



Issue 7 # 6

Shedding Endeavour's

20th February 2023

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



Sick List All good

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

Cleaning Roster			
Today 21st February	<u>Doug Rowley</u>	<u>Graeme Seymour</u>	<u>Bruce Lathom</u>
Next Week 28th Feb	<u>Doug Rowley</u>	<u>Howard de Zylva</u>	<u>Laurens Gordyn</u>

6th Birthday photograph by Garrick Williams.





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 MEETING 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 DC 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: Peter Wallace, John Thornton, Geoff Brown, David Robinson, Neil Evans, Brian Ashworth, Roger Bartlett, Harry Hornstra, Reyes Franco and Stan Ashley.
- Happy birthday to our Men's Shed.
- Thanks to Aaron for cleaning up all the broken glass outside on the carpark yesterday after vandalism.
- Ron Sterling re brewery visit to Grand Ridge Brewery on 23rd March.
- EH Shopping Centre table had 6 contacts.
- Email from Emma re toy train for the St Pauls school.
- Produce swap information from Robert Kay
- Friday 27th February bowling at the DC

On our 6th birthday Howard organised a Thermomix demonstration with a healthy lunch of chicken and salad. Next week back to the sausage sizzle.





Enjoyable outing organised by AJ to the cafe attached to the Brewery on Bennett Street in Dandenong.

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 – we found one!





Venue: Grande Ridge Brewery

Date: Thursday 23rd March

While our thirst seems insatiable for beer John Grennan has submitted the following:

Maffra's old milk factory has been given the makeover of a lifetime and Maffco Brewery & Distillery has opened its doors! The brewery-slash-taphouse-slash-distillery boasts a chic high-ceilinged warehouse and a huge outdoor area underneath strings of festoon lights.

At the moment the taps are serving Gippsland beers, but behind the scenes, the team is crafting their own brews and distilling spirits. The food van is slinging pizzas and cheese platters.

Cold beer. Good vibes. Dogs welcome.

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.





President – Doug Rowley endeavourhills.menshed@gmail.com

Secretary - Paul Morris secretary@ehms.org.au

Treasurer – John Thornton treasurer@ehms.org.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:

First Aiders.

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

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