



Issue 7 # 17

Shedding Endeavour's

8th 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

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





May 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>1</p> <p>2</p> <p>A pilot Health Program by City of Casey</p> <p>Tai Chi @ 11.45AM</p> <p>Board, Card Games 12pm</p> <p>Music Group @ Mdday</p>	<p>8</p> <p>9</p> <p>Communication by Brian A.</p> <p>Board, Card Games 12pm</p> <p>Music Group @ Mdday</p>	<p>3</p> <p>10</p> <p>WALKING WITH NEIL B.</p> <p>10AM @ The Shed</p> <p>Photo Club 10am</p>	<p>4</p> <p>11</p> <p>Music Group @12.30pm</p> <p>Music Group @12.30pm</p>	<p>5</p> <p>12</p> <p>Lysterfield Park Walk @11am for 45minutes</p> <p>Lysterfield Park Walk @11am for 45minutes</p>	<p>6</p> <p>13</p> <p>Promotional table @ EHSC As per roster 9am - 2pm</p>	<p>7</p> <p>14</p> <p>Happy Mother's Day!</p>
<p>15</p> <p>16</p> <p>"My Health Related Experience" Member's Sharing Time : Brian O.</p> <p>Tai Chi @ 11.45AM</p> <p>Music Group @ Mdday</p>	<p>22</p> <p>23</p> <p>ABBIE LANE</p> <p>Environment Education Officer Sustainability and Waste</p> <p>Tai Chi @ 11.45AM</p> <p>Music Group @ Mdday</p>	<p>17</p> <p>24</p> <p>WALKING WITH NEIL B.</p> <p>10AM @ The Shed</p> <p>Committee Meeting @10am</p> <p>Photo Club 10am</p>	<p>18</p> <p>25</p> <p>MOTORIST Gembrook</p> <p>Vintage Motoring Museum Leave at 10am- lunch @ Upper Beaconsfield</p> <p>Music Group @12.30pm</p> <p>Lunch Time Main Chef: Rod, James 12.30pm</p> <p>Music Group @12.30pm</p>	<p>19</p> <p>26</p> <p>Lysterfield Park Walk @11am for 45minutes</p> <p>Barefoot Bowling 5.30 - 8.30pm</p>	<p>20</p> <p>27</p>	<p>21</p> <p>28</p>
<p>29</p> <p>30</p> <p>Sir John Monash</p> <p>Presented by Wal</p> <p>Tai Chi @ 11.45AM</p> <p>Music Group @ Mdday</p>						<p>31</p>

Changes may occur due to unplanned factors

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.
- 18th 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 \(office.com\)](https://www.office.com) - Link for Casey Allied Health



President – Doug Rowley

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Secretary - Paul Morris

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Vice President – Howard de Zylva

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Almoner - Doug Rowley

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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
Geoff Brown
Doug Rowley
Howard de Zylva
Stan Ashley
Paul Morris
Gordon Harris
Peter Wallace
Neil Evans
David Robinson
Tony Brosinsky
Laurens Gordyn
Max Brockbank
Rodney James
Brian Oates

Laurie Canfield
Neil Bennett
Andras Jakab
Harry Hornstra
Brian Ashworth
Hans van Dyk
Robert Kay
Will Beattie
Len Follett
John Thornton
Garrick Williams
Vin Wragg
Graeme Seymour
Peter Spry
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