



NEW ZEALAND Newsletter October 2018

Welcome to the latest round up of Shed related items from the Executive, and around the country.

National News

MENZSHED NZ EXECUTIVE

The national team has six regional representatives whose role it is to support existing sheds and new shed start-ups. Their regions and contact information is:

- Northland, Auckland - Bernie Ward regrep1@menzshed.nz (Auckland East)
- Waikato, Bay of Plenty, Hawkes Bay - [Keith Dickson regrep2@menzshed.nz](mailto:Keith.Dickson@menzshed.nz) (Mt Maunganui)
- Taranaki, Manawatu, Wellington - [David Chapple regrep3@menzshed.nz](mailto:David.Chapple@menzshed.nz) (Manawatu)
- Nelson, Tasman, Marlborough - vacant, contact secretary@menzshed.nz
- Canterbury, West Coast - [Trevor Scott regrep4@menzshed.nz](mailto:Trevor.Scott@menzshed.nz) (Oxford)
- Otago, Southland - Ian Miller regrep5@menzshed.nz (Taieri)

Regional Reps are your go-to guys for all manner of inquiries and for bringing your suggestions and ideas to the national organisation.

PS - Nelson, Tasman, Marlborough - we're waiting for a shed to propose a candidate for the role. If a sheddie from any shed in the region is interested, please contact secretary@menzshed.nz for information.

SHARING PUBLICITY

In addition to this national newsletter produced each quarter and our website at www.menzshed.org.nz which includes the contact details for sheds throughout NZ, many sheds produce their own newsletter, maintain a social media site (commonly Facebook) or their own website to showcase their activities to local communities and supporters.

MENZSHED NZ doesn't redistribute shed newsletters to sheds, but we do have a record of sheds that publish newsletters and sheds that wish to receive them. We also have a fairly accurate list of shed websites and FB pages.

Please contact Secretary Roger Bowman (secretary@menzshed.nz) if you wish to check your details about newsletter sharing or for a list of shed websites.

In 2014 MENZSHED NZ recorded 66 sheds of which 28 had joined the national association. Today, there are 126 known sheds and shed initiatives of which 100 are open and 91 of those sheds are members. Since the last newsletter, we have welcomed sheds at [Thames](#) and [Wairoa](#).

Unfortunately we do not have an accurate number of sheddies. We estimate 3,000 to 4,000. Please could shed secretaries [click this survey](#) and complete just three items of information - your email address, shed name and sheddie count. That'll take less than two minutes of your time. Thank you.

HEALTH APPS FOR YOUR MOBILE PHONE

GoodSAM Alerter will alert any nearby trained volunteers to a cardiac arrest.

AED Locations will quickly locate the nearest Automatic External Defibrillator to your current phone location.

St John NZ CPR teaches the life-saving skills of cardio-pulmonary resuscitation and shows you how to use an AED.

These apps are available free on the App Store and Google

Shed News Region 1

Send us some news for the next newsletter

Shed News Region 2

Send us some news for the next newsletter

Shed News Region 3

Pahiatua Menzshed

Mucking in: Graeme Couch (treasurer,) Kevin Shaw, George Baker, Ken Russell (chairman,) and Vince Charlesworth (secretary.)

A bench seat from Pahiatua's Main Street before restoration.



By STEVE CARLE – published in the BushTelegraph 1-10-2018

National **Menzshed** Week recently brought the Pahiatua **Menzshed** into the limelight.

The local group has been going for 18 months now.

A lot of time has been spent re-organising the premises at the rear of the Youth Services building at 183 Main Street, Pahiatua. Projects to date include repairing a deck and refurbishing 60m of seating at Tararua College - this has been the biggest project. A mini library has been built outside Pahiatua Help 'n Hand. People with disabilities have been assisted, with some examples being putting windows and erecting a gazebo. Sandwich boards were made and painted for the Children's Day at Carnival Park in March. Lighting was installed at the Pahiatua Marae recently.

A long-term project at the moment is refurbishing the bench seats in Pahiatua's town squares. The moss and mould is cleaned off, missing timber is replaced and then they are painted in bright colours, with some businesses choosing the colours outside their shops.

"The team at the **Menzshed** can turn their hands to all sorts of things," says chairman Ken Russell. "New members are welcome to join us."

Entry is down the alleyway next to Pahiatua Christian Fellowship Church, and it's open days Tuesdays and Thursdays from 1.30 to 4pm. There is always a cuppa at 3pm. The public is welcome to come and have a look around.

Shed News Region 3

All in the name of Mateship at the Mothership, Waikanae MenzShed blokes join in for a pizza lunch day, then it was on with loading surplus community materials to be put to good use coast to coast.



Shed News Region 4

Mclver's Oxford Community Men's Shed -Ten year Old

We have celebrated ten years of being a men's shed. Over that time we have constructed the shed that was donated to us and equipped our shed with a wide range of machines and tools for both metal and woodworking. We have constructed many community focused projects that are located around Oxford, been part of the Kids Fest Holiday programme, mentored young men, had father and son activities and encouraged members to create many personal projects. Each week we host the men from our local retirement home, they see this as their main event of the week and just love getting out to the blokes shed. Each year we have hosted 'Spring into Oxford' classic car display – stalls, entertainment and a huge range of cars. Although this has taken a lot of organisation it has been well supported by the local and wider community and is a great way to bring the members together. We have completed a range of projects that were needed at our local schools. It has been a lot of fun and at times hard work but when we look back it has been extremely worthwhile. We have become a very valued organization within the Oxford District.

Ray, Dave and Ken presenting View Hill School with a Mud Kitchen



Halswell Menzshed is based in a large green shed on the St John of God Hospital grounds in Christchurch. The shed commenced 4 years ago with the support of two Christian trusts and now has 127 active members.

We are open 6 days a week from 9.00am through to midday for members. We also run a special one on one group on a Thursday afternoon. This caters for people who have had strokes and other life changing events. These folk come with carer support and the shed provides small projects which can be assembled with the assistance of able bodied shed members. On Wednesday morning we also have a group of men who come from a local residential care facility. These folk require specialist supervisors who attend with them.



Wednesday evening wood working sessions has been opened up for women and there is growing interest in this.

On Sunday evening a number of the men meet at the shed for a short bible study and to pray for the work of the shed.

The shed facilities continue to expand with almost all the equipment being donated. We now have a fully equipped wood working shop, two engineering work shops and a large covered outdoor workshop area. We have recently completed a dedicated electronics work area and are in the process of setting up a small foundry and blacksmith facility.

Testing the forge burner



Electronics workshop



Ring roller made at the shed



Welding a gate for a preschool

Our members are welcome to work on their own projects or take part in one of the many shed projects that are always on the go. We also recycle plywood packing cases from a local business. This helps minimize material that would have previously gone into landfill and gives us a valuable resource to use. We have done many projects to support local schools, community groups and preschools. These have included planter boxes, garden furniture and tunnel house.

Formed with the purpose of primarily meeting the needs of retired men a key Halswell Shed focus is **“People before Projects”**. No matter how exciting the current project may be the shed is all about friendship and support of men. To help foster this a Saturday breakfast is regularly held followed by a guest speaker. We have also had weekend fishing trips away. Roger Spicer our shed coordinator is a keen fisherman and was the initiator of a Halswell Shed community canal clean up in Twizel. This has now become an annual event supported by many local Twizel businesses and attracted a 120 local participants and 12 Halswell sheddies this year.

Shed News Region 5

It’s interesting to see and hear about the different ways each shed develops, and builds on the members strengths.

The Green Island in South Dunedin is a example of this.
They are a small group with plenty of determination.

While looking for a site for there base, they did some small projects in members car sheds ,also selling kindling and firewood boosting their funds while enjoying Comradeship with fellow members. Eventually, a site came available, and within months they had purchased 3 containers, set them up to form a U shape, with space in the middle which will be roofed over to form a good working area.

Two 20 ft containers plus one 40ft container has been purchased with the money made from the firewood profits. As space was tight and narrow driveway, they found out, they couldn’t get the 40ft container and transporter to the site. SOLUTION. they cut the big container in half of site, moved the 2 halves, then welded it together again. Later cutting a doorway on the side to join a 20ft container at right angles. Solution solved.

Recently, they had a successful open day, including a official opening. Hope the photos will show what can be done by a small committed group of sheddies can achieve.



"Congratulations to the Green Island Shed",

As men are living longer, new sheds are opening up, one is opening in Riverton. The Cromwell area recently had a public meeting to test if enough interest to start a shed there.

Around 30 attended, plus the apologies, which will give the two convenors encouragement to leading and forming a new shed in there area.

Are you planning towards the 2020 MENZSHED CONFERENCE in Dunedin. It's at St Hilda College Hostel in Maori Hill. Dates, 17th 18th 19th April 2020
Accommodation has single, double and triple rooms, so form your groups. Looking forward to hosting you all.
Will inform you more information as time comes closer.

Ian Miller

Shed News Region 6

At least two sheds in the region are involved with 2018 Armistice centenary activities.

At Tapawera, an enthusiastic group of locals are arranging [activities](#) based around a military training camp established in the early 1900s, where the former Nelson, Marlborough and West Coast Regiments gathered in the area for training in 1914. Sheddies are making signs and will assist with traffic management. Sheddie Maurice (pictured) has just started making a replica of a cart that featured in the 1919 Nelson city parade. Several years ago, Maurice led a project to recreate the regimental stag's head emblem on the hill above the army training campsite.



Waimea sheddies have created an interpretation of the Compiègne Wagon where the armistice documents were signed. Pictured are members of the Nelson Historians Society at a publicity shoot. To see more of the story, check this amazing video at [YouTube](#).





From feedback we see a few sheds got in the spirit of Mens Shed week here in NZ, holding open days, inter shed activities, member and family BBQ's, posting on Facebook, articles in newspapers, etc.

It was a global thing led from Australia, and in Ireland the largest ever gathering of Men's Sheds was held in Cork, Ireland hosted by the Irish Men's Shed Association with almost 500 shedders in attendance.

Its going to be an annual thing so get your thinking caps on for what you can get up to next year.

A Question of Mens Health

LOVE YOUR BONES
Protect your future



Are you among the 1 in 5 men over the age of 50 who will be affected by osteoporosis in their lifetimes?

Osteoporosis weakens bones and leads to fractures. It causes severe disability. But osteoporosis can be detected early. It can be treated.

Take the one minute Osteoporosis Risk Test:

<https://www.iofbonehealth.org/iof-one-minute-osteoporosis-risk-test>

Did you know?

Ryan Jennings Executive Director – Buy NZ made recently read what Mens Sheds are doing to reduce loneliness with men through building things and would like to invite your shed to become a New Zealand Made licence holder.



As Mens Sheds are a great cause they would qualify for a no fee licence and would be able to add the Kiwi trademark to any product made with NZ materials at that Mens Shed. Applicable Licence category is “College/Charity” – For schools and Charities promoting NZ made products.

- If you are making a NZ made product and the proceeds are going to charity, use this licence.
- No registration or annual fees.

Licence Benefits

When you obtain a licence to use the iconic Kiwi trademark on your New Zealand Made products, not only do you reap the rewards from using a trusted country of origin brand, but we also provide you with the following:

• Trademark

- A certificate of licence in digital and print (if required)
- Download of the trademark artwork ready for print or digital use
- Flexible options of trademark design including colours and outer shape or option to use the Kiwi on its own
- Trademark stickers, swing-tags and promotional material available for purchase

Want to know more, read the brochure: <https://buynz.org.nz/filescust/BuyNZ-Brochure-2018.pdf>

Here’s the direct link to apply: <https://buynz.org.nz/Apply-Now/7327/>

Ozito products offer to member sheds

Andrew Murray from Ozito Industries Pty Ltd has been in touch with Menzshed New Zealand with an offer of free tools to be distributed to member sheds, this is modelled on the relationship Ozito has with the Victorian MensShed Association, who have also given some guidance on methods of distribution to individual member sheds.

Member sheds should make sure their shed contact details are up to date with Menzshed New Zealand, so that they receive further information on this offer.

Please send updates to the National Secretary - secretary@menzshed.nz

There was a great turnout for the Canterbury hub meeting held at Menzshed Halswell



First class work from Owen and Ian our Sheddie Chefs. We even had salad, well done guys.



The “tiny home” project is progressing with the scale model on display.

[We look forward to hearing more on this project - Ed](#)



Tailored First Aid Training Sessions

As announced at the 2014 Menz Shed NZ Conference, a special first aid course tailored for Mens Sheds across the country has been developed in partnership with the national training organisation St John. Based on the likely situations that could confront those in a Mens Shed, also those who are responsible for, and care for the health and wellbeing of their members.

The content as listed below will be delivered in your own Shed providing the atmosphere and in the surroundings the participants are comfortable and familiar with. Delivered to groups (10 ~ 20 people) at Member Menz Sheds throughout NZ upon request.

Based on the participation of the full 20 people on each course, this equates to \$57 per head, far less than what is usually offered at other First Aid training centres.

It is likely that your Shed will find support from grants organisations, or your local medical service providers to fund your sheds participation in this training, providing people with skills to help one another, and that can save a life in the Shed, or anywhere in the community.

For session bookings or any inquiries please contact;

Barbara Eadie - National Training Administrator
 Phone 09 526 0526 X 8927 or Mobile 0277 070 014
 Email : barbara.eadie@stjohn.org.nz

Timing Guide (minutes)	Topics/Comment
10	Introduction
30	Scene Assessment
30	Immediate Actions and Follow up actions – (DRSABC)
80	CPR /Choking (Adult & Child)
15	Break
30	Bleeding and Shock
30	Chest pain/Stroke (Heart attack)
15	Seizures (Diabetic/Epileptic)
15	Fractures/dislocations
15	Respiratory distress (Dust/Fumes)
Total time = 4.5 hours	

Price per session = \$1140 incl GST, and includes a complimentary No1 Workplace first aid kit valued at approx \$100, for members sheds only.

(No NZQA unit standard credits will be gained by participants on this course.)