

Issue 7#1



23rd January 2023

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



Members Birthdays December

Sick List Neil Evans in Hospital

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

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

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



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.

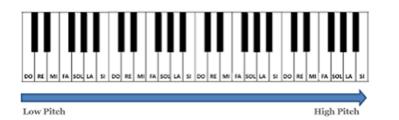
Pictures of the week.



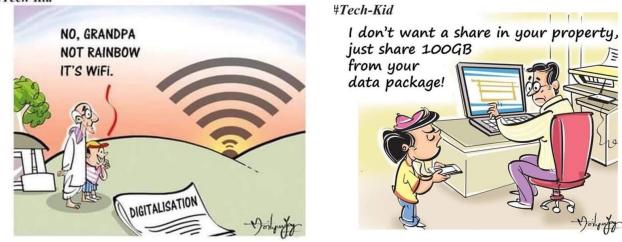
Two members enjoying themselves in different ways.



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



#Tech-Kid



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	м	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:

- <u>difficulty sleeping</u> or <u>feeling tired</u>
- <u>changed appetite</u> with or without weight loss or gain
- feeling run down or unwell
- loss of sexual desire or performance
- <u>headaches</u>
- 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 <u>take their</u> <u>own lives by suicide</u>, 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.

Endeavour Hills Men's Shed Inc.

President – Doug Rowley endeavourhills.menshed@gmail.com

Secretary - Paul Morris

Treasurer – John Thornton

Vice President – Howard de Zylva

Almoner - Doug Rowley

Endeavour Hills Men's Shed Committees

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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