



Issue 7 # 27

Shedding Endeavour's

17th July 2023

Shed is open Mon – Sat 10.00am - 3.00pm



John Cooper home

Neil Evans in hospital

Neil Bennet home

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 11th July	Doug Rowley	Howard de Zylva	Laurens Gordyn
Next Week 18th July	Doug Rowley	Louis Zharopoulos	Len Follett

Talking to members some are unsure who does what, the website is built and maintained by Stan Ashley, the bulletin by Paul Morris and the calendar by Andras Jakab. We are always looking for things to include, so put on your thinking caps.



Events Calendar

July 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4 <i>Newbie's Self- Introduction: Glen</i> Tai Chi @ 11.45AM Board, Card Games 12pm Music Group @ Mdday	5	6 Music Group @12.30pm	7	8 Promotional table @ EHSC <i>As per roster</i> 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 SUNNINGS SAUSAGE SIZZLE FUNDRAISER 8.30am - 4.30pm Shifts as per Arrangement	16
17	18 <i>Newbie's Self- Introduction: Mark C.</i> Tai Chi @ 11.45AM Board, Card Games 12pm Music Group @ Mdday	19 TRIDEL 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 SUNNINGS SAUSAGE SIZZLE FUNDRAISER 8.30am - 4.30pm Shifts as per Arrangement
31						

Changes may occur due to unplanned factors

Last week's Meeting

- Apologies: Neil Bennet, Neil Evans, Peter Spry, Bob Daly, Peter Wallace and Carmelo Cannata.
- Promotional tables at the shopping centre was worthwhile.
- Bunnings BBQ raise \$900+.
- Next BBQ is Sunday 30th July.
- Doveton Show 10 – 12 people needed plus 2 for stall on 17th September.
- BUPS visit today.
- Guys Hill Cars 19th July meet at EHMS at 9.30 am.
- Information on art class next week.
- Robert will cook on Thursday 27th July.

The EHMS Annual General Meeting will be on 1st August 2023.
Members are encouraged to nominate for all positions.

BUPA Visit

Seven residents were accompanied by Mary and David from the NUPA retirement village.

Residents were provided with visitor badges to encourage conversation with members this seemed to work as a more formal introduction gave way to several informal groups.



Whilst the tour of the workshop was interesting the key to success was the music group. Past President Trevor performed two solos followed a group session which included 3 residents. It was so popular that President Doug has invited residents to a monthly music session at the Shed. We will visit them for hands on and music to be arranged with Mary.

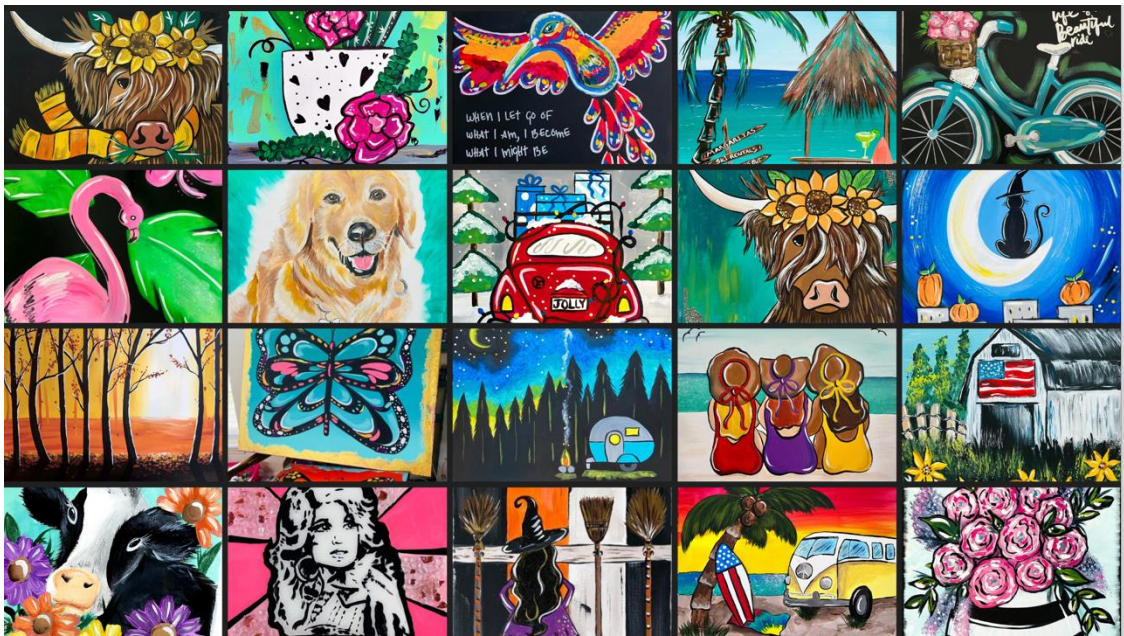
Dandenong Primary School



Following our previous successful projects with the DRS we have been asked to build a GAGA Pit. Ga-ga is a fast-paced, dodgeball-style game played in a fenced-in court (often hexagonal or octagonal) with a single ball and two or more players. Like dodgeball, the object of the game is to knock out your opponents by hitting them with the ball. Unlike dodgeball, however, the ball can only be hit with open

hands and is in almost constant motion. Players strike, jump, and run to avoid being hit and are eliminated only when struck on or below the knee.

Art Classes



Spend a few hours with me at Bluey's Imaginations or at the venue of your choice with your favourite drink and snacks, while I take you on a journey in creating your own work of art. You will get to take home your very own unique painting. All you need to do is relax, follow the step-by-step instructions and remember not to dip your brush in your drink!

I provide all the art materials you need so get your friends together, bring your sense of wonder and your sense of humour and let's have some creative fun.

You can wear whatever you like. At this stage I do not have aprons so it may be a good idea not to dress to the nines as there may be some paint drips and splatters.



Fighting stroke together

Learning the F.A.S.T. signs of stroke
Face. Arms. Speech. Time. can save lives.

Fighting stroke together

Learn the F.A.S.T. signs of stroke
Face. Arms. Speech. Time.

Fighting stroke together

Join our National Stroke Week

Date:
Time:
Venue:
Activity:

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National Stroke Week 7-13 August 2023

Every minute counts. Learning the F.A.S.T. signs of stroke Face. Arms. Speech. Time. can save lives.

Stroke FOUNDATION

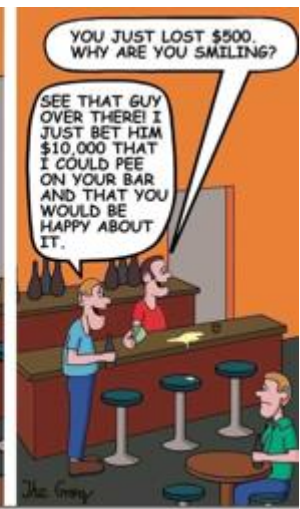
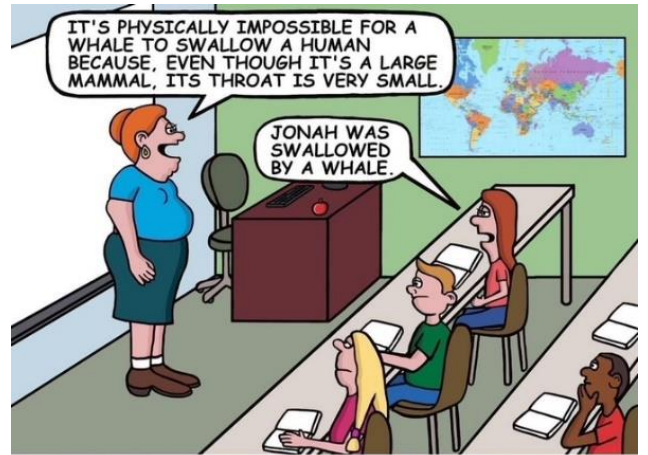
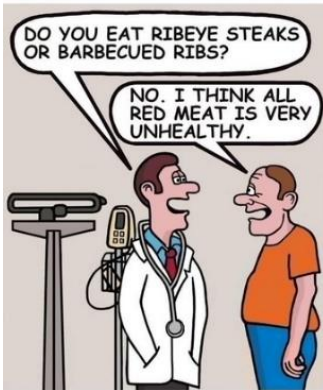
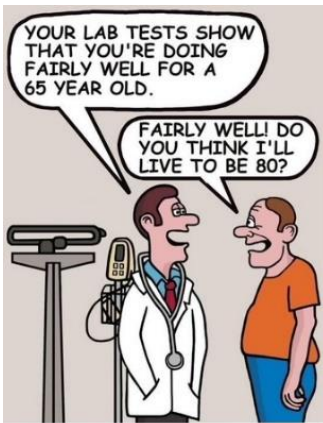
MAJOR SPONSORS: EMVISION, abbvie, AstraZeneca

SUPPORTING SPONSORS: Precision, rosumax, Strokeweek

National Stroke Week 7-13 August 2023

Register for a FREE kit





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.



President – Doug Rowley

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