



THE PLANK

Newsletter for the Chelsea Men's Shed

THE PLANK
Editor: Phil Perkin

February 2009

What is the Shed?

An icon for Australian men is the shed, traditionally standing somewhere in our backyards. It holds an important place in our culture; there are memories, experiences, shared skills and socializing.

So the idea of a **Men's Shed** was born. It's a place for blokes to come and be with other blokes and make or mend things. It is well known that to maintain good health requires many factors: positive self esteem, feeling productive and valuable to society, having social relationships and being active.

So The Shed is there for men to share and use a wide variety of tools, pursue their interests in past times and hobbies and spend time with others of similar interests. Not only that, they learn new skills and use tools for the first time or keep old skills honed and productive.

But it's more than that; it's for blokes who might not be good with their hands but who would like to talk with other blokes over a cup of tea or coffee.

It's for blokes who are retired, been made workplace redundant, who may be short or long term unemployed, or who may be living alone. Age doesn't matter. All you have to be is...a bloke.

Meet Our Breakfast Team

Come and enjoy a delightful home style breakfast

Bacon, eggs, sausages, cereal, fruit, baked beans, fruit juice, toast, coffee, tea, milk, Milo.

Introducing two of our volunteers:

Iris Forte & Marg Thomas (Cook)



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.

Sheddie of the Month



***Andrew
Gardiner***

Andrew Gardiner found great mates when he joined *The Shed*, nearly 2 years ago. A former storeman, Andrew is a fanatic Collingwood supporter with a passion for movies and play station.

A resident of Frankston for the last 20 years, Andrew has many fine memories from the mateship formed at the shed, which he values highly.

He recalled that one of his best times was the construction of the signs for the electoral voting.

Meet the Minister

OUR THOUGHTS

We dedicate this space to the hundreds of families whose lives have been shattered by the latest bushfire tragedies.

To the volunteers and the emergency workers, our community salutes your courage.

Steve has been at the Chelsea Church of Christ for 4 years. Prior to this he served at another church in Cheltenham.

When asked his main aim and role here Steve replied:

“My aim has been to help the church and engage the community to build and care for the most vulnerable people—i.e. the isolated and the disabled.

Whenever anybody has needed anything, someone has knocked on the door and given it to us.”



Steve Rose

You're Invited

The Plank invites anyone who would like to contribute to our newsletter by way of a joke, helpful tips, maybe a garage sale notice or even gardening advice what ever—we welcome your contribution.

Please contact Gary Rogers or Lyn Duclos at the computer room.



CHRISTMAS AT THE SHED



Ho, Ho. Once again our old man in the red suit dropped into The Shed's Christmas party for 2008. In his jocular style Santa gave stockings to all who attended. By the end of the party his knee was almost worn out with the ladies telling him what they wanted in their stockings.

Our Minister, Steve, hoped that Santa would bring the Sheddies a good New Year in 2009 with lots of funding grants, sponsors and partners.

The Sheddies and their guests enjoyed a great barbeque, much fun and laughter.

Strangely, Gary Rogers, our Business Development Co-ordinator, missed Santa again. He has a bad habit of doing that...?



Much ado about the business

Look out 2009

Chelsea Men's Shed is on it's way!

During 2009 The Shed will be developing a number of community partnerships with Organisations that focus their activities on men with physical and intellectual disabilities and men with a mental illness.

Partnership arrangements are in place with:

- (1) Central Bayside Community Health Network. CBCHN has a men's woodwork group, which will operate from The Shed working on a range of products
- (2) SCOPE will be hiring the Shed and garden areas each Tuesday morning to it's their program for up to 5 clients with high need disabilities.
- (3) Middle South Mental Support will have 2 clients come on a Thursday to participate in the activities of the Shed and garden areas.

Sponsorships are being pursued with the City of Kingston, Longbeach Place (Chelsea's Neighbourhood House), local business and other community organisations. The objective is to obtain 10 sponsorships at \$500 per year to give a funding base of \$5000 of Chelsea Men's Shed .

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

Together with the \$4.00 per session, we expect to raise another \$5.760. This gives us an operating budget of nearly \$11.760 per year to cover administration, marketing, materials, tools and equipment for The Shed, as well as the famous sausage sizzle, garden gnomes materials, plus electricity, gas, water, telephone and internet.

So fellow Sheddies, the above sets up the excitement for 2009.

I will update each month on what I do to manage your business.

Regards

Gary Rogers

Business Manager



Fishing Mates Alert!

I am looking for a fishing mate, with space on his boat to fish for gummies and snapper. Willing to pay for fuel and use of the boat. Can do maintenance on the trailer and boat. I am an easy-going guy, living in Chelsea, with sailing and boating experience.

Contact Brett on 0401 723 195 or leave details at The Men's Shed.



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)

Wednesday:

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

Thursday:

- Chelsea Men's Shed Workshop Day
- Introduction to Work for the Dole (WFTD)

Upcoming Activities

Blantyre Gnomes

Are you a brown thumb, veggie patcher or hanging basketer?

Chelsea Men's Shed invites you to our **Blantyre Gnomes** sessions on Wednesdays and Thursdays from 9.30 a.m. to 3.30 p.m. each day.

Come along and join others to potter around, grow veggies, and join in The Shed activities. Call 9773 0301 for more details.



BOOM BOOM

A white horse goes into a bar. "Did you know", said the barman, "that you have a brand of whisky named after you?" "Great!" said the horse, "I'll have a double Neddy."

What's the difference between Prince Charles, Telly Savalas and a monkey? Prince Charles is an heir apparent. Telly Savalas has no hair apparent, and a monkey is a hairy parent.

Pit Stop for Dads

Thursday nights 7.30—9.30 p.m.

Feb 12—April 2 (registration essential)

An 8-session parenting tune up for DADS who like firing on all cylinders and want to get their family off to the best possible start and to stay on track!

Men's Health

Prostrate Cancer Awareness Evening

24 March 2009

7.00 pm Venue opens

7.30 pm Introduction and Welcome

10.30 pm Close

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Co-Coordinator:

Colin Duggan— Phone/Fax 9773 0301

Email admin@chelseamensshed.org.au

Shed Mate:

Keith Holt— Phone/Fax 9773 0301

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 Wednesday or Thursday on 9773 0301 or join us at our Sausage Sizzle on Wednesdays 11.30am—12.30pm

Where are here :
rear 3 Blantyre Ave, Chelsea



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-ordinator for the project and acts as the overall Project Manager.



Longbeach PLACE Inc, Chelsea's Neighbourhood 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.

