



Issue 7 # 18

Shedding Endeavour's

15th 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> <u>16th May</u>	<u>Doug Rowley</u>	<u>Len Follett</u>	<u>Louis Zharopoulos</u>
<u>Next Week</u> <u>23rd May</u>	<u>Doug Rowley</u>	<u>Peter Wallace</u>	<u>Tony Brosinsky</u>





Events Calendar

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

Changes may occur due to unplanned factors

Last week's Meeting

- Apologies: Peter Wallace (test and tag course), and Bruce Latham.
- EH Shopping Centre this Saturday promotional table.
- Two enquiries for concrete sleepers.
- Bunnings BBQ on 4th June, promotional table to be manned.
- Camera group to design pop up.
- Robert introduced idea of motorcycle group.
- Insurance for excursions needed.
- Leather given back, to be looked at next week.
- 18th May trip to Gembrook auto museum and observation run.
- Next month visit to Point Cook or the Holden Museum.
- Walking group 15th May dog's welcome.
- 17 Stop signs returned to Casey and invoiced.

**Barefoot Bowling at the Dandenong Club on
Friday 28th May
Cost is \$5 payable today to Rodney.**



After the meeting Brian presented on Communication, Brian's notes are included elsewhere. Note the use of the new EHMS lectern.

Dandenong Primary School Ukelele Stand



Howard delivered the Ukelele stand to Dandenong Primary School after Tuesday's meeting.

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.

Last year I replaced all the windows in my house with those expensive, double-pane, energy-efficient kind. Today, I got a call from Home Depot who installed them. The man complained that the work had been completed a year ago, and I still hadn't paid for them. HHelloo.....just because I'm blonde doesn't mean that I am automatically stupid. So, I told him just what his fast-talking sales guy had told me last year... that these windows would pay for themselves in a year. Hellooooo, it's been a year, so they're paid for, I told him. There was only silence at the other end of the line, so I finally hung up. He never called back. I bet he felt like an idiot!!!

Nuns & Beer

TWO NUNS WERE SHOPPING AT A 7-11 STORE. AS THEY PASSED BY THE BEER COOLER, ONE NUN SAID TO THE OTHER, "WOULDN'T A NICE COOL BEER OR TWO TASTE WONDERFUL ON A HOT SUMMER EVENING?"

THE SECOND NUN ANSWERED, "INDEED IT WOULD, SISTER, BUT I WOULD NOT FEEL COMFORTABLE BUYING BEER, SINCE I AM CERTAIN IT WOULD CAUSE A SCENE AT THE CHECKOUT STAND."

"I CAN HANDLE THAT WITHOUT A PROBLEM" THE OTHER NUN REPLIED, AND SHE PICKED UP A SIX-PACK AND HEADED FOR THE CHECK-OUT.

THE CASHIER HAD A SURPRISED LOOK ON HIS FACE WHEN THE TWO NUNS ARRIVED WITH A SIX-PACK OF BEER. "WE USE BEER FOR WASHING OUR HAIR" THE NUN SAID, "BACK AT OUR NUNNERY, WE CALL IT CATHOLIC SHAMPOO".

WITHOUT BLINKING AN EYE, THE CASHIER REACHED UNDER THE COUNTER. PULLED OUT A PACKAGE OF PRETZEL STICKS AND PLACED THEM IN THE BAG WITH THE BEER.

HE THEN LOOKED THE NUN STRAIGHT IN THE EYE, SMILED, AND SAID: "THE CURLERS ARE ON THE HOUSE."

1. | 5.

COMMUNICATION

TALKING WITH
A PURPOSE



STRUCTURE - RULES OF THREE

- Say what you are going to say
- Say It
- Say you have said it.

2. 6

PRACTICE, PLANNING AND PASSION

PREVENTS PISS POOR PERFORMANCE

STRUCTURE - RULES OF THREE

- Friends, Romans, and Countrymen (Julius Caesar)
- Blood, Sweat, and Tears (Patton)
- Slip, Slop, Slap (Sid the Seagull)

3.

Practice

GET EXPERIENCE SPEAKING

BE COMFORTABLE USING SPEAKER'S AIDS

HAVE A PLAN B



7.

STRUCTURE - RULES OF THREE

MY FAVOURITE

- SPEAK
- GET THE MONEY
- LEAVE TOWN

4.

Planning

WHO IS THE AUDIENCE?

WHAT IS THE POINT YOU WANT TO MAKE?

STRUCTURE THE TALK

8.

PASSION

TO CONVINCE YOUR AUDIENCE YOU NEED TO:

KNOW YOUR SUBJECT

CARE ABOUT THE SUBJECT

SHOW WHY YOU CARE

9.

Confidence

- YOU HAVE EXPERIENCE THROUGH PRACTICE.
- YOU HAVE PLANNED WHAT YOU ARE GOING TO SAY.
- YOU ARE AN EXPERT.
- LET THE AUDIENCE SEE THE REAL YOU.

AUDIENCES WILL "USUALLY" BE SYMPATHETIC TO SPEAKING ERRORS.

10.

CONFLICT



11.



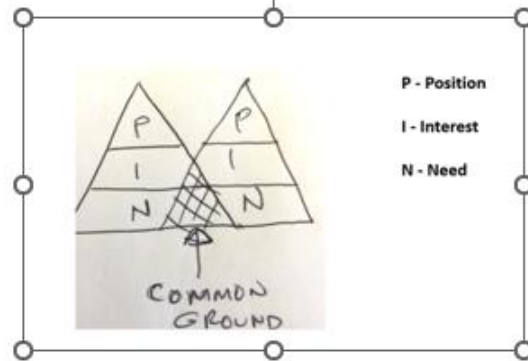
OPEN MEETINGS ARE THE WRONG FORUM!

- BE PATIENT ... DO NOT LOSE YOUR TEMPER.
- IDENTIFY THOSE WHO DISAGREE.
- MEET OPPOSITION IN A LOWER STRESS ENVIRONMENT.

DO NOT SAY 'TRUST ME'



12.





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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