



NEW ZEALAND Newsletter January 2019

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

National News

Maintain continuing access to your digital presence.

A couple of stories indicating how easy it is to lose access to your communications:

- Shed wasn't able to continue with a website domain because the former disgruntled secretary refused to pass over access to a new committee.
- Shed had to start a new Facebook page because the prior admin had lost the access password and wasn't at all interested in the usual process for recovery.
- Two sheds have lost their Gmail address - the previous Administrators didn't have the skills to pass the account on to next admin.

Could your shed be placed in a similar situation? A solution is to prepare a list of those important account access methods, together with the passwords, and share the list between the Chairman, Secretary and Treasurer.

Keeping organisations notified

Just as you do when shifting house, it's important to keep your shed relationships with supporters and service providers.

At least two sheds lost their registration with Charities Services through failure to file annual accounts and that may have been because the email address wasn't correct. One shed has been uninsured with our group scheme for the past year.

Recently, a comparison of shed email addresses held by Rothbury Brokers was compared with the primary email address held by MENZSHED NZ. Almost half were different. There may be a good reason for that.

If your shed has had a change of officers in the last year, please consider what actions you might need to take to communicate that change. It's a good idea for shed officers to have access to a corporate email account, (perhaps a Google gmail account which is free) rather than using a personal email account.

2019 MENZSHED NZ AGM

This will be held on Monday 20 May at 7:30pm using web application GoToWebinar. This method was successfully used in 2017.

Documents outlining remit and nomination procedures will be issued to member sheds during February.

Bunnings Support for Men's Sheds

Here's a snip from Bunnings General Manager's letter to MENZSHED NZ....
"our team members were proud to have helped raise and contribute more than \$9,000 for MENZSHED New Zealand through over 50 local activities. Our ongoing support of your organisation is very important to us and we are pleased to be able to offer this assistance."



This is in addition to the Bunnings PowerPass card available for sheds and we're sure some sheds score product seconds occasionally too.

An offer was made to contact a Bunnings executive to discuss how we might continue to develop the relationship. We will keep you advised of developments.

Health Article from Primary Health Organisation - Patient Portals

Patient portals are secure websites provided by GPs, where patients can access their health information and interact with their general practice. The medical equivalent of online banking.

Using the secure online patient portal service, you are now able to manage and keep track of your health.

Patient portals can allow you to:

- send and receive secure messages to your GP or a practice nurse
- book appointments
- request repeat prescriptions
- see your laboratory results
- receive reminders from the practice team
- see a list of your medical conditions
- see your immunisation and vaccination history
- see notes from your last GP appointment

Some GPs will show a complete medical record, some will show a summary health information, and some won't offer this service.

To sign up for a patient portal, talk to your GP to see if their practice is offering the service. If it is, they will guide you through the process of signing up and establishing a secure password/login.

After signing in, you have the option of installing an app for your mobile phone or tablet.

Map showing GPs offering a Portal



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

Send us some news for the next newsletter

Shed News Region 4

The **Oxford** sheddies have just finished building a Maslow CNC router for use in their shed .a project idea that came from a couple of the younger members who have a hi-tec mind set.



The Maslow concept is to board the z axis motor for plunging, plus the controller and all required cables, chains and bungee cords.

The next thing was to look at which router we would use and after researching the Maslow site purchased a Bosch unit and proceeded to strip it down and modify to allow the z axis motor fitted.

While this was happening, other members were building the frame, there are many different frame designs mostly of a A Frame type to allow moving about .we opted to place our unit on a wall to save floor space .and hinged it, to hang flat. When in use it has two arms which hold it out on a 15 degree angle required for the router to operate. And is a full 2400x1200 sheet size.

When all the motors and bits had been attached to the frame .and tested the next thing was to attach the router onto a temporary sled and then run through and calibrate the settings of the computer/maslow to match and when completed doing a test pattern



cut in the waste base board. This gave confirmation of correct settings.

Next step was to get the Maslow to cut its own sled to replace the Temporary unit .this done, transfer the parts over from the old one and then it's all set to go to work.

There is a vast amount of info about these units and the concept on the web .anyone interested should first head to the web look up Maslow and read all about it .

Because it is a concept, there are no boundaries. Except the mounting and positioning of the drive motors and chains .even these have a bit of leeway.

People from all over the globe who have built or who are building a unit keep the Maslow forums full of all sorts of fixes and ideas to manage improvements or problems they have come up with .along with ideas for projects.

Our shed has been lucky enough to have had the electronics donated along with a laptop to operate it. We supplied the timber for the frame from our racks and the router we purchased new .The plan now is to run training sessions for the members who are interested in the unit, so they have a good knowledge of the cad programmes, file creating and operating the unit Those that have been involved so far are very pleased with it's performance.



Shed News Region 5

Brian Drew of the **Taieri Blokes Shed** works away most of the year making small toys to give away at Christmas time.

Brian has health issues and is limited to just lighter projects.

He uses scrap pieces of timber from the waste bin, and makes wooden toys, trucks, different sized cars, planes, train engines.

He cuts them out at the shed, then takes them home to paint or stain, which is the time consuming part.

They are all brightly colour painted making them very attractive to children.

This Christmas he made, and gave away 80 of these toys to the Presbyterian Social Services to be distributed round homes whose children are less fortunate than us.

This small project brings much joy and happiness to the children of these toys, and gives Brian great satisfaction.

The Taieri Shed members all support Brian with this project, as the shed receives acknowledgment for it also.

Another way that sheds can contribute something back to there community.



Is commercialism creeping into our sheds?

When sheds start up and develop, most times small community and personal projects keep them busy. As time goes on and more members join, generally sheds start to look for bigger projects to keep everybody involved.

Also, as sheds develop, their running costs rise, and from time to time need to replace equipment.

Our shed has and is doing some larger projects, such as, Library boxes that are placed round our town and city, filled with free books that can be exchanged. Pest traps. Picnic Tables and Bench Seats for the local community, to name a few.

One project we are doing at the moment is making poles that are erected as fences to be placed round major points of interest, similar to fences round Maori settlements way back.

These poles are 50 x 50 x 1.80 long, they go through the table saw 4 times to take the corners off, then planed to look as it has been done by an axe, then pointed.

This process takes round 8 members to process a reasonable number each day, we have done 2 lots of round 700 each time.



The question I am asking, are we becoming too commercialised?

It appears, most persons are all tied up in building houses and bigger projects, and the handy trade person isn't interested in these smaller projects. What trade person would handle a piece of timber 5 times and be competitive!

How do we survive?

Do we charge more, put up subs, apply for grants, or take on bigger projects.

With larger projects, you have to consider the time factor, a long drawn out job that member's interest can drift away, or involve more members to achieve the end result sooner.

There is no easy answer, each shed has to do what is best for their shed and its members and community.

Ian Miller – Region Rep 5

[\[Share your thoughts on this topic on the Menzshed NZ Facebook page\]](#)

Shed News Region 6

CHRISTMAS COMES TO HAVELOCK with a combined community effort. Havelock has received an early Christmas gift.....a unique Christmas tree display was designed, constructed and erected in the town square by our local community.

Michelle from Bow to Stern arrived at the Havelock Menzshed one Wednesday morning in late November with an elaborate design and all the timber necessary for a 4.5 metre Christmas tree approved for erection around the flagpole in central Havelock. At first glance, we thought it would take quite a while to cut and drill the base and head pieces. However, due to the detail provided in the design and instructions, the work was completed that very day.

Michelle and assistant Hannah then undercoated and painted all the parts and by the following Sunday we were ready to erect the display. Help arrived from more community members, namely artist and ideas man Tony Matthews and his charming wife Lizzy, who only came to have look but ended up staying and assisting till the job was complete. Refreshments and a ladder were provided by the Sneaky Beach Café, ice cream arrived in a Mr Whippy van, and encouragement came from across the road at the pub.

The task was laborious, running metres of rope through 32 holes to connect the headpiece to the base, then twisting fairy lights along each length. A calm, systematic approach was essential or we would have ended up in quite a tangle. Michelle had also organised safe power supply, conduit and cables for the lighting and by 8.30pm the tree was hoisted and twinkling merrily complete with eye catching golden star topper.

Well done everybody, especially Michelle for her idea and drive.



A Question of Mens Health

What to do when you feel lonely?

While decision-takers and policy-makers work out how to tackle health issues associated with loneliness on a larger scale, there are practical things people can do to help relieve the negative effects of loneliness. Practice small talk – with shop staff and others you see from day to day; even a brief comment can make seemingly impersonal interactions a bit more friendly and inviting.

- Get comfortable with your own company – Getting together with others in a desperate attempt to not be in one's own company can leave you feeling more lonely. Learn to enjoy your own company – by going to see a film, reading, or watching a TED talk on YouTube.
- Put time into your friendships – Friends aren't found, they are made over time. It takes 6-8 conversations before someone considers us a friend so put yourself in situations where you see the same faces; a park at the same time each morning perhaps.
- The lonely part inside – Try to connect what you enjoy with the outside world. So if you enjoy writing, join a writing group. Also explore the origins of your loneliness – is it something recent? Were your parents lonely?
- Understand your loneliness – is it because your relationships lack depth or meaning, or because you feel people, including friends, don't really know you? If so, try moving from small talk in day-to-day conversations to questions that foster deeper human connection.
- Reach out to family – and extended family. Something as simple as writing a letter to a distant family member or setting up a regular weekly phone call to a sibling or cousin can have a huge impact on overall mood.
- Embrace who you are – If you're an introvert, enjoy a smaller group of friends – you don't have to be part of a large group and go out all the time. Pursue interests, not people – this can lead you to like-minded individuals.

Ozito products offer to member sheds

Andrew Murray from Ozito Industries Pty Ltd made contact 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 Mens Shed Association, who have also given some guidance on methods of distribution to our individual member sheds.

Blokes from Featherston, Eketahuna and Masterton Mens Sheds set to and catalogued the items, which were then circulated to member sheds for a first in lucky dip. Sheds had to either collect or pay freight cost to receive the free item.

So far most of the items have found a home, but it looks like we will have another draw to allocate the remainder.



Many thanks to -



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

New Year is here so this is also a timely reminder to check what is on your shed page on the national website, we notice some are seriously out of date. Make it one resolution you can keep – update the facts and put up some photos.



Congratulations

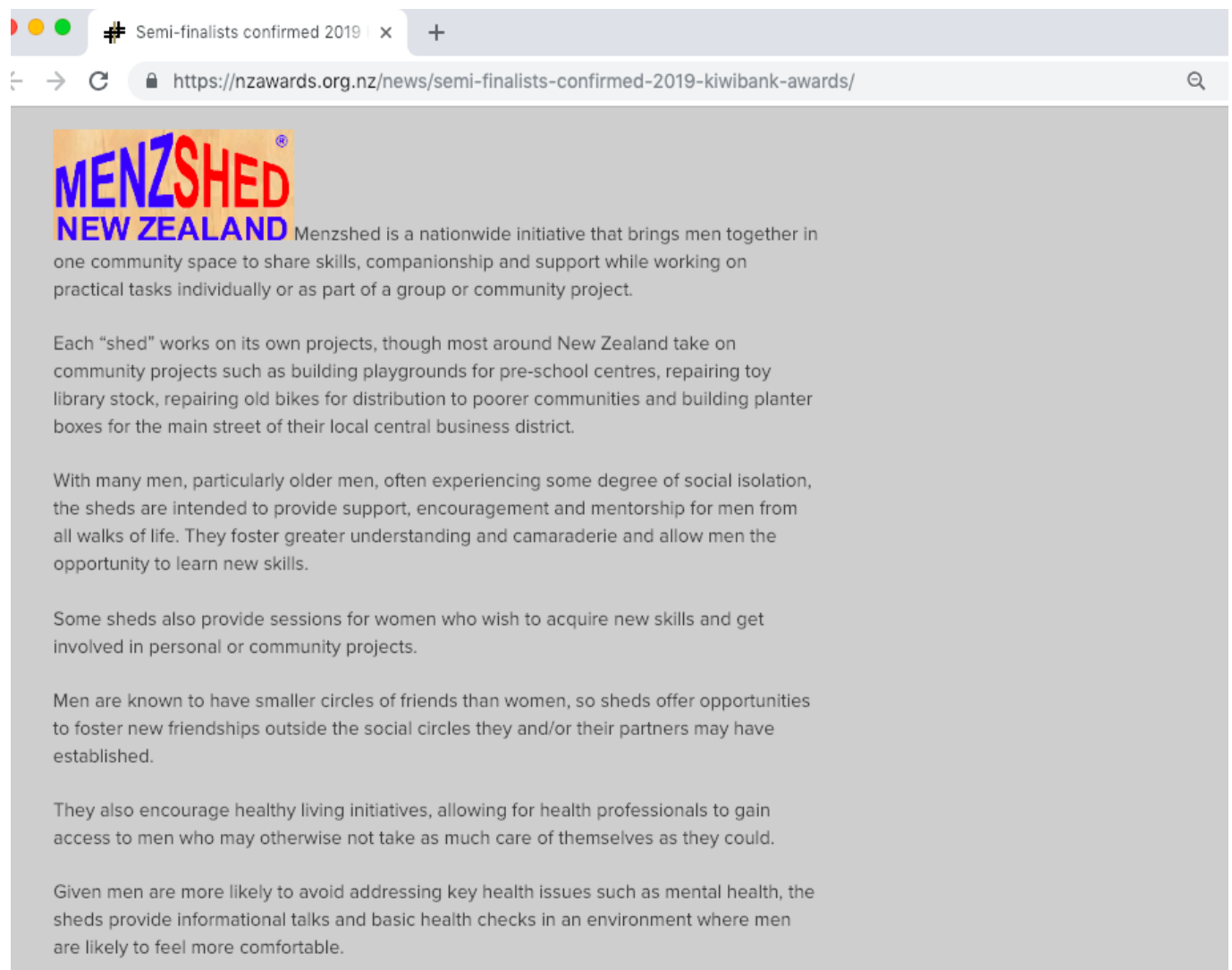
NEW ZEALANDER OF THE YEAR AWARDS Honouring the Best of Us

Nominated on behalf of the 126 Mens Sheds around the country in the category of:
"MITRE 10 NEW ZEALAND COMMUNITY OF THE YEAR"

Menzshed NZ is a finalist.

Stories here - <https://nzawards.org.nz/news/semi-finalists-confirmed-2019-kiwibank-awards/> and

<http://www.scoop.co.nz/stories/AK1812/S00650/shortlist-for-2019-nzer-of-the-year-award-announced.htm>



MENZSHED
NEW ZEALAND

Menzshed is a nationwide initiative that brings men together in one community space to share skills, companionship and support while working on practical tasks individually or as part of a group or community project.

Each "shed" works on its own projects, though most around New Zealand take on community projects such as building playgrounds for pre-school centres, repairing toy library stock, repairing old bikes for distribution to poorer communities and building planter boxes for the main street of their local central business district.

With many men, particularly older men, often experiencing some degree of social isolation, the sheds are intended to provide support, encouragement and mentorship for men from all walks of life. They foster greater understanding and camaraderie and allow men the opportunity to learn new skills.

Some sheds also provide sessions for women who wish to acquire new skills and get involved in personal or community projects.

Men are known to have smaller circles of friends than women, so sheds offer opportunities to foster new friendships outside the social circles they and/or their partners may have established.

They also encourage healthy living initiatives, allowing for health professionals to gain access to men who may otherwise not take as much care of themselves as they could.

Given men are more likely to avoid addressing key health issues such as mental health, the sheds provide informational talks and basic health checks in an environment where men are likely to feel more comfortable.

A Job Well Done!



Adventure into space with a Boomer Business original rocket this Summer!

IMAGINE.... Your space rocket has crash-landed on an alien planet – how will you survive? What will you eat and how will you breathe? Life on an alien planet is tenuous, and the answer to surviving in this harsh environment is plants; plants are life.



Learn all about this in the above spaceship, which has been a major project over Spring for our Boomer Business Members. From scratch, they created this for the Auckland Botanic Gardens latest exhibition - "Gardeners of the Galaxy".

With a total of 1000 hours of labour from 10 Boomer Business Members, this spaceship is now ready to take Auckland families on an adventure into space.



5, 4, 3, 2, 1 blast off!

Somebody has been busy

Over the Xmas/New Year period a team of blokes set too and removed the front hedge, built a new fence and relocated a container – where on earth is it?



From the archives: See Membership benefits page on the website for more

Supplier benefits and discounts

These benefits do not replace any arrangements you may have made locally. Benefits available to member sheds include:

Cabot's

- Cabot's generously offer 10 ltr of product delivered freight free to your shed. This annual offer is distributed to member sheds during November to claim during the following year.
- If your shed requires additional product, perhaps for a community project, please contact Woodcare Brand Manager [Rozanne Valcarcel](#).



Carba-Tec New Zealand

- Contact [Grant Oxenbridge](#) Carba-Tec for that special bit of machinery for the shed. Sheds must be a member of MENZSHED NZ and the machinery must be purchased for use within the shed.



FairDinkum Sheds

- Looking for a new shed? Fair Dinkum Sheds will offer a discount to men's sheds, contact [Frank Best](#) for more information. See this video featuring the Henley shed on [YouTube](#).



Heart Saver NZ Limited

- Offer a discount to members of MENZSHED NZ on AEDs (Automated External Defibrillators). Specific product offers may be advertised in the newsletter, for other products, contact them direct.



MachineryHouse

- Contact the company for the discount applicable for the product your shed or sheddies require. You must quote your shed's MENZSHED NZ membership number, which is at the bottom of the membership certificate.



NZ Safety Blackwoods

- Sheds that are financial members of MENZSHED NZ will be advised of their enrolment to receive significant discounts across the product range of safety and equipment.



Rothbury Insurance Brokers, Wellington

- Rothbury's offer an insurance package tailored for sheds that are financial members of MENZSHED NZ. Here are the standard policy documents, [Business insurance](#) (disregard the Business Interruption section) and [Combined Liability](#). Refer to your individual schedule for policy values. More information [here](#), or please call:

Steve Minnis, Senior Broker DDI: 04 494 1514 ext 4804 M: 021 443518
Level 7, 1 Willeston Street, Wellington 6011
PO Box 1161, Wellington 6140 T: 04 472 9373 F: 04 472 9374



Resene

- Resene offers member sheds and their shed members:
 - Significant discounts for paint and products for shed charitable projects. Requires documentation on the project and the discount code.
 - Discounts for paint and products available to your members for their personal projects. Requires proof of shed membership and the discount code.
- Your shed's management have instructions on how to access these member only offers.
- Sheds may also apply for free paint through the Resene PaintWise recycling scheme. Apply [here](#)



The Shed magazine

- a free listing in each edition of the magazine.



St. John

- a reduced rate for a first aid course developed by St. Johns for men's sheds with a free first aid kit for the organising shed if a member of MENZSHED NZ. [NZ-First-aid-training-flyer-1](#)

