for airbrushing, the compressor should have the following features:

- An External Tank to prevent air pulsing
- A Moisture Trap for the production of a dry flow
- A regulator to allow changes of PSI values
- Quick release air connectors.
- Quiet or low noise if being used in a domestic situation



A quality compressor is shown here.

The use of a well-ventilated spray booth is also recommended. Most commercially available spray booths now provide led lighting for better illumination

Snap Shots



**Glen Eagles Community Group Reward
EHMS For Mulcher Repair**



**Lunch at Carl Jnr's after trip to
Dowell Car Collection**

Members on Duty



One of these members will be on duty when the Shed is open. They will assist you with inquires and explanations regarding Endeavour Hills Men's Shed.

EHMS Contact Details

President

Ronald Sterling email: principalservices@gmail.com

Vice President

Bob Daly email: lock-wood@bigpond.com

Secretary

Paul Morris email: secretary@ehms.org.au

Treasurer

John Thornton email: treasurer@ehms.org.au

Almoners:

Doug Rowley, Stan Ashley, Howard de Silva

Open Days

Every weekday 10am - 3pm

Saturday 10am - Noon

Location

Contact Newsletter Editor



[View in Browser Version](#)

WALKING FOOTBALL

Thursdays at the Shed

