



Issue 7 # 20

Shedding Endeavour's

29th 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>30th May</u>	<u>Doug Rowley</u>	<u>Vin Wragg</u>	<u>Peter Wallace</u>
<u>Next Week</u> <u>6th June</u>	<u>Doug Rowley</u>	<u>Howard de Zylva</u>	<u>Bruce Latham</u>





Events Calendar

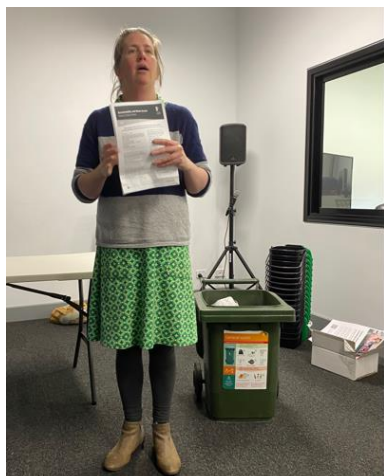
May 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 A pilot Health Program by City of Casey Tai Chi @ 11.45AM Board, Card Games 12pm Music Group @ Mdday	3 WALKING WITH NEIL B. 10AM @ The Shed	4 Music Group @12.30pm	5 Lysterfield Park Walk @ 11am for 45minutes	6	7
8	9 Communication by Brian A. Board, Card 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 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: Geoff Brown, Peter Wallace, Pierre Monto. Neil Bennett and Brian Oates.
- The EHMS was spoken of highly at the funeral of Reyes Franco.
- James Cook Primary School concrete sleepers removed today.
- New Treasurer required for next year.
- Maintenance day on Wednesday 31st May in the workshop.
- Bunnings BBQ on 4th June with information table.
- Thursday 25th is Moussaka for lunch day is postponed.
- Draft Strategic Plan sent to all members by email and snail mail where no email.

City of Casey – Abbie Lane Environment Education Officer



Abbie gave an excellent presentation on what to recycle and which bin to put it in.

Detox your home – take unwanted home chemicals to Arkoonah Park on 24th June 9.00 – 3.00 by appointment. only no walk ins accepted.

<https://www.eventbrite.com.au/e/detox-your-home-berwick-registration-510303350057>



Here is a challenge!
Find out where our recyclables end up.
Home - transfer station (Hallam)
Hallam to MRF in Laverton
Now where next?

BUPA Aged Care Home Berwick



We have been invited to participate on an ongoing basis to the wellbeing of elderly male residents by providing an activity for up to 15 male residents on a weekly basis. The activity will be at the BUPA Home weekly for about 1.5 hours on a day to be agreed.

Suggestions included making of models already cut, painting and sanding. This will be discussed at the meeting this week and any ideas relating to the projects will be welcome.

I see the challenges here are to have ongoing or joint projects with members available regularly. I have not committed to anything at this stage. The area available is a clean lounge with tables so any waste would have to be removed and careful with paints. Mary Mihalic is the activities person at the home and the maintenance person will assist. This activity will fit well into our strategic plan.



One for the beekeepers

One for the members

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.



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.





President – Doug Rowley

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Secretary - Paul Morris

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Treasurer – John Thornton

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Vice President – Howard de Zylva

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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:

First Aiders.

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

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