

'Men Make It Happen'

Issue 6 # 45

# Shedding Endeavour's

## 28<sup>th</sup> 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 Zaharaopoulis

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

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** 





## 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 horizonal 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)

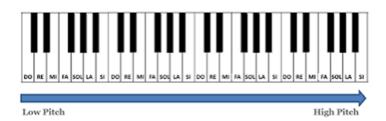
The editor will be in Queensland from 25<sup>th</sup> November – 17<sup>th</sup> December. Still on mobile and email and the bulletin will continue.

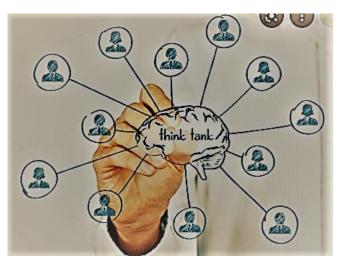
<sup>\*</sup> Excludes WA and NT



Laurie Canfield has organised a visit to the Sporting Shooters Association at Springvale on 15<sup>th</sup> 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 <u>self-esteem</u>)
- 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
- <u>changed appetite</u> 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 <u>take their</u> 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).



'Men Make It Happen'

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

Stan Ashley Doug Rowley Tony Brosinsky
Andras Jakab Neil Evans Howard de Zylva Hans van Dyk
Graeme Seymour Paul Morris Laurie Canfield

John Thornton Peter Wallace Bob Daly Lauren Gordyn

#### Working with Children Checks held by: First Aiders.

John Grennan Laurie Canfield Trevor Ratcliffe **Geoff Brown Neil Bennett Paul Morris Doug Rowley** Andras Jakab **Doug Rowley** Howard DeZylva Harry Hornstra John Thornton Stan Ashlev **Brian Ashworth** Brian Ashworth Paul Morris Hans van Dyk **Neil Bennett Gordon Harris Robert Kay Tony Cannata** Will Beattie Howard De Zylva Peter Wallace **Neil Evans** Len Follett **Garrick Williams David Robinson** John Thornton Stan Ashlev Tony Brosinsky **Garrick Williams Neil Evans** 

Laurens Gordyn Vin Wragg Laurie Canfield Max Brockbank Graeme Seymour

Rodney James Peter Spry