



Issue 7 # 36

Shedding Endeavour's

18th 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 19th Sept</u>	<u>Doug Rowley</u>		<u>Tony Rotunno</u>	<u>Vin Wragg</u>
<u>Next Week 26th Sept</u>	<u>Doug Rowley</u>		<u>Bruce Latham</u>	<u>Graeme Seymour</u>



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	6 WALKING WITH MATES 10AM @ The Shed	7 Music Group @ 12.30pm <hr/> Board & Card Games @ 2.30pm All Welcome	8	9 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	13 Photo Club 10am	14 Chef Rodney is making a Lunch Music Group @ 12.30pm	15	16	17 DOVETON SHOW <hr/> EHMS STALL	
18 19 Apollo Mission by Vin <hr/> Tai Chi @ 11.45AM <hr/> Music Group @ Mdday	20 WALKING WITH MATES 10AM @ The Shed <hr/> Committee Meeting @ 10am	21 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	27 Photo Club 10am	28 Robert's Cooking Demo Lunch After Yummmmm! <hr/> Music Group @ 12.30pm	29 Barefoot Bowling 5.30 - 8.30pm	30		

Changes may occur due to unplanned factors

Last week's Meeting

Apologies: David Robinson, Hans van Dyk, Neil Evans, Neil Bennett, Tony Rotunno, Ian Cole, Laurens Gordyn and Wallace Bristow.

- Please wear your nametag.
- Bunnings last Saturday \$100 Gift voucher and \$60 raffle money.
- Dandenong Show 11th and 12th November.
- Doveton Show 10 members required 17th September.
- We must make things that will sell we are a NFP.
- Parks Vic Police Paddocks Paul meeting inconclusive offered EHMS help.
- Len Follett age assessments City of Casey.
- Project request for local church nativity scene.
- Blen gave a health talk.



Left one of 5 plaques made for the Dandenong Primary School and right the finished mud kitchens for the Endeavour Hills Special School, ready for delivery.



VMSA forum to be held
October.

More detail, speakers etc follow.

on 16th

to

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

TWELVE COMMANDMENTS FOR SENIORS

#1 - Talk to yourself. There are times you need expert advice.

#2 - "In Style" are the clothes that still fit.

#3 - You don't need anger management. You need people to stop pissing you off.

#4 - Your people skills are just fine. It's your tolerance for idiots that needs work.

#5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."

#6 - "On time" is when you get there.

#7 - Even duct tape can't fix stupid, but it sure does muffle the sound.

#8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?

#9 - Lately, you've noticed people your age are so much older than you.

#10 - Growing old should have taken longer.

#11 - Aging has slowed you down, but it hasn't shut you up.

#12 - You still haven't learned to act your age and hope you never will.

... And one more:

"One for the road" means peeing before you leave the house.



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 Graeme Seymour	Doug Rowley Rodney James Paul Morris John Thornton Bob Daly	Tony Brosinsky Brian Oakes Vacancy 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

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

Laurens Gordyn
Max Brockbank
Rodney James
Brian Oates

Vin Wragg
Graeme Seymour
Peter Spry
Ron Hall

Laurie Canfield