



Issue 6 # 42

Shedding Endeavour's

14th November 2022

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

Members Birthdays in November

Sick List

Our best wishes are with:
Reyes Franco in hospital



4th November	Howard De Sylva
10th November	Gordon Harris
18th November	John Grennan
23rd November	James Archibald
30th November	John Thornton
30th November	Raymond Tormey

<u>Cleaning Roster</u>			
<u>Today</u>	<u>Doug Rowley</u>	<u>Howard de Zylva</u>	<u>Vin Wragg</u>
<u>Next Week</u>	<u>Doug Rowley</u>	<u>Tony Rotunno</u>	



November 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Melbourne Cup Day 		2 Leaving @ 9am Talk to HANS	3 @ 12.30pm	4 Lysterfield Park Walk @ 11am for 45minutes		
7	8 Newbie's Self-Introduction Bernard Lamberty Tai Chi @ 11.45AM Music Group @ Midday	9 Photo Club 2pm	10 @ 12.30pm	11 Remembrance Day Lysterfield Park Walk @ 11am for 45minutes	12 Promotional table @ EHSC As per roster 9am - 2pm 9am-8.30pm	13 9am-4pm
14	15 "My Health Related Experience" Member's Sharing Time - G. Brownie Tai Chi @ 11.45AM Music Group @ Midday	16 Leaving @ 9am Talk to HANS Committee Meeting @ 10am	17 @ 12.30pm	18 Lysterfield Park Walk @ 11am for 45minutes Lynton Railway As per Itinerary	19	20
21	22 by Vin Tai Chi @ 11.45AM Music Group @ Midday	23 Photo Club 2pm	24 @ 12.30pm	25 Barefoot Bowling 5.30 - 8.30pm	26	27
28	29 Tai Chi @ 11.45AM Music Group @ Midday	30				

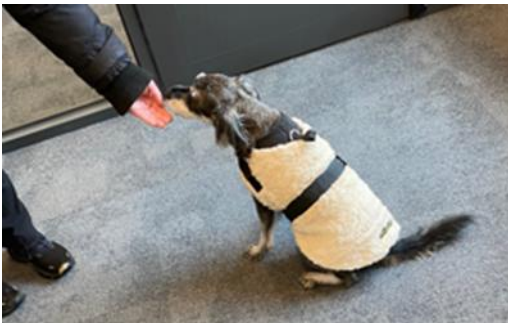
Changes may occur due to unplanned factors

Last week's meeting

- Apologies Geoff Brown, Howard de Zylva. Vin Wragg, Harry Hornstra, Roger Barrett and Graeme Seymour.
- EH Special School Another visit this week to scope the project
- Dandenong Primary School Applying for Food Parcel Grant now connected with the Andrews Centre and "Thanks for the bicycles".
- Camera Club now meets on 2nd and 4th Wednesday at 10.00am.
- Dandenong Show This weekend need people to transport goods on Friday
- Super Cheap Auto BBQ on 3rd December \$500 guaranteed.
- Welcome back to Neil Bennett

- **Ian Cole Elephant rock and Private train visit on 18th November meeting next week after morning meeting.**
- **City of Casey Grant need to purchase exercise equipment**

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 children's carols if they like as well.

The flyer below is published at the request of the probus club of Waverley Gardens.



FUN AND FRIENDSHIP IN RETIREMENT

Probus provides you with the opportunity to join a social Club in your local Community to meet retirees on a regular basis, listen to interesting speakers and join together in activities.

WE WELCOME NEW MEMBERS

WAVERLEY GARDENS COMBINED PROBUS CLUB

Venue: Southern Community Centre, 27 Rupert Drive, Mulgrave 3170
Date/Time: Meeting held on the last Tuesday of every month at 9:45am

To find out more information Contact: Don Lambie
Phone 03 9560 6046 Email: wavgardcomprob@gmail.com

WAVERLEY GARDENS COMBINED PROBUS CLUB

- Garden Club • Theatre & Cinema • Cards
- Dine-outs • Caravan/Cabin Group
- Group Travel Opportunities • Outings
- Craft Group • Coffee Club Groups
- Interesting and Informative Guest Speakers

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



Peter Spry won 1st Prize at the Dandenong Show for this painting. Excellent work Peter. The rest of the photos were submitted by members.







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

If you don't feel like you can call any of the above services, you can also:

- **talk to someone you trust**
- **contact your GP, a counsellor, psychologist or psychiatrist**
- **visit a hospital emergency department**



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