



Issue 7 # 29

# Shedding Endeavour's

31<sup>st</sup> 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

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

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> <b>Tai Chi @ 11.45AM</b> <b>Board, Card Games 12pm</b> <b>Music Group @ Mdday</b>	5	6 <b>Music Group</b> @12.30pm	7	8 <b>Promotional table @ EHSC</b> <i>As per roster</i> <b>9am - 2pm</b>	9
10	11 <b>Tai Chi @ 11.45AM</b> <b>Board, Card Games 12pm</b> <b>Music Group @ Mdday</b>	12 <b>WALKING WITH MATES</b> <b>10AM @ The Shed</b> <b>Photo Club 10am</b>	13 <b>Music Group</b> @12.30pm	14	15 <b>SUNNINGS</b> <b>SAUSAGE SIZZLE FUNDRAISER</b> <b>8.30am - 4.30pm</b> Shifts as per Arrangement	16
17	18 <i>Newbie's Self- Introduction: Mark C.</i> <b>Tai Chi @ 11.45AM</b> <b>Board, Card Games 12pm</b> <b>Music Group @ Mdday</b>	19 <b>TRIDEL MOTOR MUSEUM</b> Upper Beaconsfield As per Arrangement <b>Committee Meeting @10am</b>	20 <b>Music Group</b> @12.30pm	21	22	23
24	25 <b>9th of July 1941</b> <b>Enigma Code Broken</b> <b>By Vin</b> <b>Board, Card Games 12pm</b> <b>Music Group @ Mdday</b>	26 <b>WALKING WITH MATES</b> <b>10AM @ The Shed</b> <b>Photo Club 10am</b>	27 <b>Robert's Group</b> <b>Cooking 10.30 AM</b> <b>Music Group</b> @12.30pm	28 <b>Barefoot</b> <b>Bowling 5.30 - 8.30pm</b>	29	30 <b>SUNNINGS</b> <b>SAUSAGE SIZZLE FUNDRAISER</b> <b>8.30am - 4.30pm</b> Shifts as per Arrangement
31						

Changes may occur due to unplanned factors

## Last week's Meeting

- Apologies: 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



VMSEA 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 of the month. Thanks to Rodney James for the contribution.



**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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**Secretary - Paul Morris**

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**Treasurer – John Thornton**

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**Vice President – Howard de Zylva**

**[hdezylva@hotmail.com](mailto:hdezylva@hotmail.com)**

**Almoner - Doug Rowley**

**[yelwor1946@gmail.com](mailto: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
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**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