



Issue 7 # 5

# Shedding Endeavour's

13<sup>th</sup> 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>Len Follett</u>	<u>Paul Morris</u>
<u>Next Week 14<sup>th</sup> February</u>	<u>Doug Rowley</u>		

**This week we are celebrating our 6<sup>th</sup> Anniversary here at the Endeavour Hills Men's Shed. Our first meeting was at Essex Park Drive Community Centre in February 2017. \$5 per head this week**



## Events Calendar

February 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2 Music Group @12.30pm	3	4	5
6	7 <b>Mark: Life as I See It</b> 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 <b>EHMS 6<sup>th</sup> ANNIVERSARY</b> <i>Sue Verhey - Nutritious Meal Presentation &amp; Demonstration</i> Tai Chi @ 11.45AM Music Group @ Mdday	15 Committe Meeting @10am	16 Music Group @12.30pm <b>BOJAK MEATS</b> <b>4PM</b> <b>5 Bennet st., Dandenong</b>	17	18	19
20	21 "My Heath 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 <b>Barefoot DC</b> <b>Bowling 5.30 - 8.30pm</b>	25	26
27	28 <b>Rafael : How I Make Ukuleles</b> Tai Chi @ 11.45AM Music Group @ Mdday					

Changes may occur due to unplanned factors

### Last week's Meeting

- Apologies: Bob Daly, Roger Bartlett, Reyes Franco, Peter Wallace, Harry Hornstra, Gordon Harris and Neil Evans. (40 attendees)
- Lunch for 14<sup>th</sup> February \$5, EHMS 6<sup>th</sup> birthday celebration.
- EH Shopping Centre 11/2 Stan and John G 9-11.30 Robert and Will 11.30 – 2.00.
- Ron Sterling re brewery visit to Grand Ridge Brewer on 23<sup>rd</sup> March.
- Insurance quote expected this week.
- Dandenong Brewery visit on 16<sup>th</sup> February.
- Presentation by Mark Wittman

## First Meeting of Endeavour Hills Men's Shed



<h3>Endeavour Hills Men's Shed</h3>		
<p><b>Meets Tuesdays 10.00am-midday</b></p> <p><b>First meeting: Tuesday 7 February 2017</b></p> <p>Essex Park Community Place 16 Essex Park Drive Endeavour Hills</p>	<p>A Men's Shed is a community based, non-profit, non-commercial, non-religious organization that is accessible to all men.</p> <p>The primary activity is the provision of a safe and friendly environment, where men are able to work on meaningful projects at their own pace in their own time in the company of other men.</p> <p><b>A major objective is to advance the well-being and health of the male members.</b></p>	<p><b>Contact</b></p> <p>The Endeavour Hills Men's Shed</p> <p>Essex Park Community Centre 16 Essex Park Drive, Endeavour Hills (Tuesday 10.00am to 12.00 midday)</p> <p><b>Write:</b> C/o PO Box 152 Endeavour Hills, 3802</p> <p>Email: <a href="mailto:coops46@bigpond.com">coops46@bigpond.com</a> Phone: 0419 597 102</p>
<p>Come along   Have a coffee Have a chat   Have some fun</p> <p>Bring Friend   Tell a friend Give this leaflet to a friend</p> <p>The ongoing program and activities will be decided by the MEN OF THE SHED</p>		<p><b>Supported by</b></p> <p>City of Casey <a href="http://www.casey.vic.gov.au">www.casey.vic.gov.au</a></p> <p>Rotary Club of Endeavour Hills <a href="http://www.rotaryendeavourhills.org.au">www.rotaryendeavourhills.org.au</a></p>

## Ice breaker by Mark Wittman

Mark gave a talk on his life and lifestyle, two controversial subjects came up.

-Gun Control and the need to own firearms, Mark has several

-British Government and the mechanism for armed conflict – blow is a statement circulated by email:

## Her Majesty's Armed Forces

The Queen as Sovereign is Head of the Armed Forces. She is also the wife, mother and grandmother of individuals either having served, or are currently serving, in the Armed Forces. The Queen is the only person to declare war and peace. This dates back from when the Monarch was responsible for raising, maintaining and equipping the Army and Navy. Today, this power can only be exercised on the advice of Ministers. On enlistment, the Army and Air Force Acts require members of the Army, Royal Air Force and Royal Marines to take an oath of allegiance to the Monarchy as Head of the Armed Forces.

No doubt there will be further comment.

## 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



Venue: Grande Ridge Brewery

Date: Thursday 23<sup>rd</sup> March

## 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.



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**Vice President – Howard de Zylva** [hdezylva@hotmail.com](mailto:hdezylva@hotmail.com)

**Almoner - Doug Rowley** [yelwor1946@gmail.com](mailto:yelwor1946@gmail.com)

**Endeavour Hills Men's Shed Committees**

<b>Program</b>	<b>BBQ</b>	<b>Management</b>	
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	Laurie Canfield
Geoff Brown	Neil Bennett
Doug Rowley	Andras Jakab
Howard DeZylva	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