



Issue 7 # 25

Shedding Endeavour's

3rd July 2023

Shed is open Mon – Sat 10.00am - 3.00pm



John Cooper home

Neil Evans in hospital

Neil Bennet in hospital

Members Birthdays in July

| | |
|-----------|----------------------|
| 1st July | Narasimha Venkatappa |
| 3rd July | Brian Ashworth |
| 4th July | Ross Tait |
| 16th July | Carmelo Cannata |
| 17th July | Max Brockbank |
| 19th July | Len Follet |
| 30th July | Andy Li |

| Cleaning Roster | | | |
|---------------------------------------|--------------------|-----------------------|-----------------------|
| Today 4th July | Doug Rowley | Tony Brosinsky | Vin Wragg |
| Next Week 11th July | Doug Rowley | Bruce Lathom | Graeme Seymour |



Last week's Meeting

- Apologies: Geoff Brown, Harry Hornstra, Neil Bennet, Neil Evans, David Robinson and Carmelo Cannata, Will Beattie.
- BUPA visiting today.
- Enquiry re sleepers for James Cook PS.
- Doveton Meeting Room Doug to respond.
- Bowling at the DC on Friday 30th June.
- Laptop donated by Rodney James is available in the office.
- Doveton Show – Yes to manning gates.
- Next Bunnings is Saturday 15th July, also on 30th July.
- Woodlands retirement village visit – Wallace Bristow.
- Photography group tomorrow.

The EHMS Annual General Meeting date is to be advised.

BUPA Aged Care Home Berwick



TonyB and Paul visited the BUPA home after a visit to the EHMS by Mary and David on Wednesday. We talked about the Shed with the residents over morning tea and had a look at their small shed. We agreed to have a return visit to the EHMS so that the residents can meet our members and have a tour of the workshop, as they are wheelchair bound the tour will be individual with all equipment off.

Workshop Safety

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

When you have finished, please clean up the area ready for the next member.

Do not put paint or solvents down the sink. Store them in a safe container for offsite disposal.

Howard's latest project.



The sleepers for the James Cook Primary School have arrived, Howard has arranged pick up and the project will be completed during the school holidays.



On Tuesday we had a presentation from Berni on Crop Swap and Community pantries. Some interesting ideas came out of the presentation, how do we involve other groups and why does an EHMS garden need to be on site?

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.



President – Doug Rowley

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Secretary - Paul Morris

secretary@ehms.org.au

Treasurer – John Thornton

treasurer@ehms.org.au

Vice President – Howard de Zylva

hdezylva@hotmail.com

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