



Issue 7 # 3

Shedding Endeavour's

30th January 2023

The Shed is open Tuesday - Saturday 10.00am – 3.00pm



Sick List Neil Evans in Hospital

Members Birthdays in February

2nd February	Rafael Peralta
5th February	Roger Bartlett
15th February	Dean Svendsen
21st February	Rommie Alday
24th February	Neil Evans
24th February	Graeme Seymour

<u>Cleaning Roster</u>			
<u>Today 1st February</u>	<u>Doug Rowley</u>	<u>Peter Wallace</u>	<u>Tony Brosinsky</u>
<u>Next Week 7th February</u>	<u>Doug Rowley</u>	<u>Tony Rotunno</u>	<u>Vin Wragg</u>

COVID – There are new strains of Covid about and at least three of our members have acquired it. Whilst not compulsory we ask that you stay away from the shed whilst you have Covid and wear a mask where necessary.

Paul Morris

Doug Rowley

2023



Events Calendar

January 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 	18	19 	20	21	22 Chinese New Year 
23	24 	25 	26 Australia Day 	27 	28	29
30	31 					

Last week's Meeting

- Apologies: David Robinson, Harry Hornstra, Roger Bartlett Bob Daly Bruce Lathom Reyes Franco Len Follett and Neil Evans.
- Last three scoreboards sold by Trevor.
- New contact at EH Shopping Centre table booked Feb - Nov.
- Please wear name tags.
- Committee meeting on 15th February.
- Our Shed's birthday is on 7th February.
- Brewery visit on 16th February.

Pictures of the week.



Members meeting, the music group and our 3 D printer is operational.

EHMS Shirts



Charcoal

This week the order sheet will be on the table for polos. We can also bet long sleeved and the more expensive black bamboo shirts.

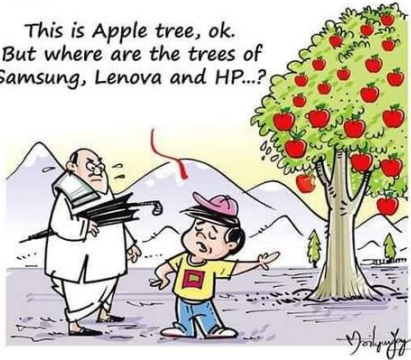
ADULTS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	53.5	56	58.5	61	63.5	66.5	70	73.5
SP LENGTH	70	72.5	75	77.5	80	81	82	83

The music group needs a keyboard player – do you play see President Doug!



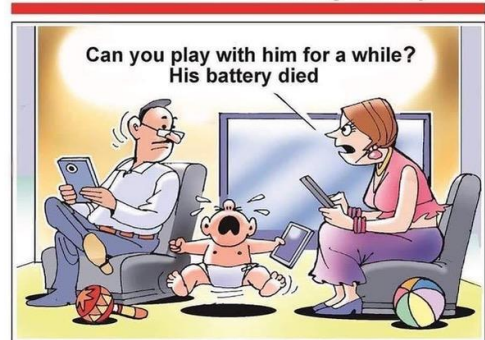
#Tech-Kid

This is Apple tree, ok.
But where are the trees of
Samsung, Lenova and HP...?



iToons

Sunil Agarwal & Ajit Ninan



Venue: BOJAK Brewery , 5 Bennet st., Dandenong

Date: Thursday 16th February

Time: 4pm



Written by Dur Aschna in an email to John Grennan.

On January 25, 2023, in honour of Australia Day, a wonderful meeting was organized by the City Hall of Casey, which was attended by members of the Federal and State Parliaments of Australia, ministers, representatives of communities, organizations and other personalities. The meeting was held to present prestigious awards to those communities and personalities who had rendered valuable services to their people and the country of Australia in various fields in the past year 2022.

In this meeting, several awards were given to the Afghan Australian Philanthropic Association (AAPA), which has provided significant assistance to Afghans in the past year in the areas of migration, health, education, culture, and sports.

The first award was given to AAPA for helping Afghans in various fields, along with other organizations. The second and third awards were given to Afghan Australian Philanthropic Association by Casey Municipality in order to recognized (AAPA) as the number one community in the region that had served more than other communities in 2022.

After giving these awards, the leadership of (AAPA) thanked the officials of the city of Casey and assured them that, receiving such awards gave us more energy to serve our countrymen and Australia more in the

What are the signs of depression in men?

The signs of depression in men involve changes in the way they think, feel or behave. There are also physical signs of depression.

For example, you may **feel**:

- irritable, angry or frustrated
- sad or empty
- disappointed
- indecisive or overwhelmed
- helpless or hopeless
- guilty

You may **think** negative thoughts, such as:

- you are not important or valuable (low [self-esteem](#))
- people would be better off without you
- life is not worth living
- your life is not enjoyable

You may start **behaving** differently — for example, by not going out with friends or family

- not managing as well as you normally do at work or school
- escaping into work or sports activities
- not doing activities you normally look forward to
- relying on drugs or alcohol to make it through the day
- not being able to concentrate
- behaving recklessly

You may also notice **physical signs**, such as:

- [difficulty sleeping](#) or [feeling tired](#)
- [changed appetite](#) — with or without weight loss or gain
- feeling run down or unwell
- [loss of sexual desire](#) or [performance](#)
- [headaches](#)
- [muscle pain](#)
- churning stomach

Almost everyone experiences some of these signs occasionally. If your symptoms appear often or won't go away, you may be experiencing depression.

While anyone with depression can experience any of these symptoms, men and women tend to experience and report them differently. Men are more likely to talk about the physical symptoms of depression, such as feeling tired or losing weight, rather than saying they feel low.

Some people who experience depression think their life is not worth living or that other people would be better off without them. People experiencing depression are more likely to [take their own lives by suicide](#), while sadly, 7 men end their own lives every day in Australia.

14 FEBRUARY 2022 | WRITTEN BY SPANNER IN THE WORKS? | MEN'S HEALTH, RESEARCH, WELLBEING

As a result of COVID-19, many aspects of daily economic and domestic life for men have worsened and their mental health affected uniquely. Men who are fathers, family providers, and workers in male-dominated industries are experiencing trouble adapting to different roles, including: increased caregiving responsibilities, helping their children adjust to remote learning, online work, household chores, loss of income, feeling isolated, lost, and scared due to quarantine and lockdown, separation from family, loss of independence, lack of confidence over illness status, stigma, as well as monotony—all of which play a large part in increasing men's stress levels and pathways to suicidality.

Furthermore, the health and social imbalances experienced by men in Australia, particularly Indigenous Australians and non-Indigenous Australians, can develop severe illness in this pandemic—including smoking, unsafe sex, liquor and substance misuse, anxiety, anger, post-traumatic stress symptoms, and violence.

Due to concern and societal stigma associated with COVID-19, many men and boys in Australia will hide their mental illness and not access mental health services on time. With men’s mental health services’ increased reliance on remote/virtual service delivery and societal stigma regarding men’s mental health, only a small percentage of men are benefitting from effective support.

Pictures from the EHMS





President – Doug Rowley endeavourhills.menshed@gmail.com

Secretary - Paul Morris secretary@ehms.org.au

Treasurer – John Thornton jthornto@bigpond.net.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:

First Aiders.

John Grennan
Geoff Brown
Doug Rowley
Howard DeZylva
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