



Issue 6 # 40

Shedding Endeavour's

24th October 2022

The Shed is open Tuesday - Saturday 10.00am – 3.00pm

Members Birthdays in October

Sick List

Our best wishes are with:
Reyes Franco in hospital

Neil Bennett is home.

3rd October	Rudi Oost
4th October	Leigh Martin
5th October	Peter Cooney
6th October	Laurens Gordyn
9th October	Tony Brosinsky
12th October	David Robinson
20th October	John Cooper
28th October	Kevin O'Neill
31st October	Garrick Williams



<u>Cleaning Roster</u>			
<u>Today</u>	<u>Doug Rowley</u>	<u>Neil Evans</u>	<u>Paul Morris</u>
<u>Next Week</u>	<u>Doug Rowley</u>	<u>Len Follett</u>	<u>Tony Brosinsky</u>



Events Calendar

October 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2 Daylight Savings 8.20am - 8.20pm Shifts as per Arrangement
3	4 Bruce P. on Dandy Show Tai Chi @ 11.45AM Music Group @Mdday	5 Leaving @ 9am Talk to HANS Cooking Lessons 10.30 am - 11.30 am	6 Music Group @12.30pm	7 Lysterfield Park Walk @11am for 45minutes	8 Promotional table @ EHSC As per roster 9am - 2pm	9
10	11 "My Health Related Experience" Member's Sharing Time - John T. Tai Chi @ 11.45AM Music Group @Mdday	12 Photo Club 10am	13 Music Group @12.30pm	14 Lysterfield Park Walk @11am for 45minutes	15	16
17	18 Pub Quiz Morning Tai Chi @ 11.45AM Music Group @Mdday	19 Leaving @ 9am Talk to HANS Committee Meeting @10am	20 Music Group @12.30pm	21 Lysterfield Park Walk @11am for 45minutes	22	23
24	25 Newbie's Self-Introduction Tai Chi @ 11.45AM Music Group @Mdday	26 Photo Club 10am	27 Music Group @12.30pm	28 Lysterfield Park Walk @11am for 45minutes Barefoot Bowling 5.30 - 8.30pm	29	30
31						

Changes may occur due to unplanned factors

Last Week's Meeting

- Apologies: Laurens Gordyn, Reyes Franco, Neil Bennett, and Rudy Oost
- Shed open cup day 1st November.
- AMSA AGM papers received.
- Email issues to be sorted.
- Dandenong Show need items to sell and men to man the stand (email Stan)
- Committee meeting tomorrow.
- Bowling at the DC now on 28th October

- Paul to speak at Carers Day tomorrow.
- Disaster Aid Conference on Saturday 12th November.
- President Doug and Paul to attend Julian Hill's afternoon tea.
- Bicycles to be removed from the workshop.
- Emergency exits to be always kept clear.
- Visit to Elephant Rock and private train \$5 on 18th November.

'FISHING LOCAL WATERWAYS'



Are you interested in exploring the potential to fish our local creeks and lakes, and, occasionally, some nearby land-based salt-water fishing?

There are a number of local places to explore, which the Victorian Fisheries Authority annually stocks with Trout and may also contain Redfin or other surprises!

If you would like to explore these places or suggest others, then let me know and we can put together a schedule to give them a try. However, to participate, you will need your own fishing gear, a basic rod, some line, hooks and some bait.

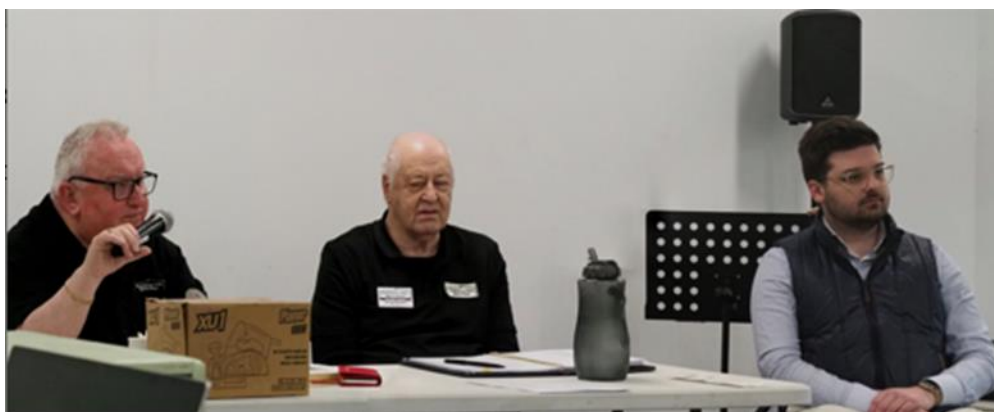
Here are some of the places that we could visit and yes there are fish there:

Ferntree Gully Lake; Rowville Lakes; Berwick Springs; Casey Fields; Cardinia Creek; Dandenong Creek; and a little further away Lilydale Lake and Karkarook Lake.

Give me a call.

Trevor.

0428472030



Liberal Candidate for Narre Warren North visited the shed Timothy Dragan and spent the whole morning at our meeting and chatting with members. (Thanks to Garrick for the pic)

The music group needs a keyboard player – do you play see President Doug!

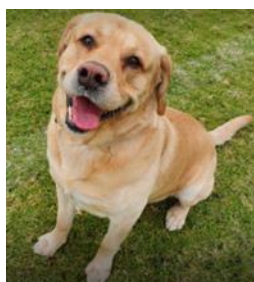


Dandenong Chess Club

The Dandenong Chess Club now meets at the Shed most Wednesday evenings. Any EHMS members, beginners or budding grand masters are invited to go along. Call Paul Huver on [0406 786 242](tel:0406786242) for information.



The Dandenong Show



We will be at the show this year both days 12 and 13 November.
Closing date for exhibits 21st October.
EHMS photography group will take photos of the event.



Think Tank Ideas

Attractions on a different day
Food demos John T and Kam Pow RC
Karaoke
Darts
Vehicle servicing
Trivia
Comedy Club
Movie Shorts /You tube channel

If you have an idea do something about it!!!

Don't forget these important organisations that are there to help in these difficult times.

What are the signs of depression in men?

The signs of depression in men involve changes in the way they think, feel or behave. There are also physical signs of depression.

For example, you may **feel**:

- irritable, angry or frustrated
- sad or empty
- disappointed
- indecisive or overwhelmed
- helpless or hopeless
- guilty

You may **think** negative thoughts, such as:

- you are not important or valuable (low self-esteem)
- people would be better off without you
- life is not worth living
- your life is not enjoyable

You may start **behaving** differently — for example, by:

- not going out with friends or family
- not managing as well as you normally do at work or school
- escaping into work or sports activities
- not doing activities you normally look forward to
- relying on drugs or alcohol to make it through the day
- not being able to concentrate
- behaving recklessly

You may also notice **physical signs**, such as:

- difficulty sleeping or feeling tired
- changed appetite — with or without weight loss or gain
- feeling run down or unwell
- loss of sexual desire or performance
- headaches
- muscle pain
- churning stomach

Almost everyone experiences some of these signs occasionally. If your symptoms appear often or won't go away, you may be experiencing depression.

While anyone with depression can experience any of these symptoms, men and women tend to experience and report them differently. Men are more likely to talk about the physical symptoms of depression, such as feeling tired or losing weight, rather than saying they feel low.

Some people who experience depression think their life is not worth living or that other people would be better off without them. People experiencing depression are more likely to take their own lives by suicide, while sadly, 7 men end their own lives every day in Australia.

REMEMBER TO CALL A MATE.

Call the EHMS Almoner

Beyond Blue 1300 224 636

Lifeline 131 114

Mens Line 1300 789 978

Suicide Call Back Service Veterans Line 1300 659 467

Veterans Line 1800 011 046

Black Dog Institute (02) 9382 4530

Head to Health <https://www.headtohealth.gov.au>

Grief Line 1300 845 745 8.00am – 8.00pm Monday – Friday



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

Endeavour Hills Men's Shed Committees

Program

BBQ

Management

Andras Jakab	Stan Ashley Neil Evans Graeme Seymour	Doug Rowley Howard de Zylva Paul Morris John Thornton Bob Daly	Tony Brosinsky Hans van Dyk Laurie Canfield Peter Wallace Lauren Gordyn
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Working with Children Checks held by:

First Aiders.

John Grennan	Laurie Canfield
Geoff Brown	Neil Bennett
Doug Rowley	Andras Jakab
Howard DeZylva	Harry Hornstra
Stan Ashley	Brian Ashworth
Paul Morris	Hans van Dyk
Gordon Harris	Robert Kay
Peter Wallace	Will Beattie
Neil Evans	Len Follett
David Robinson	John Thornton
Tony Brosinsky	Garrick Williams
Laurens Gordyn	Vin Wragg
Max Brockbank	Graeme Seymour
Rodney James	

Trevor Ratcliffe
Paul Morris
Doug Rowley
John Thornton
Brian Ashworth
Neil Bennett
Tony Cannata
Howard De Zylva
Garrick Williams
Stan Ashley
Neil Evans
Laurie Canfield