



Issue 7 # 35

Shedding Endeavour's

11th September 2023

Shed is open Mon – Sat 10.00am - 3.00pm



Members Birthdays in September

1st September	Ian Cole
5th September	Bernard Lambardy
11th September	Ronald Sterling
15th September	Neil Bennet
17th September	Tim Kuok
17th September	Bruce Shaw
19th September	Wayne Uhe
30th September	John Wright

Neil Evans is in hospital.

<u>Cleaning Roster</u>				
<u>Today 5th September</u>	<u>Doug Rowley</u>		<u>Peter Wallace</u>	<u>Tony Brosinsky</u>
<u>Next Week 11th Sept</u>	<u>Doug Rowley</u>		<u>Tony Rotunno</u>	<u>Vin Wragg</u>

4 members are needed next Wednesday around 10am at Neil Evans place to put some furniture out for hard rubbish – see President Doug.



Events Calendar

		September 2023					
		Tue	Wed	Thu	Fri	Sat	Sun
					1	2	3 Father's Day
4	5	Board & Card Games <hr/> Tai Chi @ 11.45AM <hr/> Music Group @ Mdday	WALKING WITH MATES 10AM @ The Shed	Music Group @ 12.30pm <hr/> Board & Card Games @ 2.30pm All Welcome		SUNNINGS 9.45am - 2pm Spring Carpark Event <hr/> Promotional table @ EHSC As per roster 9am - 2pm	10
11	12	Newbie's Self-Introduction <hr/> Board & Card Games <hr/> Tai Chi @ 11.45AM <hr/> Music Group @ Mdday	Photo Club 10am	Chef Rodney is making a Lunch <hr/> Music Group @ 12.30pm	15	16	17
18	19	Apollo Mission by Vin <hr/> Tai Chi @ 11.45AM <hr/> Music Group @ Mdday	WALKING WITH MATES 10AM @ The Shed <hr/> Committee Meeting @ 10am	Music Group @ 12.30pm	22	23	24
25	26	'My Health Related Experience' Member's Sharing Time <hr/> Board & Card Games <hr/> Tai Chi @ 11.45AM <hr/> Music Group @ Mdday	Photo Club 10am	Robert's Cooking Demo Lunch After Yummmmm! <hr/> Music Group @ 12.30pm	28	29	30
						Barefoot Bowling 5.30 - 8.30pm	

Changes may occur due to unplanned factors

Last week's Meeting

Apologies: Graeme Seymour, Neil Evans, Neil Bennett, Geoff Brown, Bert Whittle, Laurens Gordyn and Wallace Bristow.

- Please wear your nametag.
- Bunnings last Thursday \$100 Gift voucher and \$70 raffle money.
- Bunnings this Saturday car park event 10.00 – 2.00
- Doveton Show 10 members requires 17th September.
- We must make things that will sell we are a NFP.
- Parks Vic Police Paddocks Paul to contact re email.



Yellow bellies putting the final touches to a mud kitchen for the EH School.



VMSA forum to be held on 16th October.

More detail, speakers etc to follow.

Click here to Register online at
vmsa.org.au

with thanks to our sponsors

The Meadows
CONFERENCE + EVENTS CENTRE

GRV
GREYHOUND RACING VICTORIA

MEADOWS CONFERENCE AND EVENTS CENTRE,
80 NORTHCORP BOULEVARD, BROADMEADOWS



Recently returned from the Philippines, Carmelo, ably assisted by Derek making things for the Doveton Show.

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.

Importance of screening tests

Even if you feel healthy, you should see a doctor for regular checkups. Many conditions or diseases can develop slowly over a long period and may not cause any symptoms initially. Screening tests can pick up early signs of disease. For many diseases, early management is more effective than later treatment.

Here are the most common health issues for men and how to screen for them to keep on top of your health.

Heart health

One of the main screening tests for adults is for heart health. You should have a heart health check at least once every 2 years once you're over 45, or once you're over 35 if you're Aboriginal or Torres Strait Islander. This usually involves questions about your lifestyle and family, and a [blood pressure](#) check. You might also need a [blood cholesterol test](#).

Diabetes

You might be advised to have a fasting [blood sugar test](#) for [diabetes](#) at every one to three years, depending on your level of risk.

ARE YOU AT RISK? — Are you at risk of type 2 diabetes, heart disease or kidney disease? Use the [Risk Checker](#) to find out.

Hearing and eyesight

Hearing loss and eyesight problems become common with age. If you are 65 or older, you should have yearly [hearing tests](#) and [eye tests](#).

If you are regularly exposed to loud noises at work, you should also get your hearing checked regularly.

Prostate cancer

No test is recommended for screening in men. Speak to your doctor if you are concerned about [prostate cancer](#), for example, if you have symptoms or if you have a close relative who had prostate cancer. For more information, see the [Cancer Council's](#) website.

Bowel cancer

A [faecal occult blood test](#) (stool sample test) is recommended every two years if you are aged 50 or above. If you are at increased risk, you may be advised to have a [colonoscopy](#) instead.

Skin cancer

Check your moles for any changes every three months. See your doctor regularly for a full body skin check, especially if you work outdoors or have had [skin cancer](#) before.

Depression

Some men have depression that is not recognised by them or by those around them. If you feel down, irritable or angry and lose interest in things you usually enjoy, talk to your doctor. Visit beyondblue's [Man Therapy](#) website for resources to help men with mental problems.

Teeth

You should see a dentist for a check-up once a year.



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
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
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