



Issue 6 # 41

# Shedding Endeavour's

## 31 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>Len Follett</u>	<u>Tony Brosinsky</u>
<u>Next Week</u>	<u>Doug Rowley</u>	<u>Howard de Zylva</u>	<u>Vin Wragg</u>



## Events Calendar

October 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2 Daylight Savings 8.20am - 8.29pm 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 Ron Sterling and Stan Ashley
- Shed open cup day 1<sup>st</sup> November.
- Visit to EH Specialist School to be arranged.
- VMSA Gippsland Cluster Meeting at Poowong on 17/11/22.
- Dandenong Show need items to sell and men to man the stand (email Stan)
- Committee meeting last Wednesday.

- Next year we need a new treasurer
- Need new facilities hire manager.
- Need more members for more things.
- Community Library Day on December 7<sup>th</sup> EHMS will do the BBQ.
- Please wear your name tag.
- James Cook Primary School DR/HDZ.
- Visit to Elephant Rock and private train \$5 on 18<sup>th</sup> November.
- Remove bikes, whipper snipper and lawn mower from the workshop.
- Bowls at the DC this Friday.
- Photo group meet tomorrow.

### Endeavour Hills Special School





President Doug and Secretary Paul visited the new Special needs School in Amalfi Drive Endeavour Hills on Friday and met with Lead teacher Melissa and maintenance manager Bronwyn to look at the Schools needs in relation to vegie gardening. They have several overgrown above ground beds and some others which are empty. They have their own care dog a schnauzer, very friendly.

#### Australia Post

#### Recommended Domestic sending dates:

- **Parcel Post\***: Monday 12 December
- **Express Post\***: Monday 19 December
- **Letters and cards**: Thursday 15 December (interstate)  
Monday 19 December (same state)

\* Excludes WA and NT

#### **St Pauls Apostle School – another opportunity**

I just wanted to let you know that St Paul's is holding a Christmas Carols and Market Night on December 2nd.

If anyone at the Mens shed is interested in holding a stall let me know.

Everyone is welcome to come down and visit the market and listen to the childrens carols if they like as well.

#### **'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

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

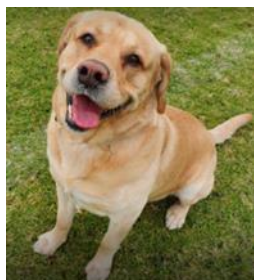


### Dandenong Chess Club

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 for information.



### **The Dandenong Show**



We will be at the show this year both days 12 and 13 November.  
Closing date for exhibits 21<sup>st</sup> 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!!!

## 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

## Men's Fashion for the Melbourne cup.





**President – Doug Rowley** [endeavourhills.menshed@gmail.com](mailto:endeavourhills.menshed@gmail.com)

**Secretary - Paul Morris** [paul\\_morris5@optusnet.com.au](mailto:paul_morris5@optusnet.com.au)

**Treasurer – John Thornton** [jthornto@bigpond.net.au](mailto:jthornto@bigpond.net.au)

**Vice President – Howard de Zylva** [hdezylva@hotmail.com](mailto:hdezylva@hotmail.com)

**Almoner - Doug Rowley** [yelwor1946@gmail.com](mailto: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