

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

June 2010

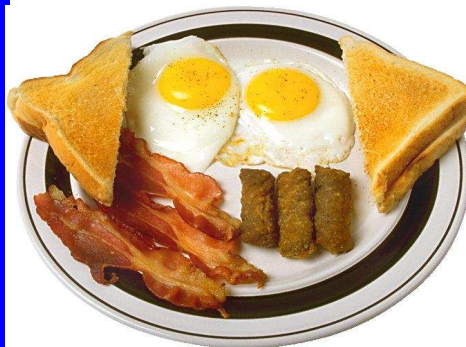
Thank You

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

Food for Thought

A diamond is a chunk of coal that
made good under pressure.

*A tree never hits an automobile
except in self-defence.*

After all is said and done, more is
said than done

*Death and taxes may be certain,
but we don't have to die every year*

Doing nothing gets pretty tiresome
because you can't stop and rest.

*For people who like peace and
quiet; a phoneless cord.*

Hyperpolysyllabicomania is a
fondness for big words

*If you chase two rabbits, both will
escape.*

Misers make wonderful ancestors.

*The closest anyone ever comes to
perfection is on a job application
form*

Darwin Award

A man in America, accidentally
shot himself to death when,
awakening to the sound of a ring-
ing telephone beside his bed, he
reached for the phone but
grabbed instead a Smith & Wes-
son .38 Special, which discharged
when he drew it to his ear.



Steve's Sayings

NEWSLETTER

We at Chelsea Care-Works have been asked to consider applying to run a couple of new disability programs. This is because to the of the reputation we have built up for caring for people with disabilities. To a large degree this is because we offer programs in a friendly community setting, due to the breaki and the shed including your sausage sizzle. It is something rare (unfortunately) and special, that people experiencing a broad range of disabilities can feel accepted as part of a wider and caring community. Professor Vadaddi from Monash Hospital recently said of us: The staff

"have all observed marked improvement in many areas...The clients' social skills, their concentration, their ability to have and maintain a conversation and show warmth and connectedness towards others are just some of the observable developments".

Thank you to all of you who make this a pleasant and caring place to be. Keep up the good work.

Steve

Colin's Chat

I was advised once that once a man turns 40 he should seek a female doctor. The reason - after 40 a man needs to have his prostate checked regularly.

There are two testing methods:

- Digital insertion (hence the female doctor with thinner fingers)
- Blood test

I was also advised by my own doctor that if every man live to 100 he would sooner or later develop some form of prostate trouble.

Prostate cancer kills about 3,300 men each year in Australia and that figure is about the same for women who die of breast cancer. This means that every three hours a man somewhere in Australia.

The following statistics for the diagnosis of prostate cancer should be noted:

Over 40: 1 in every 1,000 men
 Over 50: 12 in every 1,000 men
 Over 60: 45 in every 1,000 men
 Over 70: 80 in every 1,000 men.

Do you wish to wish to win or lose the prostate cancer lottery?

Early and regular testing will allow early diagnosis.

See your doctor soon!

(Information from the Prostate Cancer Foundation of Australia)

Change is inevitable - except from a vending machine.

Robert Gallagher quote



Splinters from the Shed

Peter has bought a house in Hervey Bay In Qld.

John, our timber gatherer, is having three weeks holiday in Qld.

Tim and Julie are also travelling. By bus to Qld

Syd is home but still is not 100% but he is improving.

Darren & Geoff are helping with Woorinya on Fridays

Green Corps will soon be doing work on the premises.

Woorinya and Central Bayside Groups are busy painting blackboards for the Christmas Childrens' Appeal.

Computer Viruses

*The Teenage Boy Virus
 Once affected, your computer will no longer accept commands. In some cases, computer will do exact opposite of each command it is given. Will also suddenly disconnect while in the middle of communicating. Miraculously, the computer will probably "come good" eight years later.*

Shedding Light on Other Sheds

Hi Folks,

I recently attended the Victorian Men's Shed Association meeting at Kinglake.

The devastation after the fires is still plain to see, but the strength and determination of the community is highly evident.

Our meeting was in the community hall and our meal was catered for by the ladies of Kinglake having prepared a roast chicken and lamb lunch.

During the meeting, which was attended by 30 or more Sheds, we were advised that the commonwealth government had set aside \$3.2m for Men's health programs, and the funds are to be distributed through the Australian Men's Shed Association. No details yet of for what, and how, but I will keep everyone informed as details come through.

The State government has allocated \$500,000 to the Office of Seniors for Men's Sheds which we think is for program and co-ordination, but as yet no details.

Ah, you can tell there are elections in the air!!!!

Progress towards establishing a Southern and Peninsula Men's Shed Network is well underway.

This Network will operate under the banner of the VMSA and include Sheds in Casey (Carrum Downs), Cranbourne, Chelsea, Frankston North, Frankston, Keysborough, Somerville, Hastings and Rosebud, with others being added soon.

The Network will provide administrative support to Sheds in the areas of sponsorships, partnership arrangements, funding and support to Committees of Management.

It will also arrange for seminars and forums for men's health and well being programs, as well as other events that provide a public focus of what Men's Sheds are all about.

We hope to have the Network operate out of Chelsea as a central location.

More details as they come to hand.

Well that's all from me this month.

Gary Rogers

Business and Community Development

[Laughter is the closest distance between two people.](#)

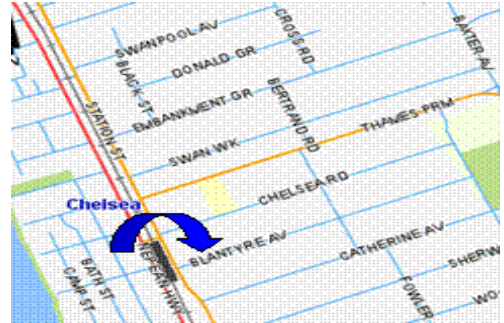
-Victor Borge

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.