



Issue 8 # 3

Shedding Endeavour's

22nd January 2024

Shed is open Mon – Sat 10.00am - 3.00pm

Members Birthdays in December

7th January	Andras Jacab
7th January	Tony Rotunno
9th January	Wallace Bistow
16th January	Rodney James
23rd January	Lachlan Dwyer
24th January	Derek Perry
30th January	Paul Stevenson
30th January	Aaron Zong

<u>Cleaning Roster</u>				
<u>Today 23rd January</u>	<u>Doug Rowley</u>		<u>Louis Zaharopoulos</u>	<u>Len Follet</u>
<u>30th January</u>	<u>Doug Rowley</u>		<u>Peter Wallace</u>	<u>Tony Brosinsky</u>



Events Calendar

January 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Happy New Year 2024!	2	3	4	5	6	7
8	9  What is Raja Yoga Meditation by Bhavani Padmanabhan - Brahma Kumaris Australia - Tai Chi @ 11.45AM  Music Group @Mdday	10	11  Music Group @12.30pm	12	13	14
15	16 Ageing Men's Health by John Harrop Tai Chi @ 11.45AM  Music Group @Mdday	17	18  Music Group @12.30pm	19  Barefoot DC Bowling 5.30 - 8.30pm	20	21
22	23 Mark Home and Away Tai Chi @ 11.45AM  Music Group @Mdday	24	25 Members Only Outdoor Luncheon at EHMS &  The Band	26 Happy Australia Day 	27	28  SUNNINGS Warehouse SAUSAGE SEZZLE FUNDRAISER 8.30am - 4.30pm Shifts as per Arrangement
29	30 Four Phases of Retirement YouTube video Tai Chi @ 11.45AM  Music Group @Mdday	31				

Last week

- Cleaning roster, make sure you attend.
- Thursday 10.00am Social activities.
- Visit to Cranbourne Royal Botanical Gardens on Thursday 25th January.
- Next Bunnings Sunday 28 Jan and Sunday 18 February.
- Stop signs for City of Casey needs accounting information.
- Further Electrical quote received from ADAPT.
- EHMS anniversary to be celebrated on 20th February.
- Committee meeting tomorrow.
- City of Casey councillors will be elected in October 2024.
- 4 Picnic table project proposed by Howard.



WORRIED SOMEONE MIGHT BE SUICIDAL?
Contact **Lifeline** for crisis support. If life is in danger, call **000**

Lifeline 13 11 14



SHEDS EMBRACING **EXERCISE AND WELLNESS**

A noticeable trend is emerging among Men's Sheds, with an increasing number incorporating regular exercise activities into their weekly schedules. These initiatives not only promote physical well-being but also provide an opportunity for social connection. Here are some noteworthy examples:

Mornington Shed: Stepping Out with Walking Groups The Mornington Shed has taken a proactive step towards fitness by organizing walking groups. This traditional yet effective form of exercise not only enhances physical health but also encourages camaraderie among shedders.

Langwarrin Shed: Cycling for Health and Unity Langwarrin Shed has embraced cycling as a group activity, promoting not just individual fitness but also a sense of unity among shed members. Cycling provides a dynamic and enjoyable way to stay active.

Mordialloc Shed: Chair-Based Yoga for Holistic Well-being Breaking stereotypes, Mordialloc Shed has introduced chair-based yoga, recognizing the importance of holistic well-being. This inclusive approach allows shedders to engage in yoga within the comfort of their shed, fostering both physical and mental health.

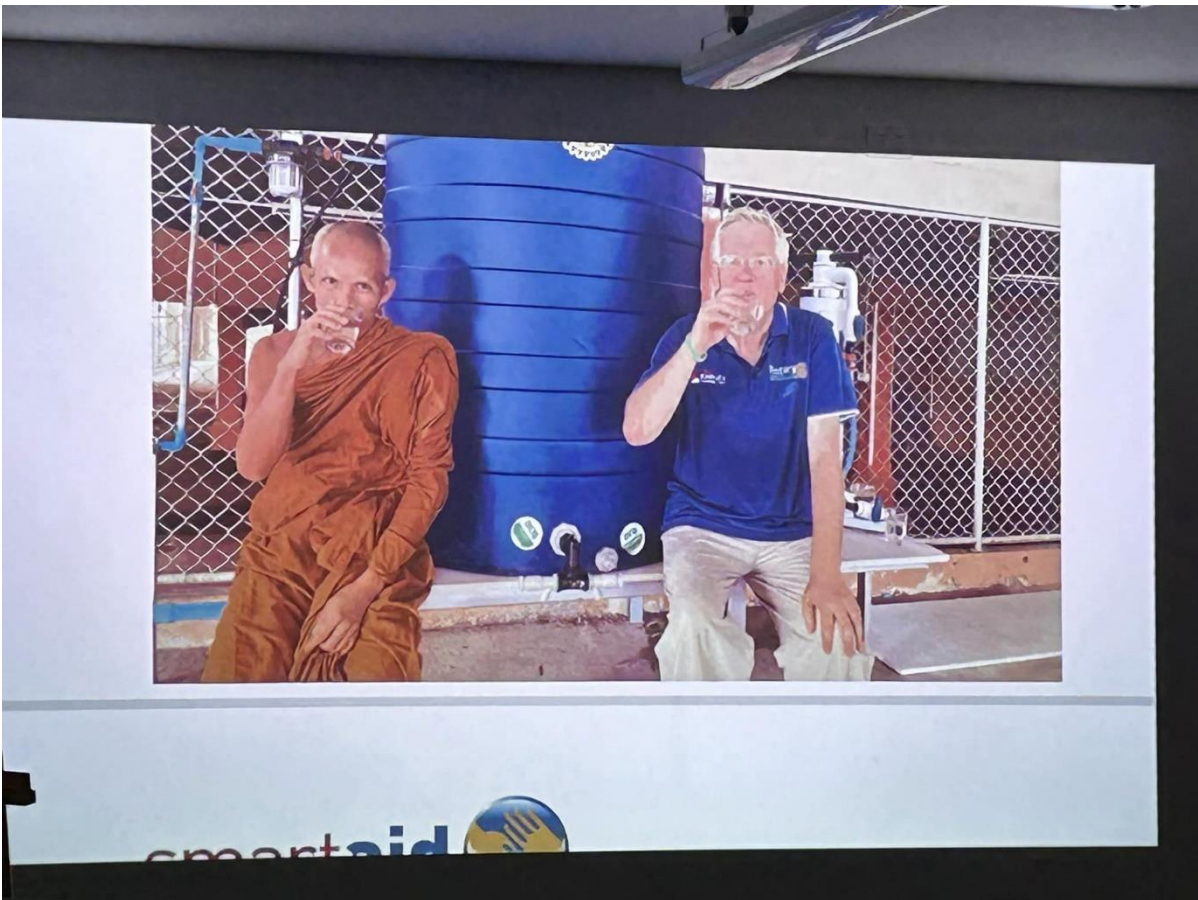
Endeavour Hills Shed: Embracing Tai Chi for Mindful Movement Endeavour Hills Shed has incorporated Tai Chi, offering shedders a mindful and gentle exercise routine. This ancient practice not only contributes to physical fitness but also aligns with the shed's commitment to diverse wellness activities.

The increasing participation in these activities within the shed environment highlights the appeal of exercising among peers, fostering a comfortable space for men to prioritise their health. These initiatives reflect the Men's Sheds' adaptability and commitment to the overall well-being of their members.



John Harrop a motivational speaker gave a presentation last week covering weight loss, listing, goal setting, brain health, the keto diet, brain strength Skin quality and sleep patterns.

If you want a band tell AJ





President – Doug Rowley	president@ehms.org.au
Secretary - Paul Morris	secretary@ehms.org.au
Treasurer – John Thornton	treasurer@ehms.org.au
Vice President – Laurens Gordyn	lwgordyn@gordyn.com.au
Almoner - Doug Rowley	yelwor1946@gmail.com

Endeavour Hills Men's Shed Committees

Program	BBQ	Management	
Andras Jakab	Stan Ashley Graeme Seymour Bruno Volpe	Doug Rowley Rodney James Paul Morris John Thornton Bob Daly	Tony Brosinsky Brian Oakes Vacancy Peter Wallace Lauren Gordyn

Working with Children Checks held by:

John Grennan	Laurie Canfield
Geoff Brown	Neil Bennett
Doug Rowley	Andras Jakab
Howard de Zylva	Harry Hornstra
Stan Ashley	Brian Ashworth
Paul Morris	Hans van Dyk
Gordon Harris	Robert Kay
Peter Wallace	Will Beattie
Neil Evans	
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