



Shedding Endeavour's

19th July 2021

The annual general meeting has been rescheduled to the 3rd August 2021.

The Shed is closed due to a Covid Lockdown in Victoria.

We will have a Zoom meeting this Tuesday at 10.00am

Meeting ID 389 290 7889 Pass EHMS




Events Calendar

July 2021						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Guitar Group @12.30pm	2	3	4
5	6 Newbie's Self- Intro. Ukulele at midday	7 Bike Riding Tour from EHMS 10am Talk to Hans	8 Guitar Group @12.30pm	9	10	11 World Population Day
12	13 Lorrie & Will about Firearms Workshop Safety Induction 1pm - Inq: Tony B Ukulele at midday	14	15 Guitar Group @12.30pm	16	17	18
19	20 AGM Annual General Meeting 2021 Ukulele at midday	21 Committee Meeting 10am Bike Riding Tour from EHMS 10am Talk to Hans	22 Guitar Group @12.30pm	23	24	25
26	27 Tony C. - PIZZA Day \$5 p/p Newbie's Self- Intro. Ukulele at midday	28	29 Guitar Group @12.30pm	30 Barefoot Bowling 5 - 8.30pm	31 Natl. Tree Day	

Changes may occur due to unplanned factors

For any information about the EHMS please call Paul on 0418313395.

Notes from last week's meeting at the shed

- **Committee meeting next week on Wednesday.**
- **AGM is on the 3rd August.**
- **Orders for polo shirts are now being taken.**
- **Trevor is in hospital, the operation booked for today.**
- **Reyes Franco has also been in hospital.**
- **We have received a grant from the City of Casey for metalwork**
- **President Doug attended Rowville Men's Shed during the week, they are interested in forming a local cluster.**
- **We welcomed 3 new members today.**
- **We need a supervisor for Friday and Saturday – Volunteers please.**
- **A morning tea at Montagues orchard has been organised for Friday.**
- **Work continues on the equipment for the Narre Warren North Primary School.**
- **Neil E reminded us of the Bowling and Christmas in July on Friday 30th July. Bowling 5 pm meal at 6.00pm, partners welcome.**
- **Tony Cannata asked for volunteers for the cornerstone project on Thursday.**
- **John Thornton requested authority to purchase an AEG set, a drill two batteries and a charger for \$499. Proposed John T seconded Paul carried.**
- **Geoff Brown gave a report on Tony Phillips.**
- **Stan asked members who are doing exercise class to bring weights and a mat.**
- **Stan reminded us of a BBQ at Bunnings on Saturday 7th August.**
- **A presentation on Guns by Will and Laurie was well received.**

Happy birthday to: None this week.

Len Follet on the 19th July



First Aid Training

Presently we have 12 first Aiders who need to be updated,
Will any members wishing to undergo First Aid Training please contact the Secretary?
Polo Shirts



Charcoal

This week we will be measuring and trying on for size polo shirts, orders and payment in cash will be taken, our order will not be placed until the minimum quantity is reached.

ADULTS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	53.5	56	58.5	61	63.5	66.5	70	73.5
SP LENGTH	70	72.5	75	77.5	80	81	82	83



Visit The Men's Shed!

There are currently over 1,000 Men's Sheds across Australia, aimed at improving the health and wellbeing of Aussie men.

Men's sheds provide a safe, friendly and inclusive environment where men can meet and work on meaningful projects in the company of other men. This could include many activities from furniture making to restoring or repairing items to gardening. Some Men's Sheds may hold health and wellbeing events and provide opportunities to learn new skills such as cooking or first aid.

Men typically don't talk about their feelings and emotions and don't take as much interest in their own health as women. They also often drink more, take more risks and are more likely to suffer from isolation, loneliness and depression. Men's Sheds help to address social isolation and improve men's mental health by helping members to feel safe, make new friends and share in meaningful activities.

Aussie men join a Men's Shed for a variety of reasons including:

- To meet new friends
- To give back to the community
- To keep busy

- To share their knowledge and expertise
- To learn new skills
- For their health

A 2013 study of Australian Men's Shed members confirmed the mental and physical health benefits of joining a Men's Shed. While health benefits are not the primary motivator for most men joining a Men's Shed, the study found that Shed members scored significantly higher physical functioning, physical roles, general health, vitality, and mental health than non-Shed members.

The health benefits of being a member of a Men's Shed may come from organised health checks, health-related talks and provision of health information along with increased recognition of symptoms and peer advice. Men's Shed members also have increased awareness of anxiety and depression, and they are more likely to seek help for these conditions.

Men's Sheds can play an important role in addressing health and wellbeing and helping men to become valued and productive members of our community.

For more information:

Visit Australian Men's Shed Association (AMSA) website: mensshed.org or call 1300 550 009.

Some facts about what we do

So far this year we have purchased for cooking, selling, eating, or drinking.

- Biscuits 104 Packets
- Milk 70 litres
- Sausages 2700+
- Onions 48 Kg
- Bread 3000 Slices
- Ice 115 Kg
- Drinks 326 cans

They're back, those wonderful Church Bulletins! Thank God for the church ladies with typewriters.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

The sermon this morning: 'Jesus Walks on the Water'. The sermon tonight: 'Searching for Jesus'.-----

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off - let the Church help.

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



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



<http://endeavourhillsmensshed.blogspot.com.au/>

FB - Endeavour Hills Men's Shed

Endeavour Hills Men's Shed Committees

Program

Graeme Seymour
Andras Jakab
Neil Bennett
John Grennan

BBQ

Stan Ashley
Laurie Canfield
Graeme Seymour
Tony Cannata

Management

Doug Rowley
Howard de Zylva
Paul Morris
John Thornton
Robert Kay

John Grennan
Neil Evans
Laurie Canfield
Harry Hornstra

Working with Children Checks held by:

John Grennan
Geoff Brown
Doug Rowley
Howard DeZylva
Stan Ashley
Paul Morris
Gordon Harris
Geoff Lacey
Neil Evans
David Robinson
Tony Brosinsky

Tony Phillips
Neil Bennett
Andras Jakab
Harry Hornstra
Brian Ashworth
Hans van Dyk
Robert Kay
Will Beattie
Len Follett
Joe Psaila
Garrick Williams

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
Vin Wragg