



Issue 7 # 33

Shedding Endeavour's

29th 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 29th August</u>	<u>Doug Rowley</u>	<u>Howard de Zylva</u>	<u>Louis Zaharopoulos</u>
<u>Next Week 5th Sept</u>	<u>Doug Rowley</u>	<u>Len Follett</u>	<u>Louis Zaharopoulos</u>



Events Calendar

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

Changes may occur due to unplanned factors

Last week's Meeting

Apologies: Tony C Peter W Neil E Neil B Lauren G Glen B Bruno

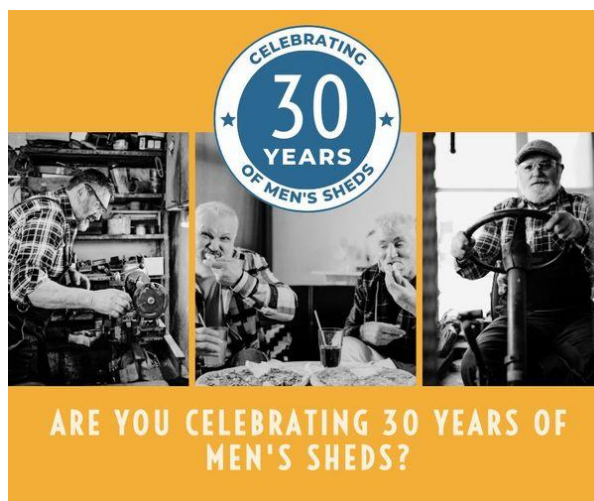
- Please wear your nametag.
- Bunnings special night 31/8 at 4.30 pm Stan outlined events.
- Bowling at the DC on Friday night
- Projects Christmas Bench Howard
- DPS plaques
- Workshop broken welding nozzle
- Photography group next week.



VMSSA forum to be held on 16th October.

More detail, speakers etc to follow.

“The world is getting way too sensitive lately – soon I won’t be able to make fun of myself without someone getting offended.”



MEET OUR NEWEST PARAMEDICS



Garrick's Daughter appears in the pic above.

Doveton Show – Dandenong Show – Christmas
Stall
We need you to make things to sell:
Games
Models
Chopping Boards
Christmas Trees
Toys

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