

NZ Mens Sheds News

May 2025 Edition

The official newsletter of



A word from the National Chairman

Let me give everyone an update from the AGM held immediately after the Conference in Invercargill (which will be covered elsewhere).

People first:

I would like to thank the outgoing national exec members and welcome the new, incoming ones.

Special mention must go to Ian Miller, outgoing Region 5 (Otago and Southland) Representative. Ian started Taieri Shed – the first one in the South Island - 17 years ago and has been Regional Rep for the last 7 years so has well and truly “done his bit”. He has always been the steady hand on the tiller in the background of the National Exec and I personally have been very grateful of his wise counsel, particularly over the last year. Most telling perhaps was that he was not happy about handing over the reins until a suitable successor came along, which he most certainly did in the form of Peter Bailey, Operations Manager of Invercargill shed and yes, conference organiser; “If you want something done, give it to a busy person!”.

Roger Bowman from Waimea shed is another long serving member of the exec and has just completed his second stint as Secretary, doing a great job in some fairly challenging times. He will be succeeded by Neville Jamieson from Paeroa Shed.

Some other organisations give each other awards for the kind of service that Ian and Roger have selflessly given to Menzshed NZ but I think it’s great that in our best understated Kiwi way we are not in it for awards and we can just acknowledge it with a quiet “thanks; good on yer mate!”.

David Atkinson has done a great job as Treasurer and will be ably succeeded by Garry Bryant from Auckland Central and Cambridge Sheds, for whom he is already Treasurer.

Two regional rep roles which were previously vacant were filled either before or at the AGM:

Brent Russell from Auckland Central Community Shed will look after Region 1 (Northland and Auckland).

Nigel Young from New Brighton shed will look after Region 4 (Canterbury and West Coast). Nigel will be ably assisted by John Cook from Timaru shed and Simon Burgess Shaw and Russ Aiton - both from Mawhera Menzshed on the West Coast.

So, Region 4 has gone from a famine to a feast in terms of Regional Rep support and for the first time since I can remember we have a full roster on the National Executive.

The AGM on Sunday morning - minutes to be circulated later - was always going to be interesting, particularly in regard to the \$5 per capita motion moved by Akaroa shed and seconded by Halswell shed.

The motion – with a couple of amendments to clarify timing (it will take effect from our next membership year so from 1 Jan 2026) - was carried by a clear majority so you may see your own shed's subs increase slightly in line with that.

I explained to those present at the AGM and will repeat here that the national executive's plan going forward is to consider the opinions and requests shared in last year's member survey and based on those and our own ideas to come back to all member sheds with a proposed strategy and budget (based on the \$5 per capita) for next year; calendar 2026. This will be circulated to all sheds and feedback will be sought. We have already started this process with a planning session amongst the outgoing board and those incoming members able to join us, held immediately after the AGM on Sunday afternoon.

As for the balance of 2025, for which subs remain unchanged at \$25 per shed, thanks to the generosity of the Selwyn Foundation we have the funding in place to visit sheds and hold hub meetings in pursuit of the 'deliverable' of holding a Men's Health Expo – or the next best thing – in every shed by the end of the year, plus of course whatever else we can help sheds with.

By now all sheds should have received the Men's Health Expo "how to" booklet produced by Publications Officer Richard Cato.

Please put your hand up to help with the planning and running of your own shed's health expo or event.

If you are in any doubt about their benefit then please consider that at the Men's Health Expo that ran on the sidelines of the conference in Invercargill, out of 73 people tested:

only 18 (so 25%) were either "ideal" or "normal"

41 (56%) were high and asked to monitor their BPs over time

11 (15%) were advised to visit their GP for further testing

3 (4%) were asked to see a health care provider WITHIN THE NEXT DAY

Which really begs the question: "Are you feeling lucky, punk?"

So, as I see it:

a great conference at which I feel we came of age in terms of recognising our key object of men's health
a robust exchange of ideas at the AGM we are in good shape at both shed and national exec levels
the national exec has a full team who are ready and keen to explore the various possibilities to grow and assist member sheds going forward.

I'll leave you with a couple of quotes I shared at the AGM which as volunteers you may find of interest:

"I've learnt that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back." Maya Angelou, American poet.

"Service to others is the rent you pay for your room here on earth." Muhammad Ali.

Please support those who volunteer their time and effort to run your national organisation.

Happy shedding! David Broadhead

Conference 2025 face to face

Men's health and wellbeing a key focus at 2025 MENZSHED NEW ZEALAND conference in Invercargill

MENZSHED NEW ZEALAND members were treated to true Southland hospitality during their three-day, bi-annual conference in Invercargill recently. 'Sheddies' and their wives/partners descended on the city for the event organised by the Invercargill Men's Shed, with the Kelvin Hotel providing an ideal venue.

Highlights of the conference which ran from 4 – 6 April included visits to key local sites such as the Invercargill Men's Shed (which included a demonstration by Carbatec of their "Sawstop" machine), Niagara Timber, E Hayes (home to "The World's Fastest Indian") and Fi Innovations. The wives/partners enjoyed a bus tour which included The Seriously Good Chocolate Factory and Folster Gardens where they had lunch.

A central feature of this year's gathering was the Men's Health Expo, an initiative designed to bring vital health information directly to Shed members in a welcoming, informal setting. Attendees had access to free health checks and advice from major health organisations including the Heart Foundation, Prostate Cancer Foundation, Hearing Southland, Alzheimer's Society and Diabetes NZ. The event also included presentations by Well South PHO, mental health expert Zac Kim, and retired surgeon and Southland health champion Murray Pfeifer, as well as a talk by Work and Income NZ on how they can be of assistance to seniors.

MENZSHED NEW ZEALAND has plans to expand the successful Men's Health Expo model across its national network of 136 sheds, with support from registered charity The Selwyn Foundation.

The keynote speaker after the buffet dinner on Saturday evening was the genuine Southland bloke Keith Neylon. Keith, a veteran of New Zealand's primary industries and author of A Touch of Madness, provided the evening with tales and anecdotes of his life to date.

The conference event included the MENZSHED NEW ZEALAND AGM on Sunday morning, giving members an opportunity to carry out the business of their organisation.

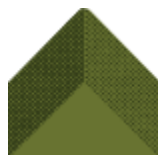
MENZSHED NEW ZEALAND would like to acknowledge its sponsors: E Hayes, Invercargill Licensing Trust Foundation, CARTERS, Carbatec, Go Bus and Rothbury Insurance Brokers for their assistance in organising what was a highly successful conference.

Pictured at the conference event are:

From left: Peter Bailey (conference organiser and Operations Manager of the Invercargill Men's Shed), Southland Town Crier Lynley McKerrow, and David Helmers, Chief Executive of the AMSA who was guest speaker at the opening of conference.



The Men's Health Expo attracted great interest from conference attendees.



**AUSTRALIAN
MEN'S SHED
ASSOCIATION**
Shoulder to Shoulder



Reminder from the National Secretary

Newsletter Distribution

Quarterly distribution is reliant upon individual shed secretaries emailing the newsletter to sheddies. We're keen for that to continue, in addition to hosting them on our website and the sheddie forum Facebook page.

We have just launched an opportunity for sheddies to register their personal contact information online, for immediate newsletter distribution to their personal email address.

Here's the website link <https://menzshed.org.nz/newsletters>

The National Newsletter is always an interesting read particularly in the smoko room, and many sheds choose to print and display it in other common areas or on notice boards for all members to enjoy!

Here are some tips for printing efficiently:

- 🖨️ Print in black & white to save on ink
 - 📄 Use double-sided printing where possible
 - 📏 Scale to fit to page for better readability
-



From Richard at the
Publications' Desk



publications@menzshed.nz



MENZSHED
NEW ZEALAND

Fostering Wellness
Together

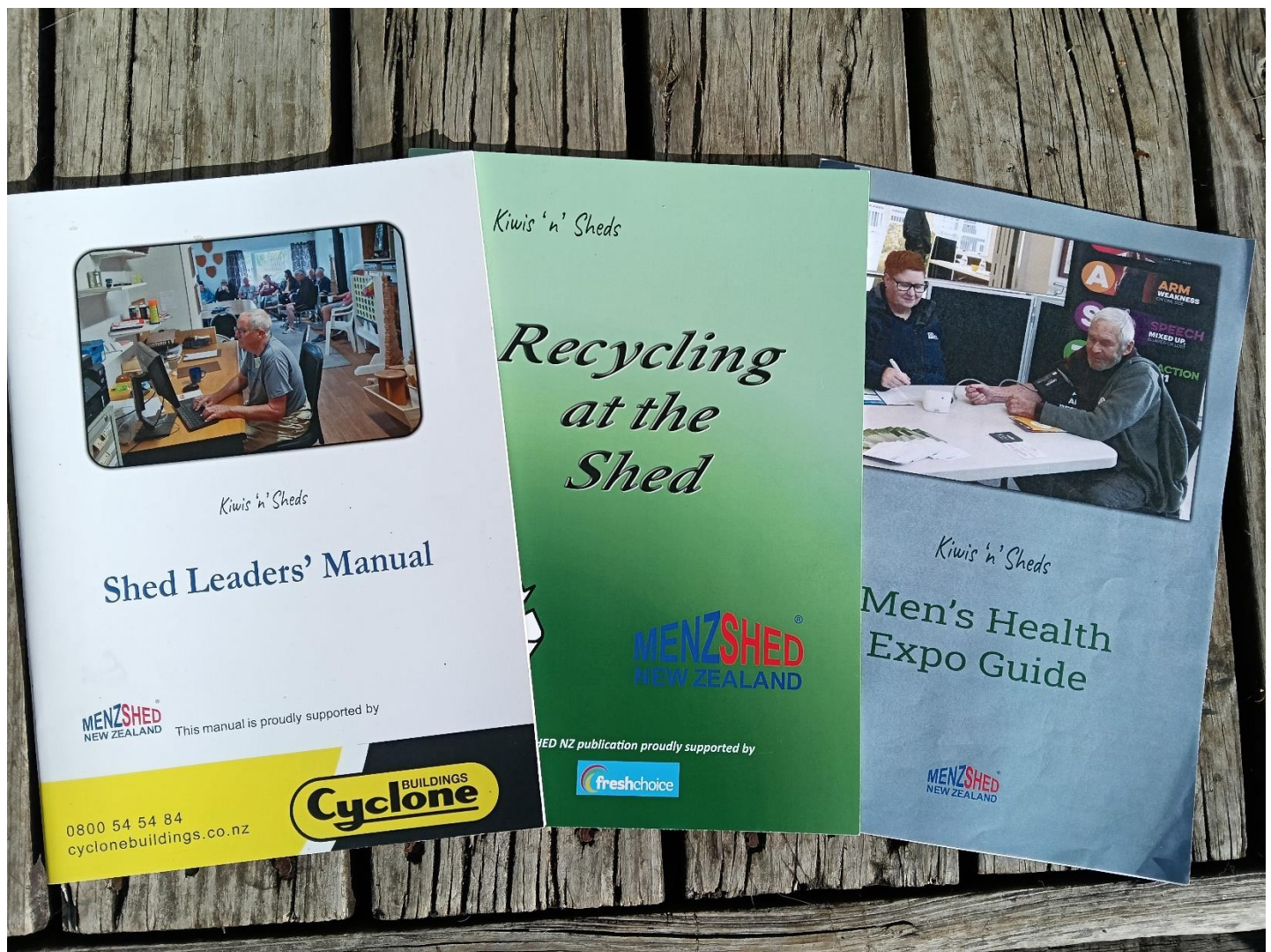
Please support our Kiwi 'n' Sheds sponsors



By now all member sheds should have received hard copies of the first three publications produced and distributed by MENZSHED NEW ZEALAND.

Please ensure they are circulated round the members in your shed, and it's always good to have a copy on the smoko table. We are looking into having each of the publications available to read on the national website, in the meantime men work better hands on, so, give him a book to read.

Keep an eye out as there are more to come,



Region One News

Northland and Auckland



MenzSheds' provide a space and equipment where men can work together with a common goal and have a strong sense of purpose, and companionship.

Carbatec are proud to have supported the MenzShed in New Zealand helping prevent isolation and boredom in men for the last decade!

During that time, in consultation with the MenzShed, Carbatec have supplied more than 80 individual MenzSheds with woodworking tools and machinery. We are happy to consult with members on the choice, operation and safety of our machines. If you have any questions – either for MenzShed purchases or your own – please feel free to talk with our experienced team either in store or by phone.

You can get an overview of what we supply by looking at our Product Catalogue:

<https://www.carbatec.co.nz/blog/58-2025-product-guide>

The other way in which we support the MenzShed is financial - through sponsorship of the MenzShed Conference and contributions to the MenzShed when making a purchase of Woodworking Tools and Machinery for work within the Shed to help the community and raise funds for the MenzShed.

On a personal note, it was a pleasure to attend the recent conference in Invercargill and to meet many of the Shed members and listen to what they have been making in their MenzSheds around New Zealand.

The work varied from rodent traps, raised gardens to huge bookcases and everything in between - but it all benefited the community in which the men lived and helped to raise money for the Shed.

Happy Creating to you all!

Grant and the team at Carbatec



MENZSHED New Zealand is pleased to endorse Carbatec and thank them for their ongoing support.

Region Two News

Waikato, Bay of Plenty and Gisborne



We visited the Menzshed in Whakatane

It was very interesting to see their solutions to some of the same things we have, and we have

certainly, taken away a lot of good ideas.

We particularly liked their dust extraction system, and with high stud and cross ventilation the shed was a great environment to work in.



We brought away a scale model of the Endeavour which is being restored by Mike.

Thank you to Peter and the guys there who made us very welcome, and we look forward to you visiting us in Te Puke.



And more happening at our own shed;



A lasting symbol of gratitude and love

In a heartfelt tribute to a beloved friend and community member, Megan Jeffcoat has honoured the memory of Beverley McGuire with a gift that embodies the warmth and care Beverley both gave and received in her final years.

Beverley, a very close friend of Megan's, spent her last couple of years living at Pohlen Hospital, where she became so much more than a resident. She was adored by staff and treated as one of their own. Her passing was deeply felt throughout the hospital.

Wanting to give back to Pohlen and create something lasting in Beverley's memory, Megan approached Wayne Anderson at the Matamata Men's Shed for ideas. The pair considered restoring the existing lunch table used by staff, but Wayne quickly determined it was beyond repair. Instead, he proposed something better - a brand-new table built from scratch.

With full support of the Men's Shed members, the project soon became a collaborative labour of love. "Everyone was very keen to get busy and really put their all into it," Wayne said. "It was a nice way to honour such a loved friend, but also a chance to give back to Pohlen for their outstanding care."

Matamata Timber & Hardware significantly discounted the materials which resulted in a three-way contribution between Megan, the Men's Shed, and the locally owned and operated business.

Due to its size, the table was constructed in parts and assembled on-site at the hospital's outdoor staff area. The finished piece features thoughtful design details including a Lazy Susan engraved with the words "Have a coffee with Beverley," inviting staff to pause and remember her.

Megan was overwhelmed when she saw the final result. "The design is fantastic," she said, also highlighting the separated seats that allow easy access without having to climb over them. "It was

quite emotional seeing the project complete and, honestly, Beverley would have been tickled pink."

The table took two weeks to complete and now stands as a functional and heartfelt memorial.

For those who cared for Beverley, and for all who sit and share stories around it, the table is more than just a place to rest - it's a lasting symbol of community, gratitude and love. ■ Caron Stewart.



ABOVE: Pictured with Megan Jeffcoat and her two and a half year old granddaughter Addy at the table, are Matamata Men's Shed members Wayne Anderson, Des Partington, Wayne Haggart, Cliff Heywood and Ron Hatton.

Region Three News

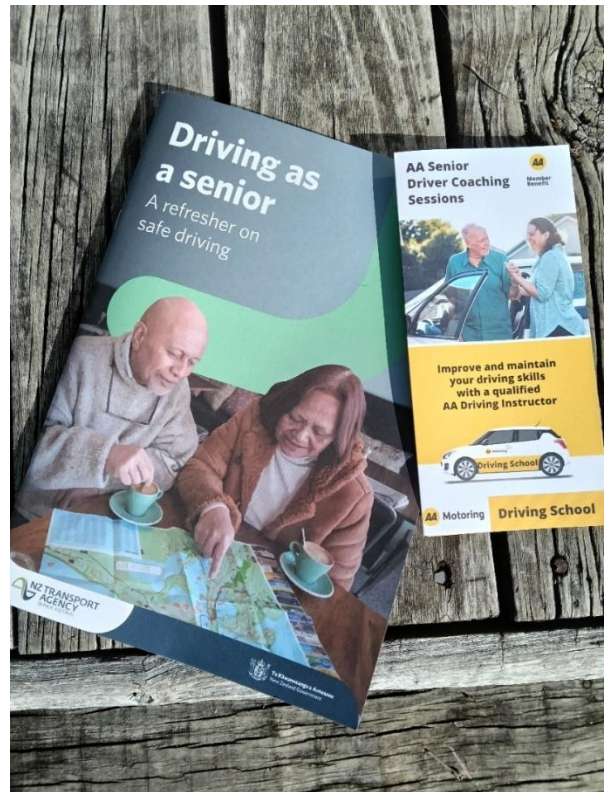
Taranaki, Manawatu, Whanganui, Hawkes Bay and Wellington



We have just had the Automobile Assn. come to the shed and give a talk about the process, requirements, checks etc. for seniors to renew their drivers license, they also walk through these publications (pictured right) and how getting a refresher is great for our confidence behind the wheel.

They also covered the pros and cons of getting your photo on your Gold Card. If you want it done its free at the AA.

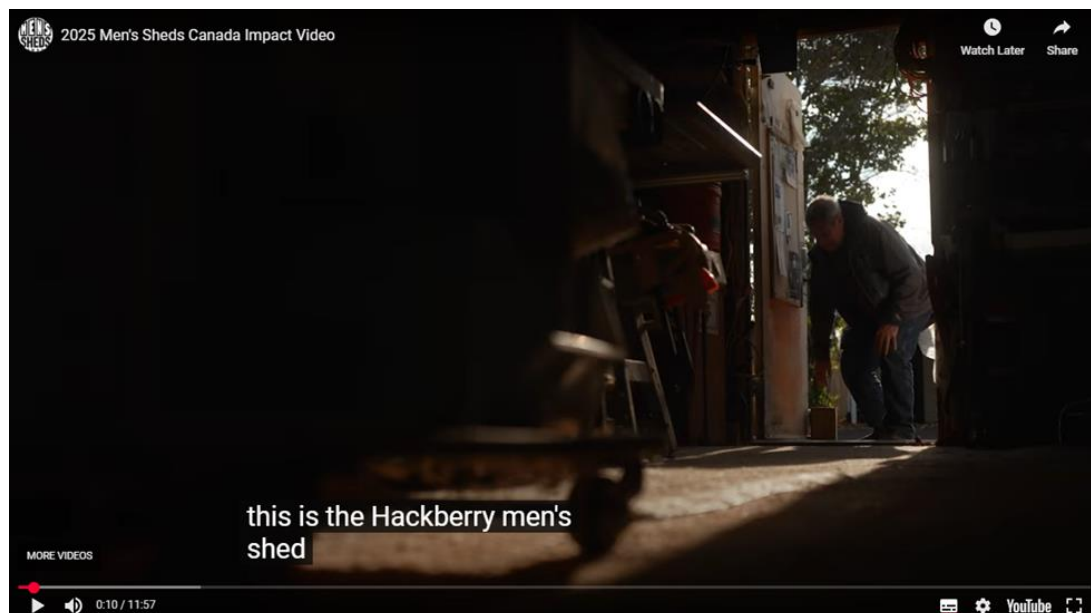
If you can't get someone to come to the shed to give a talk, then get hold of NZ Transport Agency and have them send a box of the "Driving as a Senior" book for all the blokes.



Sharing the love around the world 🤗

Thank you Canada 🇨🇦

<https://www.youtube.com/watch?v=s7OEbPrMCC4>





Profiling the New Plymouth Menzshed

This Taranaki Menzshed was on the verge of closure in 2019, but now, thanks to a small, dedicated team, it is flourishing like never before.

“The Menzshed is fully functioning – to capacity, in fact – but when Phil reactivated his membership five years ago, it was on the verge of closing.

At the time, just four men were meeting twice weekly. Phil had taken a rain check to be a dad to Ivy, but when she was starting preschool, he had time to give.

“The call went out to the membership, whether the shed should go into recess and restart at a later date, which we all know is usually the end of things,” Phil said.

The New Zealand Community Trust gave the Menzshed funding for the position, and Phil started co-ordinating at 10 paid hours per week. He and the members quickly got the shed back into a functional state, tidying up, organising the space, doing maintenance on machinery, and teaching people how to use machines safely and correctly.”



Region Four News

Canterbury and Westland

Rolleston Men's Shed

First Aid

The Rolleston Men's Shed has a 3-page document available for Sheds, a PDF of "First Aid Procedures (non-injury)".

It lists recommended things to do when a Shed's member has a cardiac arrest or a similar event.

There is a recommended list of items that a Shed should have and a copy of the 3-page article is available to any Shed that wants a copy.

HUB Meeting

The Rolleston Shed hosted the first Canterbury region HUB meeting for 2025. 14 Sheds were present with 64 members. A poor weather forecast turned out to be a good day.

Woodwork

There are always chairs being repaired in the Woodwork section. Dining, lounge and anything else to sit on. Though not wood, woodwork lathes are used to make pens. A collection of bottle tops, number 2 plastic, has been made again. These are melted down and made into small bars and turned on a wood lathe to make pen bodies. The colours are mixed so each pen has an interesting streaky colour.

Advertising the Shed

The Shed now has a display at the local library, in a glass case, with items that have been made at the Shed. Another way the Shed is advertised is a article in the local free monthly newspaper. It will include a picture of something the Shed has done. From this we get jobs to do and offers of "retired" tools.

Music

A couple of members have been making instruments. One had a ukulele for his daughter but being plastic, it was of very poor quality.

He is now a good way through making one. The other instrument is a guitar. The shorter the better if travelling so the winders are in the bridge.



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Region Five News

Otago and Southland

E Hayes and Sons are an iconic Invercargill store which has been a cornerstone of the Southland community since 1932.



But their story goes back a lot further than that!

The journey began in 1851 when Ernest Hayes was born in Warwickshire, England. After completing a five-year apprenticeship as a millwright and engineer, Ernest, his wife Hannah and infant son Llewellyn, immigrated to New Zealand.

Initially working as an engineer in Central Otago, Ernest soon embarked on a venture of his own. In the late 1800s, he founded the Hayes Engineering Works in Otuhua.

It was here that Ernest's inventive genius led to the creation of a series of groundbreaking farm implements, many of which are still in use today, both in New Zealand and around the world.

His first major invention was the Pollard Rabbit-poison Cutter, followed by the iconic Hayes Permanent Wire Strainer and the Parallel Jaw Wire Strainer. These innovations marked the beginning of a legacy.

This was truly a "Do-It-Yourself" era, and the success of Hayes Engineering was driven in part by Ernest's wife, Hannah. She courageously rode her bicycle across the harsh landscapes of the Maniototo Plains and Mackenzie Country to personally sell these inventions to local farmers.

In the early 1900s, Hayes Engineering Works built the largest windmill in Australasia to power their factory. Standing 18 meters tall with 6.5-meter sails, the windmill was constructed lying down before being raised into place. To this day, no one in the family knows exactly how it was achieved — perhaps an intriguing project for a future MenzShed?

The business continued to grow, and by the 1930s, Irving Hayes, one of Ernest's ten children, moved his own family to Invercargill, where he founded E Hayes and Sons as general hardware merchants in 1932.

They rented premises in Leven Street from the Railways Department for the modest sum of 28 shillings and 6 pence per week — about \$2.85 in today's money. Remarkably, the rent stayed the same for the next 24 years, unlike today's rental market!

In 1956, E Hayes and Sons began expanding the business, firstly by constructing a brand-new building at 168 Dee Street. Further growth followed into two adjacent buildings in 1977 and 2011, increasing the retail space to more than 6000 square meters.

Today, E Hayes and Sons is a fourth-generation family business, servicing industries, trade customers, and the general public across a wide range of retail categories.

These include hardware, paint, homeware, giftware, outdoor power equipment, and apparel. The business also features an on-site Columbus Coffee Cafe.

With a dedicated team, many of whom have a long-standing history with the company, E Hayes is proud to be affiliated with Hammer Hardware and the TradeZone Industrial Group. This allows them to cater to both the specialist industrial market and home users.

But there's more.

While E Hayes retail range alone is probably more than enough to excite our MenzShed members - there is much, much more to discover in this remarkable store.

The Hayes family's passion for innovation and motor racing is on full display at the store. Over the years, family members have each amassed an impressive collection of over 200 classic, vintage, and modern motorcycles, automobiles, engines, and unique memorabilia. Known as the E Hayes Motorworks Collection, this eclectic assortment is displayed throughout every department in the store, adding to its unique charm.

A highlight of the collection is the legendary 1920 Indian Motorcycle, which was modified and ridden by Burt Munro to set his historic speed record at the Bonneville Salt Flats in 1967. Burt's story was immortalized in the 2005 film 'The World's Fastest Indian'. The Hayes family's close friendship with Burt Munro until his passing in 1978 has led to a rich collection of his personal racing memorabilia, which is also proudly displayed.

E Hayes and Sons is thrilled to sponsor this year's MenzShed National Conference in Invercargill and is excited to welcome attendees to explore the store, where they can discover the rich history and unique products that have made this family business internationally renowned.

Debbie Hodges, General Manager

Region Six News

Tasman, Nelson and Marlborough

YOUR SHED SNIPPETS AND ARTICLES MATTER TO OTHERS

So, you will have seen from the responses that came in from the 74 sheds that did the online survey that National communications & Newsletters ranked 4th highest of what shed members want from the National Body.

Every shed has a unique story to tell – whether it's a special project, an inspiring member, other blokes want to hear about it. We'd love to highlight the great work happening at your shed.

Send us your stories and we'll share them in the quarterly national newsletter. Email to – support@menzshed.nz



A Sheddie from the south shared something we should all be able to relate too:

Recently I was given an appointment for a colonoscopy and was very apprehensive about the preparation of internal cleansing and the procedure itself (having had bladder cancer some years ago).

I mentioned my fears to some folk at the Shed and found to my surprise, that three Sheddies had had the same procedure – they talked me through it and gave good advice on pain management so that the process was straightforward.

Based on all that, I was able to take a colleague through the same process a fortnight later.

It pays not to be shy about these things.

Good on yah mate!

A number of our member sheds have been enquiring about Eftpos for the shed, here is a special offer from Eftpos New Zealand, to learn more contact Vincent Brown at the email address in the advert. Editor



MENZSHED NEW ZEALAND



MENZSHED EXCLUSIVE EFTPOS NZ OFFER!

- Terminal + support only \$25 +GST per month! (based on 36 month term)
- First 12 months FREE!
- 24/7 / 365 phone-based technical support
- Verifone network charge \$15 + GST per month

* Mobile SIM data can be provided for a fully mobile terminal from only \$5 per month

**12 MONTHS FREE!
TERMINAL RENTAL!***

To take advantage of this offer get in touch with Vinnie by clicking the email below

 vbrown@eftpos.co.nz

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MENZSHED NEW ZEALAND is not responsible for the actual wording used by submitters, nor are we endorsing products or services of advertisers, unless that statement accompanies the offer.

We do welcome feedback from sheds on their experiences so we can share that information with others.

Editor

Next Newsletter – August 2025

The next newsletter is due for publication mid-August 2025. The deadline for articles for that newsletter will be 5th August 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 easier to work with. Please limited article to around one or two maximum A4 page/s.

Please do not send your whole shed newsletter, as I will only publish single articles sent.

Send articles to support@menzshed.nz Cheers John Bush Support Services and Newsletter Editor

SPEED CAMERA

Breathtaking bravado foils speed camera



QC received a very amusing although naughty e-mail from a spy at the Department of Transport this week. Our mate informs us that four youths from Canberra recently pulled off a trick of breathtaking bravado to gain revenge on a mobile speed-camera van operating in the area. Three of the group approached the van and distracted the operator's attention by asking a series of questions about how the equipment worked and how many cars the operator would catch in a day. Meanwhile, the fourth musketeer sneaked to the front of the van and unscrewed its number plate.

"After bidding the van operator goodbye, the friends returned home, fixed the number plate to the car and drove through the camera's radar at high speed — 17 times," our transport spy writes. "As a result, the automated billing system issued 17 speeding tickets to itself. Go Aussies!"

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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/