



Issue 6 # 45

Shedding Endeavour's

28th November 2022

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

Members Birthdays in November and December

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

10th December	Joe Psaila
18th December	Alan Spencer
21st December	Pierre Monty
24th December	Sam Noblet
28th December	Louis Zaharaopoulos

<u>Cleaning Roster</u>			
<u>Today</u>	<u>Doug Rowley</u>	<u>Lauren Gordyn</u>	<u>Peter Wallace</u>
<u>Next Week</u>	<u>Doug Rowley</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



Endeavour Hills Men's Shed Inc.
Men Make It Happen

Events Calendar

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 @ EHBC As per roster 9am - 2pm	13 DANDY SHOW 9am-4pm	14
15 "My Health Related Experience" Member's Sharing Time - G. Browne 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



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Events Calendar

December 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Music Group @ 12.30pm	2	3 BBQ 10am-2.30pm @ EH Supernap AUTO!	4
5	6 National Anzco Centre Museum Albany, Western Australia by Vin Tai Chi @ 11.45AM Music Group @ Midday	7 Leaving @ 9am Talk to HANS Christmas BBQ at EH Town Square 10am - 2.30pm	8 Music Group @ 12.30pm Promotional Table 6 - 8pm	9	10 Promotional table @ EHBC As per roster 9am - 2pm	11
12	13 "My Health Related Experience" Member's Sharing Time - G. Browne Tai Chi @ 11.45AM Music Group @ Midday	14 Photo Club 10am	15 Music Group @ 12.30pm SSAA 7.14-7.16 Places Hwy, Southvale 2.45pm @	16	17	18
19	20 Seasonal Break Up Merry Christmas and a Happy New Year	21 Committee Meeting @ 10am	22	23	24 Christmas Eve	25
26 BOXING DAY	27	28	29	30	31 	

Changes may occur due to unplanned factors

Last week's meeting

- Present 32
- Apologies 13
- Advised all re Afghan group hiring social space
- Tabled mezzanine costings \$32K ALL UP
- Covid update 5 isolating large number wearing masks (thank you)
- Report by Ron re Friday's outing
- New 3D printer arrived will wait on John B4 installing (Peter has made room)
- New equipment in workshop horizontal drill and oscillating sander
- 24 stop signs complete
- Safe travels merry Xmas and a safe new year

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.



**Laurie Canfield has organised a visit to the Sporting Shooters Association at Springvale on 15th December.
See Laurie for details.**

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



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



So, you can play feast for 8 points, but you know what's even better? Being thankful (for 18 points).



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

Working with Children Checks held by:

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

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
Laurie Canfield