

'Men Make It Happen'

Issue 7 # 29

# Shedding Endeavour's

31st July 2023

## Shed is open Mon – Sat 10.00am - 3.00pm



John Cooper home
Neil Evans in hospital
Neil Bennet home

#### **Members Birthdays in August**

1st August	William Theodorodos		
8th August	Will Beattie		
11th August	Burt Whittle		
13th August	Luke Cintolo		
14th August	Glen Mercer		
21st August	Peter Wallace		
26th August	Jeff Miller		
26th August	Trevor Ratcliffe		

Cleaning Roster			
Today 1 <sup>st</sup> August	Doug Rowley	Tony Brosinsky	Vin Wragg
Next Week 8th August	Doug Rowley		

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.



#### **Last week's Meeting**

- <u>Apologies:</u> Neil Bennet, Neil Evans, Peter Spry, Laurens Gordyn, Hans van Dyk, Geoff Brown and Carmelo Cannata.
- Annual Fees are due \$60.00.
- Neil Evans has moved to Villa Maria
- Next BBQ is Sunday 30<sup>th</sup> July.
- Doveton Show 10 12 people needed plus 2 for stall on 17<sup>th</sup> September.
- Father's Day evening at Bunnings 5-7.00pm.
- Reply from insurer read the policy!
- Bowling at the Dandenong Club 28<sup>th</sup> July see Rod James.
- Robert will cook on Thursday 27<sup>th</sup>July.
- August Committee is 3<sup>rd</sup> Wednesday.
- Speaker from Stoke Foundation on 8<sup>th</sup> August.
- Wine tasting outing on 19<sup>th</sup> August
- Photo group m meeting postponed to next week.
- Paul and Doug to visit BUPA on Friday
- John T has submitted EOI for Doveton Show pavilion stall.
- 40 members paid dues to date.
- Warning be careful of cord damage on tools and report.
- Visit to Hallam slot cars was successful.
- Go Karts trip to be arranged.

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

Members are encouraged to nominate for all positions.

## New seatbelt design: 45% less car accidents!!





Residents at BUPA try their hand at making phone holders. They have also agreed to polish the trophies for the EH Junior football club. A second visit to the shed will take place possibly on 1<sup>st</sup> August.



Members Enjoying Roberts home-made pasta.



Robert was so keen to cook for us he came back from Queensland to demonstrate his culinary skills'. The meal was excellent. He is a hard act to follow but Laurens has volunteered to try when he gets back from his latest glamping trip.



Slot car Racing at Hallam pics courtesy on Ron Sterling.



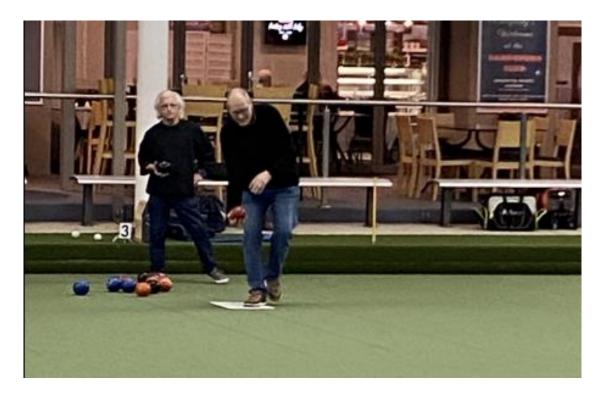
## Slot car racing at Hallam



VMSA forum to be held on 16<sup>th</sup> October More detail, speakers etc to follow.



Barefoot Bowling at the Dandenong Club on Friday night – normally held on the last Friday ot the month. Thanks to Rodney James for the contribution.



## **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.





2. Listen







1. Ask

3. Encourage

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.



'Men Make It Happen'

**President – Doug Rowley** 

**Secretary - Paul Morris** 

Treasurer - John Thornton

Vice President – Howard de Zylva

**Almoner - Doug Rowley** 

**Endeavour Hills Men's Shed Committees** 

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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