

Sheddie News

October 2021

The official newsletter of MENZSHED NZ

From the Chairman

What a challenging time we are in. My heart goes out to the sheds in the Auckland region that are under lockdown 3 and are unable to open. I bet the men are becoming frustrated. With Lockdown 2 it is a little better but many sheds have still to open or are open with reduced numbers. I can't wait until it is back to normal. Normal for me will be working without my glasses fogging up due to wearing a mask, being able to talk and work more closely with others and chatting around a table.

As your chairman I very much enjoy reading what is going on within the Menzshed communities. I am heartened by the wonderful things being achieved and I am certain NZ is a better place for having Menzsheds. Browsing through this addition there are two comments from different regions that stood out for me. I would like to repeat them here because I think they are worth thinking on.

One : "we are mindful not to take work from trades people". As times in NZ change I feel we need to be very mindful of this.

Two : "a spirit of positivity, a willingness to assist, good humour and egos firmly parked at the door". The perfect mantra for every shed I feel.

At least its spring time and very beautiful out there. Take the time to go for a walk and enjoy all the beauty mother nature has on offer. It sounds simple but it can really lift your spirits.

Take care, look after one another. Trevor

MIKES' MOMENT



BOYS WITH THEIR TOYS...

Civic Award for Menzshed NZ Treasurer

Our National Treasurer, Peter Blackler was presented with a CIVIC Award by K Gurunathan, Mayor of Kapiti Coast District at the Kapiti Coast Civic Awards beginning of August. The award is an appreciation for Peter's dedicated and outstanding services to the Kapiti Coast District Community



Peter's wife Christine and daughter and son-in-law Stephanie and Paul Clark accompanied Peter on the night along with Cliff Daly and Tony Annandale from the Kapiti Shed.

Peter is a founding member of MenzShed Kapiti when it was established in 2010 and has been Treasurer for the past 10 years. Peter manages the site development and building development at the MenzShed Kapiti site in Waikanae and has provided the vision and driving force behind the building of the new facilities. The new amenities building which was opened by the Mayor on 5th June, and now work is about to start on the foundations for 140 sq m of new workshop space.



The new kitchen, toilets, and audio/visual equipped meeting area is very much appreciated by the 50 or more blokes who turn up at the Shed each Tuesday and Thursday, and the new workshop space, that will hopefully be completed early 2022, will provide a much needed comfortable working space for the blokes.

Peter was a member of the establishment committee when MENZSHED New Zealand was established at the Nelson Conference in 2013 and has been Treasurer since then.

Peter is also a member of the Waikanae Community Patrol for the past 5 or 6 years, is part of the emergency preparedness group for Waikanae, and is Treasurer for Wellington Vintage Machinery for the past 15 years.

Conference 2023

Yes we are under way with the planning of the next conference in 2023. The Hawkes Bay sheds at Napier and Hastings have teamed up to undertake the task of creating a wonderful programme for all sheddies at the conference. At present it is in the early stages and as things develop we will keep you fully informed. Mark the following dates on your 2023 calendar: 14th, 15th and 16th April.

Dr Rob's Five Things Not To Ignore

This article was taken from the Pauanui Menzshed Newsletter

1. **The Heart:** Chest pain may be angina, a blood clot in the lung, lung infection, even a stomach ulcer. Other heart-worry signs include an irregular pulse, dizziness (low blood pressure) or headache (high blood pressure)
2. **Changes in weight:** An increase might indicate diabetes or under active thyroid. A decrease in weight might signal cancer or depression.
3. **Changes in bowel habits:** Constipation or diarrhoea of more than two weeks could signal bowel cancer as could bloody or mucousy bowel motions. Low blood count or low iron level requires the camera up the bum, to look for bowel cancer.
4. **The Waterworks:** Frequent peeing, weak stream, difficulty starting to pee, getting up a night to pee can be a signs of an enlarged, non-cancerous prostate. A PSA blood test above 3 may be the only sign of prostate cancer or of prostate infection. Painful peeing suggests a urine infection. Frequent peeing and increased thirst could be from diabetes.
5. **Low mood/depression:** During the last month have you felt down, depressed or hopeless? Have you had little interest or pleasure in doing things? Depression may be caused by medication or by medical causers such as underactive thyroid, diabetes, anaemia (low blood count) or sleep apnoea so it always needs investigating and treating.

Charity Handbook Resource

The Charity handbook has been designed to help you keep track of the information that you need to run your charity (organisation). This resource could also be used when you handover documents to new members of your trust or committee. It can easily be modified to suite all manner of information. To view copy the following link: <https://bit.ly/3hI2T7F>

Next Newsletter

The next newsletter is due for publication at the end of January. The deadline for articles for that newsletter is **Friday 21st January**. When you have completed an interesting project or done something of interest with others down at the shed, send us an article. Don't wait for the deadline as it give the editor time to arrange articles. It is always good to see pictures with an article. Format for article please use Word and Jpeg for pictures as these are easy to work with. Send articles to chairman@menzshed.nz



A reminder to Facebookers that we have a shedder group called the MENZSHED NZ shed forum at <https://www.facebook.com/groups/917022518450093>

Presently 47 sheds are represented by 89 shedders.

To participate, visit the site and answer the two screening questions. After your application is accepted, you will be able to read and post to the site.

Sheds Opening during Covid

I must first say that we at MENZSHED NZ do not form policy for sheds but provide support to sheds by way of resources that can be used as they are or changed as need be.

To that end we have discussed the vaccination of members and have come to these conclusions.

- We suggest that each shed hold a meeting of members to discuss how they, as a shed, will deal with the issue of unvaccinated members. Also discuss with your members whether or not the names of those vaccinated should be recorded by the shed.
- If your shed is on land or in a building owned by local council or a church for example, it may be wise to approach the owner to discuss their expectations relating to the use of the premises under covid levels. This could save a heated problem further down the track. **Remember not everyone thinks the same way.**
- We would encourage all members to be vaccinated not only for their personal protection but also for the protection of other members.
- We appreciate that there will be some members who for a range of reasons can't be vaccinated. These may be health reasons or religious reasons etc.
- **We would recommend that at all times sheds look to observing the Covid Levels/Traffic Light System established by the Health Department.**

Once Covid Levels are down to 1 and 2 sheds can open. The following should be implemented:

If you have **not** had the vaccination then sorry **no** shed for you. Each member records their vaccination card with the secretary of the shed.

If feeling that you have the flu or symptoms like runny nose don't go to shed.

Signing in at the shed: QR codes scanned, paper option available for members without phones that can scan. Keep a record of all attending.

The use of hand sanitising on entering the shed and during time at the shed.

The wearing of face masks all time during sessions at the shed.

Stay a safe distance from other members while working.

Morning teas – sit with a distance between members. Bring your own cup and morning tea.

Larger pieces of equipment could be wiped down using a wet wipe after use.

Due to the space within your shed you may need to roster members to a given session time.

We have not taken this lightly as our organisation has at its **main purpose** the **Health and Well Being of men**. This should always be at the bases of any policy a shed creates.

We recommend that each member goes to the **Ministry of Health** web site and sets up their **MY HEALTH ACCOUNT**. Visit: <https://identity.health.nz/>

Region One News Continued

Mens Shed Auckland East Inc

It just gets Bigger and Better!!

Meet our new handcraft workshop.

Members, who pondered on how to increase workshop space, decided to install a mezzanine floor.

This new space, created using the air space in the existing building, is an innovative solution to our ever growing membership.

This will be used for creative craft-type activities.

Located above the existing woodwork shop is an engineered, interlocking, flooring system supported by laminated portal frames. It connects to our existing mezzanine, almost quadrupling the available space.



The woodwork shop before our construction crew got to work. They could see the potential. All they needed was a clear vision and the inspiration! What will they do next?



Wheelchairs For Disabled Children

A big project at the shed this month was the building of 10 plywood wheelchairs. These will get children with disabilities off the floor and looking out at the world in Tonga. An initiative of the Altus Trust. The Trust works with organisations in the Pacific Islands to provide services for people with disabilities. They have physiotherapists, occupational therapists, speech language therapists, wheelchair technicians and nurses involved in training field workers and health professionals in these organisations. The St Johns and Ellerslie Rotary Clubs, Plytech and Bunnings joined us with the Trust to produce and fund the build of these very special chairs. Sheddies Aart Rijke and his team are getting the job done right.



Toastmasters lit up by the Shed

Toastmasters is a club that teaches people to speak in public. Our local club asked us to update their timing light system. A new Sheddie, John Hornsby-Hunt, developed and built this stunning, all in one system to replace an old manual system; one of the first electronic projects completed at the shed.

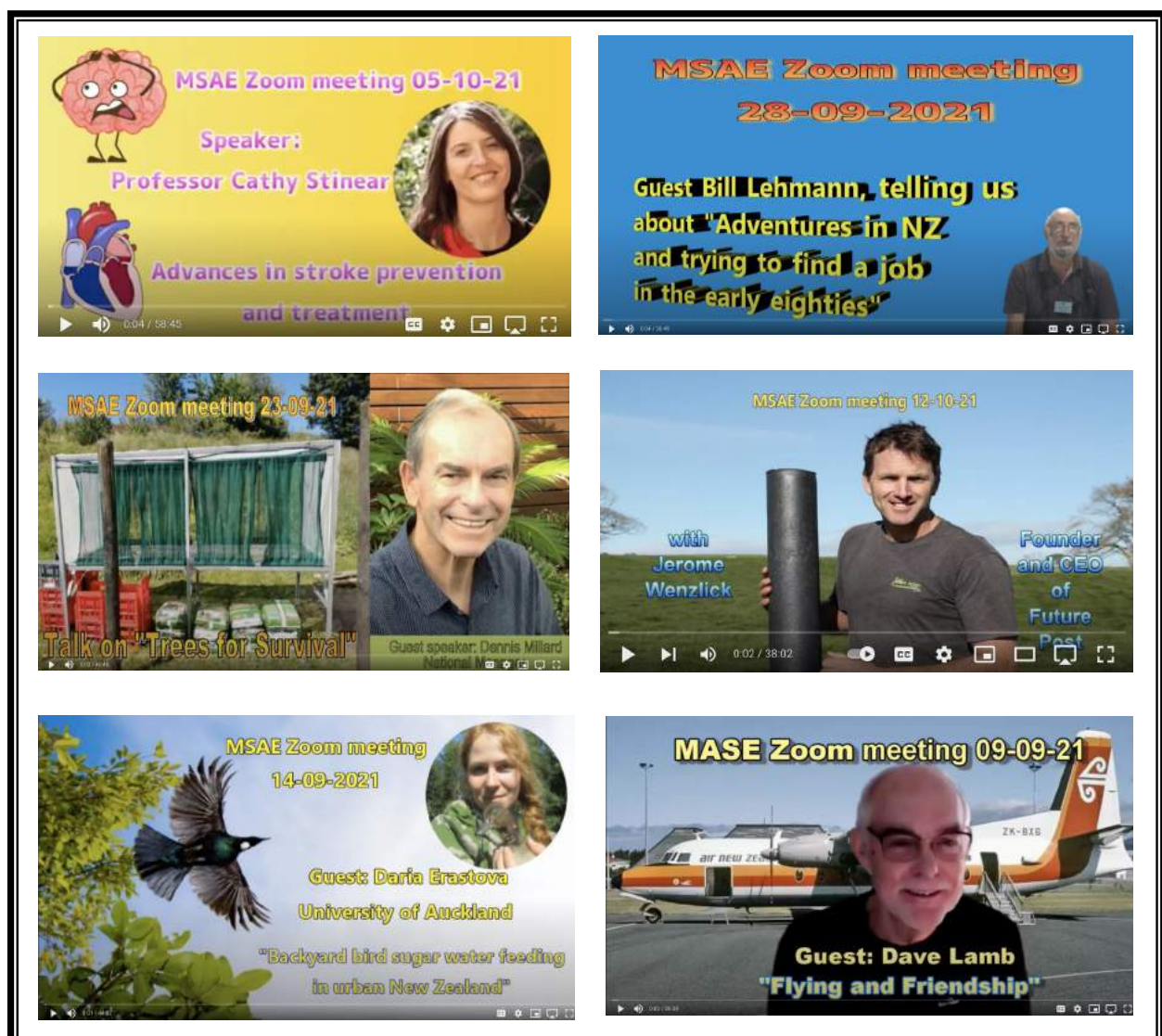
Region One News Continued

Mens Shed Auckland East Inc. Continued: Zooming through Auckland's lockdown

We have resumed our Zoom sessions, every Tuesday and Thursday at 10:30.

It is a real team effort. We have a Speaker Coordinator who lines up our guest speakers – including some of our members, our Secretary creates the Zoom session and sends out the link to members with MailChimp, and our Chairman hosts each Zoom session. We record these, our talented IT specialist Roger edits and adds Title pages and stores them in the cloud, and our Webmaster posts them on our website at <https://www.mensshedaucklandeast.org.nz/video/presentation/>

Members from any sheds are quite welcome to watch these. A few recent examples are:



Region One News

Northland and Auckland

Lets be the First Menzshed to reach the Moon

At Men's Shed North Shore, we have opened a new astrophysics workshop - here is our very first project!! We will have the second man on the moon with this project.

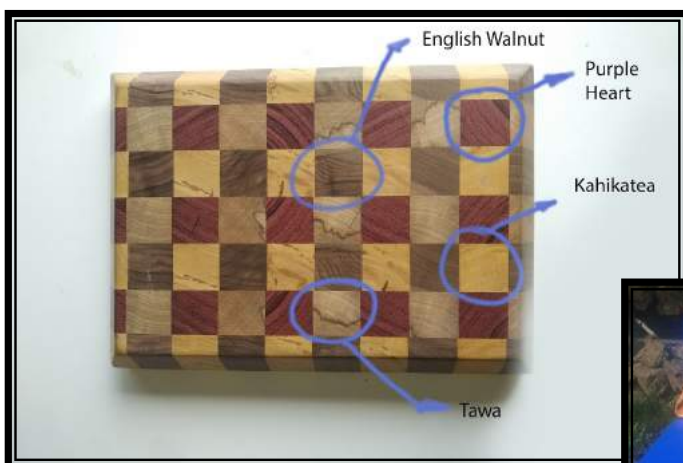
Training has began for the astronauts.



Auckland Central Community Shed

COMMUNITY WORK. We recently hosted a visit by the local Kea group (1st St Judes, Mt Albert). They were let loose with saws, drills, hammers and drivers...safely of course... and the feedback was very positive. The Cubs from the same Scout Group are next in line so look out for calls for help with that. Many thanks to Craig, Richard, Don who helped make the evening a success.

MEMBER PROJECTS. Some of our regulars have been hard at work on their latest projects. Deniz has made this [waaaay too nice for chopping on] chopping board from a mixture of English Kahikatea and Tawa (native woods) plus walnut and purple heart glued together with his go to glue Titebond-3.



Meanwhile Chris S has been fixing his bench which it looks like he built it just to showcase this beautiful artwork he named 'Morrison the Moa'. *Ka mau te wehi!(That'sawesome).*



Region One News Continued

Bob From The Whangarei Has been Busy During Lockdown

You may remember when we were in lock-down a year ago Bob Boud shared with us the wonderful job he was doing building a model based on the steam powered tug Wattle. The actual ship which Bob's model is based on was launched at Cockatoo Island, Sydney in 1933. She worked with the Royal Australian Navy until 1969, then Wattle arrived in Melbourne in 1979 to become an iconic sight steaming on pleasure cruises around Port Phillip.



The tug was lifted ashore in 2009 for restoration by a dedicated team of volunteers and re-launched in 2015. Now fully refurbished Wattle has returned to operational status and is once again providing cruises.

Not sure quite what the status is with the Wattle tug Bob has been building, but he informs me that he is now looking to reach even greater heights.

Pictured is a project he started on several moons ago and then put aside.

Lockdown has seen it resurrected and taking up space in his lounge. It is a radio-controlled glider with a wingspan of 3.7 metres.

Fortunately, the wings are in three pieces and plug together by a tongue and box system.

The rudder and elevator are the flight surfaces controlled, but he will add a small electric motor to get the glider to a good height, and back again!

Peter the pilot was made from a bantam sized plastic egg and wood filler. The cockpit canopy is a plastic bottle cut to fit. The big question now is, "Will it fly?"



Cheers, Bob



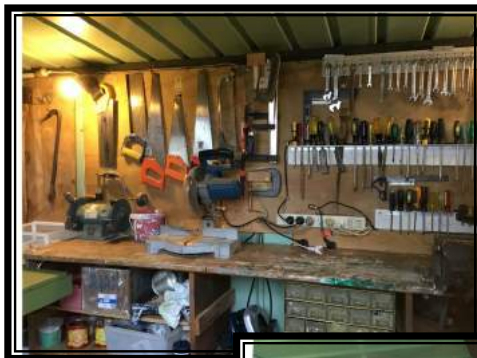
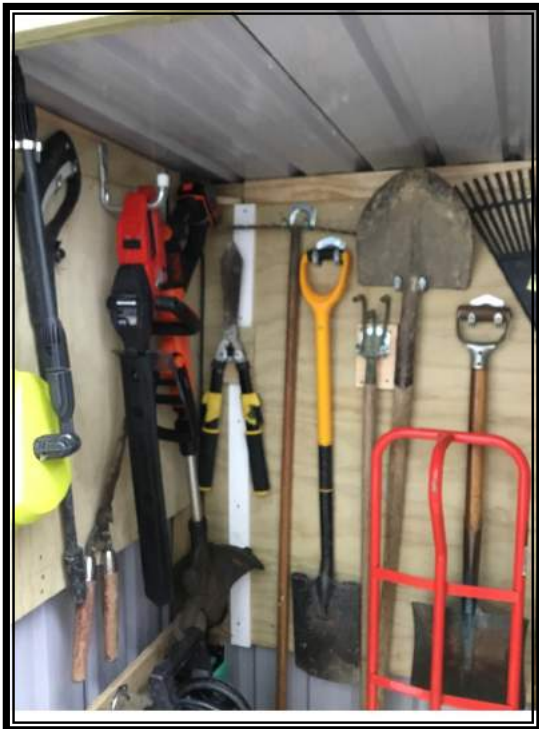
Region One News Continued

Men's Shed North Shore

As our shed has been closed for some time and it could be a while until we're back up and running, we asked members if they could fill us in on what they'd been up to during lockdown. Here are a couple of their contributions:



Having recently retired, I treated myself to new toy and purchased a computer controlled laser engraving machine from the USA. This laser has work area of approximately 500mm sq and a 20 watt laser. So I have been doing a number of little projects, including kids stools and desk and making them personal for the child, wedding boxes with the name and date of the wedding couple engraved inside the box and lots of other items as well. Tim Hammond.



Nothing to do, so I got a kitset shed, assembled it and fitted it out for all my garden tools. I then started on my shed and reorganised it to a ridiculous level. Now it's all done but I can't use it because I have no wood or materials left and can't buy more until the lockdown finishes. Craig Blennerhassett

Region Two News

Waikato, Bay of Plenty and Gisborne

New Premise for Whakatane Menz Shed

Whakatane Menzshed has completed its move to new premises in Te Tahī Street where the workshop is now finally laid out to our satisfaction. Whilst space is limited, and there was a need to keep only the essential gear, most members will find a niche to work in, and can even, weather permitting, spread out on to the driveway. The move involved the shifting by mobile crane of two 20' containers, a task which was ably handled by Tracks/ Mahe Crane Hire on the day. One of the containers was deemed surplus so was sold off to offset the expenses incurred in the move. The past year we have been quite busy in spite of the 2020 lockdown when things ground to a halt. We did have support from the local community grants board for which we are most appreciative. Our coffins sold well during the year, and helped to sustain our business during the quieter periods. Many of the projects we did are pictured hereunder, and we continue to work with local businesses such as Bunnings Warehouse who supply materials for us to build community projects for the benefit of schools, clubs, etc at no charge. Our community barbeques took place at Bunnings as well, and really helped boost our profile. We are appreciative of the facility provided by Bunnings, in front of their Warehouse and generally a good spot to capture the public interest. Our membership continues to grow, and we now have over 30 members. This is probably optimal for us at present given the size of our shed, so one day we may have to find extra space and move again, perish the thought. Until then we will continue to provide a service to our community whilst making sure our members enjoy the benefits of shared engagement in useful projects, whilst interacting socially in a friendly environment.



Two members gluing up the window frames.



A member doing his version of "Paint your Wagon"



Spinning wheel repaired, together with Dolls cot.
Finishing off a restored serving Trolley



Paddles made for the Art Club
Antiques Deck-Chair Re-done.

Region Two News Continued

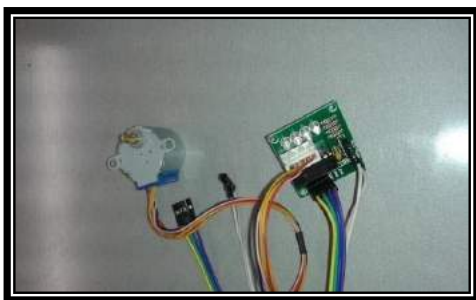
A Tale of Two Brothers or Another Turntable Indexer

Let me tell you a tale, about two brothers. Long, long ago when I was a little boy, I used to enjoy playing with an electric train set. It started with my older brother being given one for Christmas or a birthday. (I was too young to know which) and I certainly can't remember. Over the years it evolved into our train set and of course it grew with the addition of various locomotives and rolling stock and track and scenery and so on. When we all left home I ended up with a small amount of stuff which I enjoyed with my children. My brother eventually got rid of his HO gauge stuff and went to tiny N gauge. It really fascinates me how they can pack all that mechanism into a tiny locomotive. He was converted to N because of the smaller footprint a layout can take. What we should really see here is not that the layout can be smaller but rather so much more layout can be packed into a standard garage.

A few months ago I was back in Christchurch for a while and visited my brother and saw his layout. Over in the corner was a turntable and roundhouse locomotive depot. I asked how it was coming along and realised there may be a great little project looming on my horizon. So, forgive me fellow 'ferro-equinologists' while I digress into some basics to help explain my project.

A turntable is not common nowadays. In the olden days (when I was a lad) they were used to turn steam engines round so they didn't need to go backwards. They go forwards much better and the crew can see where they're going. "But they're on rails", I hear you say," They cannot go the wrong way". Yes, but of course there are stop signals and Morris Minor cars broken down on level crossings which need to be seen. Going forward is much safer. Last time through Arthur's Pass the turntable was still intact (In full bloom in fact) at the north end of the rail yard.

The round house is a locomotive shed laid out like a part of a circle around the turntable. Thomas and friends go in there each night to rest. Also, putting the locomotives in the right way round aids firing them up next morning as there is a special chimney section which attaches to the loco's funnel to extract the smoke. This also helps the fire to draw. Nowadays of course with the advent of diesel and electric locomotives turntables are no longer needed. So, on to my project.



The turntable is a plastic kit and my brother has already laid tracks right up onto it. N gauge track has a rail spacing of something around 12mm. So alignment is crucial. Being able to stop the bridge at the precise location is paramount. I realised that this is a perfect job for a stepper motor (left) and computer control. So I started investigating what hardware would be available and what expense would be needed. My previous delving into computerisation had limited success. I saw a need for a Black Box to perform a function and started developing a unit. I made 6 prototypes and they worked beautifully but unfortunately another group had seen the same need and had their unit on

the market first. I installed mine in a boat and a caravan and they work perfectly. But by the time you look at the development expenses, they were not cheap.

So, my research took into account what was already on the market and how the existing units compare functionally. I am pleased to say that at writing this I believe my unit to be superior to most. I found Arduino controllers to be an excellent basis for the system. They are cheap, versatile, expandable and public domain. This means that many companies are producing the units and you can pick up some of the clone models for just a few dollars.

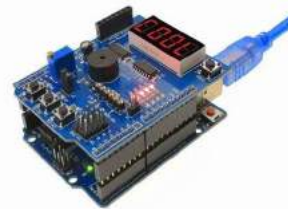
Region Two News Continued

A Tale of Two Brothers Continued:

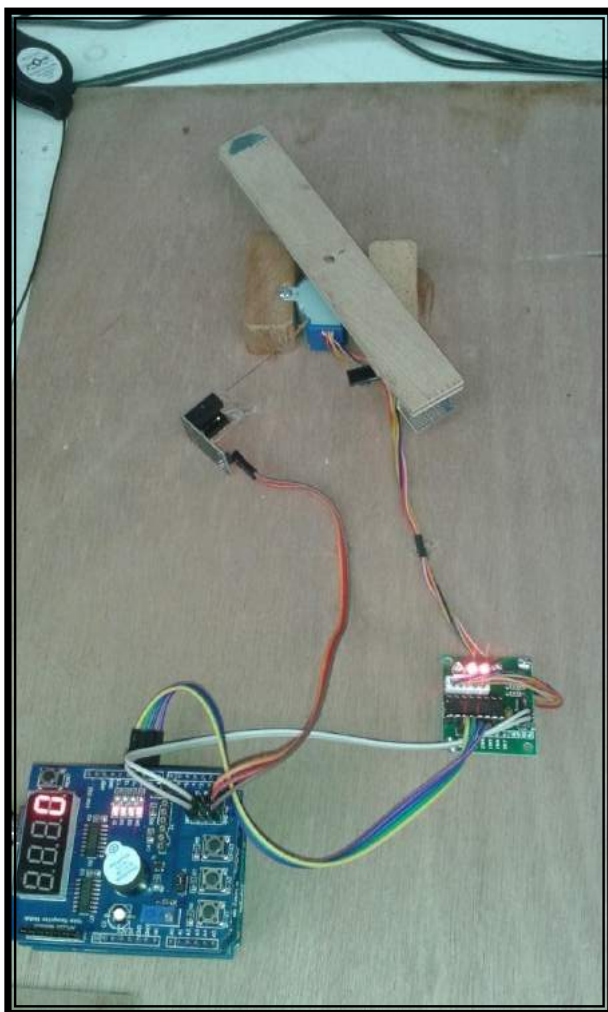
Another nice feature is that the boards plug together into a stack (as shown left), eliminating the need for complex inter circuit wiring. There is also a wealth of programmes and programming examples available on the web. The Arduino stable also includes small stepper motors and optical beam interrupters. The hardware has cost around \$40 so far. The kit of parts so far is: Arduino Uno processor, Arduino multi purpose shield, Arduino prototyping shield, Arduino compatible stepper motor and a Arduino compatible optical beam.



Arduino Uno



Arduino Uno with Multi function shield stacked on top.



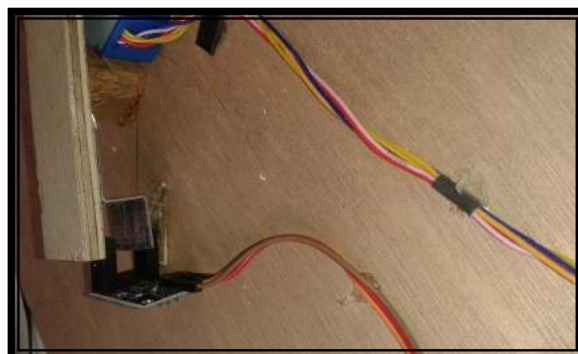
Plywood prototype “proof of Concept” showing approximate part layout.

On my brother’s layout each spur track has a power isolating switch to prevent the wrong loco moving. These are being upgraded to double pole switches which will provide input to the controller indicating which spur is to be aligned. When the “GO” is pressed the controller reads the spur switches and calculates the quickest direction to the spur, displays the target spur on LED display and accelerates away, decelerating to align perfectly.

At present I have the programme written and manufactured a plywood turntable prototype at Mt. Maunganui Menz Shed. One of the challenges I have is that I am developing the prototype in Tauranga and the target system is down in Christchurch, so my development needs to be as universal as possible. I still have to work out how to couple the turntable to the motor and I suspect backlash in the gearbox may pose a challenge.

Overall, I have enjoyed my project. Kind of like a second childhood sort of thing.

Thanks to Dave Pinchin



Multi beam being broken

Region Two News Continued

Brian Jarvie— A Big Smile Speaks a Thousand Words

For Whitianga resident, Brian Jarvie, independent living isn't easy. And words in any format don't come easy either. Brian likes getting out and about around town. He has a passion for construction and earthworks, and loves nothing more than keeping tabs on big projects such as the Whitianga town upgrade, where he was made an honorary member of the construction team. Brian's eyes and cheerful face do most of the talking when you strike up a chat. When asked if he had ever been taken for a drive in one of the big earthmoving trucks at the Whitianga Waterways, his face lit up like a beacon and no words were necessary, the answer was there for all to see. It's amazing how a bit of local generosity that costs virtually zero can go a long way at times.

Brian, originally from the South Island, moved to Whitianga after the Christchurch earthquakes and is loving being part of the local community. When at home, he potters in his garden, loves a meal of meat and veg, works with ceramic tiles and enjoys watching motor racing on TV, in particular the Supercar Championship from Australia. He is a big fan of current championship leader and fellow Kiwi, Shane Van Gisbergen, another man who is rarely seen without a smile, which makes the connection even more special. But like many men in the community of a similar age, 69-year-old Brian was often lacking a bit of extra company and having some sort of project on the go.

Enter Julie Beaufill who works full-time for Waikato Regional Council and is passionate about doing something meaningful for the community involving people. She joined Age Concern as a volunteer around three years ago and was eventually matched with Brian because it was felt their personalities and interests were a good fit. "The commitment I made to Age Concern at the start was to provide an hour a week where my sole focus was on my volunteer work, and in this case connecting with Brian and making sure his needs were being met," says Julie. "What has developed has been a great friendship. We go for coffees and bike rides together or just sit and enjoy each other's company. I don't think Brian realises the positive impression he leaves me with during our time together says Julie". Ever on the lookout for something new and beneficial for Brian to do, Julie introduced him to the Whitianga MenzShed located on South Highway around 18 months ago. "It has been an awesome experience for Brian with the MenzShed becoming a really important part of his life," says Julie. "MenzShed secretary, Kevin Robinson, has taken Brian under his wing, given him some responsibilities and generally made him feel part of the team. It's like Brian and the Menzshed have adopted one another." Kevin and Menzshed Whitianga president, Brian Mearns, are equally thrilled to have Brian join their ranks. "Brian fits in really well and even has his own chair in the smoko room which you don't dare sit on, and a dust coat with his name embroidered on," says Kevin. "He has a love for machinery and picks out models to build from hobby books we have. His collection of hand built trucks, trailers and earthmoving machinery all made from recycled timber is growing. The books provide clear pictures and dimensions which Brian can use as a guide, but he puts his own flair and ideas into each project. "We love having him on our team, he is always looking to help others with their projects or carrying out regular duties to keep the shed clean and tidy. There is a lot said about mental health these days and I can honestly say having Brian on board provides all our members with huge satisfaction and helps with our own well-being." "It also proves a big smile and happy face can replace a thousand words at times," adds Brian Mearns. While Brian Jarvie has his challenges in life, people like Julie and those at the Menzshed who are prepared to give up a bit of time to ensure he doesn't lack for company and has a place in the community are often the ones who end up gaining the most from the experience.



Picture: The Whitianga MenzShed is a happy place for Brian Jarvie (on the left). With him in the photo are fellow MenzShed members, Kevin Robinson (next to Brian) and Brian Mearns, and Age Concern volunteer, Julie Beaufill.

Region Three News

Taranaki, Manawatu, Whanganui, Hawkes Bay and Wellington

A Playhouse with a Difference

A while back the Napier Menz Shed was approached by our sponsor Mitre 10 to see if we could build a children's playhouse from an AMERICAN plan . It was a playhouse for children . The design had a roof top fenced play area accessible by a ladder. They intended to raffle the project with the money going to charity. After some discussion it was decided to go ahead with the project. About six men worked on the project taking some three months. This was a first for us but we approached it with much gusto. Finishing it on time. The completed job was picked up and craned onto their truck. The playhouse was displayed in both Hastings and Napier Mitre 10 stores and proved to be a winner! A local charity has benefited from our skills.



It's Worth it in the End

Two years of teamwork and fundraising are coming to fruition for the Martinborough Men's Shed. Until now they have been based in the old courthouse building. That had space and noise limitations. Those have been solved by the purchase of two 40-foot shipping containers which have been placed side by side. The photo shows shed members roofing-in the space. Still to come are solid walls at either end, creating a space for metalwork and other activities. Martinborough Men's Shed was formed in 2015 and now has a membership of 48. The 135sq metre extension is set for a grand opening on November 20, with men from other Wairarapa Men's Sheds in attendance.



Region Three News Continued

Some thing Different from the Henley Men's Shed

One unpleasant side effect of chemotherapy is loss of hair, and while some women prefer to go au naturale, for others losing their crowning glory can be morally distressing.

Artificial wigs are a solution for them, and the making of turned wooden stands to accommodate the hairpieces overnight is keeping a small band of men from the Masterton Henley Men's Shed and Wairarapa Woodworkers Guild busy. Master wood-turner Terry Schisca started making wig stands about 10 years ago. At 100 a year that amounts to 1000. At the Men's Shed this week he was joined by Wayne Harrison, Phil Rowley and Matt Nolan, all creating beautiful, highly-polished handmade wig stands.

Cancer Society branch manager Jacinta Buchanan said the effort was fantastic, and not confined to Wairarapa. The stands are sent to Marlborough, Wellington and Nelson as part of the Look Good Feel Great campaign. Phil Rowley is pictured with one of his wig stands.



Masterton Henley Men's Shed supervisor Murray Campbell is almost lost in the framework of a sad old Wendy House, brought in by a parent for repair. As in the popular TV show The Repair Shop, a lot of the work taken to the shed are toys and play equipment needing repair.

Murray tackles many complicated tasks, such as wobbly chairs, tables, doors and mirrors, breathing new life into treasures that would normally have come to the end of their lives. That work can involve extensive research, which he enjoys.



Napier Menz Shed -Sleep Tight

We're making wooden bed bases on a regular basis for a charity called 'Love link' who in turn give them to the needy in Napier -Hastings area. Here are some pics of our Napier shed which appeared in a magazine called 'LIVING' which did a great story on menzsheds



John Plant and Bob Allen manoeuvre timber to be cut for more beds recently



Russell Allerby busy at the saw bench

Region Three News Continued

Alive and well and thriving!

Sure, we were shut for a few weeks due to the pandemic levels, but Hawera Menzshed is now buzzing with multiple projects on-the-go – from both private individuals, commercial interests, and government departments alike.



Both new and established members continue to lend their considerable experience and skills to the projects and it's truly rewarding to experience the collegial atmosphere that springs from the vast range of personalities of the members. And for sure, the often candid and light hearted exchanges in the 'smoko room' contribute to an environment in which no one takes themselves too seriously.

Hawera Menzshed has, over the past few months, greatly expanded its working environment, boasting a fully-equipped office – with a laser engraving unit, a 3D printer and separate, fully enclosed 'smoko room' (mercifully without the smoke!). Additionally, new capital equipment has been installed and existing equipment either upgraded or refurbished. A professional security system, with cameras, has been installed, understandably.

So, there you have it. We continue the drive to attract new members whilst retaining the existing members in a spirit of positivity, willingness to assist, and good humour – with egos firmly parked at the door, for a good number of the members haven't enjoyed much exposure to the likes of lathes, planers, drop saws, sanders and multiple hand tools and remain keen to tap in to the collective 300-400 years' experience, and advice freely given.



Assembling a shed floor for a member in the shed workspace.



One happy man with his shed finished on site.



One or ten octagonal tables built for the Hawera High School.



A memorial bench built for the Hawera Primary School

Region Three News Continued

What's been happening at the Dannevirke MenzShed



The boys doing the hard sell at a Norsewood market. It was a nice day but not as many sales as we would have liked.



Dennis and Bert with their new welder ready for action. They have both gone for a gas supply so they can save the frustration of using gasless wire when using MIG.



Dave and Dennis turned an old merry-go-round horse into a rocking horse for a local client.



One of Bert's tin can chairs resting before it moves to its new home.



Tony with his new bird house ready to be installed on the top of an old lamp post. He really enjoyed designing the roof section.



Dennis and Jimmy working on a Nordic Ship for the local Dannevirke Christmas Parade.



Our new addition to the woodworking shop is a new dust extraction system attached to our saw bench, thicknesser and jointer. We have automated the system to start if any of the machines are in use. Dust build up in the workshop has reduced dramatically. The system uses a cyclone as the first stage that takes out about 99.9% of the shavings and dust. Secondary filtering uses a pleated filter that removes any fine dust carryover. That's it for now from the boys at the Dannevirke Menzshed and if any of you are passing through drop in and say hello. If its smoko time their might be a cream bun on offer. Cheers Dave Bassett



One of Bert's Bike pot plant holders just hanging about.

Region Three News Continued



Wanganui Mens Shed News Letter



School Raffle Project

One of local schools reached out to the shed and asked, "can the Shed build a picnic table as a Fund Raiser raffle for our school". Our Shed enjoys making stuff for a great community cause.



Truck Project

We certainly get variety in the Shed. A local Green Grocer wanted a large model truck made for a 100 year celebration for early next year. Unable to get anyone in the town to make one he approached the Shed.

One of the members is an experienced prop builder for AMDRAM Theatre, so he and a couple of members set about replicating the truck using photos supplied. The material was recycled core flute bill boards. *Photo shows the nearly completed Hino truck.*



*Photo from left to right Bevan, Dave and Ivan
(Shed Manager)*

Community Project

A request from The Rotary Club of Wanganui North to assist in crating up a Dental Chair to be sent to Tonga was made. With a certain amount of urgency a team of shed members, ably headed up by Ivan, set to work in cutting down an old crate supplied and fitting the chair and all its components securely. Rotary North had also sent over an Orthopaedic Operating table which one of our local Ortho Surgeons, John Van Dalen, will use when he can get over to Tonga. We can make a difference to those that have a greater need than us.

Mens Shed Fellowship Meal



The Shed has a monthly fellowship meal on the last Thursday of the month. This months, prepared by Diane was a Lasagna. A volunteer is asked to make a meal for those interested. A payment of \$5.00 covers the cost Averaging about 15 people for a sit down nosh up many of the members appreciate a hot midday meal. we've had a boilup, paua fritters and even a lamb roast with all the usual trimmings.

Region Four News

Canterbury and Westland

Hornby Community MenzShed Inc Update

Things are in full swing and a lot of work is going on with the development of the new Hornby Community Menzshed.

We had a meeting of interested people in May, at which we signed up members, adopted a constitution and elected a committee and officers as follows:

Chairman Brian Dixon

Vice Chairman: Don Turner

Secretary: EJ Jackson

Treasurer Linda Turner

Committee: Frank Green, Cheryl Beloe, Patrick Fergusson, Steve Robson, Kevin Gates.

We are now a legally incorporated society *Hornby Community MenzShed Incorporated*. We have been offered a double relocatable classroom by Laing Properties Ltd. They will deliver the building to site but we will have to provide foundations and services (power, water, sewage etc). Normally this could cost many thousands of dollars but Don our vice chairman, has been having discussions with relevant contractors and we may get some significant discounts.

We have agreement in principle from the City Council to site the building on Wycola park near the old toilet block. We still need to work through some of the technical details with the council before this can be finalised.



The Riccarton Wigram Halswell community board have generously given us a grant of \$5000 to help us get established. We are in the process of applying for additional grants to help cover the cost of getting the building set up on site. We are working on some fund-raising activities to help with our start-up costs.

Members and Contacts If you would like to become a member, or know someone who would like to be added to our contact list please email us at contact.us@hornbymenzshed.co.nz

Region Four News Continued

Akaroa Mensshed Trust (AMST) News Items

Well winter is upon us but new members have continued to join, and attend our Saturday 'shed days'. Over summer our weekly meetings were well attended, but come winter we are down to 8-10 core members per weekend.

WOOD WORK ROOM For those members who mainly do wood working projects, our year started with a bang – or rather a big box of goodies! We received a workshop set of equipment from a local owner. A heavy long bed 'WoodFast' wood lathe, a 6" Jointer and a Scroll Saw. All in good condition, they have been installed and put to good use already.

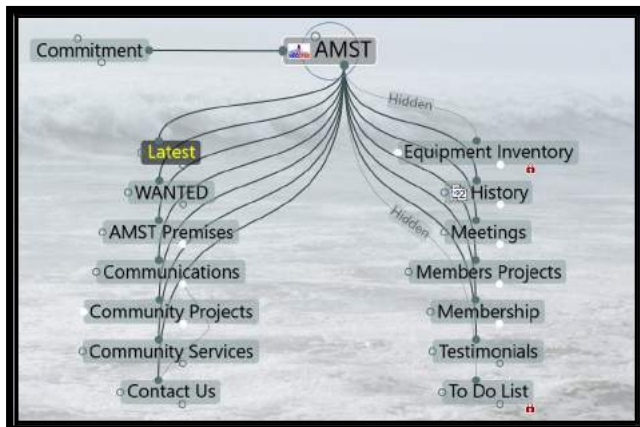
Then another wood lathe turned up that belonged to an existing member who was doing a down sizing house move. We have run out of space in which to put it, so it's not been able to be used as yet! Latterly a 600 x 600 x 25mm thick big slab of steel from an old printing company source got donated. It has made a great 'really flat' test bed for assorted projects.

METAL WORK ROOM Our metal working room has had a 'face lift' with the donation of a large slab of sheet steel too! This has been used to make a dedicated welding table area. Someone else donated a gas welding trolley and bundles of welding rods etc.

AMST DIGITAL ARCHIVE The Akaroa Mensshed Trust Board at it's first quarterly meeting back in February passed a motion, along with other usual business, to launch a new 'AMST Digital Archive system'. It's a web based collection of all our past and latest; news & events, recent community and personal member's projects, our group's history, premises and facilities; plus info about membership and our contact details for the general public to view. It now has links on our main Website and Facebook pages.

To view the archive click onto the internet at <https://bra.in/7j9Q2x> It is constantly being updated.

Submitted by Rich Sales, AMST Communications Person.



Region Four News Continued

Akaroa Mens Shed and Blue September Continued:

Akaroa Mens Shed (AMST) is getting behind Blue September. Blue September is the major annual fundraising and awareness campaign for the Prostate Cancer Foundation of New Zealand (PCFNZ) during which they aim to raise \$1million so they can carry on providing vital support, funding essential research and advocating for patients and their loved ones. Prostate cancer is the leading cancer in New Zealand men with 10 men being diagnosed with prostate cancer each day.

“Do something Blue to help a mate through” is the message that the Foundation puts across each September. As part of the campaign AMST is held a prostate cancer and men’s health awareness day at their shed on the corner of SH75 and Pawsons Valley Road, Duvauchelle on 25th September.

This was an opportunity for men to have a look around the shed and chat to other blokes, before an informal discussion led by local GP and shed member Dr Howard Wilson and Geoff Bristowe. Geoff hails from the Iwi of Whakatohea (and Ngati Awa) in the Bay of Plenty. He spent 15 years in Canterbury and worked mainly in Mental Health as a social worker and counsellor. In 2007 he and his family moved back to the Bay of Plenty to continue similar work. Geoff also helped form a Men’s Talk Group when realising there was a gap in the community for a place where men could congregate, connect and share korero about what they were concerned about and to talk about wellbeing and health matters. Geoff has now moved back to the mainland and lives in Takamatua.

Following the discussion there was a BBQ and no doubt more chat. The shed is asked for a gold coin donation, all proceeds went to the PCFNZ and that attendees dress in blue...shouldn’t be too hard as most blokes have a pair of blue jeans!

Howard said, “We welcome men of all ages. Hopefully we will get a good turnout and it would be great if we entice a few more shed members along the way”.

Below from left to right AMST board members wearing their new Beanies – Lyndon Forrest, Howard Wilson, Rich sales, John Dunlop, Lennox Willett and John Oliver.



Region Four News Continued

Kaiapoi Menz Shed Create Arty Bridge



On Monday the 4th October, in the rain, a happy band of volunteers attached a large spray of Daffodils to each of the eight planters on the Williams Street Bridge in Kaiapoi. This is now an annual spring-time event. The display is late this year because of the Covid lockdown. Additional decorations are being made for the Williams St bridge planter boxes to mark ANZAC day, Valentines Day etc. The decorations look amazing and it is expected there will be people coming out from Christchurch to admire the art. By the time this goes to press we will have held our AGM in our workshop after a usual Tuesday of project activity and without any

members of the community present. It will be one month late because of the Lockdown, in our workshop because no local establishment can accommodate us and without community input because we are managing our bubble! Although Covid has slowed us down this year we have been extremely busy with paid up membership in the mid 50s and we regularly get 35 people at our workshop. Our records show that during the last 12 months the shed has handled 130 large and small Community projects during a period shortened by lockdowns. These projects are in addition to the many member's personal projects. It is heartening to see projects such a MENZshed picnic table installed beside the new BMX track built on Red Zoned land. Not so visible are the many other items which have gone into the community. Our skilled people have also repaired furniture in a professional manner similar to the "Repair Shop" on TV. Our covered workshop has limited indoor space so the morning coffee breaks and meetings are usually held outdoors - sometimes with an anxious glance at the sky, having thirty plus members inside gets very cosy! We hope this may change in the not too distant future when we hope to have new premises. These will be located on Red Zoned land and used as a community hub for the local Croquet club, Satisfy – Food Security and the Kaiapoi MENZshed. So watch this space.



Cherubs for Valentines Day



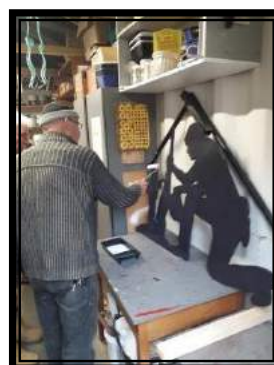
Wheel for a Display



Repair Shop in action



Art Easel



Resting soldier for ANZAC day

Region Four News Continued

Students Mentoring At Lincoln Men's Shed

Early this year Lincoln Men's Shed was approached by a teacher from Lincoln High School to see if we were interested in hosting a small group of students at the shed to carry out a project, and to give them the opportunity to broaden their experiences outside the school environment. After a period of discussion to establish exactly how it would operate we agreed to run a trial with an initial group of four boys, at a time outside the shed normal opening hours.

Five shed members were interested in becoming mentors, so after successful completion of the school's required Police vetting process, we held a series of approximately 2 hour sessions during school time on Thursday afternoons.

At the first session the boys suggested we build two picnic tables to be located at the bicycle pump track that neighbours the Lincoln Shed. So we drew up a design and calculated the required materials which the school agreed to pay for. Construction took place over the next two months, resulting in a pair of quite tidy picnic/barbeque tables with seating.



The mentors from the shed enjoyed the experience and have agreed to take on another group of students to construct some permanent outdoor seating to go beside a native planting area at the school.

A Hive Of Activity

In September Lincoln Men's Shed was approached by the tutor of an apiculture course, looking for a venue for around twenty students to construct kitset beehives. This came about when their first choice had the risk of becoming unavailable due to Covid lockdown rules. As the proposed one-day event was to be held on a Sunday there was no clash with normal shed activities, so we agreed to be an alternative should the need arise. At a prior visit, where they were able to check our facility, they quickly decided that our shed would become their first choice.

Their requirement was purely for some workshop space where they would bring all equipment and materials. They had no need, and were not permitted to use any shed machines or power tools.

Three of our shed members were rostered to supervise activities on the day to help where required and to keep a watchful eye on proceedings.



Region Four News Continued

Cheviot Menzshed Official Opening

It's been a little over 3 years since the Cheviot MenzShed was established and Wednesday 13th October saw the official opening of the Groups own clubrooms and workshops. HDC Mayor Marie Black congratulated the Group's achievement and officially declared the building open and reinforced the value of MenzShed for the Cheviot Community. Menzshed NZ Chairman Trevor Scott also congratulated the Team for their efforts and explained the contribution MenzSheds offer their Communities. Men's health & wellbeing is the prime focus of MenzSheds and to have a place for them to come to for social interaction was most important. To participate in Community projects and activities allowed men to share their skills and experience. Chairperson Bruce Nicol summarised the Groups' journey over the past 3 years. Like many communities – especially small rural or isolated communities, there's little for men to get out of the house to participate in. Cheviot has lacked in this regard and for many years some in the Community sought to get something set up for local men. A significant driving force behind this was our local Medical Centre who's encouragement finally resulted in a group of like-minded blokes getting together to get MenzShed off the ground. Starting with 10 members we were offered the use of the Cheviot Area School woodwork room and very quickly we were undertaking projects for local community groups. However, the limitations of having to operate outside school hours led the group to consider getting it's own premises. Reserve land right in the centre of Cheviot's business area was offered to Menzshed and so began the search for a suitable building. A visit to King House Removals building storage site at Yaldhurst identified a former school classroom building as being ideal. This consisted of 2 classrooms with ablutions in between. After negotiating a purchase price we needed to find the funding. Key funding agencies such as Community Matters, Rata, TTCF all came to the party along with funding & development contributions from Cheviot Community Committee, Cheviot Lions Club, local businesses, Community organisations and a very supportive Community. This raised sufficient funds to get the building on site. We've got a couple of outbuildings to complete which will expand our activities to include light engineering. There's some compliance and consent work to complete before we can fully open for public activities and our goal is to have most, if not all, of this sorted over the next few months. Our membership has grown to 17 but we expect increased membership now we're in our own buildings. Our members have wide ranging backgrounds, skills and experience and we will be able to give so much back to our Community which has supported us and continue to support us as we grow. We will hold public workshops for woodworking, woodturning, stone carving, light engineering and the like. There is a strong interest in DIY projects and we can help people set themselves up for this. There will also be opportunities for members of the public to come and make their own projects. There will be days set aside for this and the frequency will be dictated by the demand. The support Cheviot MenzShed has received is a huge endorsement for the need and value for our Community. We've been overwhelmed by people's generosity. We've had cash donations, Widow's have donated tools and equipment that their late husbands would be pleased to see still in use, people have stored a lot of the donated items until we have the storage ability on site. We've even had a combine harvester donated to dispose of. Businesses have been generous with discounts or donations, contractors have been very generous with discounted materials and a couple have donated their labour toward the building and site development. Our clubrooms and workshop are at 5 Seddon Street, Cheviot which is



Region Four News Continued

AdviceKiwi Menzshed Pegasus Woodend

Who would have thought a little more than two years ago we would be going from the birth of our Menzshed to opening a brand-new building? We started life in a classroom at an old school which was home rent free for nine months and then moved to a woolshed which was a bigger building, and we could use it on a longer-term basis. This was a very reasonable rent which was just as well because we never seemed to have any money. About a year ago AdviceKiwi, a local insurance agent, secured a grant for us from AIA Vitality so we could build a home of our own. The council allocated some land at the local park so all we needed was a building to go on it. This was going to be the easy part – or so we thought.

After looking at old classrooms, new builds, pole sheds etc. we settled on a new Totalspan shed. The council allocating us the land was one thing, getting the consents from them to build on it was something entirely different. Every step had a hurdle and we had as many disappointments as highlights along the way, but we got there in the end.

We held an Open Evening event on the 1st of October and it was great to show our new home to the community, our sponsors and the many people who made it all happen.

It's funny though that after all this we still don't seem to have any money!



AdviceKiwi Pegasus Woodend Menzshed Partnership with the Halberg Foundation.

In conjunction with the Halberg Foundation, the guys at AdviceKiwi Pegasus Woodend Menzshed have recently made a Golf Frizbee stand and a Jenga type game for Pegasus Bay School. It was our pleasure to be involved in this project and we hope the kids get as much pleasure out of using them as we did making them.

Region Four News Continued

Hanmer Springs Men's Shed Projects

Jubilee Seat

Recently, the HS Men's Shed lost a valued member in Peter Ensor.

Peter was the mover and shaker in several areas of the Sheds operation. One of his better ideas was our involvement in making a contribution to the Hanmer Springs School 125th Jubilee to be celebrated in November this year, covid permitting. This took the form of a Jubilee seat made from copper beach timber grown on the school grounds.

With assistance from Hanmer Haulage for transport and John Fairweather Specialty Timbers for milling, the very handsome seat shown in the photograph was very carefully crafted by Jonathon Gardiner and stained by Les Harris. A credit to all concerned.

Walking Sticks

A popular activity for visitors to Hanmer is a walk up to the Conical Hill lookout. Not always as easy as it seems to our increasingly sedentary population, so to make this a more memorable activity for the right reasons, Mike Shaxton had the idea of making returnable walking sticks available to visitors at the top and bottom of the walk, courtesy of the HS Men's Shed. The photograph shows the first batch ready for use being tested by some of the members.

Bird Feeders

These have been enormously popular, and we have trouble keeping up with demand. We have made around seventy to date. Our thanks to John Fraser for the design.



Region Four News Continued

Planter boxes with a difference.

The Bishopdale Menzshed has built many planter boxes in its seven or so years of existence. These have been for the City Council for social housing units, residential home complexes, kindergartens and preschools and for private citizens. The normal pattern is that we get the timber, build the boxes at the Shed and then deliver them on a trailer. In some instances where there have been several units the client has had access to a friendly truckie with a hiab hoist which has saved us from the heavy lifting.

Recently we had a request from a lady in a wheelchair to build three planter boxes. The differences to normal were that she already had the timber on site and she wanted them significantly higher than we usually make them so she could work from her wheelchair.

Two members visited her to discuss whether we should take the timber to the shed and build them there or bring our gear and tools to her place and build them on site. We decided to do the latter which turned out to be the correct course of action.

One Friday morning six Sheddies turned up and one team prepared the ground while the other constructed the box frames. The base frame was made with the vertical corner posts attached. This was placed in position and the second and third frames inserted above the base using the corner posts as guides. Doing it this way meant we did not have to lift a complete planter box which would have been very difficult.

The three planter boxes were built in two and a half hours which included a morning tea with excellent bacon and egg pie. End result; a very happy lady.

Notice the way we have developed our construction with the overlap at the ends alternating. We also add the final touch of routering around the top layer with a round over bit to limit splinters.



Region Four News Continued

Rolleston Men's Shed

Down in the south, as soon as lock-down was lifted, the Rolleston Shed was back in production. A wide range of items from a doll's house being renovated, a garden box with cover, a cabinet being renovated and as always, computers being upgraded. A second trailer for the Shed is slowly being built.

One of our youngsters recently celebrated his birthday at the Shed with scones with cream on them. If he is a youngster at 94, who are the old ones? The story is that he had finally retired at 88 and could easily be mistaken for nearly

being as old as 70. One of Allan's recent projects was making insect houses which are filled with bamboo sticks. These were gratefully received by Rolleston School who sent thank you cards, now pinned to the notice board.



It is probably because we have a dinghy sailor as a member that eight launching trolleys went through the engineering workshop for servicing. They also built a couple of trikes, one for an adult and one for a child, in both cases for those with disabilities.



Sparrow, Dave Auton, Linda and Jason

Musical instruments worked on included repairing a ukulele for a grandchild and Ralph Wilkin making a drum. The drum used timber from pallets, steamed and bent and then assembled to the required shape. The skin tensioner fittings were also made at the Shed.



Region Five News

Otago and Southland

Opening of new rehabilitation facility at Wakari Hospital thanks to North Dunedin Shed

The Southern DHB has thanked the Shed for the work that made the opening of its new facility possible. From the Southern DHB facebook page:

"A massive thank you to everyone involved in transforming the courtyard area in the Puāwai Rehabilitation Unit at Wakari Hospital into a safe therapeutic area to socialise, relax, reflect and engage in therapy sessions.

The project is now complete with the installation of a new ramp allowing patients in wheelchairs to access the area independently from the lounge.



Completing the project was made possible by generous donations of time, labour and materials. New pavers and all the materials for the ramp were supplied by Mitre 10 MEGA Dunedin, and Dunedin Men Shed (North Dunedin Shed) built the ramp.'

Well done to Trevor, Chris and Garry - in the photo above, at the opening event - and to Andy and the other members who made this possible.

The Alexandra Men's Shed

It seems the corona virus rules our lives these days .The last year and a half has seen us coping with a seemingly never-ending pandemic, a lock-down, shed relocation, followed by then yet another lock-down, constant media reminders to mask up, get vaccinated, maintain two metre spacing, wash our hands and stay near home, ad infinitum. Will it ever end? We wait and see.

So, as no doubt like our fellow shedders, we have accordingly experienced a somewhat disjointed time for much of the year, despite the south being free of any infectious cases. The main news from our patch is the relocation to our new premises on a site in Boundary Road industrial area, right opposite the Wastebusters recycling yard and adjacent to the Council waste disposal station. We have wide street frontage and a useable area of storage yard at the side, all fully security fenced. Perfect in every respect! However as a prelude to the move, local real estate firm Harcourts approached us with a proposal to auction the old shed as a fund-raiser at no cost to us. They also negotiated acquisition of three add-on attractions comprising a night away for two with dinner and breakfast in Queenstown/Wanaka area, each for sale to the highest bidder. Auction day dawned cold and damp and attendance wasn't strong but Alexandra 4 Square had provided sauces, bread, butter and 100 Heller's sausages, which we cooked on a member's barbecue. They went down really well on the day, several people said they didn't normally eat sausies yet came back for a second. They really were very good, very tasty.

The auction was a complete success. All the donated prizes were sold, together with a few bird feeders, small picnic tables etc together with a Monarch trailer yacht we'd previously been given as a fund-raiser. The best part though was finding a buyer for the old shed for removal. The day contributed in excess of \$4,000 to our shed relocation fund. We now just have to clean up the site following its removal. We are indeed indebted to Harcourts and their various suppliers for the very generous contribution(s) toward assisting the on-going liquidity of men's shed operations.

Region Five News Continued

The Alexandra Men's Shed Continued:

Sam Smiler was nominated as the go-to man to lead the move and he proved the ideal choice. In his own inimitable way and honed by some Ngati Porou guile, he cajoled all sorts of deals to facilitate the move, from which we came out the clear winner every time. It's amazing what the promise of a 24 pack of Speights can accomplish among true Southerners. Well done Sam, it was a herculean effort and man of the match sort of stuff.

I have already previously described our new shed so will dispense with repeating same and confine comment to the alterations we have made, or are planning.

Our biggest shock was finding out how much "stuff" we had stashed away in the old shed, finding so many items and tools we had no recollection of ever having owned.

However, we eventually got the whole caboodle moved and just spread it all out so we could determine what was worth keeping and what was not. We had the good fortune to have benefitted from some substantial industrial shelving donated from the former Cadbury's factory in Dunedin, which proved very useful storage once erected.

Existing facilities included a shower and toilet but we decided the shower was a white elephant and undertook some modifications to remove that and provide a small kitchen and tea room instead from donated kit pack joinery we had been storing for some years. A recently joined new member was a professional painter so he got the decoration to do.

We still have some way to go with provision of more electrical outlets, lighting alterations, construction of a long workbench fixed to one wall, determination of the final layout of machinery and a number of other things.

We are getting there, albeit slowly, but in the meantime having a lot of fun doing it. Hopefully, it will all be near ready for our Otago/Southland hub meeting scheduled for 7th November.

Brian Taylor Co-ordinator Alexandra Men's Shed



Region Five News Continued

The Green Island Shed - Dunedin

The Green Island Shed started with a meeting of interested people, May 2017, when it was decided to start formally looking at options for creating 'A Shed'. After looking at options for spare buildings or spare land or benevolent land owners, we were able to use space belonging to the local Catholic church, The Green Island Community Garden was already getting established there and it seemed like a really good community place.

Initially funds were built up when we were asked to build 'buddy seats' for the local school, which lead to other schools wanting them as well, plus a few other community projects. Another income stream was selling kindling made from pallets which had been rescued from various local business's. This continues to be a really great source of income, helps pay for the tea and biscuits!

It was decided that containers would form the work spaces, and these have been purchased and placed, but it is still a work in progress!

The Shed also takes part in the local Christmas Market day and another Gala Day to keep up their public profile.

Friday, Saturday and Monday are Shed days with either personal projects being done, putting the world to rights or if all else fails cutting kindling.



Region Six News

Tasman, Nelson and Marlborough

Greetings from the Top of the South, fellow Sheddies

Again, it's business as usual. The Covid scare has not deterred members from attending, or new members from joining.

Our membership is slowly increasing, hence enhancing the fact that we need larger premises. Still looking! It would appear that the popular TV series "The Repair Shop" has had a direct influence on the number of requests we get from the public to fix, repair, rebuild and produce a myriad of projects. Although we do accept work requests from the general public, we are mindful not to take work away from tradespeople, therefore vet the work carefully.

Our social convener organizes a social outing or event on a regular basis which includes wives or partners. It can be a fun sporting event or simply a social outing. These events are generally well attended.

We also hold monthly member "Information Dissemination" meetings on a Saturday following our committee meeting with a beer and pizza theme to keep all members informed as to what is happening within our shed, and in the NZ MenzShed.

Below are photos representing a cross section of some of our completed projects.

Best wishes to you all, Dave and the team from Blenheim



Forthcoming New Men's Shed Book

Shoulder to Shoulder: Broadening the Men's Shed Movement will be published in late October 2021, a sequel, to Barry Golding's *The Men's Shed Movement: the Company of Men* (published in 2015). The new book comprehensively follows up what is happening with Men's Sheds around the world, including in New Zealand just six years on.

Totalling around four hundred pages and including twelve maps, it includes separate chapters about new and expanding Men's Shed movements across Australia, Ireland, the UK, Canada, New Zealand, the US and Denmark, plus Chapters about 'Women's Sheds', and Shed research worldwide.

Accounts of all Men's Shed 'peak body' organisations globally including MENZSHED NZ are included. The 2021 book includes a useful index that includes both books.

Shoulder to Shoulder provides several new and revisited case studies of Men's Sheds from New Zealand. The case studies from around the world provide a valuable and timely glimpse as to how Sheds and national movements are adapting and changing the original Australian model.

The book documents the many benefits of shedding to social and community connection, as well as to health and wellbeing. It also looks at the devastating impact of COVID-19 on Sheds and shedders across the world. It makes a powerful, evidence-based case for further broadening the reach and scope of Men's Sheds and Women's Sheds, globally and within nations beyond the pandemic.

More information about how to purchase the new book has been sent to sheds. Ask your coordinators about the book they have a flyer.

Sponsors and Discount Benefits

Visit our web site to find out more about each company and the benefits they provide to member sheds.

www.menzshed.org.nz/membership/benefits/

