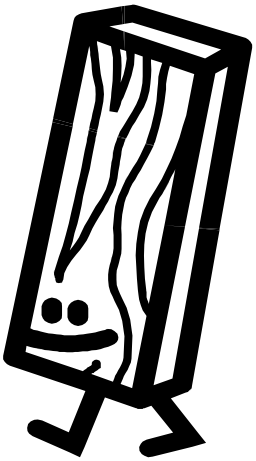


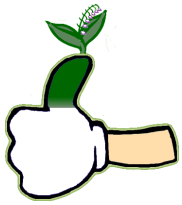
THE PLANK

Newsletter for the Chelsea Men's Shed

THE PLANK
Editor: Phil Perkin

April 2009

Are you a green thumb?



Chelsea Men's Shed is looking for a green thummer, indoor forester, back yard veggie patcher or hanging basketeer to be the facilitator of our garden group.

We need someone who can oversee the activity and possibly teach members horticulture gardening ideas and tips.

We are looking for a volunteer (male or female) to facilitate the activity for up to 3 hours at the Men's Shed, 3 Blantyre Avenue, Chelsea.

Our preferred day for the activity is dependent upon your availability.

If you are interested in helping out with this activity, please call Gary Rogers at Chelsea Men's Shed on 9773 0301 on Mondays or Thursdays, or call into The Shed on Wednesday or Thursday mornings.

Come and enjoy a delightful home-style breakfast

Wednesday 8.00 am to 10.00 am
Bacon, eggs, sausages, cereal, fruit, baked beans,
fruit juice, toast, coffee, tea, milk, Milo and butter

Expressions of interest from the local business community and individuals are sought to become members of the Shed Mates Group of Sponsors, Partners and Supporters.

Please contact Gary Rogers at The Shed on Wednesdays or Thursdays or telephone him on 9773 0301 or come to our Sausage Sizzle at lunch time on Wednesdays.

Personality of the month

Colin Duggan

Colin has had an illustrious career with 20 years of service with Australia Post. After 10 years in the Human Resources department, Colin transferred to public relations, in the role of Acting Public Relations Officer. Colin's next adventure was his appointment as historic officer and curator of the Post Office Museum of Victoria, where he concentrated on the history and development of postal services in Victoria.

During his mid 50's Colin desired a change and obtained the Diploma of Community Worker at Chisholm TAFE, Frankston. Colin joined The Shed in June 2006 as co-ordinator. In 2008 he became programmes co-ordinator concentrating on health and well-being programmes for men.

Meet the Minister

It has been great to see a number of our Men's Shed developments in the past month. We have run our first Men's parenting group, developed a special Tuesday program and, of course, extended The Shed with our lean-to. And, most importantly, I have seen the men take the opportunity to manage the shed more fully.

The Shed seems to have developed a life of its own. It seems to be growing through the "spirit of the place" and the commitment and ability of all the men involved. The men are a great bunch and I find it a good place to hang out and have a cuppa.

Congratulations.

Steve

Steve Rose

Things you do not say to a policeman:

I can't reach my licence, unless you hold my beer.

Aren't you the guy from the Village people?

Are you Andy or Barney ?

You're not gunna check the boot are you ?

I was trying to keep up with the traffic. Yes, I know there are no cars around. That's how far ahead of me they are.

"CHARIOTS"

R.I.P.

The Club was saddened to learn of the death this week of one of (it's) most valuable members. Someone else.

Someone's passing creates a vacancy that will be difficult to fill. Else had been with the Club since the beginning.

He did far more than the usual persons share of the work. Whenever there was a job to do, a social function to attend, funds to be raised, one name was on everyone's lips... "Let Someone Else do it."

It was common knowledge that Else was among the largest contributors of his time to the Club; whenever there was a need for volunteers, everyone assumed that S. Else would.

A wonderful person sometimes appearing super human. Alas a person can only do so much.

Were the truth be known, everybody expected too much of Someone Else.

Now he is gone. We wonder what we are going to do. He has left a wonderful example to follow, but who is going to do the things Else did?

When you are asked to help, remember; we can unfortunately, no longer rely on poor old Someone Else

R.I.P.

Easier Shed Than Done

Men's Sheds Australia brings much needed support to starting and operating a men's shed and to the opportunities and projects by providing an extensive support infrastructure. We provide you with the information, knowledge, tools, processes, checklists, templates, programs and training materials that you will need to establish and develop your local men's shed; we save you "reinventing the wheel".

In its simplest definition, a Men's Shed is a place for men to go and spend time doing wood working projects, both UFOs and participate in community based activities, talk about fishing, golf, or gardening, hang around the "circle of fire", share a sang with the lads, as well as referral to services that focus on men's health and well-being (Chelsea Men's Shed Business Plan 2009, Gary Rogers).

In Victoria, there are now about 70 Men's Shed groups, with many part of a local neighbourhood house, community health networks, or attached to an adult community education organisation or church.

The Men's Shed project is a social and activities group for older men, which provides opportunities for volunteers to join in activities and help mentor, support and train other men living with a mental health problem or disability.

We seek them here, we seek them there, we seek them everywhere,
But alas, nowhere I fear, can I find that elusive volunteer.

Chelsea Men's Shed is looking for a volunteer facilitator to run a Ladies in the Shed programme to be held on Fridays. Please contact Gary Rogers on 9773 0301 or Mobile 0411 795 940.

Much ado about the business

Hello fellow Sheddies, welcome to the "much ado about the business" update report.

Each addition I will provide a brief update of the key business development activities for Chelsea Men's Shed.

Sponsorships

We have a target of at least 10 major sponsors supporting Chelsea CareWorks Men's Shed at $500 each.

In return for their sponsorship they get their business/organization placed on the Men's Shed website, as well as logos reproduced in *The Plank*, their support acknowledged on all flyers and brochures and listed on the Sponsor's Board in The Shed, with sponsors cards given to encourage members to avail themselves of the sponsors services.

The economic climate has limited the progress towards the target, but nevertheless we are pursuing them.

Partnerships

Arrangements are in place with:

1. Central Bayside Community Health Service has a Monday Men's Woodwork Group, which will operate from The Shed working on a range of products.

   In addition, CBCHS has 5 clients and 2 carers every Thursday participating in our Men's Shed activities.

2. SCOPE is hiring The Shed each Tuesday morning for its program for up to 5 clients with high need disabilities.

3. Middle South Mental Illness will be arranging for 3 clients to come on a Thursday to participate in the activities of The Shed and Garden Gnome areas.

Memberships

Now available at $20 each to friends, relatives and individuals as a revenue building project. Our target is 50 by the end of June giving us another $1,000.

Funding

Discussions are being held with Scope and CBCHS to identify sources of support they could provide to help with the modification of the bathroom in the house to a disabled persons toilet, primarily for their clients.

A submission has been sent to the City of Kingston for a minor works grant to contribute towards the project. The estimate is $12,000—$13,000 and, if we can get $5,000 from Council and $5,000 from Scope and CBCHS, we can start the project and have it completed by June 2009.

Watch this space for more updates.

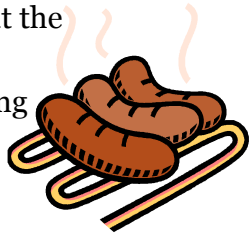
Gary Rogers

Current Activities

Wednesday Sausage Sizzle

Lunch time at the Men's Shed on Wednesday is a sausage sizzle.

The men gather around for a snag and continue chatting about the projects they are currently involved with. It is a fulfilling lunch and well deserved.



Monday :

- Central Bayside Community Health Network
- Men's Support Group

Tuesday:

- Skills for the Future (WFTD)
- Introduction to Computing

Wednesday:

- Chelsea Men's Shed Workshop Day
- Skills for the Future (WFTD)
- Introduction to Computing
- Sausage Sizzle 12 to 1.30
- Breakfast 8 to 10

Thursday:

- Chelsea Men's Shed Workshop Day
- Skills for the Future (WFTD)
- Introduction to Computing

We seek them here, we seek them there, we seek them everywhere,
But alas, nowhere I fear, can I find that elusive volunteer.

Chelsea CareWorks
The Community Support arm of Chelsea Church of Christ

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.

If you would like to be a volunteer, please contact Gary Rogers at Chelsea Care Works, Monday to Thursday on 9773 0301 or mobile 0411 795 940.

The Plank

Newsletter for the Chelsea Men's Shed

We are here :

rear 3 Blantyre Ave, Chelsea

Co-Coordinator:
Colin Duggan—Phone/Fax 9773 0301
Email admin@chelseamensshed.com
Shed Mate:
Keith Holt—Phone/Fax 9773 0301
Editor:
Phil Perkin
Website: www.chelseamensshed.org.au

Sponsor Page

It would be great to see your name on this page. If you're interested in being a Sponsor, Partner or Supporter please contact Gary Rogers at The Shed on Wednesdays or Thursdays on 9773 0301 or join us at our Sausage Sizzle on Wednesdays 11.30am—12.30pm

---

The ANZ Bank is a proud sponsor of the Chelsea Men's Shed and The Plank newsletter, as well as the Wednesday breakfast.

The Commonwealth Department of Employment and Workplace Industrial Relations has provided $16,000 for the Skills for the Future - Work for the Dole project, in which the participants are undertaking 7 modules of the Certificate II in Business, and establishing the Office of the Chelsea Men's Shed.

Job find in Frankston and Cheltenham, is the Community Works Co-rdinator for the project and acts as the overall Project Manager.

Longbeach PLACE Inc, Chelsea's Neighborhood House delivering ACFE-funded training, is the Sponsor for the project, and engaged the services of the Work for the Dole Supervisor and the Skills for the Future Facilitator.

The Shed is the Host for the program and provides the location of the Computer Room and Classroom for the Skills for the Future, and the *real life* office environment for the Work for the Dole component.

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.

P.J.P