

## ACTIVITIES TIMETABLE

### MONDAY

Central Bayside  
Community Health  
Network Men's  
group

10.00am to 1.00pm

### TUESDAY

SCOPE Disability  
Services Planned  
Activities Group

9.30am to 12.30pm

### WEDNESDAY

Open Day

Community  
Breakfast

8.00am to 10.00am

Woodies Workshop  
9.00am to 2.00pm

Garden Gnomes

9.00am to 2.00pm

Men's Shed Sausage

sizzle lunch

12.00pm to 1.30pm

### THURSDAY

Open Day

Woodies workshop  
and

Garden Gnomes

9.00 am to 2.00pm

### FRIDAY

Woorinyan Special  
School

9.00am to 1.00pm

Editor Colin Duggan

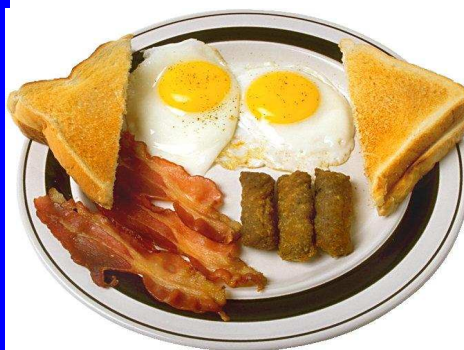
# Thank You

From Chelsea CareWorks

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

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



February 2011

Welcome to Chelsea Men's  
Shed in 2011.

This year, in August, we  
celebrate our fifth birthday.

There have been many  
changes in the Shed in the  
five years it has been in  
operation.

From a basic shed with a few  
tables and tools it has devel-  
oped with proper storage  
for tools and timber and  
power equipment.

It has also become well-  
known and serves a model  
for other sheds, especially in  
the area of catering for  
disabled people.

There is still much to be done  
to make the Shed and the  
other activities on the site  
better able to serve the  
community..

In 2011 efforts will be made  
to achieve some of these  
needs.

Sadly, though, one of these  
extra activities ceased in  
December. The Wednesday  
After Breakfast Games  
programme was ended.  
Thank you to John and Jean  
for their work.



### **Steve's Sayings**

Welcome back as we begin a new year in the shed.

This seems like to timely moment to re-visit what the shed is.

A place to chat and listen

A place for blokes to relax

A place to care and be cared for

A place to feel valued

A place to do something that matters.

Chelsea CareWorks provides the premises, but it is the blokes in the shed who run the shed, who decide what to make and what not to make, who make sure it is safe, and most importantly how the shed will be experienced by the blokes.

It's your shed, its up to you, and if 2011 is anything like 2010, you will do a great job of continuing to make it a special place to be.

Steve

### **Colin's Chat**

How many of us made New Year's resolutions? How many of them will be kept or simply allowed to wither away in our minds?

We all have good intentions but all too often life gets in the way of them. We become busy doing whatever and our resolutions slip from our minds.

Perhaps we remember them just before we sleep. "Oh yes", we tell ourselves, "I'll do it tomorrow" but when we wake we have forgotten.

Does a tomorrow ever come when we get around to it?

### **Keith's Korner**



### **Splinters from the Shed**

### **Keith is back!**

### **Welcome back, Keith!**

A donation of \$500 has been received from All Souls Anglican Church Opp Shop, Sandringham. Thank you All Souls.

**A ROUND TUIT**

This is a Tuit. Guard it with your life as Tuits are hard to come by, especially the round ones. This is an indispensable item. It will help you become a more efficient worker. For years we have heard people say, "I'll do it as soon as I get a round tuit." Now that you have one, you can accomplish all those things you put aside until you got a ROUND TUIT.

joe-ks.com

[IFRS](#), [Regulation](#), [Theory](#) | Tagged [Accounting](#), [SEC](#), [Accounting regulation](#), [GAAP](#), [IFRS](#), [IFRS resistance](#), [Securities and Exchange Commission](#), [Regulation](#), [Road map to IFRS](#), [Anti-IFRS](#), [IFRS Road-map](#), [IFRS critic](#), [IFRS opponent](#)

### **Computer Virus**

### **The Calista Flockhart Virus**

*A control-menu box will be permanently displayed.*

## Good Health Begins at Home

Home, it is said, is where the heart is. It should also be where good health starts and that is up to us to ensure.

How healthy are our homes?

Are our bathrooms and kitchens as clean as they should be? Do we let our used cooking pots and eating items pile up unwashed. I recall an elderly aunt whose kitchen never seemed to be clear of unwashed dishes and pots. And then there was the neighbour whose kitchen always smelled of fish, no matter what time of day or evening you visited. Germs abound in such places.

What of our garages and sheds? Are they cluttered and are we in danger of tripping and falling? Do we really want to risk broken bones or cracked head? How much time and effort do we need to expend to clear up the clutter? And isn't that exercise?

How are our backyards? Are they overgrown or cluttered with junk? About two years ago I found three dead rats in my backyard. They had come from a house three doors away and had been killed by night marauding cats. I am not a cat lover but they do have their uses. I only wish they knew how to clean up their messes!

It may not be your backyard but what of your neighbours? Call the Council about the matter.

Returning indoors, are you eating well with a balanced diet? A balanced diet contains:

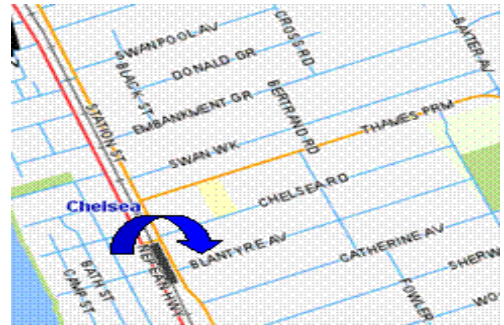


**We are here :**

**rear 3 Blantyre Ave, Chelsea**

**Newsletter for the Chelsea Men's Shed**

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



**VOLUNTEERS PAGE**

**Chelsea CareWorks is looking for volunteers to help with the following projects:**

**FACILITIES**

Looking after the provision of furniture and equipment in the house (computers, printers, desks and chairs). Ensuring print cartridges and paper are ordered. Purchasing stationery for the office and tools and materials for The Shed and gardening areas.

**PROGRAMS**

Assisting the Programs Co-ordinator to develop and implement a range of men's health and well-being seminars and forums as well as assisting with the development and implementation of the Southern Kingston Men's Health Network.

**ADMINISTRATION**

To be a reception/office person responsible for public enquires about Chelsea Men's Shed and other programs of Chelsea Care Works.

**GARDEN GNOMES**

To be the Facilitator of our Indoor Gardening Group (vegies patches, hanging baskets . Terrariums and pot plants) and train members in how NOT to be a brown thumb. We need someone who can oversee the activity and possibly teach members horticulture gardening ideas and tips.

**LADIES IN THE SHED**

Chelsea Men's Shed is looking for a volunteer facilitator to run a Ladies in the Shed programme to be



**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 Keith Holt or Colin Duggan at The Shed on Wednesdays or Thursdays on 9773 0301 or join us at our Sausage Sizzle on Wednesdays 11.30am—12.30pm

***YOUR AD HERE?***

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.  
Prepared by Skills for the Future Chelsea Men's Shed participants.