

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

Editor Colin Duggan

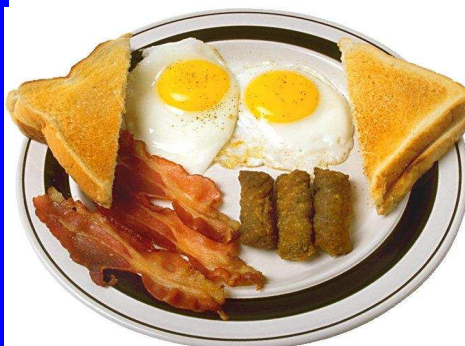
Thank You

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

Walk THE PLANK

December 2010



*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

*Christmas gift
suggestions:*

*To your enemy,
forgiveness.
To an opponent,
tolerance.
To a friend, your heart.
To a customer, service.
To all, charity.
To every child,
a good example.
To yourself, respect*

[Oren Arnold quotes](#)

From Think Exist.com



Steve's sayings

Once more we have come to Christmas and it has been a good year. There have been ups and downs, such as Keith's illness, but overall it has been a good year.

We have seen the grounds of the church and the shed transformed by Green Corps and we look forward to their work in 2011.

We have had the continuing presence of the guys and gals from Central Bay-side, Scope and Woorinyan and that has been a bonus.

And we have the great group of guys in the shed, who have done lots of worthwhile projects, and spent time just enjoying having a cuppa, breakki or a snag together.

Now, as we near the festive season of Christmas, let us not forget our less fortunate brothers and sisters in the community that we have not yet reached.

Christmas should be a celebration of community, whether in family or with others so I hope your Christmas is a good one.

My best wishes to all for Christmas and the New Year. May we see all of you back in 2011.

Colin's Chat

We are now in what is called the silly season when there is often a great deal of partying with a lots of food and drink being consumed.

It is the season of excess and that includes the weight we often put on! And then we agonise and sweat about taking it off.

I have heard of people exercising madly in order that they will look good in summer clothes. And then they forget and stuff themselves in celebrations.

I remember a quote I heard in an ad on TV years ago that nothing exceeds like excess. It was about excessive alcohol consumption but it could be applied to any activity.

It can be applied to the Christmas shopping rush that benefits the retail trade but all too often leaves the consumer frazzled and weary. The result can be that Christmas becomes a time of tension and temper, not a time for the enjoyment of the company of family and friends .

Christmas has been taken over by commercialism and the true meaning of celebration seems to be lost, except for events such as *Carols by Candlelight* where songs about the meaning of Christmas are heard.

“Christmas is the season when you buy this year's gifts with next year's money.

Keith's Korner



Splinters from the Shed

Keith is home from hospital but is resting until the New Year.

Thank you to Tim for stepping in the help.

The Shed will close 15 December 2010 and reopen on 12 January 2011

To all in the Shed have a happy Christmas and New Year

Self Care is not Self Pampering

In our busy and stressful lives we often forget a very important matter — self care. This can be defined as looking after one's health and well-being with or without professional help, although that is always desirable.

Life for all of us is full of stress; it is part of living, and some stress is healthy. We need to have some stress in our lives to keep us lapsing into a robotic and boring existence. Have you ever, for example, been driving a long distance and you have relaxed at the wheel until you may have driven onto gravel or an animal has run onto the road in front of you? That can be life until a stressful moment occurs.

Too much stress, however can be unhealthy.

Stress is considered to be a contributing factor for heart disease, although other factors do need to be present. Physical stress is considered healthy. Lack of physical stress, i.e., an inactive life style, is a major risk factor. Emotional stress is considered to be a major factor, although there is limited clinical evidence of this. Chronic work stress has been found to result in increased adrenaline levels and these have been linked to heart disease and a major risk factor.

Excessive stress can cause burnout that is defined as *the emotional and physical exhaustion experienced by people as a direct result of excessive study or work related stress. Burnout can cause significant physical, emotional, psychological, and spiritual damage to people.*

We all need to find a balance between all the different parts of our lives. What that balance is will depend on who we are, what our natures are, and what our circumstances are. Age also plays a part as we get older and many things that were a breeze to do when we were young get harder to do. A quote comes to mind from I'm not certain where – *As we get older there is less breeze and more wheeze.*

It is all too often a true statement uttered in jest.

It is stressful to get older and to be able to do less for the mind says one thing and the body says another. For our own health's sake we do need to accept that but, at the same time, if we can keep our minds and our attitudes in youthful mode of thinking.

I recently read a story that made me chuckle. A famous American Oliver Wendall Holmes at the age of 95 was walking with a friend of a similar vintage when they saw an attractive woman coming toward them. Holmes turned to his friend and said, "Gee, I wish I was seventy-five again!"

I ask a question: How old is old?

Chelsea Men's Shed

CALLING ALL MEN

Take

**LOOK AFTER YOUR
HEALTH**

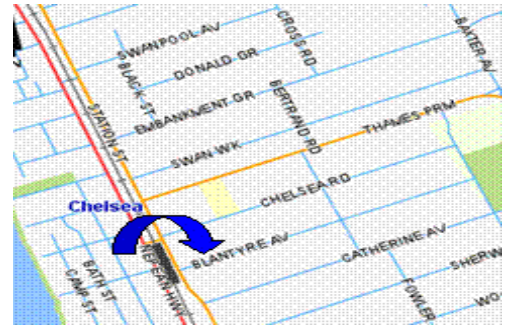
IT MEANS YOUR LIFE!

We are here :

rear 3 Blantyre Ave, Chelsea

Newsletter for the Chelsea Men's Shed

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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.

**Community Breakfast will
recommence on
Wednesday 2 February 2011**

**Chelsea Men's Shed
reopens on
Wednesday 12 January 2011**