

Sheddie News

February 2024

The official newsletter of MENZSHED NZ

Welcome to Menzshed NZ's first newsletter for 2024. I trust we all had a great refreshing break and were able to meet up with family and friends over the Christmas / New Year period.

As you may know the publication dates for this newsletter have changed. The newsletter will now be published February, May, August and November. Why? Who wants to write a newsletter in January and we can have Christmas articles for the November edition.

I have had a few calls/emails from members of various sheds saying they send articles, but they don't get in the newsletters. Upon investigating the newsletter was never seen by the members. Can I suggest the newsletter is printed and placed in the tea /lunch room for all to see and a copy emailed to each of your members.

This month's feature articles are from Te Puke and Henley Sheds both on health of our members.

Feature Articles

MENZSHED
TE PUKE

Depression in Older Men

by Philip du Plooy Sept 2023

New research shows that men with depression view their condition negatively and that depression in elderly men is more widespread than perhaps most of us realize.

Men with depression often think of themselves as a burden on people or a disappointment to those around them.

The Canadian researchers found it concerning that the men with depression or suicidal thoughts felt a strong stigma around their condition, and many were afraid of being discovered.

As many mental health experts point out, fear of speaking out about depression can prevent a person from getting the help they need and it can make the depression worse, thus leading to all sorts of problems, including isolation. Isolation is one of the biggest risk factors for male suicide.

The pandemic has given us a little glimpse into what that feels like. People were isolated at home away from their communities and worried about their health and safety. "We are now seeing rates of depression of 50% in the general population because we suddenly pulled out their main coping strategies."

Common types of depression in elderly men

While most research to date demonstrates that women are twice as likely to suffer from depression as men, suicide rates among men who do suffer from depression are higher.

The subject of depression and suicide can be frightening, but it is important to keep in mind that not everyone who experiences depression will reach a point of desperation.

There are different types of depression.

- Minor depression – symptoms are less severe and may not last very long
- Dysthymic depression - that lasts two years or longer
- Major depression – severe symptoms that interfere with work, sleep, study, and affect most aspects of life.

Despite what some people may think, depression in elderly men is not a normal part of aging. We don't all reach our senior years and become despondent. Men with depression at an older age often have medical conditions, including heart problems, diabetes, cancer, or other health factors that contribute to feeling gloomy. Elderly men may also be depressed over the loss of a spouse or other family members, boredom, or loneliness.

Retirement can also trigger feelings of depression in men. They no longer have a set schedule to follow, they no longer feel needed or important. This can be hard for them to cope with. As age-related ailments set in and medications are required, depression also onsets – often unexpected. This can sometimes be attributed to the medications being taken.

Depression in elderly men - symptoms, triggers, and causes

Symptoms of depression in men can include a wide spectrum of feelings and behavioural reactions. Studies show that men are not as “adept” at recognizing the signs of depression as women are – it can take them longer to see that they are just not themselves.

Here are some typical signs and symptoms of depression:

- Feeling irritable, anxious, or angry
- Feeling sad or empty
- Difficulty concentrating or remembering
- Loss of interest in relationships, social activity, and work.
- Feeling tired all the time
- Difficulty sleeping or sleeping too much
- Overeating or not eating
- Aches, pains, headaches, digestive problems
- Thoughts of suicide, suicide attempts

The causes of depression in men continue to be researched, but we do know that men with a family history of depression may be more prone to develop anxiety and sadness.

Researchers found looking at scans that the brains of people with depression look different from those without depression.

Here are some other common causes of depression in men:

- Stress at work, school, or home
- Losing a job
- Money problems
- Chronic health problems
- Family responsibilities
- Retirement
- Prior history of depression in earlier life
- Chronic health problems
- Loss of a spouse
- Side effect of another illness, such as stroke
- Loss of independence and control – moving into a nursing home, for example
- Loneliness

- Lack of social support

Mental illness is far more common than you may realize – but it's still not a subject most people want to talk about. In fact, the National Alliance of Mental Illness (NAMI) estimates that one in four American adults experience mental illness over the course of a year.

One faction of the population that is more likely to develop a mental illness is seniors. Not only is this group more vulnerable to developing a mental illness, but seniors are also more reluctant to seek treatment and are often misdiagnosed.

As one can see, mental illness is quite serious and there is a pressing need to discuss it and break down the surrounding stigma.

To make matters worse, there is not a sufficient supply of trained professionals to deal with this aging population. In fact, the American Psychological Association suggests there are only a reported 4.2 percent of psychologists whose primary focus is the elderly. Resources are limited. There needs to be a stronger push to understand mental disorders in the elderly.

There are some common mental disorders that seniors have to face. They include dementia, Alzheimer's disease, Parkinson's disease, and depression.

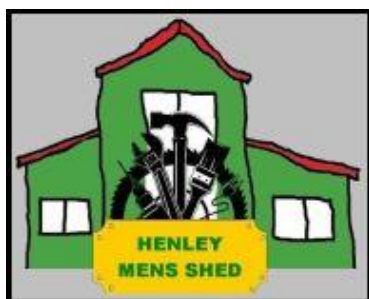
Making mental health a priority for seniors

Because mental disorders in the elderly are so often overlooked and misdiagnosed, treatment can be difficult. Raising awareness of common mental illnesses that affect seniors can encourage them to seek help and overcome their mental distress.

Mental illness does not have to be an inevitable cause of aging. As more research comes to light about these common mental disorders, we can create better systems for access and treatment. Doctors, too, must become better trained to deal with the aging population and detect mental health issues. As communication opens in the area of mental health, we can begin to have a better understanding of what seniors really go through – and deter mental health-related deaths. Hence one can see the important role Menzshed's play in helping to alleviate some of the issues older men face.

Research has shown that Men's Sheds in community settings 'tick many of the boxes' in terms of the determinants of health for men beyond paid work, particularly for men struggling with changes in their working, social and personal lives as they age".

Men's Sheds are vital community organisations, and they have a massive impact on the health and wellbeing of members. They have played a vital role in allowing individuals to reconnect with others and instilling a sense of identity and belonging to help carry them through, even in the midst of the recent global pandemic.



Members Health Programme

By Murray Campbell

As a member of the Henley Men's Shed in Masterton, I've always been impressed with its in-house members health programme.

As an Incorporated Society, our Constitution states that one of our aims and objectives is to promote the health and well-being of our members.

This will be true of most Constitutions of Men's Sheds in New Zealand.

For the last few years, I have held the position on the National Executive of Regional Rep for Region Three.

In the latter part of last year, I organised a number of Hub Meetings within the region, to promote discussion from and with sheds, on a range of topics, including health initiatives in individual sheds.

To my surprise, most sheds admitted to having St John's in once a year for a CPR/AED training session and maybe somebody in to talk about Prostate cancer.

As an organisation, catering in the main, for older retired men, to share their knowledge and experience in a community workshop, to make new friends in a congenial environment, to learn skills, to work collectively for their community, or to work on a personal project, all, are in an age group, where health concerns start to impinge on their quality of life.

I'm not here to beat a drum and attempt to start a March on Parliament to demand "They do something about it!"

But rather ask you to read the following, which is an outline of the Health and Well-being programme which has been driven by the Committee and Management team at Henley Men's Shed, for the last 15 years;

ORAL CARE, brushing, floss, toothpastes, dentures, mouthwash, routines and regular oral checkups.

SKIN CANCERS, types, what to look for, how to tell the difference, when to get it checked.

PACEMAKERS, different types and why, myths and facts, avoidance of high frequency.

MACULAR degeneration, Glaucoma, Cataracts seeking advice, treatment and surgery.

PROSTATE, cancer, itis, urological problems, medications and treatments.

Post-operative care, radiation, side effects, bladder issues. In shed Support group.

GOUT, why, what to look out for, Blood test.

ARTHRITIS – OSTIOARTHRITIS age or injury related, medications and treatments.

JOINT REPLACEMENTS, pre-operative points scale, pre-surgery procedures, the real thing (a knee replacement operation in the Mens Shed), recovery.

HEARING LOSS & EAR HEALTH, why, protection, hearing aid types, independent advice.

HEART DISEASE, causes, symptoms, attacks, stroke, after care.

EXERCISE, dexterity, 9 major benefits of walking, fun

Every bloke needs a block to call his own.

COVID the onset, full term, the future – living with future strains. Professor Roger Morris in the thick of it.

AED & CPR, general practical skills that can save a life.

OPERATIONAL STAFF & Supervisors first aid and first response training in house.

A new way – what would you do if?

DIMENTIA managing people in the Mens Shed with early onset through the seven stages, what role can the shed play at each level and for each individual.

MENTAL HEALTH FIRST AID TRAINING this workshop teaches you how to assist someone who is developing a mental illness or is in a mental health crisis. Progressively all Shed Supervisors will have attended this two-day course.

THINK ABOUT IT!
TALK ABOUT IT!

If you agree it's important, urge your committee to reach out to your community and invite qualified persons in to tell you about their role in your community.

I guarantee, you'll be pleasantly surprised by the way your members react to their participation in such a programme.

*"Take Care of your body.
It's the only place you have to live in"*



From The Chairman – Trevor Scott

A Happy New Year to you all. I hope that 2024 is a contented, healthy one for you all. Last year saw a reduction in community projects for some sheds. This was mainly due to the financial situations of community organisations. I am sure that this will pick up as the year goes on. The work you do is valued by the wider community.

Come May we will have our AGM Online. The positions of Regional Reps for areas 2 (Waikato, Bay of Plenty & Gisborne), 4 (Canterbury & Westland), 6 (Tasman, Nelson & Marlborough) and the Support Services position are automatically up for re-election so we require nominations. I myself, as Chairman will not be standing for re-election. I am stepping down after five years on the executive. We need people on the executive who can devote some time and energy to assist sheds in the regions and help establish sheds. Here is your chance to make a difference. It has been a privilege to have been able to serve MENZSHEDS at a national level.

Late last year the executive applied for funding to be able to meet as an executive at a face to face meeting to be held in Wellington. It is time to look at what we do and what we anticipate will need to be done in the future. We need to draw up a strategic plan. This can only be done through talking face to face. This funding application was not successful due to the funders not granting funds to national organisations. They are happier to fund projects for a community project. To this end it is time to look towards how we can fund a day together.

We have over the last couple of years been changing our direction towards visits to sheds. We used to only visit if asked by a shed. They were then asked to provide funding for this to happen and if they could not then there was a small amount of funding provided by the executives funding pool. This approach had its pitfall with very little funding for visits. There were some sheds saying we don't see the reps in our regions year in year out. To this end reps have been encouraged to hold Hub meetings in their regions to provide an opportunity for sheds to talk together, share ideas and for reps to feedback information to sheds from the executive. These have proved very successful.

We have taken a new approach over recent years. We have encouraged reps to visit all sheds in their region over a two-year cycle. This will mean access to the rep is enhanced and we can better serve our member sheds. There will still be visits made if requested. Reps will still visit when a shed is establishing. This will require a larger amount of funding being injected to the reps allocation.

We are at a crossroads as a national organisation. Stay the same as we were prior to funding for visits etc. or ask for more funding from sheds to enable the executive to better serve you. We as an executive are trying our best to change thinking at council level and also government level to provide funding for sheds. We play a very important part when it comes to the mental and physical health of men. It is time we were valued by government.

The executive are all volunteers working hard for you.

Take care.

Regards Trevor

Join Venture with The Halberg Foundation

Over the past year the Canterbury region of MENZSHED NZ has been forging a relationship with Halberg Foundation. As part of this MENZSHED NZ in conjunction with the Foundation applied for and received a grant of \$10000. The funds are to be used provide play equipment to assist children with disabilities to integrate more with other children.

The Halberg Foundation identifies children who need assistance and what school they attend or recreational space that is close to them. The MENZSHED closest the request then is approached to make equipment that is required. The play equipment is varied to meet needs of the child.

The test run to see that the process was working as intended was to build two corn hole boards for the Common Grounds in South New Brighton. The New Brighton Community Men's Shed undertook to make and deliver the corn hole boards on completion.

The presentation was made to the Common Grounds supervisor who was very impressed with the gift. I am sure the local children will make good use of them. The joint venture worked well and I can see that during 2024 many children will benefit from the outcomes made by the MENZSHED in Canterbury.



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Netsafe's new Get Set Up for Safety toolkit

MENZSHED NZ have published this toolkit from Netsafe for you to use to help your members stay safe from digital scams and unsavoury sites on the Web. Please use in your newsletters.

Please find attached some suggested wording you can use for social media posts and/or newsletter content along with some social media assets. They are in various sizes to suit Facebook, Instagram and LinkedIn. You will also note there are two posters included, these can be printed out and put up on noticeboards or near public computers.

These are suggestions only, feel free to use what suits you or create your own 😊

Here are some links to the posts that we have shared, if you would like to re-share these:

<https://www.facebook.com/netsafeNZ/posts/pfbid02QyL6DcYF3Dk99CL4przRAS2t6xmXNeQK8qJT9PNDQMfbNoSPuTutX4hqqxkDJmVjl>

https://www.instagram.com/p/C3OTXCes2Ek/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Resources

[Here is a link to the webpage](#) with the resources. We have included links to the new resources below:

<https://netsafe.org.nz/olderpeople/#h-video-spot-scam-red-flags-and-take-action>
<https://netsafe.org.nz/olderpeople/#h-video-five-tips-for-safer-social-media>
<https://netsafe.org.nz/olderpeople/#h-video-how-two-factor-authentication-2fa-works>
<https://netsafe.org.nz/staying-connected/>
<https://netsafe.org.nz/secure-your-online-devices/>
<https://netsafe.org.nz/user-friendly-devices/>
<https://netsafe.org.nz/safer-shopping-banking-and-investing/>
<https://netsafe.org.nz/spot-a-scam/>
<https://netsafe.org.nz/glossary/>

The hard copy pamphlets will be available soon at libraries, CAB's, Age Concern, Digital Seniors Hubs and Chorus events but can be requested by other organisations, based on availability by emailing education@netsafe.org.nz

Links to pamphlets:

https://netsafe.org.nz/wp-content/uploads/2024/02/OA_Maori_Online-Basics-DL-BifoldR2_WEB_160124.pdf
https://netsafe.org.nz/wp-content/uploads/2024/02/OA_Maori_Online-Basics-DL-BifoldR2_WEB_160124.pdf

Share with your members.

In the coming months, Netsafe will hold a 'Get Set Up for Safety' webinar and Q&A session for people that care for, or work with older adults. If you'd like join this session, please register your interest to receive an invite here:

https://docs.google.com/forms/d/e/1FAIpQLSeo2yQdGApnGeXqWpYVU7GFtiJyMBm5tl8B2uK0hpWLSL9mhQ/viewform?usp=sf_link

Please let me know if you have any questions.

Ngā mihi nui

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Region One News

Northland and Auckland



Women in the Menzshed



Waipu now has an all women Menzshed team. Heather Simonsen approached some of the regular Menzshed members and asked if they would help her and a group of other interested women to up their skills with building tools. She advertised on line and in the Bream Bay News and soon had a group of eight keen Menzshed apprentices.

Last Friday 15 September, they met for a third session where they learned about the different types of saws. They have already contributed to making wooden predator trap boxes, a staple product of the Waipu Menzshed.

Heather said the Menzshed members have been very supportive and generous with their time.

As well as learning about building, Heather's hope for the group was that it results in "a community of women connected to each other with a common purpose and that it provide an opportunity for women to give their time and energy to a beneficial community project."

From left to right the Waipu Menzshed women are: Wendy Averill, Lucia Gemmail, Heather Simonsen, Janice Dainty, Rica Dearman, Donna Johnstone, Barbara McAulay and Patricia Calder

The above article was published in Bream Bay News 21 September 2023

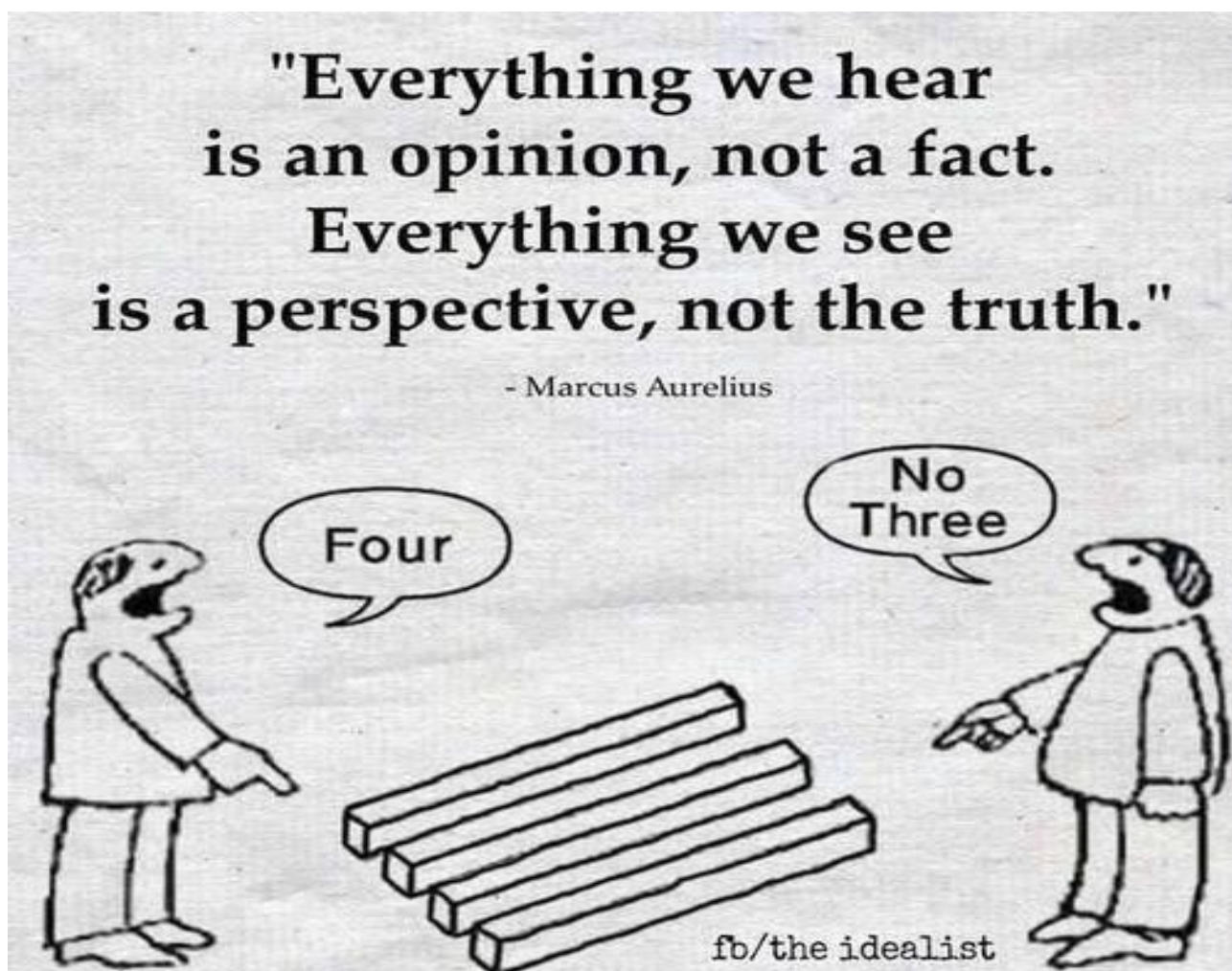
MenzShed Waipu have now started a "Ladies Division".

The ladies have their own female co-ordinator who has advertised for female members and there has been a large number keenly apply. It is set up on a different day to the men as our Shed is only small. We have 38 male members and the 18 to 22 that we attend at our Shed on the Tuesday open day is really all our Shed can accommodate. The Ladies meet on a Friday and the numbers were limited to 10 initially for training purposes. Three male members attend and teach them for four weeks how to safely use the tools and equipment. Of that first induction group, 8 have become full Shed members and are doing projects in the Shed including making predator trap boxes. We continue to have 3 male members attend to mentor them.

We are currently (November 2023) running another induction programme with up to 8 ladies and once they have completed it they will join the other ladies on Fridays as full Shed members. This is a very successful addition to our MenzShed. The ladies are all keen to learn and are becoming quite capable and confident in using the tools and machinery. Our Shed Manager believes they are an asset to the Shed. They have been coming up with different project ideas to tackle in the future.

At this stage we will be keeping the two groups separate but this may change when we finish raising funds to build and move into a larger, purpose-built premises. (About twice the size of our 130 square metre present one.)

(Prepared by Grant ERP – Secretary)





Wood turning article

The team at Mangawhai Shed are absolutely thrilled to have been awarded a grant from the Office for Seniors for our Woodturning Project. Finally, we can start the process of upskilling ourselves by employing a master turner to give us a few lessons. Shed members are always excited to learn new tricks.

The lathes, generously donated by our community, are now ready to be utilized effectively. We've been busy adding dust extraction to each and sharpening our chisels.

The course will run over eight days starting April and run through till July with time in between for us to practice and consolidate our newly learnt skills. Six members have put themselves forward with the expectation that they will in turn share their experience with others. In time we hope to be able to offer workshops to non-members who might be keen for a taster session. We are always keen to share our excitement for working with our hands, solving problems, and delighting in the tactile and visual nature of wood.

Some of these six members are complete novices, others have had some prior experience that will no doubt benefit from a little refreshing. Either way we are all excited about the learning journey we are about to embark upon.



Johnny Venter doing some turning

Chair
Stephen Mackay
Mangawhai Shed Inc

Albany Settlers Lifestyle Village Menzshed

Quite a bit has happened since I last went to print.

We made a trip out to Carbatec with the view to purchasing a set up for resharpening plane blades and chisels etc. For those of you who don't know who Carbatec is, they are suppliers of quality work working gear. Check out their website <https://www.carbatec.co.nz>

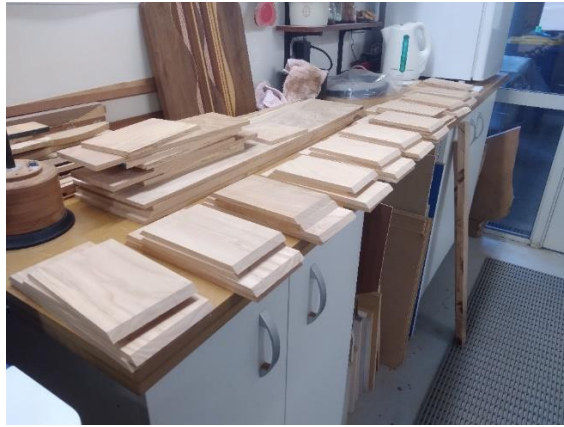
We have struggled for a long time trying to "get it right" and with the investment we made its fits the bill perfectly. A picture of the setup is below but if you want any more detail don't hesitate to make contact. It was money well spent and there is no doubt about it, you pay for quality.



I needed to buy some timber for several jewellery boxes and ended up at BBS timber at 82 Henderson Valley Road in Henderson. These people stock an excellent range of imported timber, and I ended up selecting White Ash. I hadn't worked with this before but found it to be very stable, especially when reduced to 10 mm thickness. If you are looking for different timbers, they are certainly worth a visit. The staff are good to deal with and its one of those places that you can still wander around without all the usual safety requirements. However, you still need to take care. Below are several photos of the boxes during construction and one showing a box in the gluing jig.



Timber in its rough state as purchased



Boxes ready for gluing together

Boxes glued up ready for fitting the lid inners

Box in glue up jig. This makes sure it is nice and square



A member of the shed has been following a guy on YouTube where he makes a Celtic knot rolling pin. 2 pictures show his progress. An interesting job and looks cool once finished.



In the lathe ready for turning



The finished project

Brian continues with his carving and below are a couple of shot showing one of his latest jobs.



Doing some of the finishing work.



His finished work.

Just a side note, when Brian came into the village, he hadn't done anything like this before and over the last few years he has completed some very tricky items. He has become an excellent carver. Brian has completed the cabinets he a was making (picture of him making one in the last newsletter) to hold small Lego figures. Once again Bryant hasn't done anything like this before and now, he has become a regular into our shop.

The cabinets ready for hanging.



Started to fill the shelves



Another shot of his finished work.

To conclude this article, it's great to see some of our residents getting such pleasure of what they can produce with their hands and then to stand back and admire saying "I made that".

Members of our shed who have experience with the machinery we have do most of the more dangerous tasks for these guys but in the end, they do all of the "hands on" work.

Ian Langley on behalf of our members.



Competence (safety / skills) and **Responsibility** (Stewardship / Integrity) in the Shed as seen by Men's Shed North Shore.

As you are surely aware, we want every member to understand and feel responsible for ensuring a safe working environment around them while at the shed. **We have invested in making the workspace safer and we encourage each of you to speak out where you think you require further competency training on the equipment.** For example, it is one thing to know how to use the table router correctly. It can be a different thing to understand when to use the table router vs another tool to accomplish a task. Our Shed, and most Sheds, use a model of safety proficiency and mentoring to help you advance your skills. But we also acknowledge that many skills and workshop experiences are NOT covered by our membership; hence, mentoring is limited. We will be looking for a means to bring specific expertise into the Shed in a workshop format for members. You can help us by responding to me or any Trustee with regard to a particular skill that you think yourself and others will get benefit from.

The last value is "Responsibility" which includes Stewardship and Integrity. We make a significant assumption regarding the activities performed at the Shed; that people will be responsible for their work and the use of the equipment and materials. If there is a community project, it will be more successful if there is a lead or point-person associated with that project. This impacts how we deal with each other AND how we deal with customers and suppliers. We owe it to ourselves to use existing stocks of materials whenever possible. If you agree to work on a community project, define up front what you are able to work on and your availability. If you are not able to continue on a project until it is finished, that is perfectly fine, but just let the point person know so that we can manage the customer expectation. **We take a positive view of members and assume they work responsibly at the Shed**, meaning members can come into the Shed and do their work with no interference or hassles. It might seem like a minor thing, but having responsible members is huge when you consider how hard it would be to be a Duty Officer if people did not work responsibly.

Jim Andrews
Chairman

Region Two News

Waikato, Bay of Plenty and Gisborne



Katikiati: Permanent shed for the men folk

Katikiati Advertiser via the Bay of Plenty Times
5 Feb, 2024 10:53 AM



Men at work with the new thicknesser.

To onlookers, it is a shed.

To local men of Katikati, it is a common space to gather with others with similar interests to create, build, learn, meet new people and chat.

The key benefit of Katikati MenzShed is having a purposeful space to gather. Although all ages are welcome, MenzShed's main purpose is to give older, retired men a place to share skills, experiences, stories, laugh and offer support to each other in various and meaningful ways.

The Katikati MenzShed also benefits the wider community through commissioned projects. Along with this, the men themselves gain pride in community service, broader friendship groups, and companionship.

The MenzShed was displaced from its previous site a number of years ago but Katikati College offered its premises for after school and Saturday use as a temporary solution.

The MenzShed, in collaboration with the Community Van and Community Patrol organisations, successfully responded to an expression of interest sought by Western Bay District Council for the building of a community facility on a vacant piece of council land.

Chairman Don Mossop says they can now continue doing jobs for the community for years to come.



Unpacking at the new premises.

“Katikati people are highly appreciative of the work we do. We have assisted the local play centre, council, Katch Katikati and Grow On Katikati with projects over the last few years,” Mossop said.

“We have men with a wide range of skills, years of experience and the time to utilise their skills and knowledge to help with smaller jobs that are often not a priority for tradies.”

The shed has set up an annual scholarship to help a Katikati College student who is moving on to an apprenticeship.

“Through a scholarship, we can provide some support to a young person starting out and show them their community backs them.”

TECT gave \$100,000 to Western Bay of Plenty District Council to go towards the new facility. TECT also provided a \$17,853 grant to Katikati MenzShed for their replacement spiral thickener and a new dust extractor.

Shed details:

What: Katikati MenzShed new building

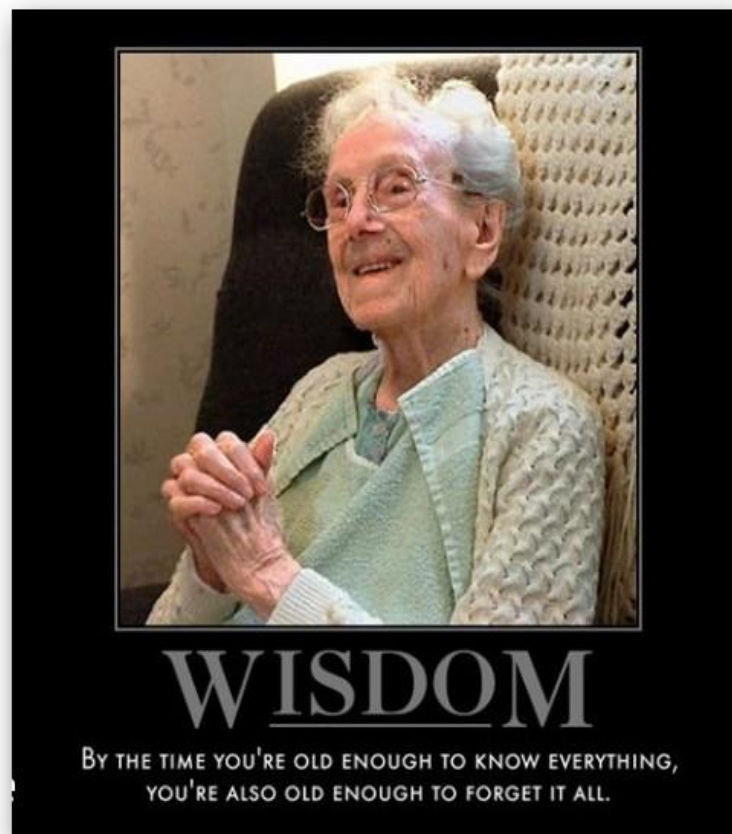
Where: 33 Middlebrook Drive, Katikati

When: Open Monday, Thursday, and Saturday from 9am onwards

Contact: kkmenzshed@gmail.com



Some of the toys in the Christmas Salvation Army appeal. Nice letter received from the Salvation Army.



MENZSHED TE PUKE



The Shed has a lot of projects underway and already planned for the Community this year. We are sure there will be even more so It will be very busy and all members are encouraged to come along and lend a hand.

Projects happening now



It all began as a pile of old pallets, and a pre-school wanting stacking crates for storage. Philip and John took the pallets apart, removed the nails, sawed to size, ran the planks through the thicknesser, and made the crates.

They all stack, in any order now with some finessing, so hopefully there will be happy kids and a tidy classroom. Still more to be made.

More happening now



BBQ tables being made by Graeme and Kevin for a Te Puke school, large and sturdy.

Region Three News

Taranaki, Manawatu, Whanganui, Hawkes Bay and Wellington

Henley Men's Shed

Toy and Christmas decorations offered for sale at Christmas



Obituary: Celebrating the life of Peter Blackler

Kapiti News

8 Dec, 2023 01:29 PM



MenzShed Kāpiti played a key part in Peter Blackler's retirement years. Photo / David Haxton

A large crowd of family and friends came together on December 1 to celebrate the life of Peter Thomas Blackler, 80, who passed away on November 24 after a brave battle with cancer.

Peter will be known to many whose lives he touched through MenzShed Kāpiti and all the other community organisations he was part of since he moved to the district in 2006.

He will be missed by those who knew him as a strong and loving family man, a determined and dedicated leader, and an understanding and caring neighbour and friend.

His farewell was led by his children, Michael, Stephanie and Penny, and his seven grandchildren. They told stories of a father and grandfather who was so proud of them all, and who loved supporting their activities and teaching them new skills. They also talked about the time he spent excavating under their family homes in Island Bay and Waikanae to build his workshops and storerooms for his huge collection of clocks, radios and audio gear, vintage machinery, the tractor he rebuilt, and his cars and mopeds, including an old Puch scooter he bought new when he went to Engineering School in 1995.

Peter always had time to celebrate family events and achievements. This was shown in the photos the family shared of trips to Canada and the US, to Australia and around New Zealand, and family picnics in his much-loved Edgewater Park and swims in the Waikanae River.

People walking the river trails may well have seen Peter in Edgewater Park mowing bits the mower men left untidy. He may also have been mowing lawns for people who were unwell or needed other help.



MenzShed Kāpiti's Peter Blackler inside a workshop that is named after him. Photo / David Haxton
Sir Neville Jordan, Peter's friend from university days in Canterbury, spoke of how he, Peter and other engineering cadets sponsored by Civil Aviation were the "old boys" of their year, having already been in the workforce for several years. They enjoyed their student years and all the fun and challenges that ensued, finding time to mix with a group of student nurses from Christchurch Hospital. Neville did note that after a year or two Peter started to spend more time away from the lads as his friendship with one nurse in particular developed into the lifetime partnership Peter formed with his wife Christine.

After graduating, Peter returned to Wellington and developed his career in technical and in management roles. Perhaps the pinnacle of his working life was developing the regulatory framework that set aviation safety and operating standards and models that continue to be used in New Zealand and worldwide.

After retirement in 2006, Peter and Christine moved to Waikanae, where he set about rebuilding the house they bought and excavating a basement to make space for his many hobbies. He quickly became involved in his neighbourhood and the community, assisting others wherever he could. He was a leader in community safety, through neighbourhood watch and the Community Patrol. Paul Jones, chairman of the Waikanae Community Patrol, noted Peter's contribution over many years and his willingness to step up to cover patrol shifts at short notice and to train newcomers.

Peter now had time to indulge his interest in preserving and restoring vintage machinery through the Wellington Vintage Machinery Club and, typical of the man, he worked tirelessly to rebuild the old dairy factory in Whitemans Valley as a base for the club's activities and a museum to show off their collections.

In 2010 Peter responded to a notice seeking men who were interested in setting up a MenzShed in Kāpiti and he became a foundation member of what is now MenzShed Kāpiti, one of the largest and busiest MenzSheds in New Zealand. As chairman of that group Tony Annandale noted, “Peter, more than any other member contributed his time and energy to making our Shed the wonderful place it is today.”

He took on the role of treasurer from the start and only handed on that role in 2023. Peter’s contribution to the early development of MenzShed Kāpiti was recognised in 2014 when he was made a life member.

MenzShed works to promote the health and well being of men in the community through fellowship and sharing skills and knowledge. Men come together to work on community and personal projects and the Shed is a happy and productive place. That objective was a principle that Peter lived by, not just at the Kāpiti Shed but in all the other organisations he contributed to.

Peter was also instrumental in setting up MenzShed New Zealand and looked after their finances, too. The chairman also acknowledged Peter’s leadership on the national stage, particularly his caring and respectful leadership.

From the early days, Peter had the vision to see what the former Kāpiti Coast District Council works yard in Waikanae Beach with its old and tired buildings could become. He went on to lead the planning and building of the modern workshop complex MenzShed Kāpiti members now enjoy. He was especially proud of the MenzShed Centre, the multi-purpose community room and amenities block that is the social heart of the complex.

It was entirely fitting that when the last part of the building development, a large open-plan workshop, was opened in August of this year, the members of MenzShed Kāpiti named the building The Peter B Workshop. By that stage Peter was not a well man, but he showed great pleasure when Kāpiti Mayor Janet Holborow opened the building and acknowledged his contribution. And naturally Peter’s family were there to share the day with him.

In closing his comments at the funeral, Tony Annandale quoted the proverb “Kua hinga te Totara i te wao nui a Tane” — “The Totara has fallen in the forest of Tane”.

- Written by Cliff Daly with contributions by the Blackler family, Tony Annandale, Paul Jones and other MenzShed Kāpiti members.



Menzshed Manawatu elected a new chairman on the retirement of our founding chair David Chapple. We took the opportunity to celebrate the transition with a wind-up Christmas lunch at Caccia Birch. The new chair John Bragg presented the outgoing chair with a carving as a memento of his time in the chair. The carving was undertaken by one of our members, Darrin Gosling.



The members of the shed joined together in an end of year lunch to celebrate the year and mark the event of David's retirement from the committee.

We are fortunate that he is remaining as a member of the shed so we retain all the local knowledge and information that he holds in his head.

Members of the shed built and delivered a new and much anticipated "mud kitchen" to **Te Aroha Noa** play centre just before Christmas.

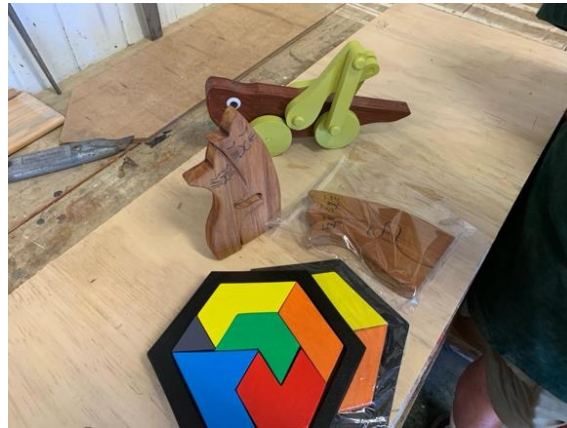
The children were looking forward to producing a few cakes for Christmas.



The shed undertook a huge campaign of toy making at the end of 2023. Some of these were made for gifts for disadvantaged children.

This project was coordinated by Latitude homes in conjunction with the New Zealand Police.

Other toys went to a variety of outlets including Te Manawa, our local museum.



Many hours of work went into the production of this array of toys and activities.
It is very rewarding to be involved in such community projects.
Next year we intend to attend the event and get some images of the smiling faces on the day.

Menzshed Naenae

For the information to all sheds. I've completed a working prototype of a simplified NFC RFID machine interlock. Unlike the Tawa model this one relies only on levels of permission encoded to the RFID key Fob (FOB) You can write the permission levels to the FOB by a smart phone, or use the smart phone itself as an NFC FOB.

When I started at Menzshed last June the electrical department was a dogs breakfast. So I got about dis-orgy-nising it into an organised and user friendly workspace. See photo below.

Archie Kerr learning of my interest in electronics asked me to look to the RFID machine interlock device. So I set about thinking through what was needed, visited Tawa, secured a range of circuits onto a piece of board, wrote programs for the Arduino microprocessor and out the end popped...see the other .pdf file.

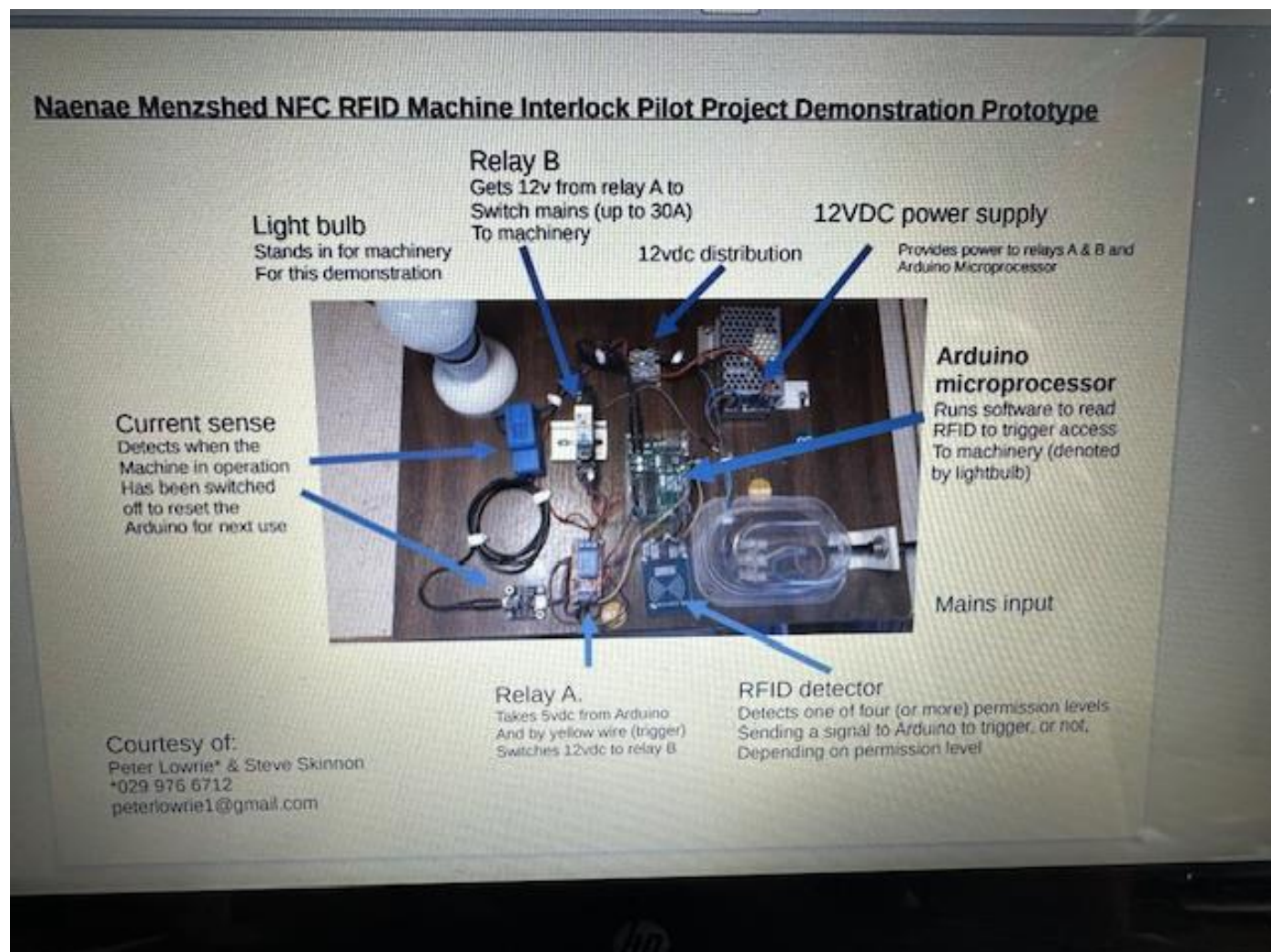
I'm bound to say I prefer the ideas put forward by the Tawa team. Even though it's more complex it benefits the shed by keeping records of who used what machine, when. My rendition doesn't do that. It does however reset the microprocessor when the machine in use is switched off. The only suggestion that I can think of is to use a Raspberry Pi with built-in WiFi for logging and comm's purposes. This would also have the effect of running a Linux based system which in turn will make it easier in their programming not having to prepare the software on a Linux machine to then have to re-code it for the Windows environment. Probably a bit cheaper too.

Yours faithfully
Peter EW Lowrie



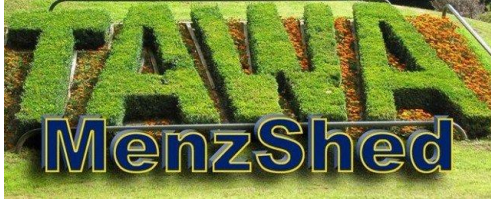
Naenae Menzshed NFC RFID Machine Interlock Pilot Project Demonstration Prototype

Peter kindly created a PDF document that looks like this:



Please contact Peter on 029 976 6712 or email at peterlowrie1@gmail.com to discuss further.

I left the last newsletter item from Tawa re their Digital Check-in system below.



Shed Digital Check-In System

What is it?

A computerised system for tracking shed member attendance, authorise member use of designated electrical equipment, identify when breakages occur, and facilitating equipment safety training.

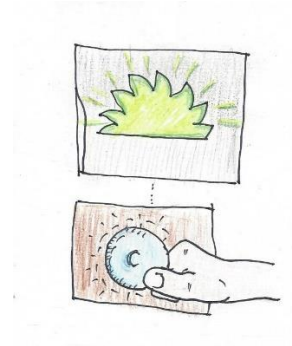
Who can use it?

Any organisation that wants to know who is onsite, who is using machinery and what safety training is needed.

What does it use?

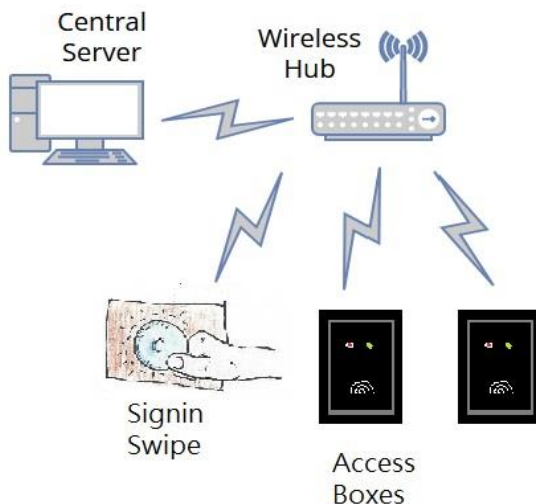
The system comprises 4 types of devices:

- a small PC for management
- a sign-in box
- one or more access boxes
- a wireless router for communications



How does it work?

A small PC acts as a central server and communicates with a sign-in device and one or more access boxes. The devices and boxes are using small Arduino computers which talk through the wireless router to the central server. Each Arduino has a swipe sensor reader to identify the user and validate their access. If a breakage occurs the last user is known.



Would you like to know more?

Bookmark the github entry for the system at <https://github.com/TawaMenzShedNZ/SCIS>. An initial release of the code, build plans and documentation should be released to all sheds in the first half of 2024.

Note:

Tawa MenzShed proposes to publicly release all the details for its hardware and software system for recording member attendance and enabling proficient users to have secure access to specified machine tools. The machine usage record can also be used to study breakages and improve safety training.

The release of all the information will be about **April 2024** on an open-source platform above. This will ensure that all hardware and software is properly documented so that any Shed can make and implement their own system using this open-source material.

In addition, on an ongoing basis, the collaborative nature of this open-source platform means that any issues or enhancements can be seen by all shed users, who can then manage any upgrades or modifications that they may choose to implement.

We are taking this open-source approach because, as a Shed, we do not have the resources to respond to every enquiry, nor be able to resolve every individual implementation issue. The collegial nature of this open-source platform will, in most cases, result in all problems being resolved by the wider collaboration.

In the meantime, interested potential users are welcome to visit Tawa MenzShed any time we are open (Tuesday, Thursday, and Saturday 10.00 a.m. till 1.00 p.m. – Sunday 1.00 till 4.00) and see the system in action for themselves.

Authors and editors

Ian Dennison, John Gibson, and Gary Beecroft

Email: MenzShed TAWA tawamenzshed@aol.com;

Website: [Tawa MenzShed](#)

MenZshed National link [Tawa MenzShed | MENZSHED New Zealand Incorporated](#)

Ed

Would be great if other Sheds could become involved with this project as this a great idea that would help manage members use of machinery in the Shed and how machinery is used (or misused). I will keep us up to date in coming newsletters.



Carterton Menzshed continues to attract new members and become a community go-to place for repairs and constructs.

We are actively seeking land to build or lease on a more fit for purpose building than we have at the present time.

Saturday morning openings historically have been poorly attended.

Another attempt is to be tried by a willing supervisor targeting younger, working people in support of mental health and also increasing the membership list.

We still manage to attract donations of equipment, timber and cash keeping our finances in a healthy state.

All in all the shed is growing with more active members and increasing community recognition.

Terry Taylor: Committee member Carterton Menzshed.

Below: A normal day in the tea room.



Region Four News

Canterbury and Westland



Kaiapoi Mens Shed

Clock Watching. One of the advantages of retirement is no rigid workplace hours. Our Shed hours are 9 to 12 midday. It took me about a year to realise a lot of guys started at 8am. Then I found out a group started at 7 am to plan their days work- often out in the community. So much for clock watching.

Shed Attendance. It is pleasing to report after Covid and Suttons fire with subsequent shutdowns our attendance is now back to pre Covid levels with up to 37 people. The Shed is crowded and humming with lots of work and a smattering of good natured bantering.

New Shed. When Suttons eventually move to their new site, the land where we are located will presumably be sold meaning we have to relocate. Our search for funding for this move continues.



The Away Team repairing some woodwork and painting.



Daniel assembling old style wagons and lots of wagon wheels.



Sam with his new guitar.



Dave finally has a 1936 Lathe in the engineer's workshop.

The Kaiapoi Fire Brigade competition trailer ready for despatch. This was a major job requiring welding, rethreading of bolt holes and lots and lots of red paint.



Last day for 2023. BBQ with onions and mushrooms overlooked by our Shed flag.

Rolleston Men's Shed

Woodwork Section - the Woodwork section, has over the past 2 months, had a couple of playhouses taking up a section of the workshop. The first was delivered assembled, the second, build then disassembled for delivery and finally reassembled at the site.

Older Shed members - a number of our Shed members spent a day or so in hospital during the previous year. Most were for mechanical repairs (joints) but everyone of them has had contact pads glued on to their bodies and their hearts monitored. OK, but removal of the pads seems to delight the nurses and cause undue suffering for the Shed members. Hospitals have sachets of pad removal and a nurse might be able to find some if asked but the recommended action is to leave them on and remove them at home.

Buy **isopropyl alcohol**, at the chemist or Mitre10.

Various alcohols remove various glues, so for cleaning anything simply trying methylated spirits might or might not work, otherwise the correct fluid, **isopropyl alcohol**, will need to be used. The alternative is internal application of alcohol, whiskey, but a greater quantity is required, usually.

Computing – the 2D laser etcher, and 3D printer have had a good workout this past year and we fortunately have a member who is conversant with them and another as a backup.

The Shed still has plenty of desktop computers available for any Sheds or members.

Music – amongst the members are a few involved with music. One has built a guitar and is repairing one of his older ones. Another had a very cheap ukulele given for his daughter to learn on. Too cheap and not staying in tune. So? He is making one.

Recently being worked on is a **Repair Shop** type job. An antique rocking chair that had been in a family for many years has been dismantled and replacement parts are being made for it. One of the main broken pieces was a turned bar at the front of the chair. Here a replacement one is being turned.



Another job is typical of the type of thing the Shed gets involved with. Usually they are garden sheds but this is a greenhouse being assembled and then delivered.



Letter from the Feb / Mar 2024 (Issue 113) edition of The Shed Magazine

Dear Greg,

The bottom picture on page 75 of issue 112 of the magazine (*The Shed* December/January 2024) is of a very unsafe saw-bench.

To see what I'm on about have a look at:

<https://rollestonshed.wordpress.com/safety-switch-on-circular-saw/>

Basically, with all the H&S talked about these days, this should be mandatory.

Sandy Ferguson

Rolleston Mens Shed

The writer of *The Shed* "Table Saw Sled" article replies:

Table saws, while they have the capacity to cause serious harm, are not in my opinion inherently dangerous unless used carelessly.

In the Mens Shed blog post [mentioned] (<https://rollestonshed.wordpress.com/safety-switch-on-circular-saw/>)

they have come up with a clever way to turn the saw off. If I still had one of those saw-benches, I might even make that device. It was tricky to find the switch without looking; the best solution, though, would be a foot-operated switch similar to what you find on sewing machines.

My current vintage saw-bench is much safer than the Makita as it has a knee-operated off button, where you don't need to take your eyes off what you're doing to turn the saw off.

I don't like mandatory anything; I was taught to take responsibility for your actions (and mistakes). I've done stupid things, hurt myself, and learned from it.

These days, everyone has rights but not enough people take responsibility. Health and safety is about finding someone else – other than the idiot operating the machine – responsible for 'allowing' the accident to happen.

You can have all the health and safety systems in the world and extremely well-designed

equipment, but if it's used without care, then someone will get hurt. If the operator ignores good working practices, it's their fault.

True accidents are rare; most 'accidents' are the result of a series of bad choices, and, if enough occur, people can get seriously hurt or even killed. While [that is] tragic, the solution is not more regulation; it's teaching people to take 100 per cent responsibility for themselves.

Andrew Broxholme

Oxford Shed

We have been a busy shed since late last year, with a range of large and small projects.

A new double sided header sign which is 500mm high and 4 meters long for our local working men's club was badly needed as the original one was badly decomposed. It was decided that we would make the lettering from ACM sign board cut on our CNC machines and then glue and screw them to the slab of Macrocarpa they supplied. After a change in layout to make the sign standout better, a few hours were needed to draw and make the cutting files for the logo which was then sent to the CNC to cut using a 3mm cutter bit due to the fine tight cutting involved. After attaching the lettering, the slab was then coated with outdoor furniture and deck oil to seal and preserve it.



We have also finally got a start on the first batch of tables to be refurbished on behalf of our local council, this batch needs a complete renewal of all timbers ,the sanding ,priming and top coating the framework . Being in a public space we have had to be very aware of all the safety precautions to be put in place.

This programme of refurbishment is planned to be ongoing for a long period.



We have had a group of members making stock for our stalls at local events and there are a number of coffee tables and small items being made.

On the shed front we have increased our undercover spaces along the back of the shed to keep blocks for woodturning and the timber for our picnic table jobs ,next is the completion of a bin to be positioned outside the shed to put our offcuts in so the community can and help themselves ,doing this will free up space inside our small workshop so we can insulate and line it ready for winter.

Temuka Menzshed

Making lockers for the volunteer firemen at the big Fonterra dairy factory at Clandeboyne, just north of Temuka

Richard is Project Manager and hands on carpenter-joiner with plenty of willing helpers to call on. Lockers have been transported to Clandeboyne and at time of writing not in their final position so hopefully I can get more photo's of this very interesting project



Greetings to all of the MenZshed members from the Pegasus-Woodend shed with our latest news connecting us together. Summer is well in advanced in North Canterbury with some very hot days to contend with, and a few more yet to come. We are happy to be cruising at the moment, with our shed numbers starting to comeback to normal after the Christmas and holiday break.

Since our last newsletter the community job list has been a bit quieter with the lead up to Christmas. Our most notable and unusual request has been for a neighbourly fence platform. This is to allow a couple of young friends to communicate over the fence, saving them time on walking around the street to meet each other. Steve is one of our members who helped build the platform. He is imaging being on watch in the Titanic's crows-nest looking for icebergs; even though the temperature is about 28°C and he is in Pegasus, but you can never be too certain. Perhaps it is a case of in reality it's just my imagination running away from me.

Early in the New Year we attended the Lake Pegasus picnic day. It had a decent size vintage car display; a model radio sailing boat regatta; and our shed selling its wares. It proved quite a successful day for us, as our sales far exceeded all expectations, it has emptied our storeroom of manufactured goods, making way for more to be made. By attending these events you are never really sure what will sell, but this time we were lucky.



Since our last newsletter we have changed building insurers from Rothbury Insurance Brokers to Vision. When it came time to renew our insurance we were in the situation where Rothbury's had the intent of a massive premium increase with no extra support. They had virtually told us "here is the new premium, if you don't like it move on". By moving to Vision we kept our premium costs close to the existing Rothbury premium for the same cover. We saved ourselves a considerable amount of money and got an insurance company that at least had some heart if that is possible with insurance. So if your shed is covered by Rothbury, it may pay you to shop around before renewing your premium.

All of you take care, and look after yourselves
Steve Burleigh
Chairman

Region Five News

Otago and Southland

Alexandra

Our initial instruction was to forward a price to build what was curiously described as two chicken houses for the Alexandra waste disposal operation. However, on closer scrutiny, it transpired that the proposed build was in fact for two battery disposal kiosks, rather than occupation by chickens. It seems the confusion arose because the indicative picture provided as a template showed galvanised mesh door fronts.

The specifications were vague to non-existent comprising a single and poorly reproduced picture showing a few basic dimensions done by thick marker pen. Some long workshop discussions ensued to figure out the best way to tackle this job and finally, with that done we submitted a price which was quickly accepted.

The paucity of detailed design manifested itself in various changes being incorporated between the first and second versions as we figured out issues on the way through the build. However, on completion we stood back and afforded ourselves a pat on the back for a job we thought well done. Best of all though, the client was absolutely delighted with what we delivered. It doesn't get better than that!

Brian Taylor



Some of the building team plus a couple of extra's who wanted to be in the picture too. Left to right Ian, Alan, Les, Fish, Sam, and BT.



Taieri Blokes Shed



Getting ready for Christmas sales



Brian's work area

Region Six News

Tasman, Nelson and Marlborough

Invercargill

Hi MENZSHED NZ Members.

We look forward to hosting you in the deep south for the 2025 Menzshed National Conference next year.

Please find below a summary of our proposed Programme to be held in Invercargill from 4th to 6th April 2025.

We have just this week changed our dates, due to a clash of events that would have impacted the proposed programme, as well as some of our guest speakers.

This has also meant a change of our Accommodation provider – but for the better, as it turns out.

We will now be basing our Conference at the Kelvin Hotel, right in the heart of Invercargill's new CBD.

More details will be provided as our Programme is finalised. Some people, and costs, are not easily pinned down 14 months in advance.

At this stage we estimate the registration fee to be similar to previous Conferences, at approx. **\$150/\$160 pp** but we are pursuing various Sponsorships, which would reduce this figure.

Current prices for accommodation at the Kelvin Hotel (discounted for Conferences) are: **\$150 per room, whether single or double**. So if you share a room, that's \$75 per night each.

However, here is the big picture.

Friday 4th April - Afternoon:

1pm onwards - Early registration at MENZSHED Invercargill, 55 Liddell St.

For those flying in, we will arrange transport from the Airport at \$10 per person.

Have a look around our Shed, with a cuppa and nibbles provided, and then a chance to walk into Invercargill's CBD, which is just around the corner !

Our Shed members will direct you - a chance to see the new CBD, Motor Cycle Mecca, Art Gallery, Shops etc

4pm - 5pm – Transport to your accommodation. Registration will continue at the Kelvin Hotel.

Social hour in Kelvin Hotel facilities.

6.30pm - Meet & greet /official welcome (National President, Conference Committee etc)

7.00pm - Dinner – buffet.

Saturday 5th April:

9.00am – Bus tour around Invercargill, visiting various sites of interest to Sheddies

10.00 am - Women's programme commences. Bus leaves from accommodation.

Ladies programme for the day includes gardens/ art visits, new Central Business shopping centre including lunch at a different venue, Queens Park and chocolates and coffee, (Seriously Good Chocolate Company) <https://seriouslygoodchocolate.com/>

12.30pm - Mens' bus returns to Kelvin Hotel for lunch.

1.00pm - Kelvin Conference Centre:

Theme – **Here, Now, & into the Future.**

Speakers, topics of interest etc.

Health & Safety

Mental Health

Invercargill Charity Hospital

Funding

Plus other topics to be confirmed

4.30pm Session ends - Dress for dinner etc

5.00pm Depart for HWR Transport Museum (world-famous, Richardsons Transport)

Guided tour of vast Truck Collection World (Possibly one of the largest collections of trucks, vintage machinery and cars in the world), owned by the family of late Bill Richardson. Cash bar provided.

<https://www.transportworld.co.nz> followed by dinner in the Conference Ball Room.

7.00 pm - Drinks & Dinner.

Programme to be finalised – Guest Speaker.

10.00/10.30 pm - Return to Kelvin Hotel

Continue Social time.

Sunday 6th April:

9.00 am - 10.30am Kelvin Hotel Conference Room

AGM

10.30am Open Session – Q & A time.

Close of Conference.

After the Conference closes, we hope many of you may wish to stay on and see more of the Deep South.

Information will be provided on a variety of options.

Eg. - Bluff/ Riverton

Motorcycle Mecca

Stewart Island

Southern Lakes – Te Anau, Monowai etc.

The MENZSHED NZ National AGM

The MENZSHED NZ national AGM will be held using Zoom Webinar on Saturday 4 May at 7:30pm.

During March a draft agenda and nomination forms will be distributed to member sheds.

During April, familiarisation sessions will be held with the webinar application.

Inquiries? Please contact Roger Bowman, Secretary, secretary@menzshed.nz

Next Newsletter

The next newsletter is due for publication at the end of May 2025. The deadline for articles for that newsletter is **Friday 24th May 2025**. 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 limited article to around 200 words.

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

Send articles to **support@menzshed.nz** Cheers Garry Bryant Support Services and Editor



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 237 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.

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/



WORKSPACE LED LIGHTING