

'Men Make It Happen'

Issue 7 # 22

Shedding Endeavour's

12th 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		

Cleaning Roster			
Today 6 th June	Doug Rowley	Howard de Zylva	Laurens Gordyn
Next Week 13 th June	Doug Rowley	Len Follett	Louis Zaharopoulus





Last week's Meeting

Changes may occur due to unplanned factors

*Music Group

Barefoot

Bowling 5.30 - 8.30pm

Apologies: Geoff Brown, Neil Bennett, Burt Whittle, John Grennan and Carmelo Cannata.

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@12.30pm

• Bunnings BBQ raised over \$1000 profit.

Board games
Tai Chi @ 11.45AM

Music Group @ Mdday

Board games

Tai Chi @ 11.45AM

Music Group @ Mdday

Bernie

- 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 6th June.
- Possible manufacture of baptismal candle holders for minister.
- Thursday 15th June visit to Trafalgar Holden Museum

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Photo Club 10am

- EHMS set up and will take down DAA Sky Hydrant
- Cooking by Rod on 8th June

The EHMS Annual General Meeting is scheduled for 25th July 2023

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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.

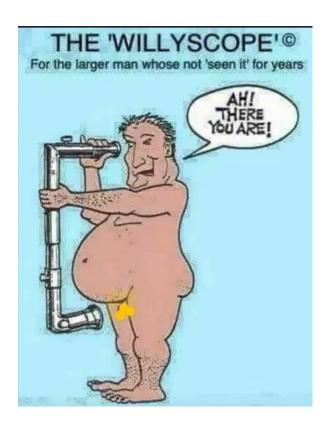
I see the challenges here are to have ongoing or joint projects with members available regularly. I have not committed to anything at this stage. The area available is a clean lounge with tables so any waste would have to be removed and careful with paints. Mary Mihalic is the activities person at the 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.





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.







2. Listen



3. Encourage action



4. Check in



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.



'Men Make It Happen'

President – Doug Rowley

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

Stan Ashley Andras Jakab 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:

Laurie Canfield John Grennan Geoff Brown **Neil Bennett Doug Rowley** Andras Jakab Howard de Zylva Harry Hornstra Stan Ashley **Brian Ashworth** Paul Morris Hans van Dyk **Robert Kay Gordon Harris** Peter Wallace Will Beattie Len Follett **Neil Evans David Robinson** John Thornton Tony Brosinsky **Garrick Williams** Laurens Gordyn Vin Wragg Max Brockbank **Graeme Seymour** Rodney James 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

Brian Oates