



Issue 7 # 1

Shedding Endeavour's

23rd January 2023

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



Sick List Neil Evans in Hospital

Members Birthdays December

6th January	Reyes Franco
7th January	Andras Jacab
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>

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

2023



Events Calendar

January 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17  WELCOME BACK! Music Group @ Mdday	18	19 Music Group @12.30pm	20	21	22 Chinese New Year 
23	24 Laurie G. Arduino Control Unit Tai Chi @ 11.45AM Music Group @ Mdday	25 Committee Meeting @10am Photo Club 2pm	26 Australia Day 	27 Barefoot DC Bowling 5 - 8.30pm	28	29
30	31 Newbie's Self- Introduction Tai Chi @ 11.45AM Music Group @ Mdday					

Last week's Meeting

- Apologies: David Robinson, AJ, Harry Hornstra, and Neil Evans
- Brewery trip in February.
- Please wear name tags.
- Thanks to members who cleaned the building and serviced the workshop equipment.
- Tall timber posts missing from workshop.
- Permanent hirers are, Global revival, Fight club and the Chess Club.
- NYE sausage sizzle raised \$700+ profit.
- Next Committee meeting is 17th February.

Pictures of the week.



Two members enjoying themselves in different ways.



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



#Tech-Kid



#Tech-Kid

I don't want a share in your property, just share 100GB from your data package!



Some Observations

- Today I was in a shoe store that sells only shoes, nothing else. A young girl with a tattoo and green hair walked over to me and asked, "What brings you in today, I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond, had that deer in the headlights look.

- I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.
- When people see a cat's litter box they always say, "Oh, have you got a cat" I just say, "No, it's for company!"
- Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."
- The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.
- The easiest way to find something lost around the house is to buy a replacement.
- Have you ever noticed: The Roman Numerals for forty (40) are XL.
- The sole purpose of a child's middle name is so he knows when he's really in trouble.
- Did you ever notice that when you put the 2 words "The" and "IRS" together it spells "Theirs"
- Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it
- .
- Some people try to turn back their "odometers." Not me.
- I want people to know why I look this way.
- I've travelled a long way and a lot of the roads were not paved.
- Ah! Being young is beautiful but being old is comfortable.
- Lord, keep your arm around my shoulder and your hand over my mouth.

EHMS Shirts



Charcoal

This week the order sheet will be on the table for polos. We can also bet long sleeved and the more expensive black bamboo shirts.

ADULTS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	53.5	56	58.5	61	63.5	66.5	70	73.5
SP LENGTH	70	72.5	75	77.5	80	81	82	83



Venue : BOJAK Brewery , 5 Bennet st., Dandenong

Date and time yet to be booked

Date : Thursday 16th February

Time : 4pm

Price range

Food : \$12 - \$25 - simple pub food

Beer: 250- 300ml - and up \$6, \$7, \$8, \$12 conditioned to size and style

The place is not a bank account breaker and their beers are internationally known and recommended and that's a fact.

Please bring along \$25 cash p/p for booking purposes on Tuesday.

Please note : If I don't receive \$25 from you I will not be able to book you . Also, this deposit is NOT REFUNDABLE if you don't turn up, but I will explain it to you on Tuesday.



Happy New DAA Friends, we hope you had a peaceful Christmas.

We are now all back in the office.

In December we were involved in the following.

Aid

- Had a visit from Ruth Martinez of RAWCS to discuss training for the SkyHydrants we supplied to a RAWCS project in Luzon, the Philippines.
- Balay Mindanaw responded to a major flooding incident in Mindanao with DAA provided SkyHydrants in the period between Christmas and New Year.
- Shipped 5 SkyHydrants to Bhutan.
- Handed over 2 SkyHydrants to 'Safe Water for Every Child Myanmar'
- Preparing SkyHydrants to be shipped to Timor.
- Andrew Gunn has started working on a project to utilise 2 SkyHydrants currently stored in Nepal.
- Provided Grant to Rotary Club of Bandung Pakuan (Indonesia) for earthquake recovery

Marketing

- Website and facebook posts on Mindanao Floods, Myanmar SkyHydrants, and Bhutan SkyHydrants
- Submitted article for 9820 District newsletter.
- Applying for Rotary International Convention Melbourne stand.
- Discussion about project logos

Admin

- Working on Annual Report
- Started application for new overseas money transfer platform
- Filing
- Booked Christmas party
- Month end tasks
- Sent out minutes
- Drafted thank you to Conference attendees in SupporterHub
- Updating website
- Provided an update to Perpetual on the Impact Grant progress.
- Printing and laminating Operational Manuals
- Applying for RICON stand

Regards

Brian

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**

Dad Jokes

- . What do you call a fake noodle? An impasta.
- . My wife told me to stop acting like a flamingo, so I had to put my foot down.
- . What do you call a pig that does karate? A pork chop.
- . What did the left eye say to the right eye? Between you and me, something smells.
- . What happens when a strawberry gets run over crossing the street? Traffic jam.



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Secretary - Paul Morris secretary@ehms.org.au

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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
Geoff Brown
Doug Rowley
Howard DeZylva
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

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