



Issue 7 # 24

Shedding Endeavour's

26th June 2023

Shed is open Mon – Sat 10.00am - 3.00pm



John Cooper in hospital

Neil Evans in hospital

Neil Bennet in hospital

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

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

<u>Cleaning Roster</u>			
<u>Today 20th June</u>	<u>Doug Rowley</u>	<u>Peter Wallace</u>	<u>Tony Brosinsky</u>
<u>Next Week 27th June</u>	<u>Doug Rowley</u>	<u>Tony Rotunno</u>	<u>Vin Wragg</u>





June 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1  Music Group @12.30pm	2 Lysterfield Park Walk @11am for 45minutes	3	4  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: Geoff Brown, Harry Hornstra, Neil Bennet, Neil Evans, David Robinson and Carmelo Cannata.
- Committee meeting tomorrow.
- Holden Museum Trip was a success.
- Next trip is on 13th July to Car Display at Upper Beaconsfield.
- Bowling at the DC on Friday 30th June.
- Welding Class today.
- Workshop equipment checks tomorrow.
- Next Bunnings is Saturday 15th July, please reply to Stans email.

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

Apology the note in the 5th June bulletin was incorrect.

General Sir John Monash

Wallace Bristow presented on the life and career of this famous engineer and soldier.



BUPA Aged Care Home Berwick – Mary and David will visit us this week.



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.

Workshop Safety

Please ensure that all emergency exits and the emergency eyewash station are kept clear at all times.

Want to make a meaningful volunteer contribution to your community?

The Department of Justice and Community Safety is looking to appoint new Justices of the Peace (JPs) in the **Brimbank, Maribyrnong, Casey** and **Yarra Ranges** local government areas.

Justice of the Peace volunteers play an important role in the Justice system and provide a valuable and accessible authorised witnessing service to all members of the community.

We are holding one-hour online information sessions to provide more detail about the role and give people the opportunity to meet JPs and staff from the Honorary Justice Services Support team. People of all cultural and professional backgrounds are encouraged to apply and attendance at an information session is mandatory to proceed to the application and recruitment stages.

You must first register to be able to join an online information session. Click on a date below or scan the QR code, and you will be taken to the Zoom registration page. Links will be sent to you via email before the session.

INFORMATION SESSION 1

Thursday 29 June at 1pm



INFORMATION SESSION 3

Tuesday 11 July at 6pm



INFORMATION SESSION 2

Thursday 6 July at 6pm



INFORMATION SESSION 4

Thursday 13 July at 6pm



If you have any queries about the information sessions, email candidatecare@justice.vic.gov.au

JOIN OUR VOLUNTEER CREW



Puffing Billy Railway has stood the test of time being preserved, restored, and maintained by passionate people. Volunteers put life into our living museum, supporting the smooth and safe running of the Railway in a range of unique and meaningful roles. Whether you are greeting visitors on the bustling platform, maintaining our stations and beautiful surrounds, or helping prepare the engine behind the scenes, you're keeping the Puffing Billy Railway story alive.



BEGIN YOUR JOURNEY WITH THESE ENTRY LEVEL ROLES

GARDENING TEAM MEMBER

If you enjoy outdoor spaces or have a love for gardens, then this could be the role for you! Be part of a team who are dedicated to creating, maintaining, and improving the gardens and parks of our station yards and precincts while connecting with likeminded people.

BUILDINGS TEAM MEMBER

Or put those handy skills to good use as you help to maintain and improve the buildings and facilities located along the railway corridor. From required maintenance and basic carpentry to light repairs, painting and building, there is something to keep everyone busy!

We welcome volunteers who can offer specialist skills, as well as those looking to step outside their routine and learn something new. Prior qualifications are not required, and role-specific training is provided. If you're ready to build lifelong friendships, contribute to the community and be part of living history – we'd love to have you on board!



BENEFITS OF VOLUNTEERING

- Join an award-winning team
- Volunteer recognition events
- Be part of an historical tourism icon
- Enjoy the scenic Dandenong Ranges
- Give back to the community
- Learn new skills
- Personal achievement and satisfaction
- Free parking
- Meet new friends
- Product discounts



PUFFING BILLY
RAILWAY



CONTACT US:

P: 03 9757 0715 **E:** volunteering@pbr.org.au

PUFFINGBILLY.COM.AU/VOLUNTEER

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.



BE A MATE
- IT'S WORTH IT

RUOK?TM
A conversation could change a life.



"THE DOCTOR TOLD ME I NEEDED TO BURN SOME FAT, SO I'M GRILLING A STEAK!"





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