

Shedding Endeavour's

3rd June 2024

Shed is open Mon – Sat 10.00am - 3.00pm

Members birthdays in June

5th June	Stan Ashley
9th June	Ray Stewart
12th June	Hans van Dyk
15th June	Vito Occhipinti
19th June	Cheong Koo
19th June	Brian Oates
24th June	Bob Daly

<u>Cleaning Roster</u>				
<u>Today 4th June</u>	<u>Doud Rowley</u>		<u>Howard de Zylva</u>	<u>Laurens Gordyn</u>
<u>Next Week June 11th</u>	<u>Doug Rowley</u>		<u>Len Follett</u>	<u>Louis Zaharopoulos</u>

2024 AGM of the Endeavour Hills Mens Shed will be held on 6th August.





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

Events Calendar

June 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4  A newbie's self intro Rom Stroke – Awareness by AJ Tai Chi @ 11.45AM  3D PRINTING WITH DAVID Public Speaking with Paul  Music Group @ Mdday	5	6 10am – WINTER WARMER with the Naughty Boys Pool – Carpet Bowls- Card games Luch with excellent company  MD- Music Group	7	13 Promotional table @ EHSC <i>As per roster</i> 9am - 2pm	9  FUNDRAISING 8.30am – 4.30pm <i>As per Shifts</i>
10	11 Glen's Motor Car Restorations Tai Chi @ 11.45AM  3D PRINTING WITH DAVID  Music Group @ Mdday	12 Photo Club 10am	13 10am – WINTER WARMER with the Naughty Boys Pool – Carpet Bowls- Card games Luch with excellent company  MD- Music Group	14	15	16
17	18  D Day by Vin Tai Chi @ 11.45AM  3D PRINTING WITH DAVID  Music Group @ Mdday	19 Committee Meeting @ 10am Public Speaking with Paul <i>as per consent</i>	20 10am – WINTER WARMER with the Naughty Boys Pool – Carpet Bowls- Card games Luch with excellent company Rodney's Milestone Group  MD- Music Group	21	22	23
24	25  Brian A. → Travelling Techniques  3D PRINTING WITH DAVID Tai Chi @ 11.45AM  Music Group @ Mdday	26 Photo Club 10am	27 10am – WINTER WARMER with the Naughty Boys Pool – Carpet Bowls- Card games Luch with excellent company  MD- Music Group	28  Barefoot Bowling 5 - 7pm	29	30

Changes may occur due to unplanned factors

Last week

Apologies: Brian Ashworth, Peter Spry and Louis Zaharopoulos.

- Endeavour Hills Men's Shed AGM will be held on 6th August.
- \$2 per day tea/coffee/lunch to be revisited by the committee.
- Christmas in July to be at the Dandenong RSL at lunchtime partners welcome, Wallace to advise date.
- EHMS open day at the end of October.
- Pool table complete marking kit arrives on Thursday.
- Chocolate factory visit was a great success.
- Doveton Show invite to man the gate accepted by members John T to advise.
- 3D Printing group today at noon.
- Agreement from John Grennan to sell lathe loaned to the shed.

- Cover for the pool table to be made by Arron with his choice of fabric.
- Bunnings BBQ 9th June, community networking 19th June 5 -6.30 pm
- Public Speaking group to restart.
- CNC Router introduction on a Tuesday followed by one on one.
- Thursday pool, indoor bowls and cards with lunch supplied at cost.
- Bare foot bowling at the DC on 31/5 see Rodney.
- Cherry farm visit for blossoms then pub/winery.
- Photo group meeting tomorrow.

Meeting Etiquette

INTERRUPTIONS TO SPEAKERS Speakers may only be interrupted by other members in the following circumstances: ! On a point of order ! On a call for a quorum ! To move 'That the motion be put.' ! To move a time limit motion for the current speaker ! To move a motion for the meeting to go in camera. This is an excerpt from page 11 of Apex Club rules I found on line. As a former member of Apex they work well and stop multiple people speaking at same time. Regards, Garrick



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

Lifeline 13 11 14



www.mensline.org.



Uniting Church repairs by Tony Brosinsky and Bob Daly. (L)



Myuna Farm project restored grinder. The boys have done a fantastic job. This grinder was a piece of rusted, unworkable junk and it looks like brand new now.



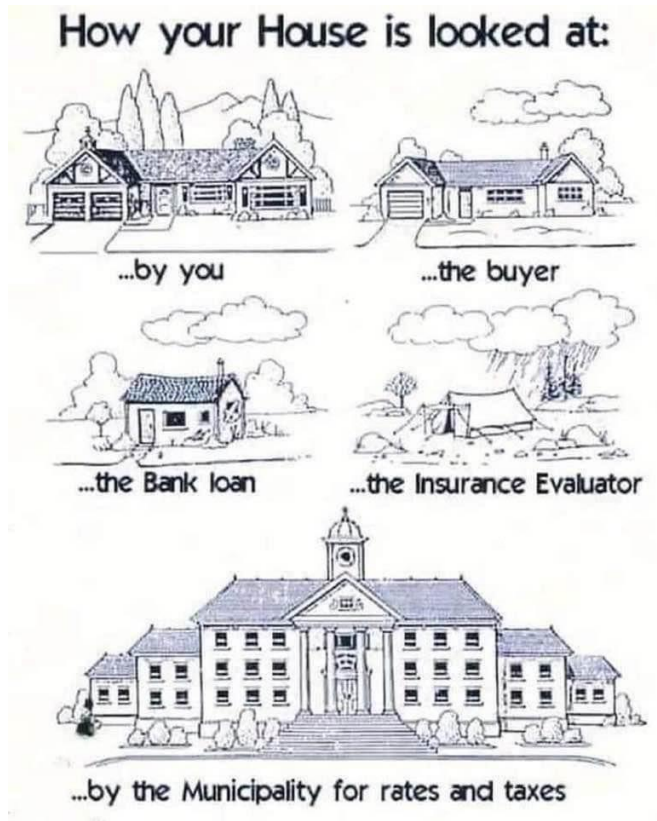
International Mens Health Week

International Men's Health Week celebrates its 30th anniversary this year and takes place from Monday, June 10, to Sunday, June 16, 2024. This year, our focus is on Men's Health Checks.

Men's Health Week is a great opportunity for organisations, workplaces, and communities to focus on some of the different ways we can keep men and boys healthier. One way you can do this is by taking advantage of our free Know Your Man Facts toolkits on a range of men's health topics, such as Men's Mental Health, Men's Heart Health, Exercise and Men's Health, and Mateship and Men's Health.

You can also watch for our new Know Your Man Facts toolkit on Men's Health Checks, which we will launch in time for Men's Health Week 2024.

Learn more about the Know Your Man Facts campaign on our website. Check out the events section of our website for Men's Health Week activities. If you have a specific Men's Health Week event to showcase, you can upload it to our website or contact kim@amhf.org.au for help. For more ideas about celebrating Men's Health Week 2024, visit the Centre for Male Health, which leads in promoting Men's Health Week in Australia and chooses a different theme to focus on each year. To find out more about what's happening internationally during Men's Health Week, visit the Global Action for Men's Health website.



The first of many stands.

GETTING ANGRY WITH SOMEONE?

Think before you talk.
If the person is:

- JUNIOR** to you – count to 10, then talk.
- EQUAL** to you – count to 20, then talk.
- Your **SENIOR** – count to 50, then talk.
- Your **WIFE** – keep counting, don't talk.



- m0i0z



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 Oates 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
Bob Daly	

First Aiders.

Tony Brosinsky
Paul Morris
Doug Rowley
John Thornton
Brian Ashworth
Peter Wallace
Lois Zaharopoulos
Howard de Zylva
Len Follett
Ross Blackwood
Rom Martin