

'Men Make It Happen'

Issue 7 # 17

# Shedding Endeavour's

# 8<sup>th</sup> May 2023

# Shed is open Mon – Sat 10.00am - 3.00pm



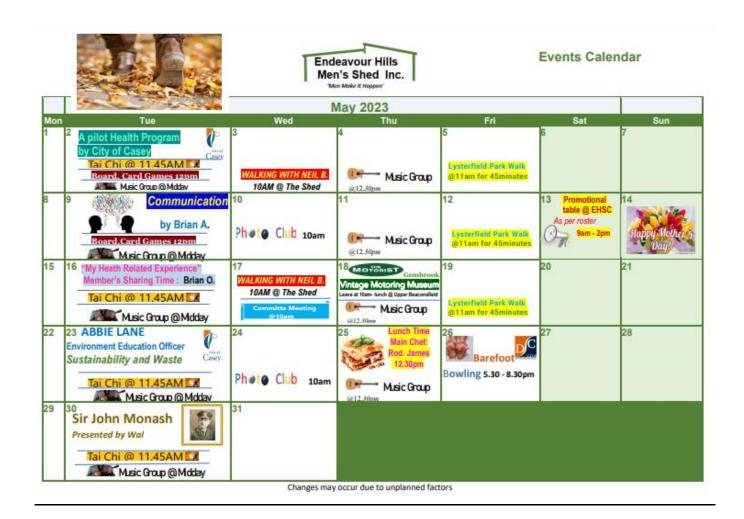
Sick List All good

Members Birthdays in May

15th May	Paul Morris	
19th May	Robert Kay	
25th May	Jay Khawari	

Cleaning Roster			
Today 9 <sup>th</sup> May	Doug Rowley	Howard de Zylva	Lauren Gordyn
Next Week 16th May	Doug Rowley	Len Follett	Louis Zharopoulos





### Last week's Meeting

- Apologies: Tony Brosinsky, Cliff Pritchard and Rommie Alday.
- City of Casey personnel will only respond to President Doug or Secretary Paul on Shed matters.
- Dart board discussion.
- Tennis roller to be removed from workshop.
- Sand pit at James Cook Primary School concrete sleepers to be removed from site and timber sleepers installed.
- Design of Ukelele stand today.
- Need to make regulations for purchase of equipment/spares/consumables for workshop.
- Len Follett thanked Howard for two years of work on hiring facility.
- 18<sup>th</sup> May trip to Gembrook auto museum.
- Member to open and close shed when Tony C is away Tony R Monday and Friday Tony B and Neil B Saturdays.

#### **Dandenong Primary School Ukelele Stand**





Well done Carmelo in producing this ukelele stand for the school. The stand will be on display on Tuesday before delivery to the school.

#### **WORRIED SOMEONE MIGHT BE SUICIDAL?**

Contact Lifeline for crisis support. If life is in danger, call 000

#### Lifeline 13 11 14

## Key facts

- Your mental health is an important part of your overall health and wellbeing. You need good mental health to help you get through life's challenges, to have healthy relationships with others and to enjoy life.
- Problems with mental health are common, and not a sign of weakness. It can take courage to admit there's a problem and to reach out for help.
- Your mental health is like your physical health the earlier you get onto it, the better.
- There are many practical things you can do to help support your mental health.
- Talk to people you trust or seek professional support. There are also online resources to help you build mental wellbeing and address your mental health concerns.



#### How can I improve my mental health and wellbeing?

Good mental health and wellbeing mean different things to different people. Wellbeing can mean that you are able to enjoy and appreciate other people, your day-to-day life and your environment.

When you are mentally healthy you can:

- form positive relationships.
- use your abilities to reach your potential.
- deal with life's challenges

There are practical things you can do to help support your mental health:

- eat well, get plenty of sleep, and exercise regularly
- spend time with your friends and family.
- talk about how you feel with people you trust
- do activities you enjoy.
- take time to relax, but don't use alcohol to relax
- talk to your doctor.
- set yourself realistic goals.





## Those Cats keep playing.

Allied Health Service Funding Pre-Approval Form (office.com) - Link for Casey Allied Health



'Men Make It Happen'

President – Doug Rowley
Secretary - Paul Morris
Treasurer – John Thornton
Vice President – Howard de Zylva
Almoner - Doug Rowley

**Endeavour Hills Men's Shed Committees** 

president@ehms.org.au secretary@ehms.org.au treasurer@ehms.org.au hdezylva@hotmail.com yelwor1946@gmail.com

Program BBQ Management

Andras Jakab Stan Ashley
Neil Evans

Graeme Seymour

Doug Rowley Howard de Zylva Paul Morris John Thornton Bob Dalv 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 de Zylva Harry Hornstra Stan Ashley Brian Ashworth Hans van Dyk **Paul Morris Gordon Harris** Robert Kay Will Beattie Peter Wallace Len Follett **Neil Evans David Robinson** John Thornton Garrick Williams Tony Brosinsky Laurens Gordyn Vin Wragg Max Brockbank Graeme Seymour Rodney James Peter Sprv **Brian Oates** Ron Hall

#### 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