



Issue 7 # 4

Shedding Endeavour's

6th February 2023

The Shed is open Tuesday - Saturday 10.00am – 3.00pm



Sick List Neil Evans in Hospital

Members Birthdays in February

2nd February	Rafael Peralta
5th February	Roger Bartlett
15th February	Dean Svendsen
21st February	Rommie Alday
24th February	Neil Evans
24th February	Graeme Seymour

<u>Cleaning Roster</u>			
<u>Today 7th February</u>	<u>Doug Rowley</u>	<u>Tony Rotunno</u>	<u>Vin Wragg</u>
<u>Next Week 14th February</u>	<u>Doug Rowley</u>	<u>Len Follett</u>	<u>Paul Morris</u>

COVID – There are new strains of Covid about and at least three of our members have acquired it. Whilst not compulsory we ask that you stay away from the shed whilst you have Covid and wear a mask where necessary.

Paul Morris

Doug Rowley



Events Calendar

February 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2 Music Group @ 12.30pm	3	4	5
6	7 Mark: Life as I See It Tai Chi @ 11.45AM Music Group @ Mdday	8 Photo Club 10am	9 Music Group @ 12.30pm	10	11 Promotional table @ EHSC As per roster 9am - 2pm	12
13	14 EHMS 6 th ANNIVERSARY Sue Verhey - Nutritious Meal Presentation & Demonstration Tai Chi @ 11.45AM Music Group @ Mdday	15 Committee Meeting @ 10am	16 Music Group @ 12.30pm BOJAK 4PM 5 Bennet st. Dandenong	17	18	19
20	21 "My Health Related Experience" Member's Sharing Time : Tony B. Tai Chi @ 11.45AM Music Group @ Mdday	22 Photo Club 10am	23 Music Group @ 12.30pm	24 Barefoot Bowling 5.30 - 8.30pm	25	26
27	28 Rafael : How I Make Ukuleles Tai Chi @ 11.45AM Music Group @ Mdday					

Changes may occur due to unplanned factors

Last week's Meeting

- Apologies: David Robinson, Reyes Franco, Peter Wallace, Harry Hornstra, Geoff Brown and Neil Evans. (37 attendees)
- Lunch for 14th February \$5, EHMS 6th birthday celebration.
- Afghan group to return the key to Howard.
- Email sent to trades entering the Shed.
- New cleaning roster prepared by President Doug.
- Email to Howard re removal of foam from workshop voted by all.
- EH Shopping Centre 11/2 Stan and John G 9-11.30 Robert and Will 11.30 – 2.00.
- Brian Oates talked on his life and will arrange board games.
- Walking and bicycle riding to start in March.

EHMS Shirts



Charcoal

This week the order sheet will be on the table for polos. We can also bet long sleeved and the more expensive black bamboo shirts.

ADULTS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	53.5	56	58.5	61	63.5	66.5	70	73.5
SP LENGTH	70	72.5	75	77.5	80	81	82	83

The music group needs a keyboard player – do you play see President Doug!



Venue: BOJAK Brewery, 5 Bennet St., Dandenong

Date: Thursday 16th February

Time: 4pm

What are the signs of depression in men?

The signs of depression in men involve changes in the way they think, feel or behave. There are also physical signs of depression.

For example, you may **feel**:

- irritable, angry or frustrated
- sad or empty
- disappointed
- indecisive or overwhelmed.
- helpless or hopeless
- guilty

You may **think** negative thoughts, such as:

- you are not important or valuable (low self-esteem)
- people would be better off without you.
- life is not worth living.
- your life is not enjoyable.

You may start **behaving** differently — for example, by not going out with friends or family

- not managing as well as you normally do at work or school
- escaping into work or sports activities
- not doing activities you normally look forward to
- relying on drugs or alcohol to make it through the day.
- not being able to concentrate
- behaving recklessly

You may also notice **physical signs**, such as:

- difficulty sleeping or feeling tired
- changed appetite — with or without weight loss or gain.
- feeling run down or unwell.
- loss of sexual desire or performance
- headaches
- muscle pain
- churning stomach

Almost everyone experiences some of these signs occasionally. If your symptoms appear often or won't go away, you may be experiencing depression.

While anyone with depression can experience any of these symptoms, men and women tend to experience and report them differently. Men are more likely to talk about the physical symptoms of depression, such as feeling tired or losing weight, rather than saying they feel low.

Some people who experience depression think their life is not worth living or that other people would be better off without them. People experiencing depression are more likely to take their own lives by suicide, while sadly, 7 men end their own lives every day in Australia.

14 FEBRUARY 2022 | WRITTEN BY SPANNER IN THE WORKS? | MEN'S HEALTH, RESEARCH, WELLBEING

As a result of COVID-19, many aspects of daily economic and domestic life for men have worsened and their mental health affected uniquely. Men who are fathers, family providers, and workers in male-dominated industries are experiencing trouble adapting to different roles, including: increased caregiving responsibilities, helping their children adjust to remote learning, online work, household chores, loss of income, feeling isolated, lost, and scared due to quarantine and lockdown, separation from family, loss of independence, lack of confidence over illness status, stigma, as well as monotony—all of which play a large part in increasing men's stress levels and pathways to suicidality.

Furthermore, the health and social imbalances experienced by men in Australia, particularly Indigenous Australians and non-Indigenous Australians, can develop severe illness in this pandemic—including smoking, unsafe sex, liquor and substance misuse, anxiety, anger, post-traumatic stress symptoms, and violence.

Due to concern and societal stigma associated with COVID-19, many men and boys in Australia will hide their mental illness and not access mental health services on time. With men's mental health services' increased reliance on remote/virtual service delivery and societal stigma regarding men's mental health, only a small percentage of men are benefitting from effective support.

Pictures from the EHMS





President – Doug Rowley endeavourhills.menshed@gmail.com

Secretary - Paul Morris secretary@ehms.org.au

Treasurer – John Thornton jthornto@bigpond.net.au

Vice President – Howard de Zylva hdezylva@hotmail.com

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
Howard de Zylva
Paul Morris
John Thornton
Bob Daly

Tony Brosinsky
Hans van Dyk
Laurie Canfield
Peter Wallace
Lauren Gordyn

Working with Children Checks held by:

John Grennan
Geoff Brown
Doug Rowley
Howard DeZylva
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