



Issue 7 # 31

Shedding Endeavour's

14th August 2023

Shed is open Mon – Sat 10.00am - 3.00pm



Neil Evans in hospital

Neil Bennet in hospital

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

<u>Cleaning Roster</u>			
<u>Today 15th August</u>	<u>Doug Rowley</u>	<u>Vin Wragg</u>	<u>Tony Brosinsky</u>
<u>Next Week 22nd August</u>	<u>Doug Rowley</u>	<u>Bruce Lathom</u>	<u>Graeme Seymour</u>

Vale

Bruce Shaw passed away last night, he was in palliative care at SJoG since last weekend and it was expected. He is survived by wife Robyn, son Brendan and daughter Kim. He joined the Shed in September two years ago,

The funeral will be held at Tobin Brothers, Berwick at 2pm on Monday, 14th August.



Events Calendar

August 2023								
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
1	<p>AGM Annual General Meeting</p> <p>Music Group @ Mdday</p>	2	<p>WALKING WITH MATES 10AM @ The Shed</p>	3	<p>Music Group @12.30pm</p>	4	5	6
7	8	9	10	11	12	13		
	<p>Stroke FOUNDATION Guest Speaker Toni</p> <p>Tai Chi @ 11.45AM</p> <p>Board & Card Games</p> <p>Music Group @ Mdday</p>	<p>Photo Club 10am</p>	<p>CARLEI GREEN VINEYARDS Winery Experience As Per Arrangement</p> <p>Music Group @12.30pm</p>		<p>Promotional table @ EHSC As per roster 9am - 2pm</p>			
14	15	16	17	18	19	20		
	<p>Mixed Bag Quiz-II</p> <p>Tai Chi @ 11.45AM</p> <p>Board & Card Games</p> <p>Music Group @ Mdday</p>	<p>Committee Meeting @10am</p>	<p>Music Group @12.30pm</p>					
21	22	23	24	25	26	27		
	<p>"My Health Related Experience" Member's Sharing Time: Burt Whittle</p> <p>Tai Chi @ 11.45AM</p> <p>Board & Card Games</p> <p>Music Group @ Mdday</p>	<p>WALKING WITH MATES 10AM @ The Shed</p> <p>Photo Club 10am</p>	<p>Music Group @12.30pm</p>	<p>Barefoot Bowling 5.30 - 8.30pm</p>				
28	29	30	31					
	<p>Oral Health and Preventative Dentistry by Dr. Darshan</p> <p>Tai Chi @ 11.45AM</p> <p>Music Group @ Mdday</p>		<p>Music Group @12.30pm</p> <p>SUNNINGS warehouse Father's Day Evening 5pm - 7pm</p>					

Changes may occur due to unplanned factors

Vale – John Cooper

John Cooper a founder member of the EHMS and was Chair of the Committee of the then Rotary Club of Endeavour Hills which formed the EHMS.

He chaired the 1st meeting on 7th February 2017, ill health prevented John from taking an active part in the club since then. He remained a member until his death.

Johns Celebration of Life will be held at

The Reception Centre
Blue Hills Rise retirement village
240 Berwick Cranbourne Road
Cranbourne East

Wednesday 16th August at 2.00pm



Last week's Meeting

- Apologies: Neil Bennet, Neil Evans, Laurens Gordyn, Geoff Brown Hans van Dyk, Tony Rotunno, Peter Wallace, Roger Bartlett, David Robinson and Carmelo Cannata.
- John Cooper passed last night.
- BUPA visit cancelled.
- Upper Beaconsfield winery visit 10th August.
- Photo group to meet tomorrow at the shed,
- Doveton Show 10 – 12 people needed plus 2 for stall on 17th September.
- Speaker from Stoke Foundation today
- Bunnings on 31st August 4.30 – 7.00pm



VMSEA forum to be held on 16th October.
More detail, speakers etc to follow.

Pine Grove Hotel us having lunch after a wine tasting session at Carlei Winery. It was a small but certainly an enthusiastic group. Courtesy of AJ.



Members last week after a presentation by members of the Stroke Foundation

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	president@ehms.org.au
Secretary - Paul Morris	secretary@ehms.org.au
Treasurer – John Thornton	treasurer@ehms.org.au
Vice President – Laurens Gordyn	lwgordyn@gordyn.com.au
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 Rodney James Paul Morris John Thornton Bob Daly	Tony Brosinsky Brian Oakes Vacancy 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