

Sheddie News

July 2023

The official newsletter of MENZSHED NZ

Welcome to Menzshed NZ newsletter for July 2023. I have taken over the editorship of this newsletter and look forward to presenting many articles from our New Zealand Menzsheds. It's a big 44 page one this quarter.

I have changed the format a little to include a feature article from one of our sheds. This month the article is from Akaroa MensShed on Banks Peninsular on how they approached Men's Health Week which was held from 12th to 18th June 2023. Don't forget Blue September for Prostate Cancer awareness month. Check it at blueseptember.org.nz

I have added a survey on page 3 carried out in the UK by the UK Men's Shed Association into Health and Wellbeing of their sheds. Makes interesting reading and would be interesting to know how close NZ results would be. Something you could discuss with your election candidates as suggested by Trevor in the Chairmans report on page 4.

Also, I will be adding more humour and a section on the benefits available to sheds and their members. On the last page are our sponsors and supporters who contribute to our sheds with discounted products and services so please support them when you can.

Feature Article



by R.Sales, a AMST Trustee

To recognise Men's Health Week 2023 Akaroa Men's Shed held a discussion meeting at the Akaroa Men's Shed [AMST] on Wednesday 14th from 2:00 – 4:30 pm.

It was a cold midweek meeting but even so over 20 people attended, some existing and some retire members plus a few new faces.



John Petrie our current Secretary, (who had a Bowel Cancer Operation 4.5 years previously, gave an in site into the benefit of annual medical checks, and the recovery process post his operation), introduced our guest speakers who was Heather Locke from the Canterbury Westcoast Cancer Centre, Christchurch, and then Dr Howard Wilson a local Health practitioner and member of the Akaroa Men's Shed.



Heather outlined the goals and objective of the Cancer Centre and explained their motto of 'Helping any person with any cancer.' They now have over 50 rooms in a new accommodation unit which is always busy. They also provide a shuttle service to and from the main Christchurch Hospital.

Dr Wilson and AMST Chairman got down to the nitty gritty and listed the current most important causes of men's ill health, what to look out for and how to avoid them. He empathised that exercise such as 20 minutes per day reduces cardiological troubles by 30%; about alcohol we should aim for 3 non days per week and as we get older, get regular checks for things like bowel cancer, melanomas, and other general skin conditions.

Aware of the need for support for cancer victims, the Akaroa Men's Shed makes and sells wooden Tui Bird Feeder shelters and for each one sold we donate \$5 to the Child Cancer Foundation.



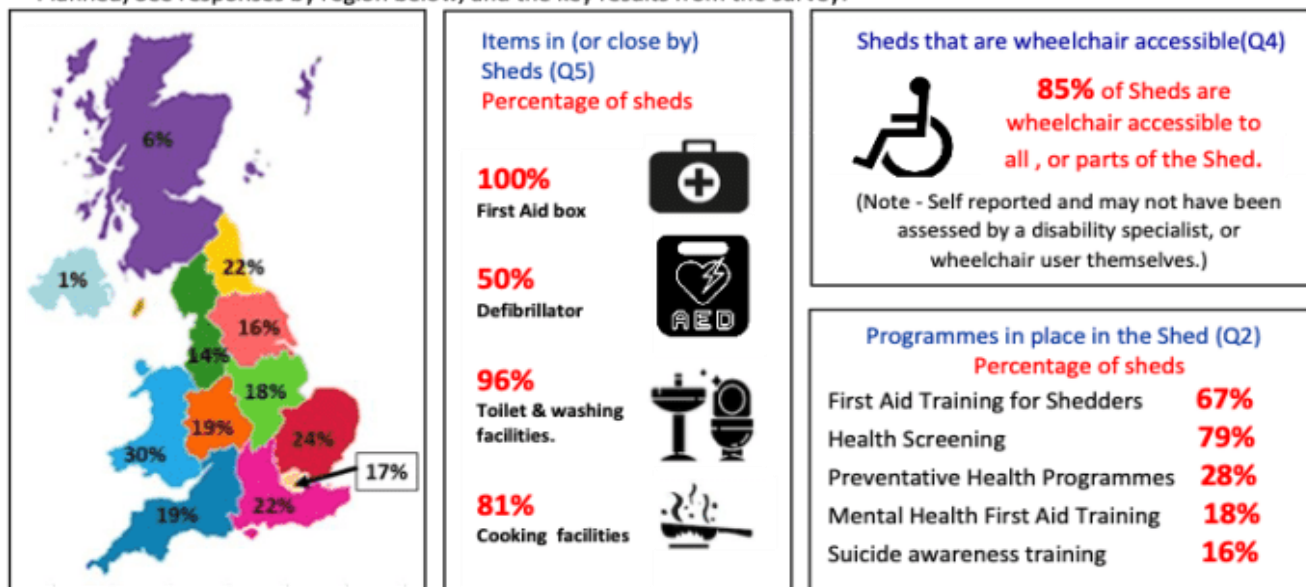
UK Men's Sheds Association - Health & Wellbeing Survey



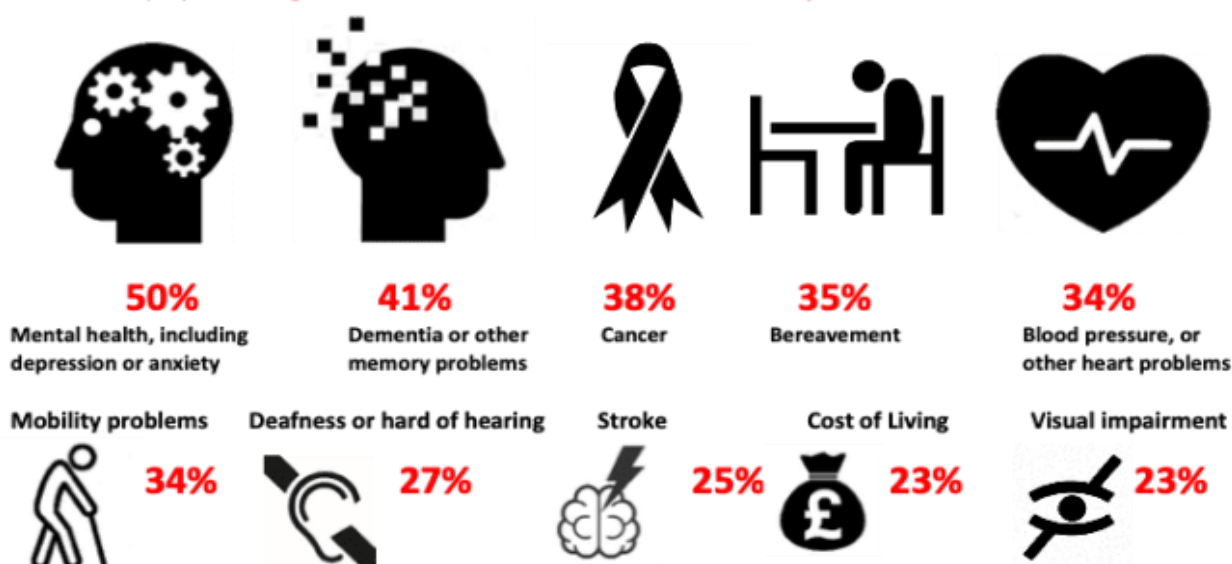
March 2023

MEN'S SHEDS ASSOCIATION

Results from 211 Shed Leaders from 178 unique Sheds – Represents 15% to 18% of all Sheds in UK (Open and Planned) See responses by region below, and the key results from the survey.



The health and wellbeing conditions that cause Shed Leaders the most concern about day-to-day support in and out of the Shed. (Q1) **Percentage of Shed Leaders who are "concerned" or "very concerned"**



Has any Shedder ever expressed to you that being a member of the Shed may have prevented them from killing themselves ? (Q3)



"YES" 25%
"MAYBE" 14%

Innovative programme



Calling Shedders who don't show up at the Shed when expected.

Most mentions

Men's Sheds get men talking and keeps them talking.



From The Chairman – Trevor Scott

Six months has flown by and winter is here. It's a great time to be down at the shed, creating all those community and personal projects, having a chat and a cuppa.

It is great to see the number of sheds that have featured on TV Seven Sharp (tvnz.co.nz/shows/seven-sharp/clips/the-men-s-shed), on Stuff websites and in major newspapers. This can only be good for Menzsheds promoting the concept of what we do to the wider community. It's not always about the making of projects. It is also about the Health and Wellbeing of the members that is important. I have had numerous folk say to me "if it was not for the Menzshed I may not be here" and "it gives me a purpose to get out of bed and do something". From these two statements I am sure that sheds throughout NZ are catering for the mental wellbeing of its members. Keep up the important work.

On a different note, you will be aware that as of October this year all incorporated societies in NZ will need to update their rules (constitution). All societies have until 2026 to do this so there is no great hurry. I was told by the Community Law group to work through the Constitution Builder provided at <https://isb.companiesoffice.govt.nz> Insert your spin in the parts that need addressing for your shed. It takes about half an hour to complete.

The five main points that need to be included in society rules are:

- **Member Numbers:** minimum number drops from 15 to 10.
- **Consent:** need to have all members consent to join- it can't be automatic.
- **Access to information:** Members are entitled to receive some information free on request. Your committee must follow a fair process for managing other information requests from members.
- **Conflict of interest:** You must tell your general members about any interests your committee members have. If a committee member receives an unfair financial advantage for their role, they can be required to account to the members for this.
- **Holding committee to account:** the new law gives members a greater range of options to force a committee to follow the constitution.

Election year: a time to talk with candidates about what they will do for Menzsheds in NZ. We see overseas that most countries with Menzsheds are supported with funding directly from Government. This funding is from Health allocations. We don't get a thing we are volunteer organisations relying on applications for funding to make ends meet. With talking to your local candidates we will get the message out to the right people and hopefully with understanding of what we do for the health and wellbeing of members we may be able to get some funding directly from the Health budget. You never know what candidates can do once elected. You also know what they say they will do before they are elected and then somehow they forget all about it afterwards!! We can but live in hope and keep our cause in their focus.

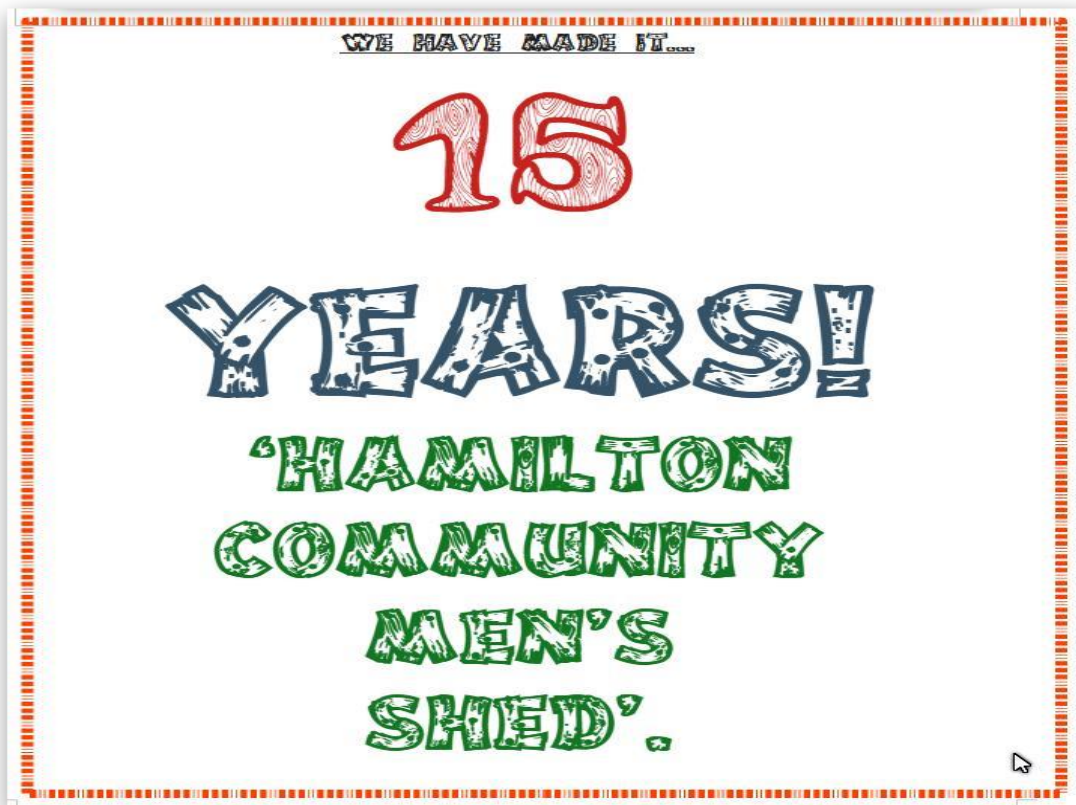
A reminder to send all future Newsletter articles directly to Garry using email: support@menzshed.nz

From many sheds I hear “what can you do with fifty members turning up each session”. The answer is to look at what you could offer them: walking groups, cycling groups, cards, all manner of hobby interests. It does not just have to be wood and metal creations. Think laterally and I am sure you will be able to cater better for larger numbers. Take care down at the shed, Trevor



STANDARD MENZSHED CLOBBER

Shed anniversary time, 15 years for Hamilton and Taieri, 10 years for Kaiapoi



Congratulations to our early founding Hamilton members for bringing the Men's shed organisation to the shores of New Zealand.

Proud to be one of the first to start up in good 'ole' kiwi land. Starting on 9th March 2008 and now celebrating 15 years of achievement in 2023.

Open 6 days a week with over 80 members incorporating, a ladies day, disabled members day as well as a night class. Proud to be at the forefront of such a great group.

We had a BBQ and cake on the 1st of July, attended by 25 members including 3 founding members although we had been going longer but just too busy bees to celebrate.



BBQ was supplied by Keith's son Jared who gave it to us at cost and what a yum spread it was. Pulled beef, spicy chicken, sausages as well as the usual sides such as cold slaw and buns etc. With sweets and deserts graciously made by some of our lady members. A day well enjoyed and now looking forward to our 20-year celebrations.



Captain Dave welcoming everyone to the event and official cake cutting





Taieri Blokes Shed 15th Anniversary 12 July 2023

On the 12 July 2023 the Taieri Blokes Shed celebrated their 15th Birthday of the shed opening. Where have the years gone? In our first year 12 members signed up and joined the shed, of those 12 members, six are still active in the shed today. When we started, we didn't really know what was ahead as being the first shed around we were flying blind.

With borrowed and donated gear we got into projects straight away and not worrying too much about rules and regulations, quite different to what is asked of today.

The idea of a shed in the Dunedin area was introduced by a Navy Officer who came back from Australia believing a shed movement would be beneficial for our older population.

Today, there are 4 sheds round the Dunedin area. The Taieri shed is very thankful to the Otago Aero Club for allowing us the use of their buildings. The shed has built, repaired and supported the Mosgiel area in many and varied projects.

We celebrated by a special morning tea, cutting of a cake, and a group photo above. In the photo of our 42 members present represents 3/4 of our membership.

There is a lot of valued knowledge in that group and it proves to us all, we need to be looking after men's health and wellbeing.

We know our shed is one of the earliest sheds in the South Island, if not the first, but are there any sheds in the North Island that started before this. Yes, Hamilton around the same time! (Ed)

10 Year Anniversary Dinner for Kaiapoi

15th June a dinner at the Plough Hotel in Rangiora was organised by Bob to mark 10 years since the Menz Shed of Kaiapoi was Incorporated as a Charitable trust. Pride of place went to a large Chocolate iced sponge cake big enough for the 47 attendees and made with salted caramel and a layer of raspberry jam. Across the top was laid a rather intimidating wood saw. The lettering on the cake was "Menz Shed of Kaiapoi. Ten years of Teamwork."



The Shed flag was given pride of place on an end wall. Our Chairman- John Forster, one of the foundation members, gave a speech summarising some of the happenings since the first meeting on the 27th April 2011 proposing the formation of the Shed, and followed by covering the First Inaugural Meeting in 2013 and some of the subsequent happenings.

The cutting of the cake was carried out using the hand saw by John and Tom Moore- another foundation member.



The 10 year Anniversary Cake.



John and Tom- cake cutting

Region One News

Northland and Auckland



AT LONG LAST WE ARE CELEBRATING.

Yes, finally the Certificate of Code Compliance is in our hands!

This signals the end of a long journey and many hours of hard work by a dedicated group of Sheddies, and of course accompanied by some big-time fundraising.

The ex Whangarei Central Railway Station building was a real mess when we took it over from squatters and stopped it from facing a bulldozer. Just look at the before picture and the inside was even worse!



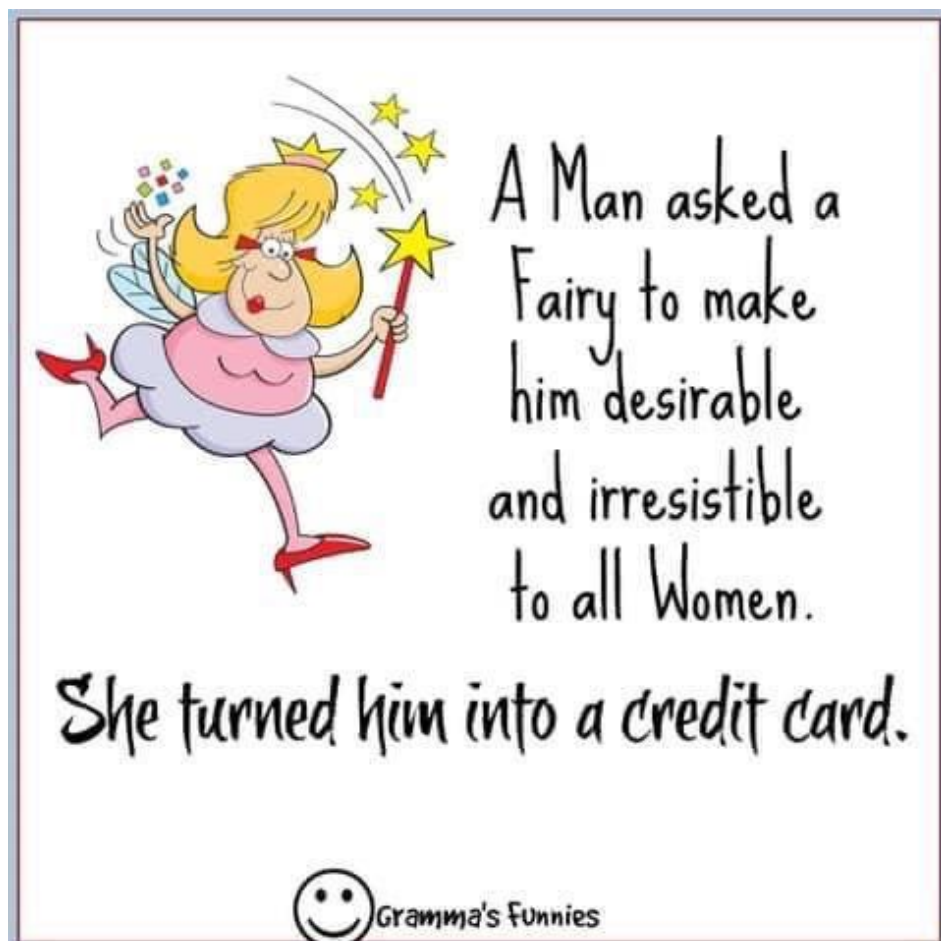
All that hard work and regular small victories led to what we have today. A large premises enabling us to have set up separate engineering and woodworking workshops, woodworking

assembly room as well as a hobbies and electronic rooms, not forgetting the all-important kitchen and meeting / social room.

In 2021 our Heritage New Zealand Grade 2 listed building received a Railway Heritage Trust Restoration Award recognising what had been achieved.



All Sheddies are most welcome to come and visit.



MenzShed Kaitāia

Quiet revolution under way as trash rescued and refurbished

By [Mike Dinsdale Northland Age](#)

22 June, 2023



Kaitāia MenzShed secretary/treasurer Dave Wase, centre, with, to his left, Northland Waste Recovery Centre manager Darryn Shanks, and some of the MenzShed members. The club has doubled in size since it moved to the centre last December. Photo / Mike Dinsdale

There's a recycling revolution going on in a shed, tucked away in Kaitāia, where a group of talented and creative locals are doing their bit to reduce the amount of trash going to the landfill.

Last week saw the formal opening of the MenzShed Kaitāia, in a building attached to the Northland Waste Recovery Centre, at the end of Church Rd, after moving into the site from its previous cramped home in December last year.

The move has served the organisation well, with membership more than doubling from six to 13 and two women have become members, prompting Kaitāia MenzShed secretary/treasurer Dave Wase to joke it may have to be renamed the "personzshed".



Christine Klingenberg is one of two female members of Kaitāia MenzShed, saying it helps keep her creativity levels up while also providing a valuable community service - preventing items that can be refurbished from going to the dump. Photo / Mike Dinsdale

Wase said when Northland Waste Recovery Centre manager Darryn Shanks asked if the group wanted to move in next door, the group jumped at the chance, seeing it as an ideal opportunity to expand.

And it's a perfect fit, Shanks said, as it closely aligns with the company's waste minimisation mantra.

Shanks said the addition of the MenzShed had proved popular, with the centre taking many of the items they repaired to sell in its shop.

"We have people coming in asking when the old guys' shed is going to be open again because they like to come through and see what they are up to," Shanks said.



Kaitāia MenzShed secretary/treasurer Dave Wase with a dumped clock that will be refurbished and sold. Photo / Mike Dinsdale

He said it took an entire community effort to reduce the amount of trash going to the landfill and the MenzShed was setting an example others should follow.

Wase said the new spot was perfect for the group, which started its day with a cuppa and chat before getting stuck into the many projects they have got lined up, which included making things to order, like the contract for making pig troughs.

"It's a really social thing, but it's also got that serious side of repairing items that would normally go to the landfill. We see things here being taken to the dump and we can get them out, repair and refurbish them, put them in the shop and they get a new life," he said.

One such item was a vintage oak table that was left tired and broken in a skip. The shedders got it out and repaired it so it looks almost as good as new. It will now be sold through the recycling centre shop.

Wase said since the move to the new site there was lot more interest in people joining and the two female members were a first for the club.

Christine Klingenberg said she joined to continue exploring her artistic side and she loved the creativity it offered.

“I saw something on Facebook that they were encouraging a broader membership. As a creative person I have to keep making things and this gives me the perfect opportunity to explore my creative side and also do a bit of good for the community,” she said.



This vintage oak table was rescued from a skip and is being refurbished by Kaitāia MenzShed members to be sold in the Northland Waste Recovery Centre's store. Photo / Mike Dinsdale
Klingenberg is concentrating on upholstering old, abandoned items to give them a colourful, new lease of life, and she's loving the work she's doing.

She said as a retired person there was not a lot of work in the Kaitāia area so being at the MenzShed allowed her to keep updating her skills, while creating items for people to keep.

“I get to continue my creative side; it keeps me occupied and there's such a lot of work that needs doing. Also, there's the social aspect. I'd recommend it to anybody.”

For more information go to <https://menzshed.org.nz/kaitaia/>, or contact davidwase@gmail.com or menzshed-kaitaia@outlook.com

FLAT PACK RAT TRAP BOXES (Flat Pack Rat Boxes June 2023 - Compiled by Grant ERP)

Rats have become a huge problem to our natural environment.

MenzShed Waipu were approached by a Northland trapping / conservation organisation, **Piroa-Brynderwyn Landcare group**, to assist with their in-school environmental predator education programmes by supplying rat trap boxes.



We put together a package to assist in these programmes.

The boxes are supplied in kit-set format with one constructed trap and four that need to put together by the students under guidance. This was to engage the interest of the students.

There has been positive feedback that they have enjoyed doing it and it has worked well.

We clearly mark where the handle is to be attached, where the staples are to be placed and we pre-drill the screw holes. The fully constructed box shows them what it should look like.



These kits are donated by us to assist trapping groups with their education programmes. The trap mechanism is not supplied by us.

Schools and other groups involved are:

Waipu Primary, Ruakaka Primary, One Tree Point Primary, Bream Bay College, and a Nature School in Garbolino Road, Mangawhai. They are working on a joint trapping project at the Pukekauri Dam. Check out this project by clicking on the link below.

<https://www.nzherald.co.nz/northern-advocate/news/pest-management-project-brings-together-bream-bay-kura/EGV6NBZIJVDPNNJ5WMIY6CAKI4/>

Kaiwaka Primary School and Mangawhai Beach Primary School were the first schools these packs were used in to help set up their trapping programmes in 2022 and their projects are working well. They regularly maintain their own trap-lines and report their progress online. We also supplied these to the Ruakaka Scout group who have a similar project.

The Blokes Shed at Settlers Lifestyle Village Albany

Some of our members have been busy with various projects with 2 of us enjoying making "wavy chopping boards" or cheese platter boards as it's a shame to chop on them.



Also is a shot of our famous shop carver holding one of his latest carvings, It is a golfer teeing off and he has accomplished a fantastic job although some of the timber grain challenged him.



Also, our shop wood turner making a bowl, and also one of him adding the finishing touches to a carving of an owl.



The cold weather is holding back a few projects as not many of us want to venture far from the warmth of our apartments with a few coming down with the dreaded bug.



A Slab Table was cut from a fallen tree by member Bernie Ward and then machined by member



Ian Hollister into a stunning and "massive" table. Finally stained and presented to its new community owner at our end-of-June barbecue.



The restoration of a long case clock was completed recently by new members Noel and Stephen. Woodwork and French polishing skills were employed

A "bandsawn" infinity box was made as a personal project by member Douglas Ormrod.



New member Mark made a laminated and turned fruit bowl, a laminated rolling pin and a cute bandsaw box

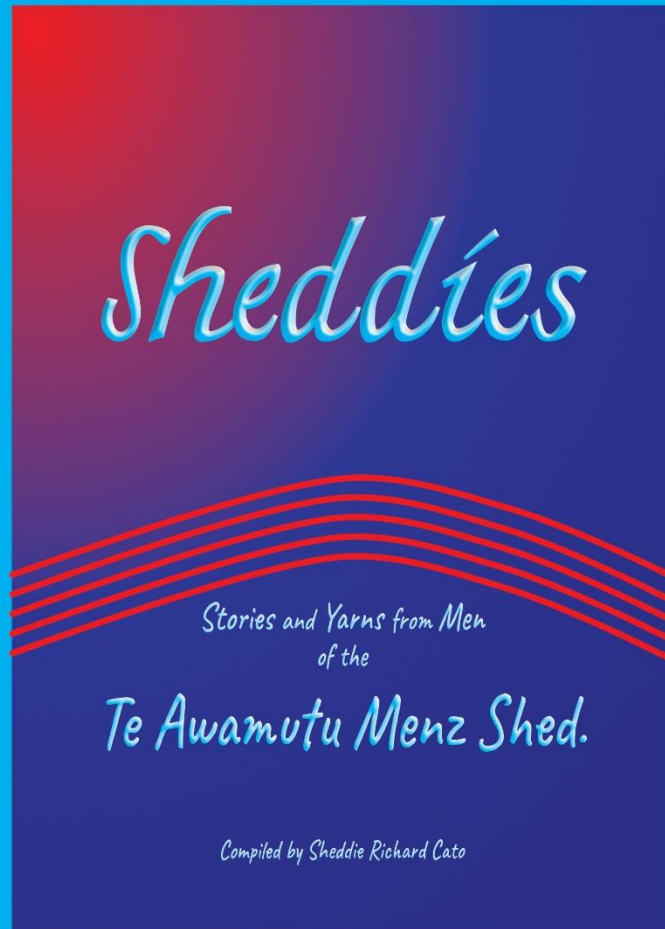


A church pew was converted into a bookcase for St Heliers church. Sheddie Roger Van Kuylenburg's Community project.



Region Two News

Waikato, Bay of Plenty and Gisborne



A book of great yarns.

Sheddies, past and present, share their stories

Release date soon

**All sales proceeds go to redevelopment of the Menz Shed
at 132 Raeburne Street, Te Awamutu**

Whitianga Menzshed

HMS Buffalo links to French-Canadian dissident commemorated.

Three small wooden crosses connect a French patriot, HMS Buffalo, the penal colony of New South Wales, Quebec, Canada and Mercury Bay Museum.



The beginnings of British settlement in New Zealand are vastly different to that of Australia. New Zealand British arrival was free settlement, no prisoners, those serving the British crown, those wanting religious freedom, and those who wanted to establish a little England. Australia was a penal colony a destination for all who were excess to London's overcrowded jails, that included not only common criminals but political prisoners who were not friends of the British government. Some prisoners did nothing more than rebel against the colonial reign of the British in outer places. Mind you, stealing a loaf of bread was considered a crime punishable by a life sentence to Australia as a convict.

The heartfelt wish of one such prisoner, French-Canadian dissident Francois Xavier Prieur, transported to the penal colony of Australia in 1839, was honoured this last Saturday morning, 22 April on Buffalo Beach, Whitianga, by the Buffalo Memorial. This wish involved the HMS Buffalo, now a shipwreck lying off the beach.

As a young man, Francois Prieur took part in the Lower Canada Rebellion – an armed insurrection against British rule which sought to drive the British out of the southern Quebec region. Prieur and his comrades failed and were eventually captured and sentenced to death. In time the death sentence was commuted to transportation, and Prieur along with 57 other

French Canadians, found themselves banished to New South Wales. The ship that took them to their place of incarceration on the other side of the world was the HMS Buffalo, which now lies submerged off Buffalo Beach at Whitianga.

“Prieur was an idealistic young man stirred by the rhetoric of politicians like Louis Papineau and others and was inspired to take part in the rebellion – with unfortunate results,” says Heritage New Zealand Pouhere Taonga Northland Manager, Bill Edwards, who uncovered the story last year after researching the influence of the French on New Zealand history.

The young dissident recorded the privations he experienced on the Buffalo as well as his time in various prisons in Canada and Australia in a book entitled Notes of a Convict of 1838,” says Bill.

Bill's research included public screenings of Land of a Thousand Sorrows Revisited, a documentary on the dissidents by Canadian film-maker Deke Richards. (Deke intended to arrive in New Zealand for this event, but travel from Canada delayed him several days.)

Prieur's passage to Australia was marked by harshness, hunger and abuse at the hands of many of HMS Buffalo's crew. Prieur recorded the inhuman conditions in his book, including his first impressions of the ship:

“We went below into this frightful wretched hole, through a hatchway about two feet square; then two sentries took up their positions at ends of our quarters, strongly barred with iron grills,” he wrote.

The quality of the food was similarly appalling designed to keep the prisoners alive and nothing more: “A bucket was the communal dish intended to contain [...] all our food; for the rest we had neither knives nor forks nor spoons; the whole of our table equipment was made up of one small cup or pint measure.”

Reflecting on his experiences in his memoir, Prieur – a devout Catholic – recorded a small but heartfelt request.

Prieur's request

“A wounded man preserves as a memento the bullet or piece of shrapnel that has been extracted from his lacerated flesh. Well, I, too, would like to possess a little cross made from the wood from which this vessel was constructed, and within whose sides my heart and my body have been lacerated by unworthy treatment,” Prieur writes.

Last Saturday, morning - 185 years after his conviction - Francois Prieur's wish was fulfilled thanks to a community-led initiative by the Mercury Bay Museum and the HMS Buffalo Re-examination Project with support from Heritage New Zealand Pouhere Taonga.

“The Whitianga community is in a unique position to ensure that Francois Prieur's wish becomes a reality,” says Mercury Bay Museum Manager, Rebecca Cox.



Glen Schache of the Whitianga Menzshed carved three small wooden crosses from timber of the Buffalo that washed up onto the beach over the years

The crosses were blessed as part of the beachfront ceremony, by local Roman Catholic priest, Fr Tony Delsink, before they begin their journey to Canada where they will be presented to descendants of Francois Prieur and his home parish.

The larger cross (pictured) will be exhibited in Mercury Bay Museum and the two smaller crosses will be taken back to Canada. Their presentation is planned to coincide with National Patriots Day in Canada (May 22) - a day of commemoration in Quebec to honour French patriots who fought against British colonial powers in that part of the country.

The story of this little known but powerful connection to HMS Buffalo was of great interest to Heritage New Zealand Pouhere Taonga Mid-Northern Regional Archaeologist and co-director of the HMS Buffalo Re-examination Project, Dr Kurt Bennett.

Dr Bennett spoke with emotion at the ceremony on the beachfront, sharing the journey to this point. "When my Northland colleagues saw the very clear link to HMS Buffalo they contacted me," he says.

"In the case of the HMS Buffalo shipwreck, its proximity to the beach and historic wrecking event means that over the years stray pieces of timber have washed ashore," he says. "These timbers were brought to the museum, then underwent professional archaeological recording and significance assessments to preserve important information before the timbers naturally degrade. Thanks to the Whitianga community, we continue to respect HMS Buffalo's international links while learning so much more about its broad but condensed history."

"HMS Buffalo was anchored off Mercury Bay carrying a load of kauri spars when a storm struck on July 28, 1940 – five months almost to the day after dropping Prieur and his comrades off in Sydney." - Rebecca Cox.

"This is a great example of how a community has been empowered to raise awareness of heritage in its own area and to tell its own stories," says Bev Parslow, Heritage New Zealand Pouhere Taonga Mid Northern Area Manager.

"Heritage New Zealand is delighted to support this wonderful initiative by Mercury Bay Museum and the HMS Buffalo Re-examination Project."

Region Three News

Taranaki, Manawatu, Whanganui, Hawkes Bay and Wellington

Henley Mens Shed

Around 60 years ago a young Tinui boy saw his two favourite toy trucks, battered after years of “love”, placed in the ceiling of the family home, Glentarn. His father, farmer Peter Groves, for whom they were made, passed them onto his son, Malcolm, but eventually decided the old trucks needed restoring.

They sat in the ceiling, baking in the summer heat under the corrugated iron roof for nearly 60 years while Peter’s attention was focussed on farm equipment, vintage cars and other machinery. Peter died a year ago.

Now the son, Malcolm, 63 and a member of the Henley Men’s Shed, bringing the two trucks, one with a stock crate and the other a flatbed, back to life. He understands the trucks were built by a member of the pioneering Chapman trucking business. As far back as the 20s this company, among other things, used to deliver petrol in boxes, each containing two 4-gallon tins. The petrol was sold by the ton or half-ton.

Today, many a heritage house sits on these concrete-filled tins. The toys are based on the design of those trucks.

The years in the ceiling were not kind to the toys. The wooden wheels have cracked and split, some woodwork has broken, the tin mudguards are mis-shaped and some of the battens that make up the stock crate are missing or broken. But the genuine window glass of the windscreen and windows has survived!

The two trucks are just part of Malcolm’s trip down memory lane. A project during the Covid scare saw him repair and repaint his collection of vintage farming toys. Amazingly, the Fun Ho factory in Taranaki which made them still exists, so getting replacement parts was not a problem.

Repairing the trucks is a big job, and the clock is ticking – the next generation of Groves children is on the way, a grandson of 5 and a grand-daughter of 7 are ready to follow in grand-dad’s and dad’s footsteps.

From this ...



To this ...



Manawatu Menzshed

We were asked by a local school to build some sensory pods. There are children on the spectrum who sometimes find it all too overwhelming in the classroom and the sensory nooks are for them to be in a quiet reflective environment. The nooks are in quiet rooms, not in the classroom and have proved to be very useful; the children love them.



Repair Café:

Menzshed Manawatu are part of the growing national Repair Café movement. This is a monthly event where the public can bring items to a central space for repairs. The idea is to reduce the number of repairable items which would otherwise end up in landfills.

On duty at these events is usually an array of people such as an electrician, computer/IT repairer, book mender, sewing machine repairs, woodworkers, plastic mending, sewers and general repairs.



The main criteria is the item needs to be carried into the venue to avoid people bringing in large items. Also, it is a repair space, not a restoration service.

This movement has been growing in popularity each month and promises to be an ongoing event.

Repairs are carried out for a Koha rather than a fixed fee. It is planned to take the event to small villages surrounding the city in the future.

The café works in cooperation with local businesses with the overall goal of improving accessibility to and understanding of repair, repurpose and recycling opportunities within the city as a means of reducing waste and engendering local resilience, connection, and cohesion. These are free events, but a koha/donation is sought for repairs carried out. Several larger jobs which don't fit the criteria on the day have subsequently ended up being undertaken at the shed.



Outdoor toy cupboard for Summerset kindergarten. This is to encourage the children to put the toys away at the end of each session. We have made a couple of these now.



Otaki MenzShed

I've been a member of Otaki MenzShed on Kapiti Coast for over five years and whilst I respect that some Menzsheds don't allow women members, I'm very glad that Otaki does. I make artworks from sea glass and first went along to my local MenzShed to enquire whether they could make picture frames for me. I was encouraged to join and make them myself. Fortunately, one kind gentleman took me under his wing and helped me. I soon got to know all of them and was treated with respect by all. It's been a wonderful resource for me in many ways, friendship, learning new skills, use of the trailer and tools etc. In turn I've helped out with some community jobs and also served on the Committee and acted as Secretary one year. I've had a lot of laughs with the guys and enjoyed many a social BBQ gathering too with a few other female members and wives/partners of other members. As much as I enjoy female only company at times, I also like how when conversation lulls in a room of just men, they don't feel the need to fill the silence. I was nearly going to move up north and join the Hawera Menzshed in Taranaki who also welcome female members, but my future is now taking me south soon. I will remember with great fondness, my times at Otaki MenzShed. I'm convinced a lot of women would love to learn skills that Menzsheds can offer. So, to those sheds which don't allow female members, don't be afraid to open your doors to us.



Pania Parry pictured with two of her frames and a little walnut table she made from a tree her great-grandfather planted in 1917.

The members of Otaki MenzShed will miss Pania immensely, her contributions have been part of our ongoing success in helping our community and in developing the club culture that we enjoy. We hope to see her from time to time if she gets the opportunity to visit civilisation.

And now for something very different.

We were asked if we could restore two very old donkey traps – this is what they looked like.



And after several months work, we had this. All steel was sandblasted and painted with two coat epoxy. The wheel bearings were refurbished, and the tyres checked. Inner tubes were needed on the small trap. All woodwork was painted or cleaned, and the signs were upgraded or replaced.



Unfortunately, Peppy the donkey, also known as Pepe, passed away several years ago after a long career pulling his traps full of children around the streets of Otaki and at the children's health camp. The owners of the traps hope that they will find another donkey to give many more children a fun day.

Most Menzsheds have elderly members and lose some from time to time, at the right of this photo is a memorial that was made by one of our members to remember those that have gone.

Waitara MenzShed

We were commissioned by our local RSA Poppy Trust to make a few crosses to be used by them during ANZAC. They are put on the graves of the servicemen at our local cemetery. Over the years a number of the old crosses had gone missing or were beginning to show signs of wear and tear and so a few more were ordered to replace them. Geep (pictured) was one of the shed members who worked on the project. He was in the Australian Army and a veteran who served in Vietnam.



During Menz Health Week we organised to have the owner of our local Pharmacy come along to the shed and talked to us about the issues outlined in the mail out from the MenzShed during June.



Pictured with Margaret are Brian, Peter, Colin, Peter and Gary. Margaret was delighted with the flowers and a heart rimu pencil holder that another member of the shed had made. Gary is known locally as the “Bike Man”. You may have seen him and his shed on the telly earlier in the year. He collects old bikes and scooters, repairs them and gives them to children and youth who are looking for a bike to ride around.

Region Four News

Canterbury and Westland

Oxford Community Men's shed

Our shed has been very busy recently with a couple of larger jobs to get through.

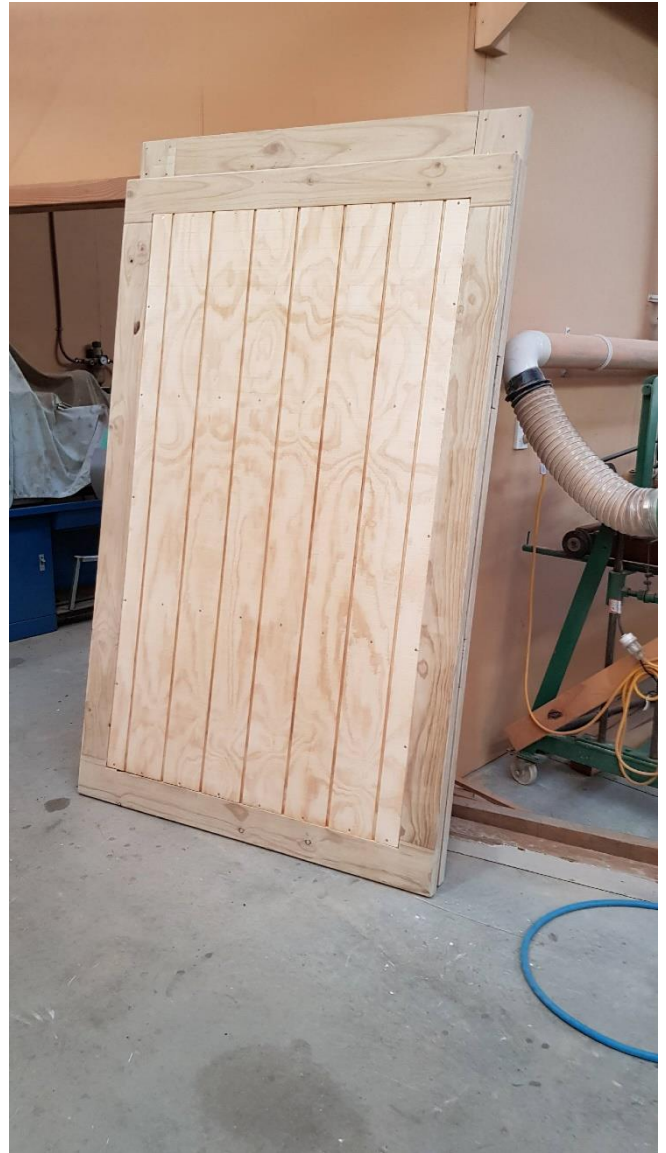
We were asked to refurbish two signs at each end of our township ,these signs are 3.5 mtrs long 900mm high and 110mm thick macrocarpa ,they were made about 10 years ago and when made only the face was surfaced and varnished with sign writer vinyl lettering on the varnish surface ,over the years of rain snow and shine that we get in our wee town the weather has penetrated the unsealed surfaces of the timber and caused the varnish to lift and rot set in to all the cracks ,nooks and crannies .

Consultation with the council resulted in two new slabs being procured which have been cut for only a year and are nowhere near dry, these have been placed in our timber storage shed and will stay there till they are dry in probably another two to three years .mean time we re doing and patch up on the old ones to keep them going till the new signs can be swapped out.

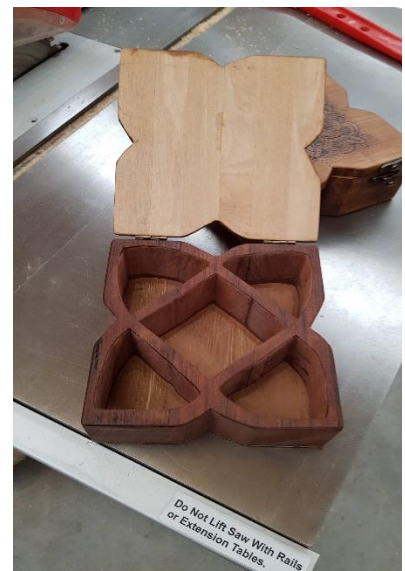
The lettering was hand routed then paint infill and next will be a few coats of trusty Cabots deck oil .



We have also made three barn style doors for the local camp ground to replace their rotten units on their kitchen building .these doors are close to 2100mm high 1300mm wide and framed with 140x50 H4 with a 12mm ply insert also H4 grade,



One of our lady members has been busy for a week or two making these lovely spice boxes .



Pegasus Woodend MenZshed

Greetings to all of the MenZshed members from the Pegasus Woodend shed. Another three months have passed since our last newsletter connecting us all together. We hope that the winter chills are not affecting you all, but I guess for the North Island members it has been the problem of rain.



Our financial membership is now sitting at thirty one, and we have put a temporary cap on our membership to avoid shed overcrowding just in case everyone did decide to turn up all at once. It will be interesting to hear how other sheds cope with membership issues such as these, apart from extra days and rostering those days for members to attend. The problem we have and quite likely others sheds have as well, is that only half of our membership actively turn up on a regular basis. Something that I think needs to be addressed in some form? Our best project since our last newsletter article, and is just being finished, is the conversion of a small caravan into a mobile library. We have renovated the inside of the caravan with shelves and some seating, the owners will finish the decorating. I have attached two photos illustrating the project inside and out.

Progress has slowed down on our across the board jobs as the winter season dwindles our membership and the communities enthusiasm is focused on keeping warm. We are very blessed to have enough skilled guys in cabinet-making, capable of doing professional work on projects such as the library. Once the weather starts to get warmer and drier we can then start on some of our outside projects.

All of you take care, look after yourselves, and stay healthy now that we are in mid- winter and spring is getting closer.

Rolleston Men's Shed

Sound dampening – Recently, and in a previous Shed newsletter, the Rolleston Men's Shed fitted sound insulation panels to areas of the Shed. The tearoom is always an important part of a Shed and that was the first part done. The panels were glued to the ceiling between the fluorescent lights. With 30+ men all talking at morning tea, sound is a key item and though there is still a lot of “sound”, it is easy to hear the person next to you as the panels cut the reverberation. The panels have made a significant difference in the areas fitted and we would recommend all Sheds consider fitting.

Panels were glued in the tearoom and are suspended in the workshops. Thinner sheets are glued to the tearoom walls and notices can be pinned to them.

The company we used was Autex and they will advise you on the number of panels required and assist you with installation.

Take a record - A couple of recent jobs showed why it is a good idea to take a photo before starting. A chair being dismantled, the wood stripped and re-coated and then reassembled. “I have a picture of it, can you put it on the computer?”

Viewed on a big screen, it was obvious the brackets for the springs had been reassembled incorrectly. An easy fix.

A Kenwood mixer needed the capacitors replaced. After that a wire was seen sticking up with a bare end. Where did that come from? The picture taken before starting showed that it had been poked into a tag but never soldered on. Another quick fix.

Nearly everyone has a camera in their pocket, sometimes called a cellphone.

H&S - After an “incident” where a member needed an ambulance to be called, further medical items have been purchased. The Shed already has an AED (defibrillator) and now has blood pressure and a pulse rate monitors.

If needed, the results can be logged and given to medical staff when they arrive and they will have that extra information when time might be important.

Projects - one item that has been made numerous times over the years are breadboards, usually laminated with various timbers.

Garden seats or benches obviously weather when left out in the weather. This member's bench seat was stripped down, de-rusted, painted and the wood varnished.



The Shed has eight garden seats to be refurbished for a “customer A donated dominoe set with missing pieces had replacement pieces made, a box and then it was donated to one of the schools.

Older, donated computers (laptops) continue to be upgraded

and go out the door to be used. An SSD (solid state disk) is fitted and all the software needed, which is free, is installed.



St Martins New Metal working Shed

After months of Funding applications, St Martins Community Menzshed has finally got the concrete slab poured and framing onsite. A very keen group of Sheddies are involved under the watchful leadership of John Hinchey – the dancing builder! This facility will compliment our existing woodworking Shed, catering for our growing membership.



John Wayne.. His 5 Rules to Life..



1. Money cannot buy happiness but its more comfortable to cry in a Mercedes than on a bicycle.

2. Forgive your enemy

but remember the bastard's name.

3. Help someone when they are in trouble and they will remember you when they're in trouble again.

4. Many people are alive only because it's illegal to shoot them.

5. Alcohol does not solve any problems, but then again, neither does milk.

Westport Menzshed

Furniture restoration. Giant cape chair that has gone to the Kawatiri Cycle trail. Rocking horse repair (background) and chair repair. Table being made with resin insert.



Region Five News

Otago and Southland

Alexandra on the line

During the early winter stretch things became fairly quiet and jobs thin on the ground. On the upside it enabled us profitably use the downtime to give the shed a long overdue tidy up. But how quickly things can change sometimes. When the phone started ringing again we went from famine to feast in the space of just a few days so are now in turbo mode trying satisfy all our customers within a reasonable timeframe. So smiley faces all round again.

We took up the challenge issued earlier in the year by the national executive toward raising a contribution toward the Gabrielle Fund. We decided to make two of our very popular 8-seater picnic tables and quickly found a buyer for three units at around \$900 ea, but delivery is not wanted until the season warms up a bit so our donation will be a tad late arriving. No doubt it will still be very welcomed though.

The popular and very busy Industry Lane cafe assigned us the task of refurbishing all its outdoor dining tables. Years of use under the Central sun had played havoc with the timbers, twisting the heavy tops into all manner of unwanted configurations. However, the team achieved an amazing result, making for another very happy customer.

The Wastebusters operation just across the street from our shed has pulled the plug on its local operation so the site is now closed and being cleared back to bare land. We had a large display cupboard located over there through which we offered all sorts of items for sale, with a commission going to the recycling firm. It was an ideal adjunct to our shed enabling us to sell items 7 days a week. The display cabinet is now back at our shed now but future sales from there are likely to be next to nix confined to our usual 2 operating days. Along with numerous other smaller jobs, current work includes assisting and/or building three blossom festival floats, making 6 folding tables for the local RSA, two large display cupboards and 10 stoat traps for a conservation client. It's a busy shop now and the hard word has gone out to the lads "don't leave town!"



Invercargill Menzshed

Winter has been relatively mild in Invers, with just the occasional spat of rain or storm, albeit it is a bit cold at times.

However, the pace in the Shed seems to leave little need for shivering around the blast heater, which is hardly being used anyway – therein doing our bit for climate change, greenhouse gasses et al. (We still allow ourselves an occasional fart, though – even though our cattle & sheep aren't allowed to !)

The photos below tell the story of what we are doing better than just words. In late April, our 2nd Echelon of Sheddies spent up to 10 days back in Deep Cove Hostel in Doubtful Sound, replacing doors and bunk ladders. A great chance for us to escape the big smoke, and soak up a bit of Fiordland, whilst doing charitable work for The Deep Cove Charitable Trust. There will be more opportunities for this in the future, also.

16 members “left work early”, and spent a couple of hours at Glenn Cockcroft’s Traffic Museum in Otatara. Glenn was a former Traffic Officer for the ICC Traffic Dept, back when local councils employed their own traffic staff, and before they became part of MOT and NZ Police. He has a great collection of memorabilia, including old uniforms, parking meters, phones, and even a Mitsubishi Gallant black & white “cop car”. (Guess who forgot to take photos !)



Photos above: John and George with restored clock and Warren and Lennox beside an old desk.

While below are Ewan and Hareet making traps for the Titi Islands and the Memorial Pohutakawa Tree made by Menzshed for Matariki last year.



This games table was bought in Italy in 1989 by John, a friend of mine.

It is still in perfect condition. (I also have one, bought in 1977.)

Inlaid desktop, backgammon, chess/draughts, & card table surfaces included, with roulette table in base. Playing pieces all included.

Unfortunately, John has recently passed, and this magnificent piece of craftsmanship is now for sale. Plus a ton of fun for adults and families as well.

Price is yet to be determined, but new cost appears to be NZ\$15/\$16,000 ex factory in Italy, plus shipping. (Not expecting that much !!)

If MenzShed can get this sold, John's wife will make a donation/pay commission to us. I thought I'd try through our MenzShed network before going to Trade Me etc.

Any expressions/offers, contact me on 027 462 0890. Ken Bowie (more pictures available)



Region Six News

Tasman, Nelson and Marlborough

MENZSHED Motueka

The most important objective of MENZSHED Motueka since its inception some thirteen years ago focussed on the provision of a congenial space for 'smoko'. As all readers of this newsletter will appreciate we all need room and a place to exchange ideas, personal experiences, criticisms of the perceived shortcomings of governance, the odd plaudit here and there but more than anything else the very real benefits of camaraderie and partnership over a cuppa.

Our tenure-ship of the Agricultural & Pastoral Society of Motueka Produce Shed for many years gave us room for meeting in a barn-like environment for our 'smoko' time but it lacked that intimacy and '*coso nostra*' element that gives a sense of belonging and being in a special entity. It was also rather cold in winter necessitating expensive heating measures and extra warm clothing. Visitors, although welcome, would bust in at any time disturbing free and frank exchanges about important affairs of state or matters of significant importance. There were other distractions too in the large space around us which dissipated interest of any subject under discussion. The space we occupied also reduced the amount of room for our work and many important endeavours, such as the toy making programme. Things had to change.

Happily, the verandah of the Produce Shed offered a space, which if enclosed and modified, might provide a suitable and agreeable location for the conduct of high level discussions, strategic decision making and other exchanges that are quintessentially what the MENZSHED movement is all about. There were many challenges to converting this open and vacant area into what is now the finest board-room in the land - well almost. As with the edifice of any fine structure, a proper foundation had to be laid. Our wonderful landlords provided the largesse for a new concrete floor. The explanations of the excavations and the boxing and who 'dunnit' is now a well guarded secret but it was successful and within budget too. Then came the matter of fixing the cladding – internal and external. Readers may appreciate that '*in days of yore*', notwithstanding what our forebears told us, there are inaccuracies associated with being square or plumb in old structures. Nevertheless these inconveniences did little to dampen spirits of what was required. The attached photographs illustrate quite vividly the very fine and beautifully panelled 'smoko' room. The walls are textured internally with stuffing to prevent heat loss in winter and to keep us cool in summer.

Arrhh – the roof – well it did let in the water during rare downpours in Motueka but once again our landlord came to the rescue and we now have a new covering suitably insulated that will keep us snug and dry as the adverts say, for many years to come. So many members stepped up to create this special place – some more than others played a part, but which everyone gratefully acknowledges. We now have facilities for enjoyable togetherness and the serious business of what MENZSHEDs are for. Visitors are welcome to come and join in – important people can come to be cross examined in a very friendly manner and members have a sense that nothing can daunt our own *Motueka Mafiosi* from achieving what the Menzshed movement is all about.

Another major ambition recently achieved is a facility for light engineering that includes a welding bay (for different types of this work) and provision for lathes and yes, even plasma cutting activities. Proper safety measures are of course, also in place. For sure, more advanced lathes and a milling machine are on the long term shopping list but there is now a dedicated space for this type of work. Alongside the new workshop is a recently acquired shipping container to house yet more equipment and materials. The container itself has been rust-proof painted and fitted out internally for its new purpose. A lot of excess machinery and equipment is presently being sorted for disposal and to new homes.

The standard work of our Shed continues to provide challenges but there is also the satisfying of local demand for all manner of services which keeps us busy. The extra space in the Produce Shed means that we have been able to tackle larger more complex carpentry (and yes even upholstery) projects that previously would have been difficult in the room available. Waiting in the wings are new community oriented ventures. Furthermore, now that our facilities are maturing in line with original intentions for a place with a broad range of equipment and tools, individuals can now pursue their own specific interests with confidence and expertise from their supportive fellows.

In short – things are progressing well.



PICTON MEN'S COMMUNITY SHED

We've enjoyed a very positive quarter, experiencing strong membership growth, and a mix of projects – commission based, and personal undertakings.

There were always toys to be repaired as Rex administered first aid to an accident prone ambulance.



Thankfully this doesn't tell the true story. We're not bidding Bill Pettigrew farewell. He'd just finished constructing his coffin, and under watchful gaze of Chris Davies, was trying for size, his 'forever home'



Satisfied with his labours, Bill then turned his hand at coffin number two. This one smaller and boat shaped. And who for, you ask? For "she who must be obeyed", of course



Hans, commissioned to create a cross from St Joseph's church timbers. A permanent reminder of the about to be demolished church.

And with that crossed off his list,
Hans commenced work on a butchers block.



John's dinghy progressing nicely
with launching day ever closer.

Our quarter ended with a social
event, hosting the Sheds of
Marlborough to a 'mix and mingle'
and a bbq lunch.
The response was positive,
rewarding us with visitors from
Havelock, Renwick, Blenheim and
Rarangi Sheds.
Thank you gentlemen, we greatly
enjoyed your company.



Bill Rogers,
Secretary / Co-ordinator

Next Newsletter

The next newsletter is due for publication at the end of October. The deadline for articles for that newsletter is **Friday 20th October 2023**. 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 gives 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.

Please do not send your newsletter as I will only publish articles sent.

Send articles to **support@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 48 sheds are represented by 226 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.

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WORKSPACE LED LIGHTING