



Issue 6 # 47

Shedding Endeavour's

12th December 2022

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

Members Birthdays December

Sick List

Our best wishes are with:
 Reyes Franco home today
 Reese Ian (knee replacement)



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

Cleaning Roster			
Today	<u>Doug Rowley</u>	<u>Howard de Zylva</u>	<u>Len Follett</u>
Next Week	<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 SUPERCHEAP AUTO	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 Pines Hill, Sorbusville	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

- Housekeeping – please put your dirty cups in the dishwasher.
- Supercheap auto profit \$287.75 (is that all? Ed.)
- Wednesday 7th BBQ City Centre
- Thursday 8th Bunnings Family night
- Donated tools to be picked up from Narre Warren North.
- CNC Router projects see Tony Brosinsky.
- 3D Printing projects see John Thornton.
- Shooter's meeting 15th December see note in this bulletin.
- Shooter's trophy to be made.
- 31st Dec BBQ Bunnings

CHRISTMAS BREAKUP – 20th December

- The Shed is going to provide lunch for members.
- RSVP to Treasurer John Thornton by Wednesday 14th December
- \$5 per head matched by the shed.

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.

Meet at 1.45pm for a 2.00pm start.

Exclusive use of the range has been arranged.

Commonwealth Bank Grant vote for our shed –

www.commbank.com.au/communitydonations

If we are the favoured the grant of \$500 will come to the EHMS.

Pictures of the week.



Stan and Carmelo preparing the lunch on Tuesday.



Brian wins for the best (loudest) shirt contest.



SUPERCHEAP Auto BBQ

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



COVID UPDATE as at 8th December 2022

Total Covid Cases in the past week 27,790 (+3.4%)
total cases for the past week

Total Covid Active Cases 23,977
total active cases

Covid cases in hospital - 682 (+24%)
cases in hospital (7-day rolling average)

Covid cases in ICU 28
cases in ICU (7-day rolling average)

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