

ENDEAVOR SHEDDER

OFFICIAL NEWSLETTER OF THE ENDEAVOR HILLS MEN'S

Winter 2026



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Jigsaws



Crosswords

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	AGC	TBA		NB&WF		
7	8	9	10	11	12	13
	King's Birthday	TBA Catered Lunch \$10	PG	NB&WF		
14	15	16	17	18	19	20
	AGC	TBA		NB&WF		
21	22	23	24	25	26	27
Winter Solstice	AGC	TBA	PG	NB&WF Movie	BFB	
28	29	30	1	2	3	4
	AGC	EOFY Parkinsons Talk			Independence Day (observed)	Independence Day

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AGC	Art & Craft plus Coin Collecting
NB	Naughty Boys
PG	Photography Group
CM	Committee Meeting
BFB	Barefoot Bowling
WF	Walking Football

[EHMS Cleaning Roster](#)

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 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 convenors

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 well being of our country.

Ron Sterling

President



Ambleside Park Visit Report



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 them too so, imagine the horror if it was Loui or I they had to wheel in.

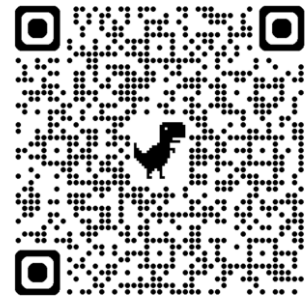
It took under 2 hrs to explore the house and grounds, round up every one for the usual pics and then we were off to the Club Hotel in FTG.



AMBLESIDE PARK HOMESTEAD.

3 Olivebank Road,
Ferntree Gully VIC 3156.

For more information
scan the QR Code

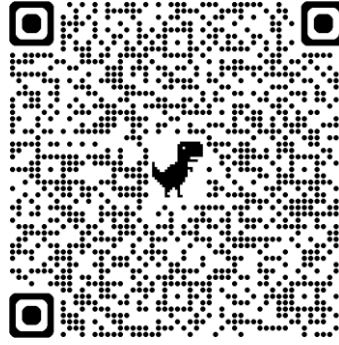






The party that attended this event had a great time





[More Pictures](#)

or use QR Code

THE AUSTRALIAN
MODEL EXPO

2026

THE AUSTRALIAN OPEN
PLASTIC & SCALE MODEL CHAMPIONSHIPS

6-8 JUNE 2026 KING'S BIRTHDAY WEEKEND

WHAT IS MODEL EXPO 2026?

Model Expo 2026 is a showcase of everything that encompasses plastic modelling. A national open plastic model competition is conducted during the Expo and covers all categories including aircraft, military models, cars, trucks, and sci-fi. Junior and intermediate modellers are also catered for. Kit distributors and retailers will show latest releases along with model demonstrations and club displays.

- OVER 60 CATEGORIES
- 2 CLASSES – OUT-OF-BOX & OPEN
- 3 DIVISIONS – JUNIOR, INTERMEDIATE & SENIOR
- TROPHIES, CERTIFICATES & KITS TO BE WON
- CLUB DISPLAYS ■ MODEL RETAIL SHOPS

VENUE

Sandown Entertainment Centre,
Sandown Racecourse, Princes Highway,
Springvale, Melbourne 3171
Melway Map 80, Ref C10.
Entry is from Princes Highway.



COMPETITION ENTRIES

Friday, 5 June 4:00 pm – 9:00 pm
Saturday, 6 June 9:00 am – 3:00 pm
Adults – \$15.00 first model, then \$2.00 for each additional model, no cap on number of models.
Junior/Intermediate – \$3.00 per model
Trophy presentations – 3:00 pm Monday, 8 June

PUBLIC VIEWING TIMES

Saturday, 6 June 9:00 am – 5:00 pm
Sunday, 7 June 9:30 am – 5:00 pm
Monday, 8 June 9:30 am – 4:00 pm

ADMISSION

Adults – \$20.00
Children (under 17)/Concession – \$10.00
Family (two adults, one or more children) – \$40.00
Competitors/children under 5 – free entry
AMPLE FREE PARKING

SWAP AND SELL

Monday, 8 June from 10:00 am – 12:00 noon
Set up time for traders is 8:45 am – 10:00 am
Tables may be hired at \$50.00 each. No retailers or club bookings.
Swap & Sell Admission – \$10.00
Bookings: (bookings close 1/6/2026)
swapset22@modelexpo.com.au

INFORMATION

The Australian Model Expo
PO Box 612, Niddrie, Victoria 3042
Laurence Farrugia 0438 726 176 AH
Mic Bradshaw 0402 597 906 AH
www.modelexpo.com.au



MODEL RAILWAY EXHIBITION 2026



KING'S BIRTHDAY WEEKEND
BRANDON PARK COMMUNITY CENTRE
649 Ferntree Gully Road, Glen Waverley
(Opposite Brandon Park Shopping Centre)

Saturday June 6th • 10 am – 5 pm
Sunday June 7th • 10 am – 5 pm
Monday June 8th • 10 am – 4 pm

Layouts, Demonstrations, Trade Stands



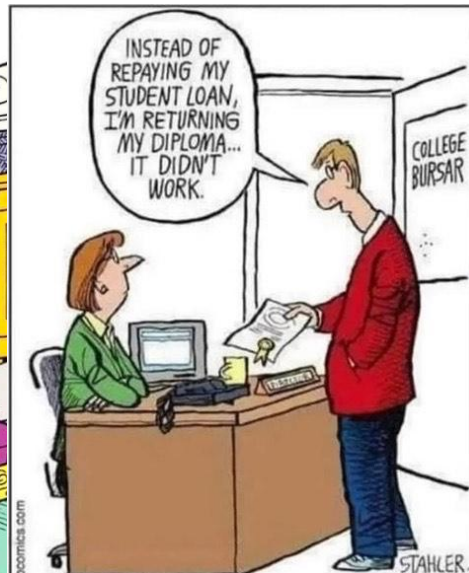
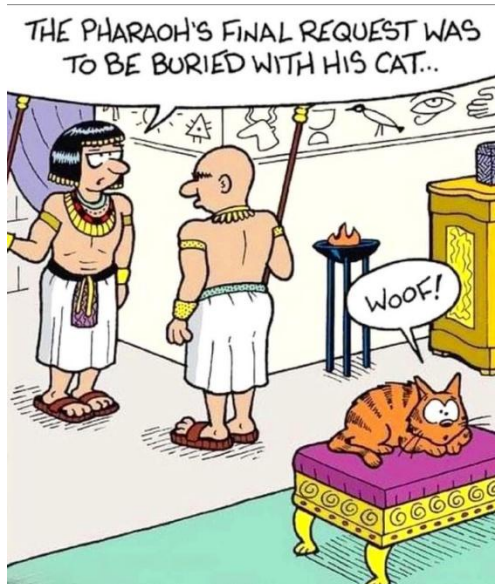
Second-Hand Stall
Children's U-Drive



Enquiries: 0409 024 322 – exhibitions@waverleymrc.org.au



Admission: Adults \$15, Children \$6, Family \$35.
Waverley Model Railway Club – Men's Shed



D Day the 6th of June 1944

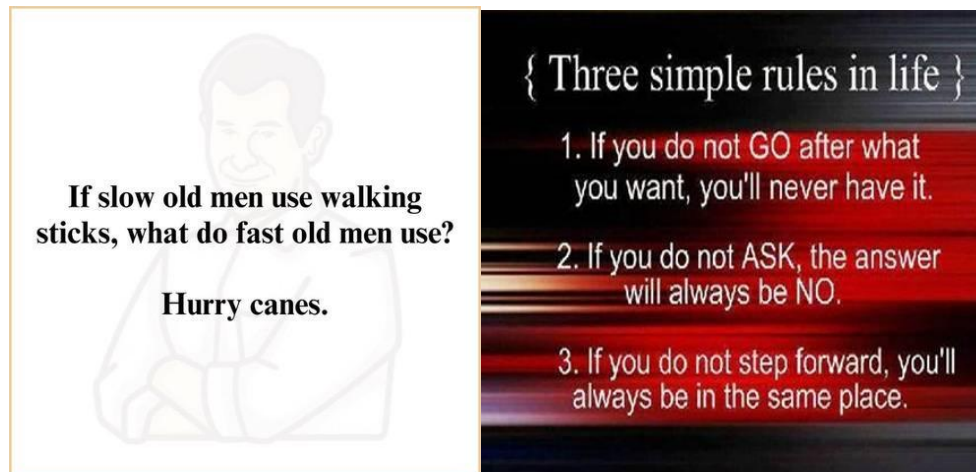


Operation Overlord, launched on June 6, 1944 (D-Day), was the Allied invasion of Western Europe during World War II, establishing a crucial second front against Nazi Germany. Under Supreme Commander [Dwight D. Eisenhower](#), over 150,000 U.S., British, and Canadian troops landed on five Normandy beaches (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).



The Drive



**Peter Basil's
1958 Morris
Minor Ute**



Modeler's Corner



AN-2 Colt in 48th scale



The An-2 was designed as a utility aircraft for forestry and agriculture, but the basic airframe is adaptable and numerous variants have been developed. These include hopper-equipped crop-dusters, scientific versions for atmospheric sampling, water-bombers for fighting [forest fires](#), [air ambulances](#), seaplanes, and versions for dropping [paratroopers](#).^[5]

The most common version is the **An-2T** 12-seater passenger aircraft. All versions (other than the [An-3](#) and the An-2-100) are powered by a 750 kW (1,010 hp) nine-cylinder [Shvetsov ASh-62 radial engine](#).

Model kit originally produced by Hobby Boss, Quick Boost aftermarket components used.

E.H.M.S. “RUSTLESS” WANDERERS JUNE to AUGUST 26 WANDERINGS.

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 lan for the social committee.



Derek's Health Tips

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

This means two 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 wake up, 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 your hands on your stomach.

Breath into the lower part of your lungs, distending your stomach.
Continue to breathe in expanding your diaphragm.
Continue to breathe in expanding your thorax (throat).

Stop and count to three.

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 three.

Repeat as many times as you like.

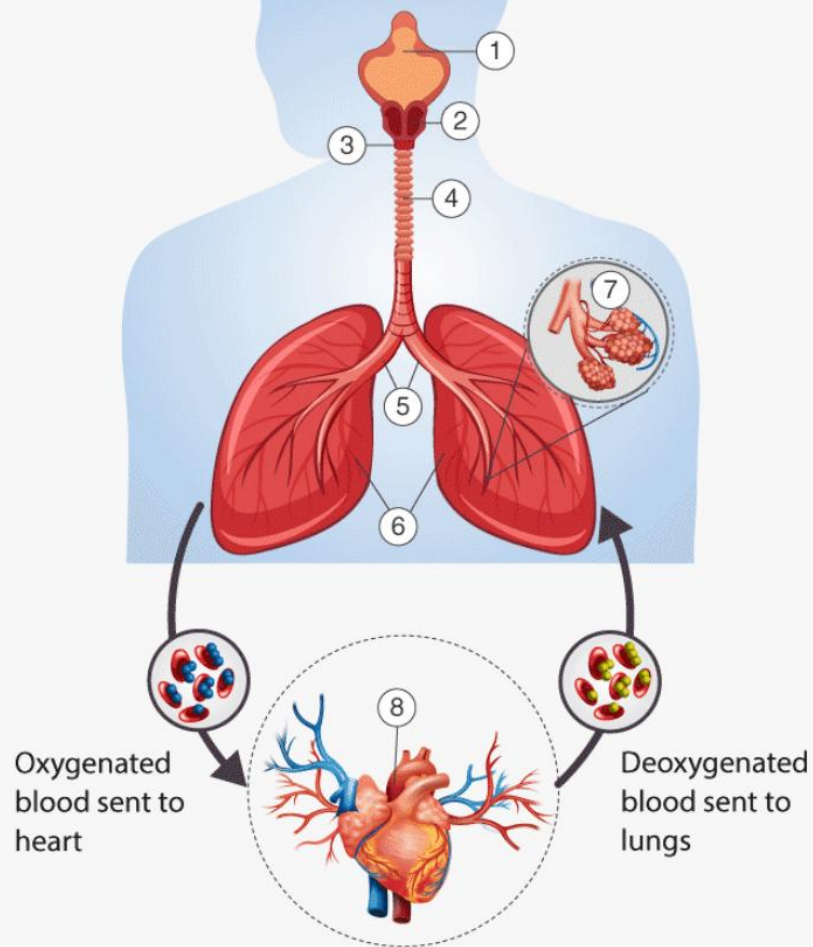
Sit on the side of the bed by swinging your legs to the floor and use the momentum to lift your head and torso to the sitting position.
Don't use your arms if possible.

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.

HUMAN RESPIRATORY SYSTEM



- | | | | |
|----------------|-----------|-----------|-----------|
| 1 Nasal cavity | 2 Pharynx | 3 Larynx | 4 Trachea |
| 5 Bronchi | 6 Lungs | 7 Alveoli | 8 Heart |

Music of Our Lives



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

Mark

Lysterfield Mother's Day

Classic



EHMS MEMBERS HELP MAKE THE

LYSTERFIELD LAKE FUN RUN A SUCCESS

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](#).



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



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 continues

EMERGENCY CONTACTS

WHEN TO CALL 000

Is your situation life-threatening due to any of the below?

- All fires, including bushfire and house fire
- Dangerous or life-threatening situations - Police
- Health & Medical - Ambulance
- Major gas leaks
- Accidents where there is fire or the need for medical assistance

NON-EMERGENCY CONTACTS


Often situations that seem urgent and overwhelming can be dealt with using local services such as a handyman, arborist or local council.

For non-urgent situations visit ses.sa.gov.au or refer to the following numbers:


<p>SES Infoline 1800 362 361</p> <hr/> <p>Police Non-urgent matters 131 444</p> <hr/> <p>Crime Stoppers (report crime anonymously) 1800 333 000</p> <hr/> <p>Local Councils (Fallen trees on local roads, footpaths and parks) lga.sa.gov.au/councils</p>	<p>Roads and traffic Accidents resulting in a traffic hazard 131 444</p> <hr/> <p>Major arterial roads (dangerous conditions, road hazards and signal faults) 1800 018 313</p> <hr/> <p>Electricity Power network faults and emergencies, including loss of supply 13 13 66</p>	<p>SA Water Burst water mains 1300 650 950</p> <hr/> <p>Sewer blockage or overflow 1300 883 121</p> <hr/> <p>Gas leaks 1800 GAS LEAK 1800 427 532</p>	<p>Health & medical Health Direct - free health advice from trained clinicians 1800 022 222</p> <hr/> <p>Mental health emergencies 13 14 65</p> <hr/> <p>Poisons information 13 11 26</p>
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How to Use a Defibrillator


1 Switch on the defib and follow the voice instructions




2 Apply the defib pads




3 Defib will analyse casualty's heart rhythm



4 Defib will deliver shock if required or ask you to press the button

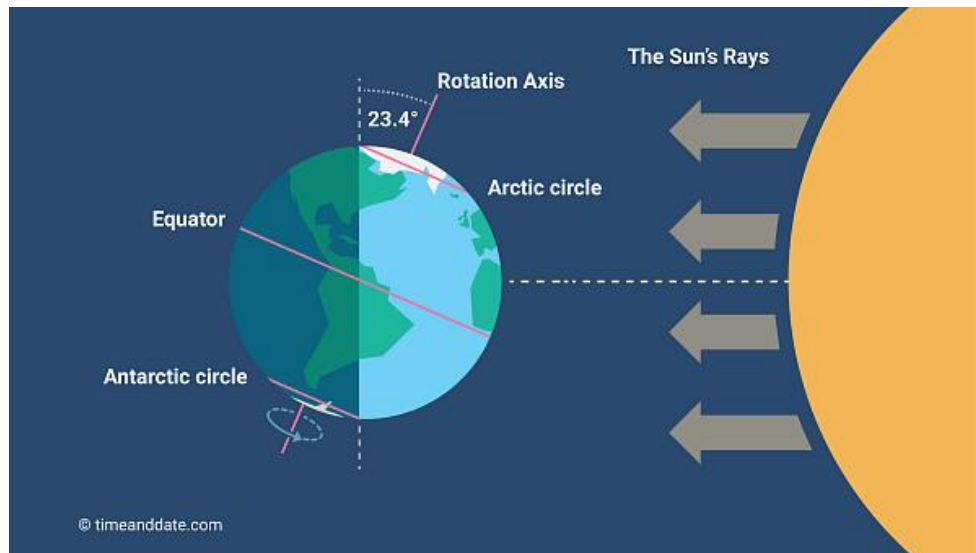


5 When instructed, return to the casualty and continue CPR



June Solstice

Sun, 21 June 2026, 6:24 pm



There are two solstices every 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** is 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** of 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 day of the June solstice is the **shortest day** of the year in the **Southern Hemisphere**. Here, too, the effect is greater the farther a location is away from the equator.

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 southernmost point at the December solstice, it stops and starts moving northward until it **crosses the equator** on the day of the March equinox. At the June solstice, which marks the northernmost point of its journey, it stops again to start its journey back toward the south.

This is how the solstices got their name: the term comes from the Latin words *sol* and *sistere*, meaning “**Sun**” and “**to stand still**”.



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

Movie Afternoon

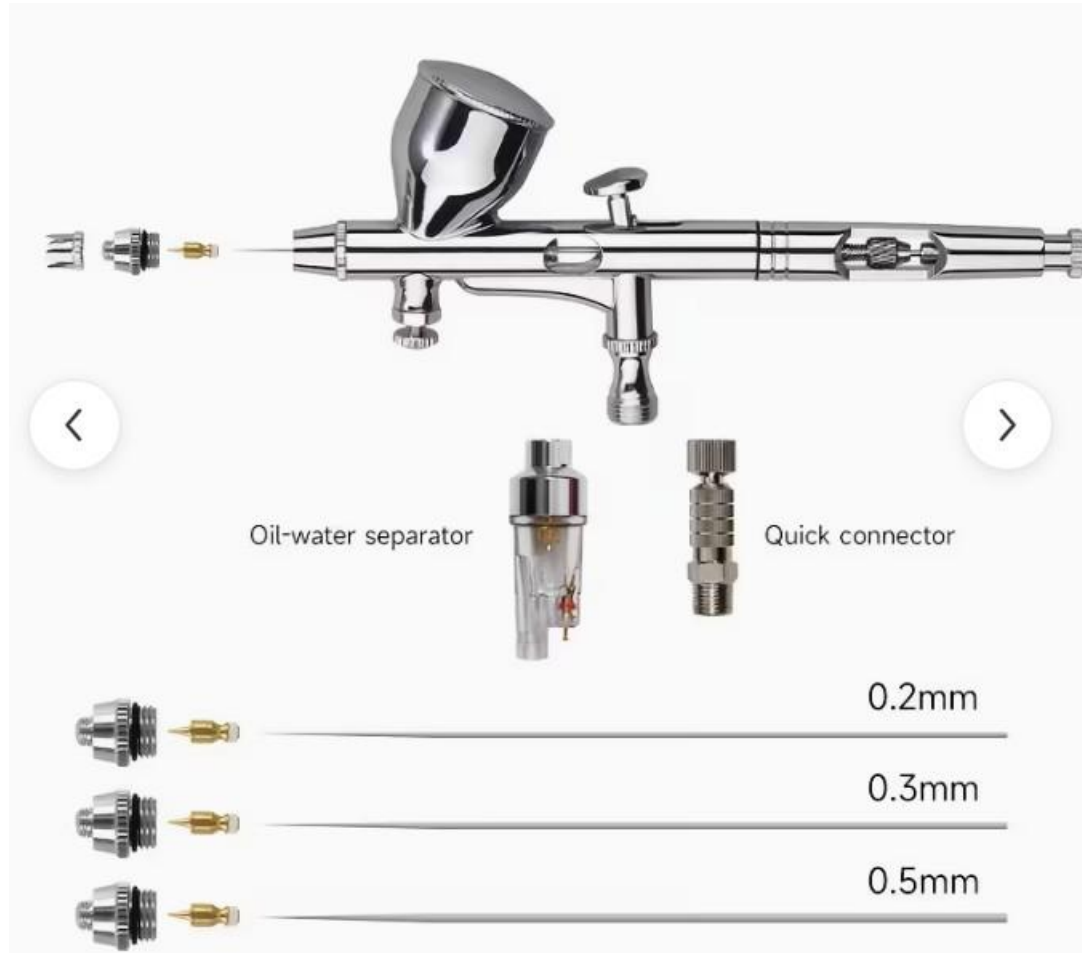


25th. of June at 1.00 pm, cost is \$5.00. A tub of popcorn and a ice cream will be given at the interval.

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

[Contact](#)

Tools: Airbrushes



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 nosal and needle to suit a particular application. The Table below is a rough guide to this:

Needle Diameter	Application
0.2mm	Fine work as motling 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

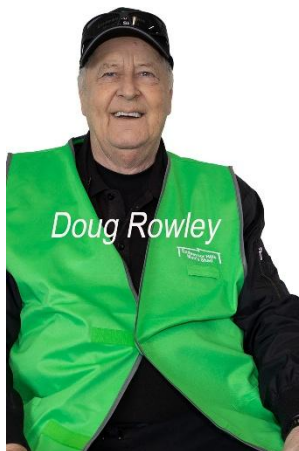


Glen Eagles Community Group Reward EHMS For Mulcher Repair



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 inquiries and explanations regarding Endeavour Hills Men's Shed.

EHMS Contact Details

President

Ron Sterling

Email: principalservices@gmail.com

Vice President

Bob Daly

Email: lock-wood@bigpond.com

Secretary

Paul Morris

Email: paul_morris5@optusnet.com.au

Treasurer

John Thorton

Email: jthornto@bigpond.net.au

Almoners

Doug Rowley

Stan Ashley

Howard de Silva

Open Days

Every weekday 10am - 3pm

Saturday 10am - Noon

Or Follow us on Facebook



[Inquires to the Newsletter Editor](#)

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

Location



