

Writing Workshop – My Life Story.

Presenter: Daryl Cheeseman

A workshop for retired gents to assist them in writing their life story.

Daryl Cheeseman is an engineer by profession who worked for Telstra for 27 years, before changing profession to sports administration and journalism with the Academy of Sport in Bendigo. He also holds a certificate in horticulture, a certificate in short-story writing and co-authored the book 'Taking the Plunge' – a book on redundancy and financial planning, with local financial planner Rick Townsend.

Daryl has a passion for writing, and hopes to impart this enthusiasm to participants.

It is proposed to hold the workshop over several weeks, on a Thursday afternoon from 12.30pm to 2.30pm at the Salvation Army centre.

Probable itinerary as follows:

Week 1. (9th February)

Introduction. Getting to know each other.

Basic discussion on writing – techniques, structures, themes, facts, quotes and anecdotes, where to start?

Basic rules.

Planning the story-line.

The opening paragraphs.

Week 2. (16th February)

Review of story-line and opening.

Work on structure of story.

Type on word-processor (some introduction required?). Additional time may need to be allocated for this, subject to individual expertise.

Week 3. (23rd February)

Review of writing technique – sentence structure, spelling grammar, vocabulary.

Continue with story.

Consider appropriate ending.

Week 4. (2nd MARCH)

Finalise stories. Reading and editing.

Aim at presentation to group – comments, feedback, review (May require week 5, 9th March?)

Final output – newsletter and small booklet. To be considered further.

Anyone interested in the above workshop, please contact Greg (Mobile: 0419 892798 or 54419820) and confirm. As places are limited, please be prompt in your expression of interest.

Please note: The day, time and place are all to be confirmed, so you are still welcome to offer preferences.


GETTING PHYSICAL

DON'T TELL ME I need to attend aerobic classes when I spend my days

Jumping	to conclusions
Overcoming	obstacles
Hopping	mad
Walking	a financial tightrope
Running	out of money
Hitting	rock bottom
Climbing	back to liquidity
Aiming	to please
Falling	over backwards to help
Reaching	the end of my tether
Beating	the gun
Skiping	meals
Side-stepping	issues
Hitting	my head against a brick wall
Rising	to the occasion
Twisting	arms
Kicking	authority



And never lacking Punch.



A MEASURE OF IMPORTANCE

Some day when you're feeling important,
Some day when your ego's in bloom,
Some day when you're feeling
You're the most important man in the room,
Take a bucket and fill it with water,
Stick your hand in up to the wrist,
Pull it out, and the hole that
remains
Is a measure of how much you'll
be missed.
You may splash all you wish when
you enter,
Stir the water around galore,

But you find when you finally leave it,
It's exactly the same as before.
So, as you follow your daily agenda,
Always do the best that you can —
Be proud of yourself, but remember —
There is no indispensable man.

— Author Unknown



SHEDNET

Internet access for (retired) men

Men in Sheds has leased access to **the computer lab.** at the salvation army complex, **old Gravel Hill Primary School site, Mundy Street, Bendigo** (just near the shed). **Thursdays, 12 noon to 3PM.**

What can you learn and do?

- Learn how to operate a computer for internet access.
- Learn some of the mysterious language and jargon.
- Become familiar with the world wide web using Netscape.
- Learn how to browse and navigate the web.
- Do an introduction to email.
- Share information through mailing lists and newsgroups.
- Practise downloading and installing files from the web.
- Chat on the web.
- Help develop the Men in Sheds web page (shednet).

All of the above and more can become clearer by availing yourself of the 5 hours free (apart from a \$10 joining fee to Men in Sheds) training and access available on **Thursday afternoons from 12 noon to 3 PM.**

You can contact **Luke Turner** (one of the Men in Sheds operating as voluntary leader on this project) on **54461989** or check it out **at the Shed.**

COME ALONG AND GET INTERACTIVE!

POSITIVE RETIREMENT FOR MEN

EVALUATION

Men in Sheds seems to be working as a forum for retired men to gather with purpose, be creative, productive, and supportive whilst also defining some of the needs for retired men.

The community out there thinks we are a great idea and are asking for evidence to show that the project is worthwhile.

Apart from what we as 'Men in Sheds' know intuitively is good about the place we are being asked to provide evidence regarding the health giving/preserving/preventative aspects of the shed.

Why health?

- Because it is an aspect of men's lives that is seldom considered or explored.
- It offers opportunities for men to be productive in meeting some of their needs.
- Government policy proposes strategies around men's health that offers opportunities for funding proposals.
- Very little data is available as support for projects such as 'Men in Sheds' and/or others that might be instigated around the State.
- The process of funding out could improve our(s), family and community lives.
- We could assist others in setting up 'Sheds' by showing that Bendigo 'Men in Sheds' works in regard to health.

How do we show the health benefits of the 'Shed'?

Evaluate the 'Shed' component of the project

- Source baseline data through literature around relevant research.
- Seek the opinion and answers from retired men that relate to the data available.
- Form a focus group from 'Men in Sheds' that addresses the strategies proposed in the 'Positive Retirement for Men' submission and other issues identified as important to men.
- Carry out the proposals of the above submission ie 'the writing group', guest speakers (sessions) etc... and establish whether they work or change things.
- Ask questions and gather information through surveys and questionnaires.

There are no promises of continued funding for 'Men in Sheds' about at the moment, but by showing that the Shed works for men in Bendigo and that the processes used to develop and sustain operations could be applied around rural/regional Victoria should at some stage raise reasons for keeping the initial project and perhaps proving model viable and expansive.

Greg will be canvassing for participants in the focus group to start on February 6th, 2001. More information and/or expressions of interest are welcomed and can be conducted in person or by phone.

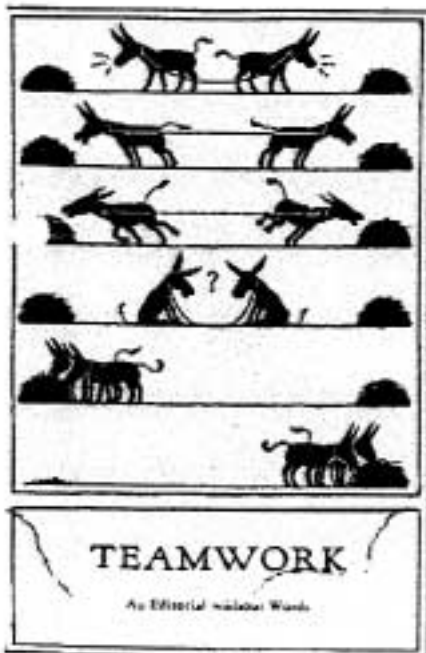
Mobile 0419 892 798 or 54419620

I have a list of folks I know
 All written in a book,
 So every year 'round Christmas time
 I go and take a look,
 And 'tis then that I realise
 These names do form part,
 Not only of the book they're written in
 But of my very heart.

Each Name stands for someone
 Who has touched my life sometime,
 And in that meeting they're become
 Treasured friends sublime.
 I really feel I am composed
 Of each imprinted name,
 And while you may not be aware
 Of my feeling quite the same,
 My life is much better
 Than it was before you came.

For once that you've known someone
 The years cannot erase,
 The memory of a pleasant word
 Or of a friendly face,
 So never think my Christmas Cards
 Are just a mere routine,
 Of names from a given list
 Forgotten in between.
 And when I send you a Christmas Card
 That is addressed to you,
 It is because you're on that list
 Of folks I'm indebted to.

No matter that I've known you for
 Many years or few,
 In some way you have had a part
 In forming the things I do.
 So for every year when Christmas comes
 I realise just anew,
 The greatest gift that God can give
 Is knowing folks like you.



HOW TO KNOW WHEN YOU ARE GROWING OLD

Everything hurts - what doesn't hurt doesn't work.
 The gleam in your eye is the sun hitting your bi-focals.
 You feel like the morning after but you haven't been anywhere.
 Your little black book contains only names ending in M.D.
 You get winded playing cards.
 Your children begin to look middle aged.
 You join a health club but don't go.
 A dripping tap causes an uncontrollable urge.
 You know all the answers but no-one asks the questions.
 You look forward to a dull evening.
 You need glasses to find your glasses.
 You turn out the light for economy instead of romance.
 You sit in a rocking chair and can't make it go.
 Your knees buckle but your belt won't.
 Your back goes out more than you do.
 You put your bra on back to front and it fits better.
 Your head is too big and your medicine chest isn't big enough.
 You sink your teeth into a steak and they stay there.
 Your birthday cake collapses from the weight of the candles.
 I just want to live long enough to be a problem to my kids!