

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

Walk THE PLANK

October 2010

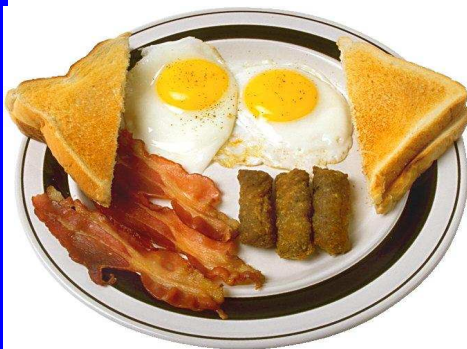
Thank You

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

Think About It!

A tree never hits an
automobile except in
self-defense.

*Footprints on the sands of
time are never made by
sitting down.*

I've tried relaxing, but - I don't
know - I feel more
comfortable tense.

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

Old mufflers never die, they
just get exhausted.

*Never mistake endurance for
hospitality.*

Patience is what you require
when the fish are not hungry.

*Silence is golden when you
can't think of a good answer.*

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

*There is nothing like sealing a
letter to inspire a fresh
thought.*

Today's mighty oak is yester-
day's little nut that held its
ground.



Steve's Sayings

Hi everybody

What a great job the Green Corps group is doing. They are hard workers doing quality work and have a fantastic design.

What is also really impressive is they are not only helping to Green and clean us but all they do fits so well with our philosophy of creating spaces where community can naturally happen.

The fire pit area, the meditative fountain area, the seats out the front with the giving garden, the organic green house and the garden beds are places that will naturally lead to conversations and care.

A big thank you to the guys and girls in our green corps group. Of course none of this would have happened if it wasn't for the community building already done by our sheddies, breaki group, WAGS, Mens health programs, admin team, Leadership team etc.

Thank you all for your friendliness, thoughtfulness and the hope you offer that speaks deeply into peoples lives. What a great place we have that is a joy to come to, for us and so many others, because of all of you.

Thanks

Steve.

Colin's Chat

Four years ago when I started working at the Shed I had no idea how it would expand to what has become.

The house looked as if it was about to fall down and on our first day of operation we had two men turn up. We still have one of those men at the Shed. Greg our BBQ man.

Over the four years it has been very heartening to see the Shed grow and other activities develop.

I have been told we are unique shed in that we are the only one that works with disabled people.

Our thanks to those people and the carers who have helped the Shed grow.

There are still things that we need to develop. One is the Circle of Fire – a men's open forum Discussion group. A pilot forum was run in 2009 and it hoped that in 2011 a facilitator will be found.

Computer Virus 3

The New Age Virus

Computer will no longer format disks, as "they should be allowed to be any format they want to be
“

Keith's

Corner



Splinters from the Shed

Keith and Jan, his wife are not well at present We wish them both speedy recovery.

Green Corps have done a Marvelous job on the grounds of our property. Our thanks for their efforts.

Computer Virus 1

The Pauline Hanson Virus
Every time you enter some new text, your computer aligns it to the right.

Any text aligned to the left will be automatically deleted.

All new information will be met with the error message
Please explain

Computer Virus 2

The Viagra Virus

Computer will turn itself on at inappropriate times.
Users report difficulty ever turning the damn thing off.

Vitamin D

Last year I learned of a disorder that I had often felt but never knew had a name. It was Seasonal Affective Disorder, also known as SAD or sometimes as the Winter Blues. The key to understand what causes this disorder is Vitamin D and the best natural source of this vitamin is the Sun. The name winter blues is not as correct these days as most people now work under artificial light and therefore have low levels of sun exposure. Of course, too much sun is dangerous to our health and so is too little.

Some foods and drinks, such as fish, eggs, margarine and some milks have Vitamin D but only about 10–25% of Vitamin D needs come from these sources.

It may not be obvious but without sufficient Vitamin D our long-term health can be affected. The Better Health Channel advises that Vitamin D deficiency can contribute to bone and muscle pain, rickets in children (i.e., soft weakened bones), osteoporosis (weak and fragile bones in older adults) and various cancers (colon and prostate), heart disease, stroke and diseases cause through altered immune systems. Half of all women, and one third of all men, will have a fracture caused by osteoporosis.

What does Vitamin D do for us? It is a source of calcium and this is important for strong bones. As we get older our bodies lose calcium and this must be replaced. Sunlight is the best source. Younger people need 5 to 15 minutes of sun on hands, face and arms 4 to five times a week but older people, and if you have darker skin, need about 15 minutes 5 to 6 times a week.

We can get this Vitamin D supplement from any chemist for only a few dollars. It is an investment worth making if we care for our health.

We are coming into summer and the ads will soon be appearing on our TV screens about Slip! Slop! Slap! We need to heed that warning. I know of a person who has skin cancer on her hands that the doctors cannot seem to remove. I had my own scare a few weeks when I was checked for skin cancer on my nose. Hands are bad enough but noses sculpted oddly because of skin cancer are not pleasant.

Be careful of what you say in front of kids

A wife invited some people to dinner.

At the table, she turned to their six-year-old daughter and said, "Would you like to say the blessing?"

"Well, I wouldn't know what to say," the girl replied.

"Well Dear, just say what you hear Mommy say," the wife answered.

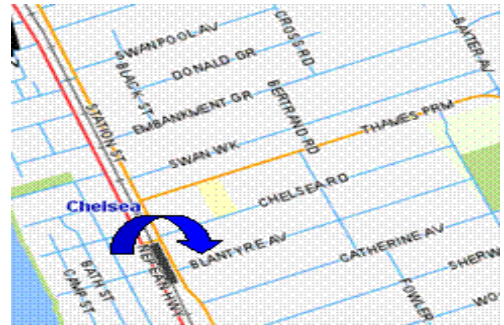
So, the daughter bowed her head and said, "Dear Lord, why on earth did I invite all these people to dinner?"

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.