

## NEWSLETTER 41

AUGUST 2025

Now we are truly in the middle of winter – and just when you thought that Spring was just around the corner.

As usual I continue to be amazed at the resilience of our Sheddies when rubbish events happen and then amazed at the application of skills to resolve the problem. An example of this occurred after our recent break in. What else could we do to minimise the risk? We are looking at more lighting outside and this would assist with clearer images on security cameras but comes with a cost. Several members researched a method of making the padlocks difficult to access. There are market products, but they all require \$\$\$\$\$. So ..... bright sparks have come up with a design. It needs a sheet of metal (\$5 from local metal recyclers), cut up and welded into four lidless boxes, each welded onto a container door upside down, so the padlock is inside. Seems pretty genius – we all await to see if this is effective. We are looking to replace the three stolen Shed items, and one member has offered to replace the water blaster, which will be much appreciated.

Several of our Sheddies have been involved in coastal planting around Motukaraka Point, Grays Road, Pauatahanui. This initiative is driven by Plimmerton Rotary and has involved volunteers in the two events so far. There is one more event to come and you may like to consider joining us on Sat, 6<sup>th</sup> September at 12 noon for a couple of hours, followed by sausages etc. from Bunnings. What a great investment for our harbour and our future generations. More on this later.

One community project at Porirua East School which involved fitting out a container for sports gear has finally been completed. Thanks to Ian for meeting this need.



*Skate Board racks, Scooter racks, hooks for crash hats and plenty of useful shelving wrapping around it all.  
Let's hope the kids can keep it organised!*

The blocked drain drama has been solved – whew! Apparently, the root blockage problem was similarly solved 20 years ago – who will be around for the next ‘event’?

Chris G continues to support WELLfed in Porirua East, an effective community charity. He has fitted a vice to a workbench, is making a mobile base for a drill, and is about to start making access ramps. As an accomplished dumpster diver he is collecting timber for Arthur’s sharpening blocks and also Brett’s planned Jenga sets and building blocks.

Thinking of community: 2025 is hurtling by so it is time to think about making toys for a Christmas charity. Our distributor is WCA (Wesley Community Action) who work with families in Porirua East. Brett has begun to construct profiles for future toy construction so we should extend our gift range this year. Expect a bit of nagging!

Our co-sponsored gardens have a heap of new seedlings, but growth is very slow at these temperatures. We may give the garden a rest for a week or two. The gardeners will have to solve the problem of justifying the ‘post work’ coffee and cake. Steve C, who looks after the germinating pods under LED UV lights in Shed 3 is keen to know what seeds he could germinate for members’ gardens, as well as our Food Bank gardens.

Thank you, Paul K for all your work cleaning out our gutters. It’s a dirty and tricky job but helps preserve our buildings. It was disturbing to note the photos Paul took of the rust on the roof – especially on the edges where there is obvious deterioration since we last looked at it. We may need to look at extending the repairs we have already carried out. We love our site and want to keep it physically viable.



*Unfortunately, much of the roofing is on its last legs so we’ll need to do some temp repairs to keep it alive.*



Graeme D has completed a rejuvenation of an 'old-school' rocking horse. She looks beautiful, new eyes and all. Graeme says she is a 'her' because the mouth is open. We now need an appreciative home for her – any ideas?



Recently Mark held a demo session on spindle work on the wood lathe. The audience was most attentive to the whole session demonstrating a few of the endless possibilities of wood lathing. We have reapplied for a grant for another wood lathe to make lessons viable. The wood lathes are used regularly by more members, so this part of Shed activity has an increasing profile.



*Mark leads a spindle turning demo masterclass while Brett admires a test piece*



We are planning a “Men’s Health Expo” for Saturday 29<sup>th</sup> November, to coincide with *Movember*. We dissolved the previous plan after we discovered that another local group was planning a similar, but different, Health Expo on our proposed date. This group, Ora Toa, is keen to co-host a men’s event with us so we have booked the Performing Arts Studio at Pataka. They have access to health professionals we’d like to invite so it should be a win-win for both of us. Shared community collaboration also enriches the parties involved. The event will be relevant to all men (but all others are welcome) so mark this date on your calendar. Pataka is a great site – lots of weekend foot traffic and a café next door.

And while we are on the theme of health, we should remember why the MenzShed movement began: it was to improve the state of men’s mental health (therefore also physical health). We are not just there to make sawdust! (Quote MenzShed NZ newsletter). The absolute plank of this is experiencing, and maintaining, HAPPINESS.

While we’re talking ‘happiness’ have you noticed that our shed has recently gone to the dogs...



Paul and Cleo



Mark and Benson



Bill and Rosie

To close (more ‘happy’ stuff):

The following points were gleaned from (clinical psychologist) Karen Nimmo, a columnist in *The Post*. A client came up with her own list:

*“Here’s the list she gave me, which stacked up with research, science and everything I’d learned about happiness. It still does.*

- *Good friends – and even just daily connection.*
- *Being helpful – contributing to the lives of others.*
- *Making things – tapping into your creativity takes you out of your head and away from your own problems.*
- *Bright spots - things to look forward to, tomorrow, next week, next month and next year.*

- *Interesting work – gaining a sense of meaning from your work or volunteer activities.*
- *Feeling OK about everything – including yourself.*

Perhaps these points are important enough to share with our kids and grandkids.

Last thought – has anyone seen the grey vacuum cleaner? It seems to have gone walkabout.

**DATE TO NOTE: Saturday 6<sup>th</sup> September Planting at Motukaraka Point**

Look forward to seeing you at the Shed.

Your Committee.

Some amusing quotes from (sneakingly photographed) cards in a Greytown shop recently.

I want to lose weight, but I don't want to get caught up in one of those **Eat less** and **Exercise** scams

I finished my 14-day diet in just half a day.

I started with **NOTHING** and I **HAVE MOST OF IT LEFT.**

Having a colonoscopy wasn't the most fun I've ever had, **BUT** it was way up there.