Walk THE PLANK

Editor Colin Duggan

April 2010

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

Wednesday Activities Group

(Cards, scrabble and other games)

11.00am to 3.00pm

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

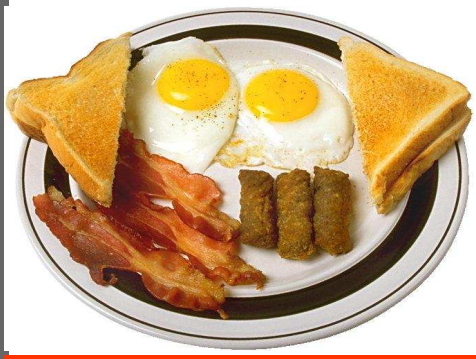
9.00am to 1.00pm

Thank You

Phil Perkin who has been the editor of The Plank for the past few issues recently left the Shed for other activities. Phil did a marvelous job with the newsletter and we see his work in the revamped format of The Plank.

Thank you, Phil.

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

Don't Throw Out the Baby . . .

"Apparently around the turn of 'the' century baths consisted of a big tub filled with hot water. The man of the house had the nice clean water, then sons and men, the n the women and finally children. Last of all the babies. The water was so dirty you could actually lose someone in it, hence the saying: "Don't throw out the baby with the bath water." (Google it in full)

Good Advice

> *"Never under any circumstances take a sleeping pill and a laxative on the same night"*

Dave Barry quote

Consider this

"If you think that something small cannot make a difference- try going to sleep with a mosquito in the room."

The Procrastinator's Creed:
1. I believe that if anything is worth doing, it would have been done already.
2. I shall never move quickly, except to avoid more work or find excuses.

Rita Mae Brown

If the world were a logical place, men would ride side saddle.

Swedish Proverb

Worry gives a small thing a big shadow.

Steve's sayings

Lots of great things have been happening around the shed lately. There's blinds going up, storage shelves made, great projects and restorations, and best of all, a great sense of community. As some of you will know, all this is still happing without much administration support. Lyn and Gary are still involved as volunteers in the background while we seek more funding to have them here more. Also as some of you will be aware, I am now very part time, and have another part time job as well, at family Life, just across the tracks.

There is a great story behind this. The day after the church had no choice but for me to go part time, the phone rang and I was offered work at Family Life, enabling me to stay here part time. I have not had any other offers in the five years I have been here. So I reckon someone is looking after us.

However all this means I am unable to be around as much, until our funding situation changes, which will happen over the next year or so. In the meantime, it is really noticeable, what a great group of volunteers we have through all our programs. Now that more and more is depending on our volunteers, nothing has slowed down, which is a great sign for our future.

steve

Colin's Chat

A Bit on the Dry Side

I learned recently that we get saltier as we get older and that is because we drink less water as we age. The result of this is that the concentration of salt in our blood rises.

This happens not because we get less thirsty or we need less water but our brains plays trick on us telling us we do not need drink as much water.

So we become partially dehydrated. Our skin becomes less springy and our urine may darken but we feel okay.

What can this do to us?

We need to drink water to keep our kidneys functioning correctly. This is doubly important for, as we get older, our kidneys become more vulnerable.

We can also become lethargic and develop mild headaches. We can find it difficult to swallow for mild dehydration can reduce our ability to produce saliva.

Our voices may weaken for our vocal chords can dry out. The motto of professional singers is to 'sing wet and pee pale' and we should adopt that as our guide to drinking water, even if we only sing in the shower.

So we need to drink more water even if the outcome is broken sleep because of pee trips.

Drink more water, pee more often, pee light and be well.

(Adapted from the Body & Mind column with Jill Margo in Fifty-Plus *News* March 2010 issue)

"You live longer once you realise that any time spent being unhappy is wasted"

Ruth E Renkl

Splinters from the Shed

Peter is back in the Shed and working on "odd" things during his days off from "chemo."

The support of the new men in the Shed and their talents is appreciated.

More timber is coming in for our own use.

Have you heard this one before? – This will be a great seller. Let's make lots of them!

The men of the Shed want to acknowledge the work done by the carers of our disabled groups and their dedication and understanding towards their clients.

To the shed man who has donated a new drill press and belt sander – thank you so much for the gifts.

We also want to express our appreciation to our sausage sizzler, Greg, who not only cooks but cleans the barbie afterwards.

We note also the wonderful use made by a Shed mate of the comfortable lounge chair.

Possum boxes have been made and picked up by Wild Life Victoria but we are still waiting for payment.

All appliances in the Shed, annexe and Church property have been tagged and made safe electrically.

SAFETY

"PLEASE" when working on our machines in the Shed take care to understand how they work. "Yeah, I have one at home and I know how to use it" may not be enough.

Glasses and earmuffs are there to be used not to be left hanging on the wall.

Boundaries

by Colin Duggan

What are boundaries?

They are the spaces we set between ourselves and other people. We all have them but sometime other people do not realise what ours are and that they are coming too close to us.

Boundaries are our personal property line. They define who we are and where another person begins. They are both physical and psychological. They are in the words we say, what we believe, what we want and don't want, what our opinions and feelings are. They are what we are and they are unique to us.

Boundaries define our relationships. They define who we like and dislike, who we enjoy being with and who we avoid and what we are prepared to accept from another person.

We need to understand what our boundaries are. We also need to understand that other people may not understand our boundaries and so invade our space and we can do the same unless we are aware that there boundaries.

One of the most uncomfortable times I have ever had occurred many years ago when I was working at a weekend long function. There was a lovely woman who was married taking part in the function. Because of the locations of our activities we were often in close proximity. She had the habit of looking into my eyes if we spoke and touching me with her finger tips. Was she giving me a message or was she simply a touchy feely person? Was she leading me on? I don't know. All I knew was that she was married and she was invading my personal space. She was ignoring my boundaries.

Touch is one of the most important needs of humans but we do not want to be touched just by anyone, especially a stranger. Touch can be an invasion or it can be a healing warming act. It depends on who it is touching us.

The touch of a friend in comfort is welcome. The touch of a stranger can be a threat to us. A threat repels. Comfort warms. But the boundaries must not be breached.

Breaking boundaries causes fear, anger, rejection and negativity. Breaking boundaries can destroy good. Part of caring for each other is an awareness of those matters can cause distress and to avoid them.

Are you the 1 in 10 man!

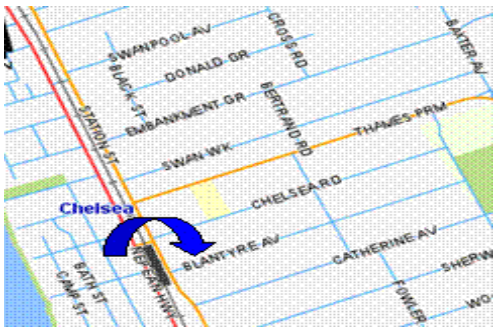
Fact: 1 in every 10 men will develop prostate cancer.

Over 40?

See your doctor

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
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Shed Mate:	Keith Holt—Phone 9773 0301
Editor:	Phil Perkin
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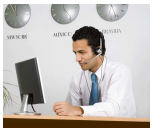
VOLUNTEERS PAGE

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.