



Issue 7 # 37

Shedding Endeavour's

25th 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 26th Sept</u>	<u>Doug Rowley</u>		<u>Bruce Latham</u>	<u>Graeme Seymour</u>
<u>Next Week 26th Sept</u>	<u>Doug Rowley</u>		<u>Howard de Zylva</u>	<u>Laurens Gordyn</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	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: Neil E Neil B Lauren G Wallace B David R Derek P Bruno

- Paul M has been in hospital.
- Tony B home from trip around FNQ
- Invitation from Montagues declined by meeting.
- Howard submitted project request passed.
- Brian advised no reply on grant so far.
- The Doveton show was a great success.
- Dandenong show in November.
- Bunnings BBQ 8/10/23
- Paul away 11th to 26 of October
- Vin gave a very informative talk on Apollo 11



A new EHMS project proposed by Howard and accepted at the club meeting to reconstruct this tired nativity scene.



VMSA forum to be held on
October 16th.

**VMSA AGM to be held at
this meeting at 3.00 pm**

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



Left busy office on Tuesday cards, 3D printing, repair of train controllers.

Letter from the City of Casey – Thanks Brian

Dear Mr Oates,

Equipment and Training Grant Application - ET23/24.143

This year Council received 164 eligible applications requesting a total of \$151,593 funding. As this was considerably more than the funding available, it was necessary to prioritise some applications over others or allocate partial funding. Funding allocations for 2023/2024 were approved by the Acting Director Community Life on 13 September 2023.

I am pleased to advise that a grant has been allocated to your organisation as detailed below:

Grant amount	\$1,000.00
Grant purpose	First aid, fire and evacuation training
Conditions	

Register the date - DAA conference Sunday 19 November 2023 ...

REGISTRATION TO DAA 2023 CONFERENCE



Terry and Robert in the workshop.

Vin talks on rockets.

A tidy workshop shot.



NICKNAMES FOR COWORKERS...



KITKAT: Always taking a break.

BUTTER KNIFE: Not the sharpest tool in the box.

ARTHUR: Does "half a" job.

MOTION LIGHT: Only works when someone walks past.

E.T: Always wants to go home.

SEAWEED: Floats around all day and stinks like shit.

LANTERN: Not very bright, and has to be carried.

DECK CHAIR: Always folds under pressure.

G- SPOT: You can never find them.

DAISY: Some daisy's in, some daisy's isn't.

FORESKIN: Disappears when things get hard.

COLESLAW: They're 90% cabbage.



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

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Secretary - Paul Morris

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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