



Issue 6 # 46

# Shedding Endeavour's

## 5<sup>th</sup> December 2022

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

### Members Birthdays December

#### Sick List

Our best wishes are with:

Reyes Franco in rehab

Reese Ian (in hospital knee replacement)



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

<b>Cleaning Roster</b>			
<b>Today</b>	<u>Doug Rowley</u>	<u>Howard de Zylva</u>	<u>Len Follett</u>
<b>Next Week</b>	<u>Doug Rowley</u>	<u>Laurens Gordyn</u>	<u>Vin Wragg</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



## Events Calendar

December 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Music Group @ 11.30am	2	3 BBQ 10am-2.30pm @ EH <b>SUPERCHEAP AUTO</b>	4
5	6 National Anzac Centre Museum Albany, Western Australia by Vin Tai Chi @ 11.45AM Music Group @ Midday	7 Leaving @ 9am Talk to H&M Christmas BBQ at EH Town Square 10am - 2.30pm	8 Music Group @ 11.30am Promotional Table 6 - 8pm	9	10 Promotional table @ EHBC As per roster 8am - 2pm	11
12	13 "My Health Related Experience" Member's Sharing Time: G. Brownie Tai Chi @ 11.45AM Music Group @ Midday	14 Photo Club 10am	15 Music Group @ 11.30am SSAA 2.45pm 714-716 Princes Hwy, Sorrento	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	27	28	29	30	31	

Changes may occur due to unplanned factors

### Last week's meeting

- Apologies - Paul Harry Brian David Vito Lauren John G Ian
- Photo group excursion to Australian Gardens on the 14<sup>th</sup> Dec
- Project work at James Cook primary on hold due to Labour promising \$9m
- Advised Howard that we will only be involved in projects our own area not Greater Dandenong
- No committee meeting until February
- Promotional table Saturday 10th Dec
- Shed closed 20<sup>th</sup> Dec until 17 Jan
- 3<sup>rd</sup> Dec BBQ Supercheap
- 7<sup>th</sup> Dec BBQ front of library

- 8<sup>th</sup> Dec promotional table at Bunnings
- 31<sup>st</sup> Dec BBQ Bunnings
- A frame being repaired
- First 24 stop signs complete 12 more to do

#### 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 25<sup>th</sup> November – 17<sup>th</sup> December. Still on mobile and email and the bulletin will continue.

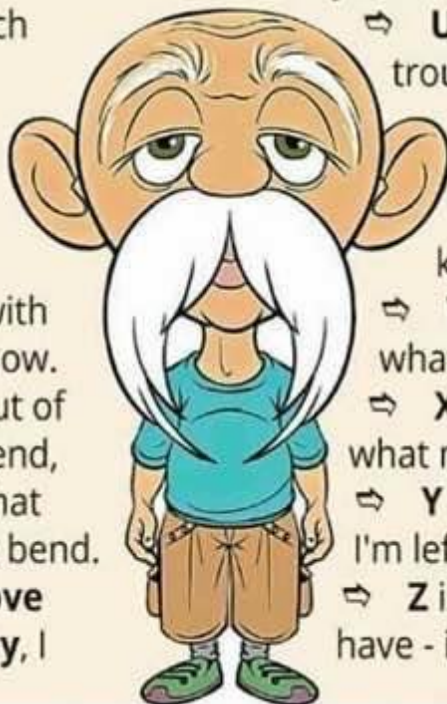


**Laurie Canfield has organised a visit to the Sporting Shooters Association at Springvale on 15<sup>th</sup> December. See Laurie for details.**

# Alphabet for seniors will make you laugh

**A** is for apple and B is for boat, that used to be right but now it won't float! Age before beauty is what we say but let's be a bit more realistic instead  
The alphabet for seniors:

- ⇒ **A's** for **arthritis**,
- ⇒ **B's** for **bad back**,
- ⇒ **C's** for **chest pains**, perhaps **cardiac**?
- ⇒ **D** is for **dental decay** and **decline**,
- ⇒ **E** is for **eyesight**, can't read that top line!
- ⇒ **F** is for **fissures** and **fluid retention**,
- ⇒ **G** is for **gas** which we'd rather not mention.
- ⇒ **H** is for **high blood pressure**;
- ⇒ **I** for **incisions** with scars you can show.
- ⇒ **J** is for **joints**, out of socket, won't mend,
- ⇒ **K** is for **knees** that crack when they bend.
- ⇒ **L's** for **lots of love**
- ⇒ **M** is for **memory**, I
- forget what comes next.
- ⇒ **N** is **neuralgia**, in **nerves** way down low;
- ⇒ **O** is for **osteo**, bones that don't grow!
- ⇒ **P's** for **prescriptions**, I have quite a few, just give me a **pill** and I'll be good as new!
- ⇒ **Q** is for **queasy**, is it fatal or flu?
- ⇒ **R** is for **reflux**, one meal turns to two.
- ⇒ **S** is for **sleepless nights**, counting my fears,
- ⇒ **T** is for **Tinnitus**, bells in my ears!
- ⇒ **U** is for **urinary**, troubles with flow,
- ⇒ **V** for **vertigo**, that's 'dizzy,' you know.
- ⇒ **W** for **worry**, now what's going 'round?
- ⇒ **X** is for **X ray** and what might be found.
- ⇒ **Y** for another **year** I'm left here behind,
- ⇒ **Z** is for **zest** I still have - in my mind!



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**



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**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	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