



Issue 7 # 1

Shedding Endeavour's

16th January 2023

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

Happy New Year



Sick List All Good

Members Birthdays December

6th January	Reyes Franco
7th January	Andras Jacob
7th January	Tony Rotunno
9th January	Wallace Bistow
16th January	Rodney James
39th January	Aaron Zong

<u>Cleaning Roster</u>			
<u>Today 17th Jan</u>	<u>Doug Rowley</u>	<u>Bruce Lathom</u>	<u>Graeme Seymour</u>
<u>Next Week 24th Jan</u>	<u>Doug Rowley</u>	<u>Howard de Zylva</u>	<u>Laurens Gordyn</u>

Believe it or not the shed will celebrate its 6th anniversary in February 2023

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

December 19th Meeting

- Apologies: David Robinson, Garrick Williams, Stan Ashley, Harry Hornstra, Peter Smythe and Neil Evans
- VMSA Annual Report and Membership Certificate received.
- Thanks to Aaron Zong's daughter for drawing of our Shed.
- Shed Closed from today until 17th January 2023.

Pictures of the week.



President Doug took over the title of EHMS best speller (not) from the previous champion Graeme Seymour at the Bunnings BBQ on New Year's Eve.



At the last meeting before Christmas food was ordered in and we were serenaded by Trevor and new returned member Mark.



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



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 secretary@ehms.org.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