



NEW ZEALAND Newsletter – July 2019

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

National News

ANNUAL GENERAL MEETING

The **2019 AGM** was held by GoToWebinar on 20 May - the second AGM held on-line. Webinars have a limitation relating to attendee participation, but so long as the business is routine and available for comment before the day, it is a cost effective solution (\$192) for a nation-wide meeting. This year, we used the polling feature for yay/nay to motions. The instant messaging service worked well too. Thanks Tony King from Otaki for being the back-up techie guy on the day.

Minutes of the meeting, including a Q&A session at the conclusion, are available [here](#).

The 2020 AGM will be held in Dunedin during the Conference - look forward to seeing you there.

Roger Bowman, Secretary.

Shed News Region 1



Boomer Business.
COMMUNITY SHED

Boomers contribution to “BUDDY BENCHES”

Manurewa High School students came to Boomer with a proposal to assist them in making Buddy Benches that will be supplied to Primary Schools around Auckland. It is their aim to have one of these benches in every school. Some of our Boomer gents and myself jumped at the chance to help out with this very worthwhile cause! Especially when bullying in schools is prolific these days among other pressures our kids face in their everyday life.

See photos of a painted example of a Buddy bench already installed into one of the primary schools and another two of the four Boomer have built for such a thoughtful venture. The school kids get to paint their own buddy bench to create a sense of ownership of their Bench ☺

KUMANU NZ



Founded in 2018 by a group of Manurewa High School students who realized that mental health in youth was an incredibly big issue within New Zealand.

This is why they came up with the Buddy Bench project. Benches will be implementing into primary schools around New Zealand to teach young children about how important wellbeing and hauora is.

It will provide students with a safe space where they will feel accepted and welcome to talk about their emotions. Every Buddy Bench that *KUMANU NZ* produces are personalised for every primary school.



Auckland Central Community Shed

Auckland Central Shed has had an “interesting” time for the last few months.

After nearly 10 years of neglect, Auckland Council has been undertaking major renovations to the building, originally timed for February 4th to April 29th it is possible work may be finished next week (July 12th). It will be great to see the end of the scaffolding and safety barriers.



There is a new roof, aluminium joinery, outside repaint and an end to the leakage problems with the rear wall.

For the first 3 months we continued to operate as usual, 3 days a week plus Wednesday evening, then there was a change of attitude and we were locked out for 3 or 4 weeks while work carried on in our woodwork shop area.

We are back now, but we had to move racks and shelves away from the walls for the renovations, relocate tools, timber and equipment and we are now – just - getting back to normal.

Membership stands at 67 and the regulars are flocking back to carry on with their interrupted projects.

We are a little different to many Sheds, with a good number of younger members (still working) who cannot attend on weekdays – hence Wednesday evening and Sundays are very busy most times.

There was a change from Saturday to Sunday because Saturday parking is a problem with the car park shared with the Rugby Club, Junior games and Senior home games cause serious congestion.



Bunnings, Grey Lynn, have given us a huge amount of support in the form of power tools and The Shed has helped out on Family nights and D.I.Y. evenings.

Ken Buckley
Secretary

AUCKLAND CENTRAL COMMUNITY SHED

Shed News Region 2

Send us some news for the next newsletter

Shed News Region 3



The team at the Menzshed.

Blokes move the Menzshed

By KEN RUSSELL,
Menzshed

The Pahiatua Menzshed members were given notice to vacate their premises at the rear of 183 Main Street early in February.

They have found new premises in one of Gleeson's buildings in Jervois Street off Halls Road.

It has taken until this month to transfer all the gear — machinery and materials — to the new home.

First, we had to sort out and shift all the truck and machinery parts accumulated over many years for the Gleeson's operation. This was a difficult task as parts were heavy and there were awkward shapes to handle. The large sliding doors were repaired and two nearly five-tonne truckloads of scrap were loaded and taken to a scrap metal merchant.

The Menzshed is able to make use of some machinery left by Gleeson's, but it is being

checked for repairs and maintenance. While we've been occupied moving, shifting and setting out machinery and bench positions, we have not been productive and some locals thought we had closed.

To date we have repaired, cleaned and painted six of the 11 bench seats in Pahiatua's centre gardens. These upgrades continue next month. As some of the seats may be surplus when the town's upgrade is completed, there will be some place they can be used.

Shed News Region 4

McIver's Oxford Community Men's Shed

The Oxford shed has just finished renewing its memberships and is currently down about 15 members to about 30 .we have noticed a bit of a trend to this and find that it grows again steadily during the year to come .We plan to have a promotional program to see if we can give the numbers a good boost.

We have just negotiated with the council for more space, and once we have this in a written document we will start to look at beginning our expansion / revamp to move the metal workshop and create a sanding room, to try and overcome our dust problems.

Some of the items members have just finished making are a dolls house for one of the local preschools, and on delivery it was so popular it had about 6 kids all over it within half a minute ,one little lad even tried climbing the staircase!!.. We now have another number of items such as wooden stoves and microwaves to refurbish for them.

A couple of different styles of bird feeders, and picnic glass and wine holders seem to be popular.

Oxford's winter lights festival week has just gone, and the shed had a sales table there selling our woodware,we also made 10 wooden xmas trees from pallets for the community to decorate with lights . Those combined with about 30 other trees and strings of lights all around the local park and the business's all lit up as well the town looked really good.



CHEVIOT MenzShed

In August last year a group of likeminded blokes got together in Cheviot to discuss forming a local MenzShed.

With mentoring from Trevor Scott, Cheviot MenzShed achieved Charitable Trust status and NZ MenzShed membership in October.

We've had the use of the Area School woodwork workshop which sadly has no activity in the School curriculum as we have known them in the past. As a result some of the machinery is in a poor state of repair. In it's present state, the workshop is non-compliant by Dept. Education standards and unlikely to be used for woodwork tuition again. This may be to our benefit further down the track.

For the remainder of this year our space in the workshop is limited as the school requires the room for other activities.

However, with a solid membership of 10 we've been active and participated in many Community projects.

The advice from Trevor and many of the other MenzShed groups we've met to get our own premises has now become a very real need and vision for our group.

We've looked at a few sites around town but nothing is here that would allow us to set up shop.

With the strong support of our local Mayor, District Councillor, the local Ward Committee and our Community, we've secured the vacant Council Reserve site where the Memorial Hall used to stand. This is within the main business area of the Township. We couldn't want for a better site.

So now the begging for funds begins! We've had tremendous support from our local Community Connectors and Trish Hughes – the Canterbury Rep. for the Lotteries Commission of Internal Affairs.

With storage of our gear, donated equipment, materials and 'underway' projects being an immediate issue, Stage One of the development of our site is to purchase 2 x 20 foot high cube shipping containers and a cover over them to create a work area in between. These will be a permanent fixture.

Stage Two is to achieve funding to build a shed of approx. 140sqm. We're still settling on a design but have the luxury to design a floor plan to suit for now and the future.

This will allow our membership to grow and apart from member's activities, we'll be open to the public to come and work on their own projects. With the skill base we currently have in our group we'll also be able to offer courses such as woodturning, glass cutting/moulding, bronze casting, sandstone sculpturing, welding/engineering, painting/decorating and IT – with keen interest in laser printing and cutting.

We'll be able to open weekdays rather than our present restriction of 2 hrs Sunday mornings and 2 hours Wednesday evenings. We can't do anything during school hours.

If all this goes to plan we'll be putting our hand up to host a Hub meeting by this time next year – or sooner!!

Another significant need identified by our Community will allow us to host blokes for a cuppa or companionship rather than them sitting at home with little or no company.

A few projects we've worked on....



Branded up



Easels for the School Art Room



Crosses for RSA



Racing cars from 4x2 offcuts



Denailing vinyard posts for
fundraiser



Our first projects – making compost bins, and rat/stoat trap kitsets for kids to assemble & purchase at the Cheviot Spring Festival last year.

Shed News Region 5



Delicious collaboration at Bill Richardson Transport World almost complete

Something delicious is coming to Bill Richardson Transport World – and it's the result of a collaboration with a group dedicated to giving Southland men a purpose.

Bill Richardson Transport World will open its newest exhibit, a custom-built Chocolate Room featuring memorabilia from the Cadbury's factory in Dunedin, on World Chocolate Day this 7 July.

The room has been built by volunteer group MENZSHED Invercargill. MENZSHED allows men to learn new skills, ply their trades, and meet new people.

Transport World director Jocelyn O'Donnell says it was fantastic to support the group, and tap into the expertise they offered.

"They have worked so hard on the Chocolate Room and it shows. I can't wait to see it finished. I'm sure our visitors will love the feeling of whimsy it is going to bring to our collection," she says.



MENZSHED Invercargill manager Peter Bailey says the build – the biggest and most labour-intensive task the group has tackled – has been both a challenge and lots of fun.

“It’s been a real honour to work with Joc. She’s so creative and she’s done a wonderful job here, so that was really inspiring,” he says.

The design and ideas process for the room began in late 2018, with work itself starting in January.

Handcrafted elements made by the members include cabinetry and display shelving for memorabilia, a couch and several ‘dumpty’s’, hundreds of porcelain chocolates using moulds from the Cadbury factory, and a special surprise when you look up. The ceiling “caused a few anxious moments” as the polystyrene it is made from bruised incredibly easily, Bailey says.

About 14 volunteers have been involved in the build, Bailey says.

Many previously worked in trades such as plumbing, engineering or building while others were enthusiasts – but all brought something to the table.

“We’ve got a guy in a wheelchair, and he came in on his mobility scooter and painted all of the wee chocolates by hand. Another one of the guys in there, Kevin, he’s never done any furniture work before and he’s made the table. Some of the guys have never done any turning before, and they’ve had a go at that for the first time,” he says.

“It’s things like that, giving people a go, that we’re all about.”

He hoped visitors appreciated their hard work. “I want them to just say ‘wow – who did this?’”

MENZSHED Invercargill held its inaugural meeting in 2017 and now has about 28 members.

After finishing work on the Chocolate Room at Bill Richardson Transport World, the group will “potter around” on projects for awhile, before deciding what it would tackle next, Bailey says.



The Chocolate Room job would probably remain its largest task, as they simply did not have the space at their shed on Forth St to work on projects of that scale, he says.



Bill Richardson Transport World is excited to have partnered with MENZSHED Invercargill on this project. We gratefully acknowledge the efforts of their volunteers in creating our Cadbury Chocolate Room.

Volunteer group MENZSHED Invercargill allows men to learn new skills, ply their trades, and meet new people. Their knowledge, expertise and man hours were instrumental in building the custom fit-out of this exhibit.

CREATED BY

MENZSHED[®]
INVERCARGILL

Shed News Region 6

The **Tapawera** shedders' winter project is to prepare concrete bases for exercise equipment and erect poles for shade sails at the community reserve. By the time we finish our brew on Saturday morning, the frost has cleared ready for work. The significant boulders don't make for quick digging!



Our shed patron Hon Dr Nick Smith popped in for a yarn and afternoon tea. He was interested in the community initiatives undertaken by shedders and has offered support for funding requests for our site capital works.....



... yup, we can squeeze more buildings on 😊 .

Tiny house underway by shedder Martin.



Tuesday mornings are a big hit with a special group of men.

Here's Flossie the Balloon Lady entertaining us with banter and the techniques of making animals and other shapes.



News from a Brother Shed in Oz

I guess that the underlying part of our Shed is the willingness get involved no matter how apparently outré the project.

In the far south of Tasmania are the breeding grounds of the Orange Bellied Parrot; a tiny bird which migrates from the mainland to the breeding grounds each year --- with significant losses, both migratory and habitat, so that the species is endangered and is bred in captivity in two or three places in Australia.



The plan is for release into the wild and the Tasmanian department is now planning for the 2019 season with 48 nesting pairs.

Channel Men's Shed Inc was, last year, approached by the local breeding site with a request for the construction of nesting boxes.

The boxes needed to be of precise dimensions, the parrot has evolved to have very particular requirements --- entrance to the nesting hollow just big enough for the bird and too small for its natural predators for example --- so we engaged the services of a

local CNC planner and (separately) a CNC machinist.

Both of these professionals known to the Shed and willing to do a deal at "mate's rates" for this worthy cause.

This left our members and volunteers the job of assembly.

Pictured are Ed and Peter (who lead the project) planning the way to tackle the assembly of the boxes. Quite a deal of discussion required as the question of timbers (construction ply) and glues (PVA) needed to avoid harm to the nestlings. We were fortunate that nothing more exotic was specified.

Roger, a keen fisherman and regular visitor to NZ for that reason (see the hat) contemplates the attachment of the flight deck -- a short length of PVC down pipe with flange and lastly Peter and Garry at the handover of the items to Darren from the Tasmanian Department of Primary Industry Parks Water and Environment who is responsible for the management of the breeding of the birds.

The interesting thing about the whole project was not so much the technical aspects but the widespread interest from our members for a project so far "off the wall" for a men's shed. Sure there was a large sympathy vote from member's wives, but that so many men expressed strong environmental passions.





Footnote

Not really sure whether this is what you wanted for the NZ newsletter John. I can rave on about the new panel saw and the upgrade to the metal cutting band saw which are both central to providing for men's interests, I guess, and certainly the sort of thing we like to show off to visitors. This one seemed to me to give a picture of what can be achieved by taking up an offer that was well outside normal and seeing what emerged.

Warmest regards

Bruce Weller

Hon Secretary

Channel Men's Shed Inc

Conference 2020

ALL ROADS LEAD TO DUNEDIN IN 2020, NATIONAL MENZSHED CONFERENCE FROM 17TH TO 19TH APRIL

The photo shows where you will meet, eat, and sleep, and the view is a great bonus at the conference.



The committee is putting together a very interesting programme for you all to enjoy.

The Otago Polytechnic have opened their doors to welcome the conference,

As you will see by our programme. It is one of the top Polytechnic in New Zealand. As well as opening up various doors for all delegates and partners to view, there will be;

Around 4 different tours of different interests for you, then we will gather for drinks and nibbles. While that is going on, we hope to have on display, special projects that the sheds wish to display.

The 4 different tours through the Polytechnic are within walking distance.

More about the projects later in this newsletter.

The committee has settled on costings for the conference.

Earlybird Registrations	\$145.00	Late and non members	\$165.00
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This covers your morning teas, Friday, Saturday. Lunch, Friday and Saturday, Saturday's happy hour and Saturday evening dinner with a guest speaker, plus administration costs.

ACCOMMODATION COSTS

Accommodation Package, \$150.00 this covers room and linen for Friday and Saturday night, also breakfast on Saturday and Sunday. Round 130 beds, rooms sleep 1, 2, 3, or more.

We are, not planning for lunch on Sunday.

Anybody flying to Dunedin, we hope to try and have transport from the airport to venue, and return if you let us know your travel arrangements.

Also if enough interest for a ladies programme on the Saturday afternoon, we will provide something.

FRIDAYS PROGRAMME, Registration from 10.00am to 1.15pm

- 12.15 to 1.15 Lunch
- 1.15 Health and Safety on site
- 1.30 Welcome Trevor Scott NZ Chairman
- 1.40 Welcome Dunedin Mayor
- 1.50 Opening Speaker
- 2.25 David Clarke Minister of Health
- 3.30 to 3.30 Afternoon Tea
- 3.30 Buses leave for Otago Polytechnic
- 3.45 ? Various tours round the Polytec
- 5.30 Drinks and nibbles, view special projects
- 7.30 ? Bus back to St Hilda, or some sheddies may choose to go down town.

On Sunday, the conference will close round 11.45am. No lunch

Saturday and Sundays programme will come out later. We hope this will let you all make your travel plans, and get cheaper flights!!

The registration forms are being worked on now and will be released to all soon.

Some guide lines for your special projects and presentations. this will be in two categories.

1. Object and Image Presentation, for this presentation sheds are expected to choose 5 images or physical objects to help introduce and describe their topic. - Image is an example of a special project.

Presenters will have one minute per image or object. Presenters are encouraged to use Power Points to present their images.

2. Posters or Projects, Projects no bigger than 1mt square. Poster size A2. Posters layout and format are critical, contents important keep it concise and have personality.

Projects be displayed and someone there to explain what they mean and achieved in your community.

Further information on these, contact, james.sunderland@op.ac.nz

ianvalmiller@gmail.com

Regards Ian Miller



Partnering with Goose Boards

Goose Boards is looking to partner with your shed!

Ryan & Jared started a skate brand about 3 years ago making cruiser skate boards from recycled wood. They've also run some workshops teaching others how to build their own - via council request - and are now looking to run their own!

"We're on the hunt to find sheds we can partner with around the country, so we can provide a good space, and a good time for local schools and communities to engage with our workshops."

If you'd like to have a conversation about potentially partnering up, have a look at their website, and the workshop page to get an idea of what it's all about.



Ryan - 021414898

gooseboards@gmail.com

www.gooseboards.com



Your Health & Wellbeing

Hearing loss... why early intervention is so important

By Tracy Dawson, Education and Communications Manager Hearing Nelson

Hearing is a sense that many people don't think too much about, often take for granted or unknowingly abuse through careless exposure to loud noises. There is very little awareness and appreciation of the vital role hearing plays in connecting us to our brain, balance, emotions and people. Yet, paradoxically it is a sense that once lost, everyone wants it back!

The 20,000 sensory hair cells we are born with reside in the pea sized, snail shaped cochlea, deep inside the inner ear. These hair cells pick up the whole range of sounds and frequencies and send electrical signals up the auditory nerve to the auditory cortex in the brain, where the sound is processed. The result is a seamless, rich listening experience. Presbycusis, old age hearing loss affects the high frequency and soft sounds like sh, f and th and results in the listening experience feeling more fragmented.

If a person has had exposure to power tools, farm equipment and heavy machinery and other loud industrial noises without adequate protection, this results in damage to the hair cells that are responsible for picking up the mid range frequencies, this noise induced hearing loss affects the 4,000 to 6,000 hz range and now the experience is less than adequate, requiring the person to use significant resources to hear and process sentences. Without the use of hearing aids, this can have a detrimental impact on the person's life.

Hearing Nelson, part of The Hearing Association are encouraging people to put aside any stigmas or barriers they may have to wearing hearing aids and seek professional advice. On average, it takes between 7 – 10 years for a person, who has recognised a hearing loss, to seek intervention. In the meantime, there is a strong likelihood there has been not only a decline in hearing but brain health.

Why is it essential to intervene early?

Research from Auckland University Audiology Department has supported International studies that show untreated hearing loss reduces cognitive thinking capability by approx.30%. As the brain has less sound to process, it starts to slow down and atrophy. Untreated mild hearing loss increases the chance of dementia by two fold, profound hearing loss 5 fold! A person is 3 times as likely to fall, a 1/3rd more likely to be hospitalized and there is a strong association with social isolation and depression.

Recognising the signs of hearing loss and taking personal responsibility for improving your hearing experience can enhance relationships and effectiveness at work. Hearing aids have maskers in them that can assist with Tinnitus, (ringing in the ears) another symptom of noise induced hearing loss.

Become a discerning buyer

Hearing Nelson advise people to become more discerning when they go to an audiologist.. They are encouraged to find out about trialling at least two different hearing aids, to put some thought to their needs, lifestyle, budget and to understand what is essential for them in relation to hearing aids so that they don't feel obliged to buy 'top of the range' when a mid range, with the aid of hearing aid accessories, might be as effective for their personal circumstances. Bluetooth technology has enabled mobile phones to be directly connected to hearing aids, e.g. a person can be driving the car and the phone rings directly through the hearing aids. There are some very useful hearing aid accessories on the market, for example; lapel microphones and the Phonac Roger pens, both can be an effective way of improving sound quality and clarity in noisy rooms.

It is vital that anyone purchasing hearing aids understand the importance of giving them at least 6 months of regular daily use for the brain to adjust. Equally as important is having a good cleaning and drying routine to keep the microphone clear of wax. The new electric drying boxes appear to effectively remove the moisture and make it easier to clean the aids. Hearing Associations around the country have hearing aid cleaning clinics where people can have the hearing aids cleaned professionally. Regular ear wax removal can also help the conductive capability of the hearing process.

Rechargeable battery hearing aids are a few hundred dollars more but are especially useful for people who find it hard to replace the small batteries, (which only last a week or 10 days) and are worth investigating.

Assisted devices such as Personal Amplifiers, are available and can be essential for people who are unable to wear hearing aids but can keep them connected to their family, doctors etc and can enable them to have the TV volume up to a level that they can hear. Amplified telephones and alarm clocks can also make a difference to a person hard of hearing life.

Effective communication keeps people connected

It is essential that people learn to communicate effectively with the 1 in 6 New Zealanders who are hard of hearing and take the time to encourage people to talk and stay connected to ensure overall health and wellbeing. Look out for signs of hearing loss and put aside any barriers and book a screening hearing test.

How to recognize signs of a hearing loss

- You get **WORDS MIXED UP & MISINTERPRET** what a person has said
- Find that you need to **WATCH A PERSONS LIPS** when they are talking
- You ask people to **SPEAK UP**
- You think people are **MUMBLING**
- **PARTS OF A SENTENCE ARE MISSING**
- **YOU 'SWITCH OFF'** as you are tired from having to concentrate to hear
- **RINGING IN THE EARS (Tinnitus)** gets worse

For more information contact Tracy Dawson

Hearing Nelson on education@hearingnelson.nz



Effective communication strategies

When communicating with a person who has a hearing impairment it is important to...

- ❑ **TURN OFF ALL COMPETING NOISE** (TV etc)
- ❑ **GET CLOSE** (gently tap their shoulder if you need to get their attention)
- ❑ **GIVE YOUR FULL ATTENTION**
- ❑ **FACE THEM**
- ❑ **GIVE EYE TO EYE CONTACT**
- ❑ **DON'T COVER YOUR MOUTH**
- ❑ **DON'T STAND INFRONT OF A WINDOW** (the light behind you makes it hard to lip read)
- ❑ **SPEAK CLEARLY**
- ❑ **SPEAK SLOWLY**
- ❑ **TRY WRITING IT DOWN**
- ❑ **NEVER SAY 'IT DOESN'T MATTER!'**

The biggest gift you can give another person is your full presence

Canterbury Regional Hub gathering



Photograph courtesy of Stu Jackson

Even though it's well into winter, Thursday 30th May was a lovely mild, sunny day for the Canterbury Regional Hub meeting hosted by the Timaru Community Menzshed. The photograph above shows a great turn out for the event with 30 of our own members along with 31 visitors from eight sheds in the region attending. This was our first hub meeting hosted at our Shed, which only formally opened in July 2018, so we were stoked that so many visiting Sheddies made the trip to Timaru to see us and take part in a very informative and social day.

The good weather played an important part in the day's proceedings as it was doubtful that we could have all fitted in the shed had the rain come. It did so later, but was polite enough to wait until we had finished the meeting.

All our visitors were greeted with coffee and cakes and had a chance to look around our facilities and meet the members. Trevor Scott is (was) our regional rep, but as he was out of the country our Chairman Adrian Hall opened the proceedings. This was followed by short presentations from representatives of the various sheds with each giving an overview of their facilities and activities followed by questions and answers. At 12:30 the bell was rung and we got down to the serious business of lunch. Our duty chefs (there were four of them) clearly hadn't read the memo about providing a light lunch and

we were treated to platters of grilled sausages, burgers, onions, bread and butter, salads and any amount of dressings, washed down with fruit juice, tea and coffee and finished off with more cakes.

Needless to say this provided the perfect opportunity for some serious chat among the members and lots of ideas were discussed and swapped while sitting in the warm sunshine.

As people had long journeys home, the meeting drew to a close by mid-afternoon and a very enjoyable day came to an end (except for the washing up) with many new friendships made and plans for the next meeting already being discussed. -John Cook – Secretary, Timaru Community Menzshed

You are joking!

Took me all day yesterday but finally finished. A pallet I made from an old coffee table.



Did you know?

If your Mens Shed has an unusual or interesting project on the go, you can send us a short article and photo for the next quarterly edition of the National Newsletter.

Send to either to your Regional Rep or the Editor at– support@menzshed.nz