



Issue 7 # 26

# Shedding Endeavour's

10<sup>th</sup> 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

<b>Cleaning Roster</b>			
<b>Today 11<sup>th</sup> July</b>	<b>Doug Rowley</b>	<b>Bruce Lathom</b>	<b>Graeme Seymour</b>
<b>Next Week 18<sup>th</sup> July</b>	<b>Doug Rowley</b>	<b>Howard de Zylva</b>	<b>Laurens Gordyn</b>



July 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4 Newbie's Self-Introduction: Glen Tai Chi @ 11.45AM Board, Card Games 12pm Music Group @ Mdday	5	6 Music Group @ 12.30pm	7	8 Promotional table @ EHSC As per roster 9am - 2pm	9
10	11 Tai Chi @ 11.45AM Board, Card Games 12pm Music Group @ Mdday	12 WALKING WITH MATES 10AM @ The Shed Photo Club 10am	13 Music Group @ 12.30pm	14	15 BUNNINGS NETWORKING FUNDRAISER 8.30am - 4.30pm Shifts as per Arrangement	16
17	18 Newbie's Self-Introduction: Mark C. Tai Chi @ 11.45AM Board, Card Games 12pm Music Group @ Mdday	19 TRACEL MOTOR MUSEUM Upper Beaconsfield As per Arrangement Committee Meeting @ 10am	20 Music Group @ 12.30pm	21	22	23
24	25 9th of July 1941 Enigma Code Broken By Vin Board, Card Games 12pm Music Group @ Mdday	26 WALKING WITH MATES 10AM @ The Shed Photo Club 10am	27 Robert's Group Cooking 10.30 AM Music Group @ 12.30pm	28 Barefoot Bowling 5.30 - 8.30pm	29	30 BUNNINGS NETWORKING FUNDRAISER 8.30am - 4.30pm Shifts as per Arrangement
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Changes may occur due to unplanned factors

### Last week's Meeting

- Apologies: Harry Hornstra, Neil Bennet, Neil Evans, Peter Spry and Carmelo Cannata.
- Promotional tables at the shopping centre this Saturday.
- Stan and Graeme attended the Bunnings networking meeting and received goodies.
- Doveton Meeting Room Doug to respond.
- Bunnings BBQs on Saturday 15<sup>th</sup> and Sunday 30<sup>th</sup> July.
- Timber Sleepers for school to be picked up today and installed tomorrow.
- Guys Hill Cars 19<sup>th</sup> July meet at EHMS at 9.30 am.
- Tony B thanked members for help with maintenance.
- Disaster Aid Australia raised \$310,000 for the year up \$20,000 on AST YEAR.
- UNICEF foreign coin donation tin provided by Brian Ashworth.
- Will Beattie is interested in a Scalextric swap car meeting.
- BUPA will visit next week.
- Robert will cook on Thursday 27<sup>th</sup> July.

**The EHMS Annual General Meeting will be on 1<sup>st</sup> August 2023.**

**Members are encouraged to nominate for all positions.**

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.



The project is now complete, thanks to all who helped. Particularly Bob Daly and Laurie Canfield for their efforts on Thursday.

**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



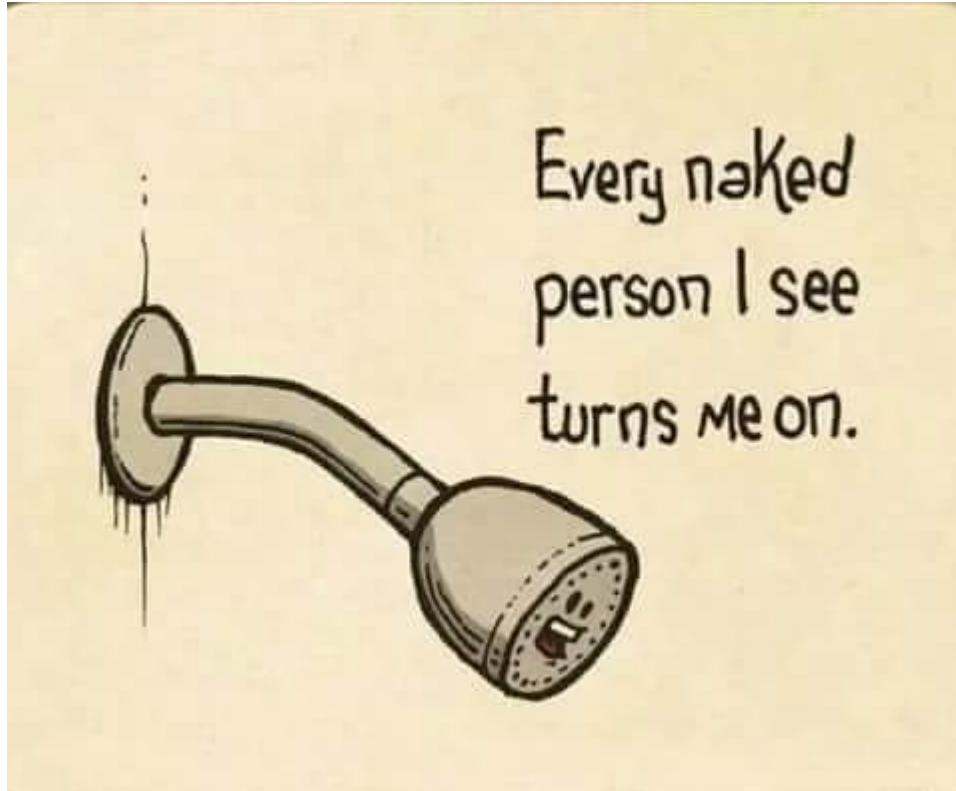
### How can I improve my mental health and wellbeing?

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.





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**Almoner - Doug Rowley**

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**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