



Issue 7 # 22

# Shedding Endeavour's

12<sup>th</sup> June 2023

Shed is open Mon – Sat 10.00am - 3.00pm



Sick List Neil Evans in hospital

Elder Abuse Awareness day 15/06/23  
 Eliminate Sexual Violence in conflict Day 19/06/23  
 World Refugee Day 20/06/23

### Members Birthdays in June

5th June	Stan Ashley
9th June	Ray Stewart
12th June	Hans van Dyk
15th June	Vito Occhipinti
15th June	Graham Hacking
18th June	Graham Ginns
19th June	Cheong Koo
19th June	Brian Oates
24th June	Bob Daly

<u>Cleaning Roster</u>			
<u>Today 6<sup>th</sup> June</u>	<u>Doug Rowley</u>	<u>Howard de Zylva</u>	<u>Laurens Gordyn</u>
<u>Next Week 13<sup>th</sup> June</u>	<u>Doug Rowley</u>	<u>Len Follett</u>	<u>Louis Zaharopoulos</u>





## Events Calendar

June 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Music Group @12.30pm	2 Lysterfield Park Walk @11am for 45minutes	3	4 BUNNINGS SIZZLE FUNDRAISER 8.30am - 4.30pm Shifts as per Arrangement
5	6 Newbie's Self-Introduction: Bruno Board games Tai Chi @ 11.45AM Music Group @ Mdday	7 WALKING WITH MATES 10AM @ The Shed	8 Lunch Time Main Chef: Rod. James 12pm Music Group @12.30pm	9 Lysterfield Park Walk @11am for 45minutes	10 Promotional table @ EHSC As per roster 9am - 2pm	11
12 King's Birthday Public Holiday	13 "My Health Related Experience" Member's Sharing Time : Derek Board games Tai Chi @ 11.45AM Music Group @ Mdday	14 Photo Club 10am	15 As per Arrangement Music Group @12.30pm	16 Lysterfield Park Walk @11am for 45minutes	17	18
19	20 Mixed Bag Quiz Board games Tai Chi @ 11.45AM Music Group @ Mdday	21 WALKING WITH MATES 10AM @ The Shed Committee Meeting @10am	22 Music Group @12.30pm	23 Lysterfield Park Walk @11am for 45minutes	24	25
26	27 Bernie about Board games Tai Chi @ 11.45AM Music Group @ Mdday	28 Photo Club 10am	29 Music Group @12.30pm	30 Barefoot Bowling 5.30 - 8.30pm		

Changes may occur due to unplanned factors

### Last week's Meeting

- Apologies: Geoff Brown, Neil Bennett, Burt Whittle, John Grennan and Carmelo Cannata.
- Bunnings BBQ raised over \$1000 profit.
- EHMS Shopping Centre table next week.
- EH Library opening at 1.30 tomorrow Doug and Paul to attend.
- BUPA Retirement home reply sent.
- Draft Strategic Plan comments to secretary by cob on Tuesday 6<sup>th</sup> June.
- Possible manufacture of baptismal candle holders for minister.
- Thursday 15<sup>th</sup> June visit to Trafalgar Holden Museum
- EHMS set up and will take down DAA Sky Hydrant
- Cooking by Rod on 8<sup>th</sup> June

**The EHMS Annual General Meeting is scheduled for 25<sup>th</sup> July 2023**



## Gary's Trestle Table Railway - Aussie LGB Trains

318 likes • 355 followers

Message

Like

Search

Had a call from Gary on the weekend, he has a collection of WW11 hard copy books looking for a home. He is also an avid modeller and model train enthusiast, any interest contact Gary.

### 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.



On Wednesday last week I accepted an invitation to attend the opening of connected libraries at the Endeavour Hills Library, the MC was Callum Pattie (now Director Community Life) and the music group was excellent.



Angie Peresso was genuinely keen to find out the latest about the EHMS.



## 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.



1. Ask



2. Listen



3. Encourage  
action



4. Check in

# RUOK?™

A conversation could change a life.

### 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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**Almoner - Doug Rowley**

**[yelwor1946@gmail.com](mailto: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 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