

'Men Make It Happen'

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

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

6th Birthday photograph by Garrick Williams.





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



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	м	L	XL	2XI.	3XI.	4XL	5XI.
CHEST	-	56	58.5		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

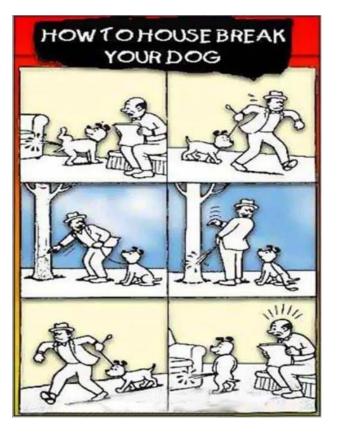
You may also notice **physical signs**, such as:

- 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 <u>take their own lives by suicide</u>, while sadly, 7 men end their own lives every day in Australia.







'Men Make It Happen'

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

yelwor1946@gmail.com Almoner - Doug Rowley

Endeavour Hills Men's Shed Committees

Program BBQ Management

Stan Ashley Doug Rowley Tony Brosinsky Andras Jakab Howard de Zylva **Neil Evans** Hans van Dyk **Graeme Seymour** Paul Morris Laurie Canfield

> John Thornton Peter Wallace **Bob Daly** 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 Ashlev **Brian Ashworth** Paul Morris Hans van Dyk **Gordon Harris Robert Kay** Will Beattie Peter Wallace **Neil Evans** Len Follett **David Robinson** John Thornton Tony Brosinsky **Garrick Williams** Laurens Gordyn Vin Wragg

Graeme Seymour

Max Brockbank Rodney James Peter Sprv **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 Ashlev **Neil Evans** Laurie Canfield