



Issue 13

May/June 2022

**SHED COMMITTEE**

**SHED UPDATE**

President:

Sandy Antonuccio

Vice-President:

Michael Martin

Treasurer:

Rob Wise

Secretary and Compliance Officer:

Tony Donohue

General Committee:

Peter Burge

Keith Chamberlain

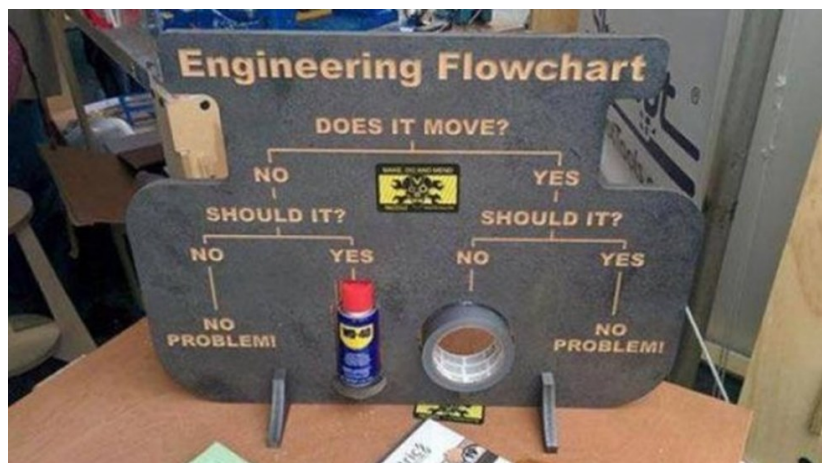
Gregory Dougherty

Colin Duggan

Much is happening in the Shed with more members and more activity.

The Committee is active with plans and actions as we head towards moving to our new location. That is still some time off however when we do move we want to enter running.

The Committee also wants to hear from you. It is your Shed and your ideas are welcome to be considered. Not all may be possible but they will be studied closely.



## HEALTH REPORT

June is National Men's Health Month with the specific week being in 2022, June 13 to 19.. This month, and especially that week the focus is on men's health issues. Yet the issues of men's health are important, not just for just one month, but for each month of every year. All health issues do not take a rest for eleven months of a year. They are on-going through each day, each week, each month and each season of each year.

This may sound like harping and carping however, perhaps, that is needed to get appropriate points across..

None of us ever knows when ill-health that could lead to death will occur. Sixteen years ago, after an evening out, I arrived home to get what I thought was a bout of indigestion so I did not take too much notice. It was about 10.30pm. About three hours later I woke up with what I thought was a steel band gripping my chest. I was having a heart attack. Fortunately, at that time, all I needed was a stent. Six years later, in 2012, I needed a pacemaker. I was only 56 years old in 2006 and only 62 in 2012.

This year we have had the deaths of Shane Warne, aged 52, Andrew Symonds, aged 46, and Rod Marsh, aged 74, all from heart attacks. Do these deaths bring home the truth of life—that unexpected and youthful deaths can occur at any time, at any age?

I was not expecting it however it happened.

I am fortunate in a way as I do not have anyone who needs me family of my own—as in wife/partner or children however many others do.

Do you who is reading this?

Are your affairs in order?

Will you leave someone who will struggle to cope?

Do not leave these questions unanswered to too long—or it may be too late.



## PRESIDENT'S REPORT

Hi fellow shedders.

Hope you are all keeping well and getting ready for what looks like a cold winter. Probably a good idea to get your flu shot to protect you from the nasty flu that's out there

### **Shed attendance**

We are getting good number attending the Shed, in particular on Wednesday mornings. We have had up to 10 people in the Shed on our Wednesday sessions. We are looking to perhaps increase the number of sessions we run to accommodate the increased numbers. You will soon see a survey that our Secretary Tony Donohue will put out for you, asking what days and times you would prefer.

### **Shed activities**

We will also be looking to get your thoughts on what activities other than woodwork our members would like to do. So, you will also see another survey to get your thoughts. Once we are in our new home there will be a lot more room and times to run other activities. Your input will help us focus on the things that you are interested in.

### **Bonbeach Farmers Market**

We had our first market in May, and it was reasonably successful, selling a few items and getting some enquiries from people wanting to know more about what we do. Our next market is in June, if you are available to help, please let Tony know once he puts out his email looking for helpers.

There are lots of members we haven't seen at the Shed in quite a while, if your one of them, we would love to see you back at the Shed. We need to build up our stock of items we can sell at the market.

### **Projects**

Sign for Lions club of Chelsea

Garden boxes and watering system for Church of Christ

Toy repairs for Kingston toy library

Giant toys for Bonbeach primary school

Trains and truck for farmer's market

### **Ladies Program**

The ladies' program is now running weekly with one week for training and the alternate week for qualified members to work on their own projects,

## *Products Available from the Men's Shed*



For any enquiries and to purchase any of these products or to discuss other options and to see other items, talk to the shed mates at Chelsea Men's shed. We sell all our products at very reasonable prices all money from sales is returned to our funding pool for more materials and fund the programs we run.

## SPONISORS & PARTNERS

Chelsea Men's Shed Inc is fortunate to be sponsored, supported, and partnered by several organisations and people

### *Sponsors*

Chelsea Rotary

Low Building & Construction,

Cove Hotel, Patterson Lakes

Commonwealth Bank, Chelsea

### *Supporters*

City of Kingston

State Government of Victoria

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Bendigo Bank, Aspendale Gardens

Tim Richardson, MLA Mordialloc

Mark Dreyfus, MHR Isaacs.,

Global Office & Warehouse Solutions, [sales@gosolutions.com.au](mailto:sales@gosolutions.com.au)

### *Partners*

Otway Footwear, <https://otwayfootwear.com.au/>

Chelsea Meats, <https://www.chelseameats.com.au/>

In2Ply, <https://in2ply.com.au/>

*It is through these sponsorships, partnerships and support that Chelsea Men's Shed can successfully deliver its groups, activities, programs and services.*



# Newsletter of the Chelsea Men's Shed

We are here :

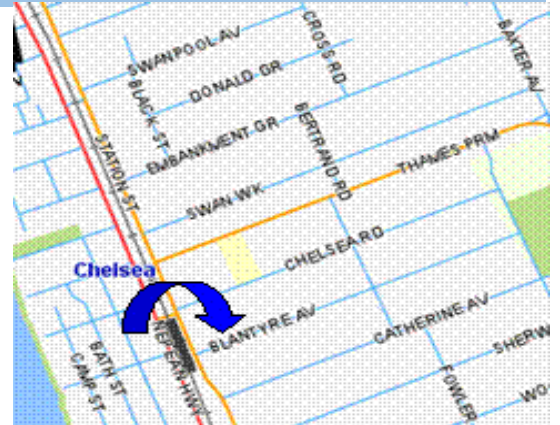
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**Email: [admin@chelseamensshed.org.au](mailto:admin@chelseamensshed.org.au)**

**Website: [www.chelseamensshed.org.au](http://www.chelseamensshed.org.au)**

**Phone: 0408 119 576**

**Editor: Colin Duggan**



*Chelsea Men's Shed provides men of all ages and situations with a place to go and spend time talking with other men, do some woodworking, or participate in community projects, as well as participating in men's health and well being programs.*

*Fees:*

*\$60 joining fee*

*\$35 Annual Membership fee and \$7 per week when at the Shed*

*Chelsea Men's Shed is open:*

*9.00am to 1.30pm Wednesdays and Thursdays.*

*9.00am to 12.30pm Saturdays*

**No excuse for not finding  
the Chelsea Men's Shed**

