



Issue 7 # 23

Shedding Endeavour's

19th 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 20th June</u>	<u>Doug Rowley</u>	<u>Howard de Zylva</u>	<u>Laurens Gordyn</u>
<u>Next Week 27th June</u>	<u>Doug Rowley</u>	<u>Peter Wallace</u>	<u>Tony Brosinsky</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 SUNNINGS WRESTLING SANGAGE 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 DC Bowling 5.30 - 8.30pm		

Changes may occur due to unplanned factors

Last week's Meeting

- Apologies: Paul Morris. Geoff Brown, Neil Bennett, John Thornton, Neil Evans, Peter Wallace, Harry Hornstra, John Grennan, David Robinson and Carmelo Cannata.
- Trip to Holden Museum 18 attending.
- EHMS Shopping Centre table slow in the morning, afternoon good.
- Sleepers (Wood) ordered for James Cook Primary School project will be completed during School Holidays.
- Lauren arranging for Mezzanine manufacturers to inspect the shed.
- Covid refresh to maintain safe practices.
- Peter Wallace has started test and tag in the workshop.
- Photography at Lysterfield lake On Wednesday

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



Last Thursday members went to the Holden Museum at Trafalgar followed by lunch at the Yarragon Hotel.

BUPA Aged Care Home Berwick – Mary and David will visit us on Tuesday.



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.



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



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.



BE A MATE

- IT'S WORTH IT

RUOK?™

A conversation could change a life.



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:

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