



Issue 7 # 7

Shedding Endeavour's

27th 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 28th February	Doug Rowley	Howard de Zylva	Laurens Gordyn
Next Week 7th March	Doug Rowley	Len Follett	Paul Morris

6th Birthday photograph by Garrick Williams.





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 Varby - 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 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: John Thornton, Geoff Brown, David Robinson, Brian Ashworth, Harry Hornstra and Reyes Franco.
- John Thornton will be discharged from hospital today after surgery.
- President Doug gave a strong reminder to all members re safe practices and the use of PPE in the workshop.
- Ron Sterling re brewery visit to Grand Ridge Brewery on 23rd March, \$10 deposit next week.
- Garrick reminded all members re meeting etiquette especially when we have a guest speaker.
- Dandenong Primary School Harmony Day on 21st March at 2.00pm.
- All members to report equipment damage, Emergency doors to be checked when locking up.

- James Cook Primary School refurbishment of seats EHMS to provide labour and workshop RCGD&EH to pay for materials.
- Tony B reported increase in workshop use.
- Tony B introduced new reporting requirements for the workshop and asked for more trainers.
- Training in use of CNC and 3D printer will take time.
- Brian Oates explained that Harmony Day has been celebrated in Australia since 1999 and is for respect, inclusiveness and differences.
- Will Beattie explained the proposed fishing trip.
- Other trip destinations include The Naked Racer, Pt Cook aircraft museum, private car museum and the Light Horse Museum at Tynong.

James Cook Primary School - Repairs

I have funding approval from Rotary Club to procure the following materials:

Rotary Club - EHMS - Joint Project Costs

James Cook Primary School - Repairs

1. Wooden bench seats: 8 off planks 240mm x 45mm x 2,000mm long hardwood = \$422
2. Wooden slats seat: 2 off slats 65mm x 45mm x 3,600mm long hardwood = \$72
3. PVC down pipe: 1 off 100mm NB PVC pipe x 700mm long = \$21
4. Hardware (Coach bolts, washers, nuts, etc.) = \$35
5. Paint and brushes = \$250
6. Washed white sand for 2 x sand pits = \$100

Total = 422+72+21+35+250+100=\$900

Tomorrow I plan to purchase the materials and begin producing the finished painted items needed, installation planned for 11am start, 10th March which is a curriculum day, no students present. I feel one day is sufficient for site work.

I need help with painting and installing, can we ask for volunteers at next Tuesdays meeting?

Thanks, and best regards,

Howard de Zylva
Mobile: 0401 101 999

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:

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