



Issue 8 # 5

Shedding Endeavour's

5th February 2024

Shed is open Mon – Sat 10.00am - 3.00pm

Members birthdays in February


2nd February	Rafael Perata
2nd February	Raouf Zahalan
5th February	Robert Macgregor
5th February	Roger Bartlett
15th February	Dean Svendsen
15th February	John Farrell
17th February	Ranjan Pethiyagoda
21st February	Rommie Alday
24th February	Neil Evans
24th February	Graeme Seymour

EVANS
Neil Gregory

The funeral service for Neil Gregory Evans will be held in the **Boyd Chapel** at Springvale Botanical Cemetery, 600 Princes Highway, Springvale on **TUESDAY 6 February at Two Thirty (2.30) pm.**

In lieu of flowers a donation may be made to the Stroke Foundation via the Stroke Foundation Webpage,

The service will be Webcast live via smct.org.au


TOBIN BROTHERS FUNERALS
NOBLE PARK 9558 4999
www.tobinbrothers.com.au

No music group this week
If you are going to Neils funeral, please wear your EHMS Shirt.

<u>Cleaning Roster</u>			
<u>Today 6th February</u>	<u>Doug Rowley</u>		<u>Tont Rotunno</u> <u>Vin Wragg</u>
<u>13th February</u>	<u>Doug Rowley</u>		<u>Bruce Latham</u> <u>Graeme Seymour</u>



**Endeavour Hills
Men's Shed Inc.**
'Men Make It Happen'

Events Calendar

February 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			10am Social Activities with the Naughty Boys Music Group @12.30pm	2	3	4
5	6 David Taylor 3D Printing on Computer Tai Chi @ 11.45AM Music Group @ Mdday	7	8	9	10	11
			10am - Social Activities with the Naughty Boys Music Group @12.30pm		Promotional table @ EHSC As per roster 9am - 2pm	
12	13 EHMS Anniversary – Memories – Yummy food → Come and Share Laurrie : The Queen's Shoot Open competition of Military & Non-military persons under the auspices of the Queen Tai Chi @ 11.45AM Music Group @ Mdday	14	15	16	17	18
		Photo Club 10am	10am - Social Activities with the Naughty Boys Rodney's Special Fried Ryce Midday Cooking - Yummum Music Group @12.30pm			8.30am - 4.30pm Shifts as per Arrangement
19	20 King Ewelike Community Engagement Officer Better Health Network (BHN) Gambling Issues Tai Chi @ 11.45AM Music Group @ Mdday	21	22	23	24	25
		Committe Meeting @10am	Portarlinton Bay Cruise & Grand Hotel Luncheon As per arrangement Music Group @12.30pm	Bowling 5.30 - 8.30pm		
26	27 Karen Secomb Pyrography/ Wood burning Tai Chi @ 11.45AM Music Group @ Mdday	28	29			
		Photo Club 10am	10am - Social Activities with the Naughty Boys Music Group @12.30pm			

Changes may occur due to unplanned factors

Last week

- Apologies Stan Ashley, David Taylor and Geoff Brown
- First Aid Course on Wednesday 6th February
- Visit to Cranbourne was a success.
- Next Bunnings Sunday 18th February.
- EHMS 7th Anniversary celebration 13th February
- Further Electrical work ordered via council from ADAPT.
- Howards project application continues.
- Promotion table starts in February at the shopping centre.
- Project needed to make a mark in the community.
- Myuna Farm project being scoped.
- Executive meeting with council on 15th February at 1.00pm.
- This Thursday Pizza and indoor bowls at the shed.
- Presentation on the 4 phases of retirement.
- Suggested visit Docklands and ferry to Port Arlington for Lunch \$75

Special Interest group for 3D Printing – see David Taylor to join.



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

Lifeline 13 11 14





Thursday at the shed was the hive of activity with carpet bowls (equipment donated by John Cooper) and a putting competition. This was followed by excellent pizzas made by members. Thanks to the naughty boys for organising the day.





How many members does it take to mend a desk?

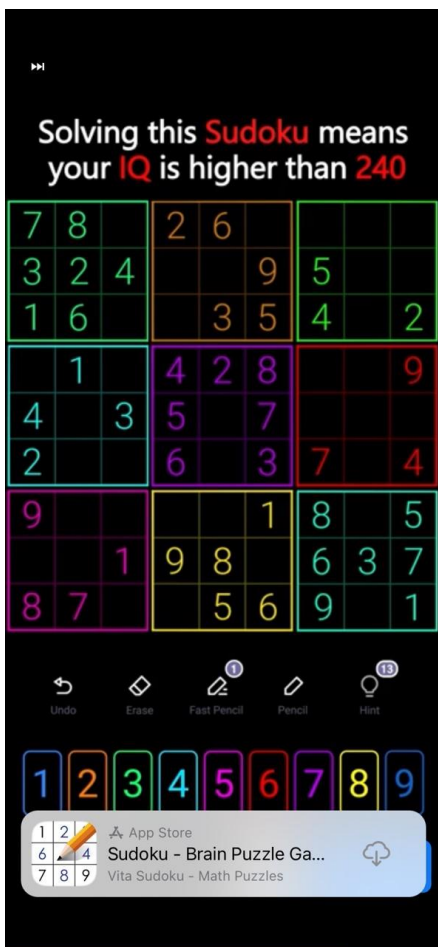
Our new member David Taylor is looking for members interested in 3D printing and computers in general. See David and I am sure that he will be able to increase your skills.



We can live up to 1/3 of our lives in retirement.

Len Follett presented the video on the 4 stages of retirement.

We are looking forward to other members presenting their ideas and specialities, I know I will be overwhelmed with everyone wanting to have a go.



The music group continues to expand and develop their skills.



When did you last check in with someone?

We all face changes and challenges at different times in life, but some feelings of social isolation, worry, and depression will stay with many of us for much longer.

Nearly half of all Australians will experience mental health issues in their lifetime. And while we all know it's good to check in with the people around us, sometimes it can be hard to find the right words. But there are things we can do for ourselves, for each other, and for the whole community, to make sure everyone knows they're not alone.

Stay connected

Book a free 40-minute presentation delivered by a speaker with lived experience of mental illness. We come to you in person or online to provide knowledge on symptoms and signs of mental health issues and practical strategies to support someone who may be struggling. The talks are conversational and open, all the while getting to the heart of the matter.

[Contact us](#)

[Visit our website](#)



**Black Dog
Institute**

1 in 2

Australians experience
mental illness in
their lifetime

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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
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
Stan Ashley
Laurie Canfield
Stan Ashley