



Issue 6 # 44

Shedding Endeavour's

21st 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 rehab.



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>Neil Evans</u>	<u>Graeme Seymour</u>
<u>Next Week</u>	<u>Doug Rowley</u>	<u>Lauren Gordyn</u>	<u>Peter Wallace</u>

COVID – There are new strains of Covid about and at least three of our members have acquired it. Whilst not compulsory we ask that you stay away from the shed whilst you have Covid and wear a mask where necessary.

Paul Morris

Doug Rowley



November 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Melbourne Cup Day 	2 Leaving @ 9am Talk to HANS	3 Music Group @ 12.30pm	4 Lysterfield Park Walk @ 11am for 45minutes	5	6	7
8 Newbie's Self-Introduction Bernard Lamberty Tai Chi @ 11.45AM Music Group @ Midday	9 Photo Club 2pm	10 Music Group @ 12.30pm	11 Remembrance Day Lysterfield Park Walk @ 11am for 45minutes	12 Promotional table @ EHSC As per roster 9am - 2pm	13 DANDY SHOW 9am-4.30pm	14 DANDY SHOW 9am-4pm
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 Music Group @ 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 Music Group @ 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 Laurens Gordyn, Harry Hornstra, Reyes Franco and Nel Evans.
- Welcome to new member Brian Oates
- Stan thanked all members who worked on the tables at the Dandenong Show \$465 of goods sold most popular were the Christmas Trees.
- Bunnings Market Stall on 8th December evening.
- Bunnings BBQ on 31st December
- Super Cheap Auto BBQ on 3rd December \$500 guaranteed.
- EH Town Centre BBQ on 7th December
- EH Shopping Centre BBQ declined due to workload.

- Garrick wants old newspapers
- EH Special School project advisory role to be considered at the committee meeting tomorrow.
- Please wear your name tags as we grow. it becomes more important.
- Stop sign project nearly complete.
- Friday visit to Lynton Railway and elephant rock
- 25th December is bowling at the Dandenong Club.
- Peter Spry won the gold medal for his painting at the Dandenong Show.
- Bruce Latham won several medals for cross stitching at the Dandenong Show.
- Sporting shooters outing on 15th December see Laurie Canfield.

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

The editor will be in Queensland from 25th November – 17th December. Still on mobile and email and the bulletin will continue.

Lynton Railway and Elephant Rock

A huge thankyou to member Ian Cole for organising this excursion last Friday.



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.



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	Peter Spry

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