

**ACTIVITIES
TIMETABLE**

MONDAY

Available

TUESDAY

Kankama

**9.30am to
12.30pm**

WEDNESDAY

Open Day

**Community
Breakfast
8.00am to
10.00am**

**Woodies Workshop
9.00am to
12.00pm**

**Men's Shed
Sausage**

sizzle lunch

11.30am to 12.30pm

THURSDAY

**Woodies workshop
9.00 am to 12.30pm**

Community Lunch

11.00am to 1.00pm

**Circle of Fire Men's
Discussion Group**

1.30pm to 2.30pm

FRIDAY

**Woorinyan Special
School**

9.45am to 11.30am

Editor Colin Duggan

**THE Walk
PLANK**

December 2011

Thank You

**From Chelsea
CareWorks**

**To all our sponsors and to
all other persons who
donate to the Community
Breakfast and Community
Lunch**

**Every bit of financial help is
welcome.**

**Come and enjoy
a delightful home
style
breakfast**



Wednesday

8.00 am to 10.00 am

**Bacon, eggs, sausages,
cereal, fruit, baked beans,
juice, toast, butter coffee,
tea, milk, Milo**

Community Lunch

Thursday

11.00am to 1.00pm

**Sandwiches, cakes, tea,
coffee & cordial**



***The Plank wishes all
Members of Chelsea
Men's Shed and all
other readers best
wishes for a happy and
safe Christmas and
New Year!***

Travel Safe, Travel Well

***"Never worry about the
size of your Christmas
tree. In the eyes of
children they are all 30
feet tall"***

—Larry Wilde

***Reading made
Don Quixote a
gentleman. Believing
what he read made him
mad. -- George Bernard
Shaw***



Steve's Sayings

As the year draws to a close, I have begun rereading "Tuesdays with Morrie" A heart warming true story of an ailing College professor sharing his wisdom with a "too busy" reporter. The Prof shares something of his wisdom, and the reporter begins to rethink what is really important in life. Loving others, community and standing for something worthwhile are constant themes.

As I reflect on another great year in the shed I reckon we do alright at those three things, community, love and standing for something important.

I see listening ears, volunteers making a difference, friendship, blokes caring for one another and the impact you have had in helping sheds engage with disability services all over the state. You are an impressive group and I count it as a privilege to be among you when I can.

I don't like to single anyone out as you all do so much, but it would be remiss not to mention Keith, who has again put in huge hours when he has been so ill. Thanks heaps Keith and well done everybody .

God bless and have a merry Christmas.

Colin's Chat



Another Christmas is arriving. It seems like last year's was only yesterday. For myself this year seems to have flown. Time seems to get faster, perhaps as we get older.

I recall a friend telling me that his nine-year old daughter complained to him one September about how fast the year was going. It's bad enough us oldies complaining but for a child it is worrisome.

Perhaps the problem is that children are growing up too fast and there are probably many reasons for that, including what they see on TV.

I still recall the magic of Christmas when I was young but I did not realise then that for older people, especially parents, it is a frenetic time of rushing here and rushing there for gifts, food and all the various things that make up Christmas these days.

This Christmas, even when we celebrate it for the kids, let us spare a thought for the parents.

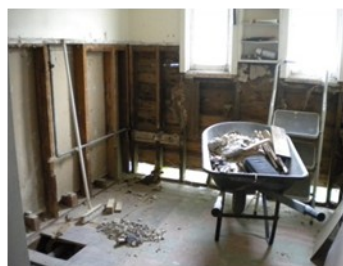
Let us also spare a thought for those for whom Christmas does not mean family, but the emptiness of being lonely without family, friends, or even homes.

Lyn's Lot



Since taking up my new role at Chelsea CareWorks and the Men's Shed, I've been amazed at the changes that have taken place since I left 2 years ago. The backyard has been beautified enormously and there is a jaunty buzz about the place with so many activity groups coming and going. And the Shed still has that inclusive atmosphere with such a diverse range of men enjoying what it has to offer.

A huge achievement over the past months is the transformation of the old bathroom in the house from a dark, tired junk heap (now, let's be honest!) to a bright, spacious room that now houses the printer with a handy bench to work from. It was a joint effort by the Fellows in the Shed and I take my hat off to you all. Thanks so much!



Traditional Recipes from Australia

Billy Can Pudding from Australia

In the Australian bush in the 19th century people had to improvise. The Billy Can is a tin, with handles, usually used to carry water.

1 1/2 cups of raisins
 1/2 cup of sultanas and raisins
 1 cup sugar
 1/2 teaspoon of mixed spice and cinnamon
 2 cups flour
 1 teaspoon of bicarbonate soda

Combine all ingredients. Mix well with 500 mls of boiling tea.
 Empty into a greased and floured billy can.
 Cover, and let it stand overnight.
 Steam for 3 1/2 hours.

Christmas Damper from Australia

2 cups of SR flour
 1/2 teaspoon of salt
 2 teaspoons sugar 1 tablespoon butter
 1 cups milk or water (enough to make a medium or soft dough)
 1 teaspoon of bicarbonate soda

Rub the butter into the flour. Knead.
 Mould into a Christmassy shape - a wreath, or a star.
 Bake in hot oven (or in ashes if you are cooking it in a fire).
 Cook for 20 minutes until brown.
 Serve with butter and jam, honey or golden syrup.

Christmas Oddities

- In Denmark hot porridge is put out for the pixies
- The first gingerbread man is credited to the court of Queen Elizabeth I who favoured important visitors with charming gingerbread likenesses of themselves
- Thanks to the different time zones and the rotation of the Earth Santa Claus has 31 hours of Christmas to work with.

(The above oddities been adapted from the All Things Christmas website)

Why do we have:

Christmas Trees — The Christmas tree came from Germany and was introduced into England by Queen Victoria's consort, Prince Albert who was German. In 1848 the English periodical, *The Illustrated News*, publishes an etching of the Royal Family, gathered under a decorated Christmas tree, and the idea was copied throughout Victorian England.

The tradition of Christmas trees seems to have begun in the 16th Century in Germany.

Mistletoe — This tradition dates from about 200 years BC and originated among the Druids. Because it remained green throughout the year mistletoe was considered to have magical healing powers and could ward off evil spirits. It has been claimed that the Romans saw it as a symbol of peace and that enemies who met under mistletoes would lay aside their weapons and embrace. Among the Scandinavians mistletoe was linked with Frigga, their goddess of love. It is considered that those who kiss under mistletoe will have happiness and good luck in the following year.

Holly, Ivy and Greenery — Also comes from Northern Europe where the howling of the winter winds were considered to come from ghosts and demons. Holly that remained green all year and was therefore also considered magical would be placed over doorways to repel the evil. Greenery was seen as a way of freshening indoor air and bringing colour indoors.

Rudolf the Red-nosed Reindeer — Dates from 1939 when the Chicago-based Montgomery Ward department store requested one of its employees, Robert L May to write a Christmas story. May based the story on Hans Christian Anderson's story *The Ugly Duckling* and on his own experiences as a small frail child being bullied. Originally the book was handed out free and in 1939 2.4 million copies were given away. By 1946 over 6 million copies had been distributed. In 1947 the story was printed commercially for the first time and in the following year a nine minute cartoon was created and shown. Songwriter, Johnny Marks, May's brother-in-law, wrote the song that, after many rejections by singers, was finally recorded by Gene Autry in 1949, becoming one of the best-selling songs of all time.

(All the above has been adapted from the All Things Christmas website)

*No matter how carefully you stored the lights last year,
they will be snarled again this Christmas
— Robert Kirby*

All sorts of stuff comes to the Editor by email with the original source unknown, such as the items below. So, after acknowledging that unknown source, let's have a chuckle!

Someone, somewhere, collects these church notices bloopers:

The Fasting & Prayer Conference includes meals.

Ladies, don't forget the rummage sale.
It's a chance to get rid of those things not worth keeping around the house.
Bring your husbands.

Remember in prayer the many who are sick of our community.
Smile at someone who is hard to love.

Say 'Hell' to someone who doesn't care much about you.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,'
giving obvious pleasure to the congregation.

For those of you who have children and don't know it,
we have a nursery downstairs.

Next Thursday there will be tryouts for the choir.
They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church.
So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be 'What Is Hell?'
Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members
and to the deterioration of some older ones.

Scouts are saving aluminium cans, bottles and other items to be recycled.
Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want
remembered..

The church will host an evening of fine dining, super entertainment
and gracious hostility.

Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind.
They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the
Church.

Bring a blanket and come prepared to sin.

Ladies Bible Study will be held Thursday morning at 10 AM .
All ladies are invited to lunch in the Fellowship Hall after the B. S. Is done.

The pastor would appreciate it if the ladies of the Congregation would lend him
their electric girdles for the pancake breakfast next Sunday.

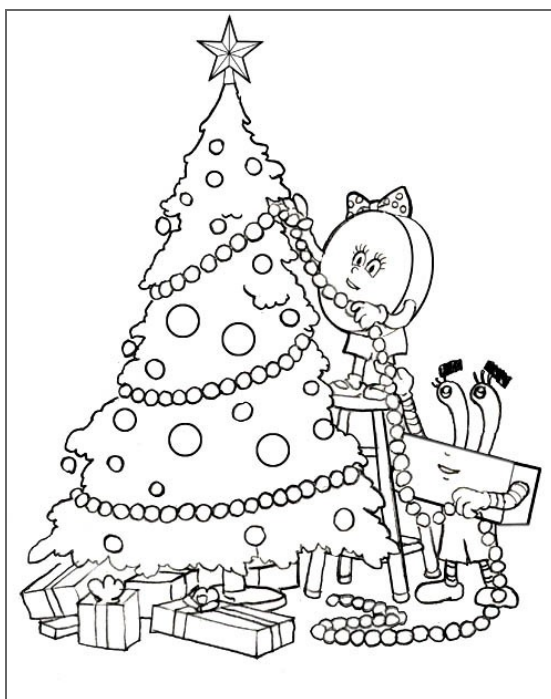
Low Self Esteem Support Group will meet Thursday at 7 PM . Please use the back
door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement
Friday at 7 PM .

The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church.
Please use large double door at the side entrance.

The Associate Minister unveiled the church's new campaign slogan last Sunday:
I Upped My Pledge - Up Yours.





Australian Men's Shed Association
SHOULDER TO SHOULDER

Special News Bulletin: Bipartisan Support for Mens Sheds & Mens Sheds at CHOGM

November 2, 2011

It has been a historic week for Mens' Sheds.

On Friday the 28th of October as part of the Commonwealth Heads of Government Meeting partners program, AMSA patron Mr Tim Mathieson hosted a luncheon for delegates that focused on Mens Sheds and Mens Health.

The Lunch was held at the Maritime Museum in Fremantle, with delegates in attendance being addressed by Mr Mathieson, Dr Rob Walters and Julian Krieg.

With many Mens Sheds now operating in Commonwealth countries the event was well attended.

This was a unique opportunity to highlight the achievements of Mens Sheds at this level; the day generated much media interest and left a lasting impression on the delegates to take home.

Parliament House, Canberra on the 31st of October also became an historic occasion with the first meeting of the bipartisan "Friends of Mens Sheds" group.

The day was organised by Mark Coulton, Federal Member for Parkes and Chris Hayes Federal Member for Fowler, a large number of federal members attended the meeting and Minister Warren Snowdon gave an overview of the Male Health Policy and Mens Sheds.

The session was well received by the Parliamentary Members attending with most having a number of sheds within their electorate,

A second and much larger event is in planning for early next year, where all sheds will be invited to attend and a large display will be erected on the front lawns of Parliament House.

We will keep you informed on this event as planning develops and we find a suitable date.

One of the most obvious facts about grownups to a child is that they have forgotten what it is like to be a child.

-- Randall Jarrell

We are here :
rear 5 Blantyre Ave, Chelsea

Newsletter for the Chelsea Men's Shed

Men's Shed Office: Lyn Duclos, Coordinator
 Phone 9773 0301 Fax 9772 4645
 Email: admin@chelseamensshed.org.au
 Shed Mate: Keith Holt—Phone 9773 0301
 Editor: Colin Duggan
 Project Officer: Colin Duggan
 Website: www.chelseamensshed.org.au



*Merry Christmas
 &
 a Happy New Year
 from all at
 Chelsea Men's Shed*

Sponsors:

It would be great to see your name on this page. If you're interested in being a Sponsor, Partner or Supporter please contact Lyn Duclos, Keith Holt or Colin Duggan at The Shed on 9773 0301 or join us at our Sausage Sizzle on Wednesdays 11.30am—12.30pm

*Chelsea Men's Shed is part of the Southern and Peninsula Cluster
 of the Victorian Men's Sheds Association*

Chelsea Men's Shed is a Community Development Programme of CareWorks Inc.
 the Community Welfare and Support organisation of the Church of Christ Victoria & Tasmania,
 & delivered through Chelsea Careworks, the Community Support agency of Chelsea Church of Christ.