

NZ Menz Sheds News

May 2026 Edition

The official newsletter of



Welcome to the May 2026 edition of the MENZSHED NZ newsletter.

I have taken responsibility for this newsletter but as I am also the Treasurer and part of the Executive team my time is limited.

The Executive now asks for your help with future newsletters. They are published every quarter; February, May, August and November. It takes a couple of days to put together using MZ Word. If you would like to be the Newsletter Editor, please let me know by emailing me at treasurer@menzshed.nz.

Garry Bryant

I reproduce the outgoing Chairman, Dave Broadhead, AGM address. He has summarised his time as Chairman and highlighted the lack of financial support from today's Government.

MENZSHED NEW ZEALAND

Chairman's Report – 2025 (for 2026 AGM)

David Broadhead, Chairman

PART ONE: SUMMARY OF THE YEAR

2025 was a year of solid progress for MENZSHED NZ, while also reinforcing some important realities about how we operate as a national body supporting independent member sheds.

Profile, Partnerships and Progress

A major development has been the strengthening of our relationship with the Selwyn Foundation.

Their support has enabled:

- Completion of national research into the health and wellbeing impact of Sheds
- Increased regional engagement to promote men's health events
- Planned improvements to our website and brand

This represents a significant step toward raising the profile of the movement nationally.

Pio Research Report – Delivered and Launched

The research led by Emeritus Professor Edwina Pio was completed, published in June 2025, and launched during Men’s Health Week at Hibiscus Men’s Shed. It is now available to all member sheds via our website.

The report provides New Zealand-specific evidence confirming that sheds:

- Significantly reduce loneliness
- Improve mental wellbeing and resilience
- Provide purpose, connection and a sense of belonging

For many members, the shed is described as “a reason to get up in the morning,” and in some cases quite literally a lifeline by preventing suicide.

This research is an important step forward in demonstrating the value of sheds to potential partners and funders so please use it.

Men’s Health Initiatives – Progress and Reality

The Men’s Health Expo initiative has delivered excellent outcomes in some areas, with strong attendance and engagement.

However, overall uptake across the network has been mixed.

If we discount events organised by Regional Representatives in their own sheds, the number of independently organised events remains relatively small.

With a positive lens, it is encouraging that health-related activity is now more visible in some sheds. However, this experience reinforces a key point:

MENZSHED NZ can encourage—but not direct—member sheds.

Understanding the Shed Context

All sheds already deliver significant health benefits simply by:

- Opening their doors
- Providing companionship and connection
- Giving members purpose and routine

Given the pressures many sheds face—often struggle to fill day-to-day roles—it is entirely understandable that additional initiatives may not always be prioritised.

Funding Reality

A recurring challenge is that we may, to some extent, be victims of our own success.

From a funder’s perspective:

- Sheds are already delivering clear benefits
- MENZSHED NZ has to date achieved progress with minimal funding

This makes it difficult to secure funding for core activity alone—no matter how valuable that activity is.

Funders typically seek:

- Additional, visible impact
- Defined programs and measurable outcomes
- Reporting and accountability

In short, there is no such thing as a free lunch.

In this context, the support from Selwyn Foundation has been both generous and pragmatic. It is fair to say that many funders would have expected more in the way of measurable output and reporting.

Regional Engagement

MENZSHED NZ continues to support sheds across a wide range of circumstances.

Regional Representatives experience the full spectrum of engagement:

- Some sheds are welcoming and appreciative
- Others—thankfully in the minority—can be less receptive

Recent matters, including the introduction of the \$5 levy (moved and seconded by members and implemented by MENZSHED NZ on behalf of members), have not helped in this regard.

Like many sheds, the national body experiences the dynamic where:

- Supporters are often quiet
- Critics can be more vocal

This can be challenging in a volunteer environment and requires resilience from those serving.

PART TWO: BIGGER PICTURE OBSERVATIONS

1. Authority and Autonomy

MENZSHED NZ is a membership organisation of independent sheds.

As set out in our Constitution:

MENZSHED NZ “will not have any direct control or responsibility for any individual Men's Shed.”

This autonomy is a fundamental strength—but it also limits what the national body can require or guarantee.

This has direct implications for:

- Funding applications
- Negotiating national initiatives such as group purchasing discounts
- Consistency of delivery

Even where initiatives align closely with shed objectives, participation will always be voluntary—and variable.

2. Governance and Operational Roles

The Executive is responsible for both:

- Governance of the organisation, and
- Operational support for member sheds

Many Regional Representatives understandably expect a primarily operational role, but as members of the National Exec quickly find themselves involved in governance matters such as:

- Constitutional obligations
- Financial oversight
- Strategic decision-making

This dual role can be challenging in a volunteer environment and at monthly exec meetings every minute spent on governance matters is one that cannot be used for operational matters which inevitably means an associated reduction in “job satisfaction”.

3. Capacity and Priorities

All Executive members are volunteers with limited time.

As a result:

- Governance responsibilities must take priority
- Operational initiatives are constrained by capacity

This is not a lack of intent, but a reflection of reality.

It reinforces the need to:

- Focus on achievable priorities
- Work through partnerships where possible
- Support sheds to act locally rather than relying on national delivery

FINAL REFLECTIONS

MENZSHED NZ remains a unique and valuable movement:

- Volunteer-led
- Locally driven
- Nationally connected

It operates within clear structural constraints:

- Independent member sheds

- Limited authority
- Volunteer capacity

Equipping the Regional Reps to balance these realities with ambition remains our central challenge.

PERSONAL NOTE

As I will not be standing for re-election, this is my final Chairman's report.

I would like to thank all of those who have stepped up to serve on the national body; it has been a privilege to serve and to work alongside so many committed individuals across the country.

I encourage all sheds to:

- Support your Regional Representatives
- Engage constructively with the national body
- Seriously consider stepping forward to serve

To the many great men in the member sheds that I have had the pleasure of meeting and working with—thank you. You are the strength of this movement.

As for me, I will be stepping back—for the sake of my own wellbeing—and to spend some quality time restoring vintage Panther motorcycles (if anyone has a spare Myford Super 7, I'm your man).

I will no longer have access to the Chairman email address but remain available via my mobile and look forward to staying in touch.

David Broadhead

Chairman

MENZSHED NEW ZEALAND

As indicated above MENZSHED NZ need a new Chairman so please consider applying for the position. A Position Description is available from the secretary@menzshed.nz.



GREAT EXCITEMENT AT SHED MEETINGS



David Broadhead at the AMSA Conference (Australia)

In March 2026 I had the pleasure of attending and speaking at the AMSA (Australian Men's Shed Association) 11th National Men's Shed Gathering in Brisbane. mensshed.org/menssheds2026/

2026 theme, Building Healthy Communities, recognises the practical, social and wellbeing benefits Men's and Community Sheds deliver for men, their families and the wider community."

This was the second gathering I have attended and thanks to the very warm reception I received from the AMSA staff it felt a bit like catching up with old friends.



AMSA staffers Mel and Beth

Held over three days it was attended by 250 people from 95 different sheds from four different State Associations plus visitors from 5 national associations (Canada, US, Japan, UK and NZ).

It was a pretty full on but very well organised event:

Day 1 (Tuesday) there was a choice of three different tours; "Tackle", "Tools" and "Trains & Trams".

I chose "Tools'
Carina Men's
*with a strong focus
practical skill-
tour of the space
project-driven shed*
Carina Welcoming

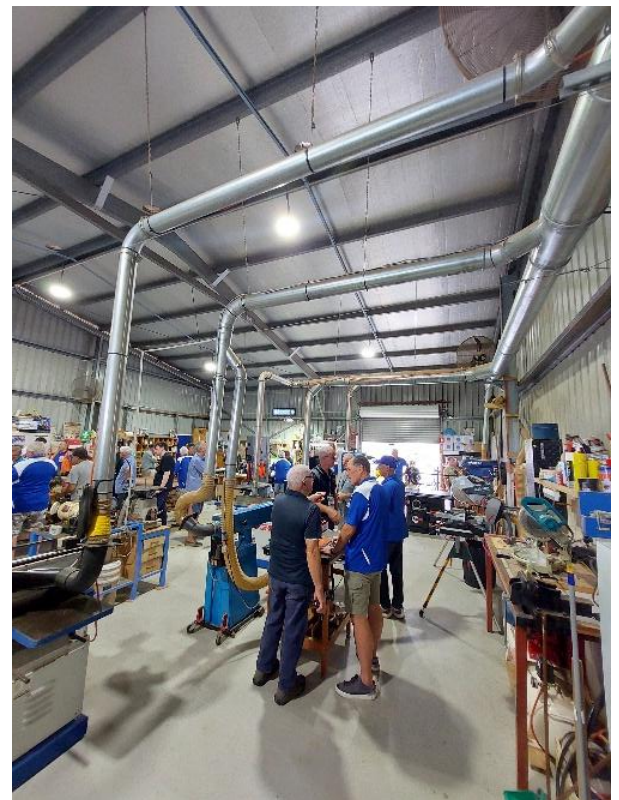


which kicked off with a visit to
Shed; *"a busy suburban shed
on hands-on projects and
sharing. Enjoy morning tea, a
and see how a productive,
operates day to day".*
Committee

They had four different workshop areas; Glass, Leather, Wood and Metal and four different groups; Photography, Art, Games & Cards and Gardening.



Carina Men's Shed



They have a great dust extraction system

From there we were back on Carbatec's new flagship 'wonderland' before moving to Wynnum-Manly Districts Men's Shed for a lunch; "set in a coastal shed is known for its strong range of projects and engagement."



the bus to visit store; 'a woodworker's on to Wynnum-Manly & sticky beak and community, this active membership, wide community



Wynnum-Manly & Districts Men's Shed

and Group photo there

Back at the base that evening there was a reception with a welcome address by the Governor of Queensland, a Trade Show and music provided by the Coolum Men's Shed band

Day 2 (Wednesday) kicked off with Shedder's Big Breakfast in the Brisbane Botanic Gardens - just over the road from the hotel – bacon and egg roll, coffee and entertainment from the Queensland Pip

This was followed by the start of the main proceedings back at the hotel; formal welcomes and the main speaker topic of "Strong Sheds, Strong Communities".

There were three more slots during the rest of the day, with a choice of three options for each of them. Sheds that sent more than one delegate seemed to split up to maximise their learnings.

Session 1: i) Snapshots: Building Community ii) Wil Is and Leaving a Legacy iii) Sorting Stuff Out – Practical Conflict Skills for Sheds



Session 2: i) Leadership & Culture; The Good, Bad & Reality ii) Working with Young People iii) Building Community Connections & Visibility

Session 3: i) Digital World Safety ii) Snapshots – Sheds Abroad iii) Storytelling 101 (I shared the Sheds Abroad slot with speakers from the US and UK)



From Davids presentation



Robert Goluch President of Canada Sheds

That evening there was a special Partners and Supporters reception on the River Deck of Queensland Parliament House with a welcome speech by a Queensland politician; a great supporter of men's sheds and a member of the cross party "Friends of Sheds" group in Parliament.

Day 3 (Thursday) started with 6.30 am The Man Walk: *"a relaxed 45-minute walk departing from the front of the venue in collaboration with The Man Walk - Brisbane. Pop on your joggers, get the blood pumping and enjoy a no-pressure chance to walk, talk and connect with other blokes in a positive, supportive space where it's okay to have a yarn, listen, or ask for help if you need it."*

Then two more sessions, again with three choices for each:

Session 4: i) Who's Next? Attracting & Keeping Member ii) Wellbeing That Works iii) Supporting a Culture of Access & Inclusion For People of All Abilities

Session 5: i) Keeping The Doors Open, The Lights On & Members Safe ii) Men's Health Initiatives in Action iii) Building Resilient Sheds

And finally

Conference close – The Future of Community & Sheds – and Keynote Speaker: *Mark 'Squiz' Squirrell OAM has lived and worked in some of the world's most challenging environments, from conflict zones and humanitarian crises to the summit of Mount Everest. A former Australian Commando and international aid worker with the United Nations World Food Programme, Squiz brings powerful real-life stories of leadership, resilience and decision-making under pressure*

The event concluded with the Shedder's Dinner & National Shed Awards including entertainment from John Paul Young (of "Love is in the air" fame) and special guest Speaker Dan Repacholi MP, Federal Member for Hunter and Special Envoy for Men's Health.

Exec summary

Whilst the similarities between sheds and sheddies on both sides of the ditch are obvious, the focus on men's health and wellbeing is much stronger in the West Island and AMSA receives significant Federal funding to enable them to run more professionally with paid full time employees. This is something that we can currently only dream of so instead of holding our breath let's just console ourselves with the accolade from international shed researcher and author Barry Golding that "NZ has achieved more, with less than any other country" without ever delivering



an underarm bowl

Challenge laid down:



Which North Island shed is willing to host the 2027 conference – and raise the bar even higher?

If you think your shed might be up for it, start the conversation. We'd love to hear from you.

Because if Brisbane showed us anything... it's that when sheds come together, great things happen.

David Broadhead

Chairman

MENZSHED NEW ZEALAND

Email: chairman@menzshed.nz

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Region Two News

Waikato, Bay of Plenty and Gisborne

MENZSHED



WHITIANGA

The last three months has been a busy time. Equipment has been brought into the shed and put in place, only to be moved and then moved again. But as with everything, all the tools have found their place and projects are now being produced. Moveable stages for a junior children's production, an adult tricycle assembled, several laser projects to name a few.

Anybody good at jigsaws



A challenge brought into the shed. These buckets, full of parts, were delivered by a woman who asked if it could be fix. It is a 4 wheeled hand cart. Fred, who has taken on the job, would love to know what it originally looked like. He is well under way having built the 2 front wheels.

Grand Opening

On Saturday morning April 18, 2025, a cheerful crowd gathered on Abrahamson Drive to celebrate the official opening of the Whitianga Community Menzshed. Opened by the Mayor, Peter Revell and Our Patron Richard Vetter and his wife Diane.

The opening marks the culmination of years of planning, hard work, and community spirit. Members of the Menzshed designed and built the facility themselves, creating a space where men can come together a couple of times a week to work with a full range of workshop tools and equipment.



The opening was a huge success with the following open day well attended. However it was an article in our local newspaper, The Informer, by local journalist, Verna Carr that I felt I had to share with you.

4. GRUMPY OLD MENZ

Ladies, you had a vision of your husband's retirement. The golden years. The reward for decades of hard work. You imagined leisurely lunches, a little quality time together, perhaps some gentle pottering in the garden.

What you actually got was a grumpy old man in a recliner asking what's for dinner at 10am — while reorganising your spice rack alphabetically and explaining, with great patience and authority, the correct way to load the dishwasher. You've only run this household single-handedly for fifty years, but rest assured, he's found a better system. Bless.

Sigh. Bite your tongue. Count to ten. Or better yet — send him to the Menz Shed on Tuesday and Thursday mornings.

The Menz Shed is essentially day care for men, and nobody is pretending otherwise. He arrives. He grunt-greets twelve other blokes. He picks up a piece of wood — and suddenly, miraculously, he is a Man With Purpose. He is *building something*. He is *useful*. He is not color-coding your pantry.

At the Whitianga Community Menz Shed, he has an entire workshop at his disposal — hand tools, bandsaw, drop saw, lathe, angle grinder — and nobody is watching him with *that look*. For two glorious mornings a week, he is not a hazard to be managed. He is a Man With A Mission. A Man With A Power Tool. And he knows how to use it. (*Or someone will quietly teach him.*) He is, frankly, somebody else's problem — and he has never been happier.

Morning tea is the beating heart of the whole operation. Chocolate biscuits appear and vanish at a speed that defies explanation. This is where the real work gets done — the laughing, the ribbing, the tall tales delivered with a completely straight face and zero remorse.

Secretary Fred Collins sums it up perfectly: "*The Menz Shed is where wood gets turned into sawdust, and lies into truth*" Fish get bigger. Career highlights grow grander. The story about the time someone "almost..." gets a fresh embellishment every single week. Nobody minds. Nobody calls anyone out. What matters is the laughter, the friendship, the camaraderie — the quiet, uncomplicated comfort of belonging somewhere.

For a couple of hours on a Tuesday or Thursday, men get to be one of the boys again — enjoying the kind of easy, no-fuss friendship that most men didn't even realise they'd been missing.

It's not therapy. Nobody asks how you're *feeling*. There's no herbal tea. Instead, you solve the world's problems, debate the wood grain, mutter darkly about the council, and argue passionately about the rugby. Real conversations. Real mates.

Loneliness dissolves. Purpose reappears. The fog lifts. Turns out that laughing with other men and talking about things your wife has absolutely zero interest in is, very good for your mental health and general wellbeing. Who would have thought?

So men — don't be grumpy. Get off your rusty dusty. Go build something.

Your wife will be thrilled — partly because she's proud of you, and mostly because the moment your car left the driveway, she moved the spice rack back, reloaded the dishwasher properly, and is currently enjoying the silence. Everyone wins.

STORY TIME

One day Les was making his cup of coffee when the milk bottle split and spilt down on the inside of the fridge door. Unbeknown to Les some spillage shorted out a switch and a small fire ensued. It was shortly put out but it had completely bugged the fridge.

Electrician tried to get a new switch but nothing available in NZ.

Found one in Germany BOSCH fridge 5 weeks delay. Nothing else available.

General discussion around the shed about another secondhand fridge but this was the third that had gone bad.

Shed Member that was able to post on Facebook whilst sitting late one night decided he would ask the community if there was a spare one in town.

This is what he put on the Facebook page.

There are some very sad men at the Menzshed in town as their milk and beer is warm as their fridge went on fire. If anyone has a spare fridge they do not require we would love to hear from you.

We will pick it up as well

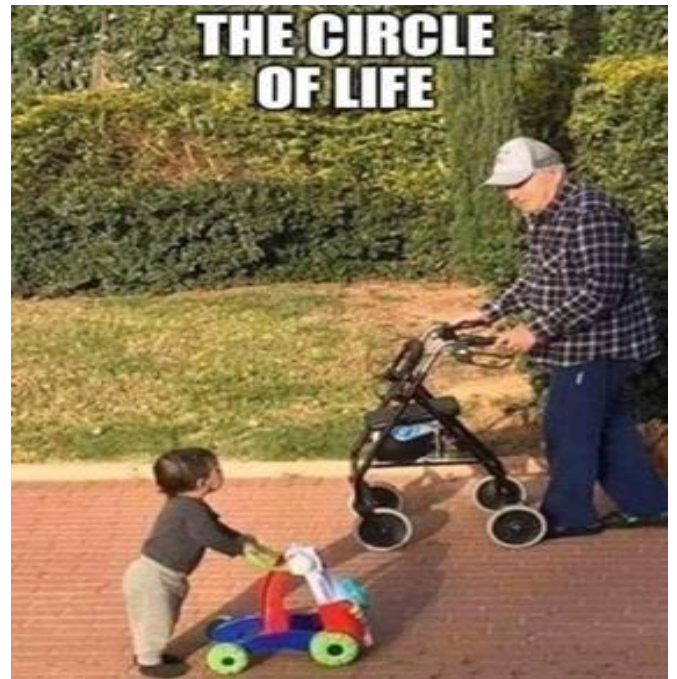
The sheddie then went to bed dreaming of a cold beer and fresh milk

Next Morning while checking the Face book page there was a invitation for him to visit the local MITRE 10 store and they would arrange to fix the problem. About 10.00 am that morning he headed off to the store and was taken to the appliance department and asked if he was ok with the one that was on the shelf for sale.

BRAND NEW UPRIGHT REFRIGERATOR as a gift from or supporter

Needless to say we now have fresh milk and cold Beer

You never know just how good the people in your town are .



Cambridge MenzShed revives historic dairy factory for community projects

[Catherine Fry](#)

Coast & Country writer · Coast & Country News · 15 Jul, 2025



The Leamington Dairy Factory looks sharp now, after more than 100 years of additions and a restoration in 2025.
Photo / Catherine Fry

For those who haven't heard of it, a MenzShed, as described on its website, is "a shed that brings men together in one community space to share their skills, have a laugh and work on personal projects or group projects for the shed or community".

"After retirement, many couples find being with each other every waking (and sleeping) hour can cause friction.

"The MenzSheds offer escape from the stresses of 'underfoot syndrome', resulting in women being their most ardent supporters."

There are around 130 affiliated MenzSheds in New Zealand, but as Mike Gast found when he moved towns in 2021, there wasn't one in Cambridge.

He missed the camaraderie of his old shed in Te Kūiti and quickly put the word out into the Cambridge community to gauge interest.

Cambridge MenzShed

“The interest was high, with 41 men supporting starting a Cambridge shed under the MenzShed parent body,” Gast, who is the Cambridge MenzShed chairman, said.

“We operate as a registered charity, which allows us to apply for grants.

“We are there to serve the community and use money made only to cover our costs and bills.”

Cambridge MenzShed secretary and property developer Myles Prebble, alongside Gast, became the project managers to hunt for a suitable property with reasonable rent for the shed.

“After a fruitless six-month search, we began talking to Waipā District Council, who were really helpful and suggested using the old Leamington Dairy Factory building on Carlyle Street,” Prebble said.

The site has played a significant role in the history of the area.

In 1865, the 3rd Waikato Regiment camped there and built a garrison for 1000 men.

The site was leased by the Cambridge Co-operative Dairy Company from 1901 to 1941 for use as a skimming station and later, a cheese factory.

J.D. Wallace Contracting Ltd owned the building for 50 years from 1941, and Ross Todd Motors leased it from 1946 to 1954.

Agricultural contractor, Arthur (Ross) Paton, bought the building in 1991 and sold it to Waipā District Council in 1996.

The restoration



The Leamington Dairy Factory, pictured in a state of disrepair before its 2025 restoration into a MenzShed.

“The land had been leased by Schwitzer Contracting from 1998, but the council-owned building hadn’t been touched for decades and was falling into disrepair,” Gast said.

Nonetheless, the building was suitable, the rent was low and a five-year lease was signed.

“Waipā District Council, the mayor’s office and the Community Trust Board all contributed funds to the project,” Gast said.

“The MenzShed raised a total of \$110,000, independent of the council’s contribution, from charities and trusts and some generous private donations.”



The Leamington Dairy Factory, pictured after its 2025 restoration into a MenzShed. Photo / Catherine Fry

The job started with a huge clean-up, clearing out decades of pigeon droppings, straw from bird’s nests and general rubbish before water-blasting the high exposed trusses in the roof and replacing the concrete floor.

“We could only change the inside due to its historic listing,” Gast said.

“One exterior wall required structural replacements and the original windows needed a lot of work.”

The council’s contribution paid for two huge roller doors and some roof repairs and replacement.

The walls were insulated and lined and once the building was sealed, the inside work began.

“All the construction work was completed by MenzShed members who contributed thousands of hours in labour to the project,” Prebble said.

“Over several months, a large crew of members could be seen repairing, sanding and preparing the exterior for painting.”

The power, plumbing and external painting were big jobs and local companies were used to bring the building up to modern codes.

Internal walls were built by members to house a hobby shop, an engineering room, a storage area in the old cheese storage room, a warm smoko room and kitchen and two toilets.

Community spirit



Cambridge MenzShed Chairman Mike Gast (left) and Secretary Myles Prebble pictured at the restored Leamington Dairy Factory in June 2025. Photo / Catherine Fry

There was huge local interest in what was being done to the old dairy factory, which had become a bit of an eyesore.

People retold their stories of long ago. The building seems to have touched the lives of so many Cambridge residents.

“What has really blown us all away is the incredible support from the businesses in the district,” Gast said.

“Many came forward offering free or discounted labour and materials to help us get the building finished.

“People offered machinery, tools and gear.

“Other MenzSheds gave us machinery and we bought some ourselves. We have an extensive range of machinery and, combined with the skills of our members, we can carry out a wide range of tasks.”

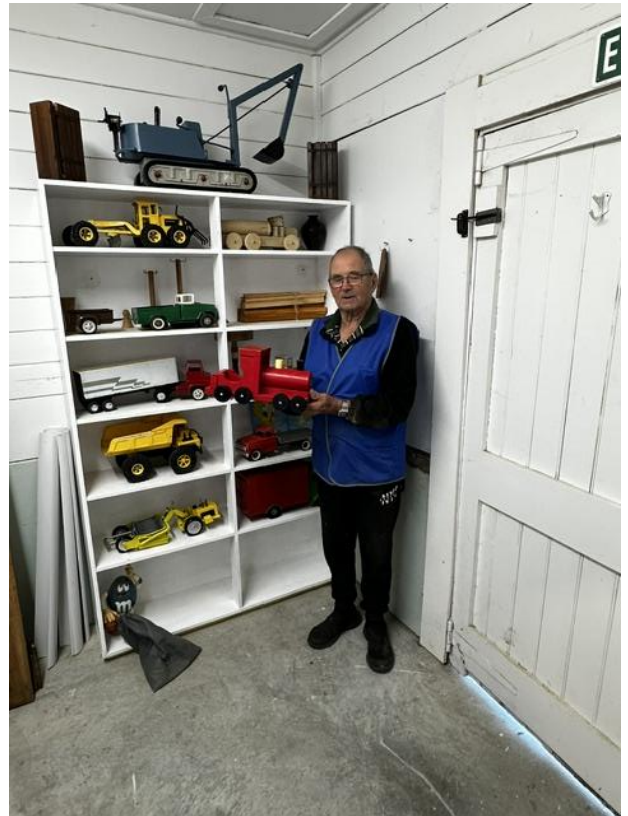
The Cambridge MenzShed formally opened on February 15, 2025, and is already serving the community.

The Leamington Dairy factory is protected by a Category C listing under the Waipa Council Heritage Items List.

– Thank you to Penny Pickett for the use of her research on the Leamington Dairy Factory for historical references.

This article is Part 1. Next Menzshed NZ Newsletter will have Part 2 the Engineering Shed.





Cambridge Menzshed had a bunch of toys donated from an avid collector. Rob (pictured) and other shed members have painstakingly repaired and painted them. They are now for sale, any offers?

You maybe interested in these books detailing the history of the Menzshed movement in Australia and World Wide

I often get asked about how to access my 2015 and 2021 Men's Sheds books. The US-based publishers Common Ground have recently (Jan 2026) republished both books as paperbacks, and have asked for my assistance promoting them.

As you likely know, *The Men's Shed Movement: The Company of Men* provided a detailed history to 2015 of how the Men's Shed movement started in Australia from 1993, and how it had spread to Ireland, New Zealand and the UK. Chapter 9 is about Men's Sheds in New Zealand.



My 2021 book *Shoulder to Shoulder: Broadening the Men's Shed Movement* updated the previous history. It includes a Chapter (9) about Men's Sheds in New Zealand, and new chapters about Men's Sheds in Canada, the US and Denmark and also a chapter about Women's Sheds. My 2021 book includes a detailed index which spans both books.



I've provided links in this email footer to enable anyone interested in getting a copy to check out the options, including in eBook pdf format. Note that the prices in Common Ground's catalogue are in \$US (\$US50 is approx \$NZ83).

Some early Australian Men's Sheds and also MENZSHEDS NZ have recently celebrated their 20th Birthday. I've found many Sheddors today don't know this fascinating history of how it all started and developed into an international movement in over a dozen countries, with approximately 3,500 Sheds now open around the world. These books provide an opportunity to learn about and acknowledge the early 'Shed pioneers'.

Barry Golding AM
 Honorary Professor | Institute of Education, Arts and Community
 Federation University Australia

Patron, Australian Men's Shed Association; author of *The Men's Shed Movement* (2015, republished 2026) <https://cgscholar.com/publishers/books/the-mens-shed-movement> & *Shoulder to Shoulder* (2021, republished 2026)) <https://cgscholar.com/publishers/books/shoulder-to-shoulder>

The Power of Men's Sheds: Building Connection and Wellbeing

Impact on Individual Wellbeing



Combating Loneliness and Isolation
 Men at Sheds find support, build friendships and feel less alone.



Connection Through Shared Activity
 Take part in hands-on projects, share skills and work together on community initiatives.



Support During Life Transitions
 Sheds provide a safe space of stability and belonging during retirement, bereavement, or other life changes.



Community and Cultural Value



Natural Peer Support
 Men exchange knowledge and practical help organically, often developed as strong without needing words.



Strengthening Local Communities
 Members contribute to their area through volunteering, repair projects, and civic engagement.



Adaptable Community Hubs
 The Shed model is flexible, locally driven and responsive to local needs and contexts.

Region Three News

Taranaki, Manawatu, Whanganui, Hawkes Bay and Wellington

MENZSHED PORIRUA



The first batch of wood turning graduates: Ian, Rose, Terry and Ray with master tutor Mark

The wood lathing facility is now being well used. The 'graduates' from the first course (held over the weekends of March 21/22 and 28/29) are keen to practice and enhance their skills and what they produce is amazing. It is a wonderful thing that as we grow older, we can still learn new and satisfying skills. Thanks so much to Mark for his patience, preparation and presence for the four days of each course. Mark is totally involved during the four days of each course and must be pretty tired after sharing so much.



Bowl turning day – very hard work and much concentration from all the players!



Ray and Ian hard at work on their wooden bowls

The Carver Guy: A Menzshed Journey

By Darren Gosling



Darren Gosling, proud member of Menzshed Manawatu

It's hard to believe I've now been part of Menzshed Manawatu for over four years. What a great bunch of sheddies. When I first joined, I wasn't all that confident using the wide range of machinery in the shed. Like many new members, it felt a bit daunting at the start. But with the support and guidance of others, I gradually built my skills. These days, I'm comfortable using about 90% of the equipment, something I never imagined when I first walked through the door. I've always been a bit of a loner, so one of my main reasons for joining was to spend time with like-minded people. What I found was much more than that.

The camaraderie at Menzshed has made a real difference in my life. The friendships, shared knowledge, and encouragement have helped me grow in confidence and ability. Somewhere along the way, I picked up the nickname "the carver guy"—a title I wear with pride. Wood carving has become a real passion of mine, and I enjoy the challenge and satisfaction that comes with creating something by hand.

Over the years, I've contributed to a variety of projects, but one of the most rewarding has been supplying wooden fishhooks, tokis, and hearts to Ward 21 at Palmerston North Hospital. Every couple of months, I provide a new batch for patients to decorate. It's a small gesture, but knowing it brings a bit of comfort and creativity to others makes it all worthwhile. Looking back, joining Menzshed Manawatu was one of the best decisions I've made. It's given me skills, purpose, and a strong sense of belonging. I've thoroughly enjoyed the journey so far and look forward to many more years being part of the shed.

A beautifully detailed carved feather—one of Darren’s signature pieces



Intricate carving work showcasing skill and patience.

Some quotes to light up your life:

Korean quote of the Day:

“The size of your success is measured by the strength of your desire; the size of your dream; and how you handle the disappointments along the way”.

Advaita Suresh:

“You learn nothing from life if you think you are right all the time”.

Charles Darwin:

“If I had my life to live over again, I would make a rule to read some poetry and listen to some music at least once a week”.

Region Four News

Canterbury and Westland

Rolleston Men's Shed

Business at the Shed

Besides small tables and dining room chairs always being fixed, there is a wide range of items made in the woodwork section. There have been two planter boxes, one was modified so it could take a deeper metal box with the earth while the other was completely new item with a screen behind it.



A member wanted a miniature bookcase by his chair so built this. Yes, that is a book on the roof. Easier than using a page mark.



On the next bench, six-wheel tip trucks half a metre long and with steering by a wooden block on top of the cab are being made. These are available for sale at the Shed.



Electrical Servicing

Electrical items come in to be fixed and show why commercially it can be so expensive to get things repaired though it might just be a simple repair needed. A Ryobi electric hedge trimmer had 19 screws just to get a cover off to find its 3 pin plug was faulty. This is typical of the way modern items are badly designed.

A Sunbeam coffee maker had 6 screws on the back but another 8 needed to be undone on the bottom to give it clearance to be removed. Sidecutters and a bit of plastic removal fixed that but it never should have been necessary. It could have been safely designed with one screw.

Scam Warning

Not specifically a Shed thing but something Shed members might have to put up with.

A Shed member had a request from a non-Shed member friend to buy iTunes cards. It was Easter and the friend was away so no phone confirmation. The request was not done and it ended up being tracked to the friend's email address (Outlook) having been hacked by Nigerians which explained why the way it was written seemed a bit odd in places.

The story was written up for the Shed's members and emailed out and at the next Shed day, two other Shed members said they'd had similar scams. Any requests for money or to buy things via email, treat it with caution.

Vintage Radios

The Rolleston Shed recently had a woman bring in a valve radio, a Ganerad, one I'd never heard of. I contacted the Vintage Radio Society and the local chap took over the job of fixing her radios (4 so far), that first one being made by Selwyn Gane of Gisborne and it turned out she was his daughter.

There were 2 other valve radios to our Shed this year, never having had any in the past decade!

What this is about, maybe a mention of the Vintage Radio Society in a Shed national newsletter, that is if valve radios come to a Shed to fix, are looked at as junk, there might be someone local who would be interested or VERY interested.

All part of NZ's technical history. The Society's web page -<https://nzvrs.com/>

Sandy Ferguson (electronics & IT)
Rolleston Men's Shed





“WOODCHIPS and METAL FILINGS”

May 2026- sweepings. PJ

So much has happened in the last 4 months. It has been a kaleidoscope of movements. Trailers and more trailers shifting timber, removing rubbish and all the time workers first demolishing and then putting together the bones of our new home.



It is 4 years since Suttons had their fire on 29/30th January 2022. The Shed premises were undamaged but there was no access, no power and no water.

Now- the first containers arrive on the new site. Meantime- the work of demolishing the old site was progressing. People on roofs, people de-nailing timber and trailers – always trailers coming in and out.



Some members attended the Duck Race at Silverstream. There was progress at the new site and trailers shifting timber to the temporary storage yard.

At the same time members of the Shed have been busy with Funding Applications and dealing with the paperwork for the New Shed.

27th April 2011. The **first meeting** of the Menz Shed was held in the book room at the Kaiapoi Working Men's Club,



21st April. Cupa at the new site. Bring a thermos.



ANZAC Day. Steve- Chief Engineer- Merchant navy



28th April. Home is where the flag is!



21st April. The "Mothership" loaded and ready to fly.

15th July 2014 Tuesday was **Opening Day** for the original Shed. Now- 12 years later the original shed is off to storage -pending relocation to the new site.

27th April- Angela's email- "Don't try going to Sims Rd for a cup of tea, you will be very unlucky. However our Courtenay Drive site is up and running for refreshments. Easier if you can bring your own, but we do have supplies there. It would be lovely to see you all on Tuesdays and Thursdays for smoko."



21st April. Site cleared.



21st April. Site of Sutton's Office- BBQ areas cleared.



This was the site of Sutton's factory before the fire.



Engineer's Shop- kettle brewing.

During this time- the Away Team have been busy- doing what they do best- helping people out and showing that the MenzShed of Kaiapoi is still active out in the community.



3rd March. Paint shop.



23rd April. Laying out the pegs for the new buildings



5th May. Dark in there!



7th May. First BBQ. Flag flying

The monthly meeting is on Tuesday 12th May at the Mandy- and we can look forward to an update on progress.

Providing an environment for the health and well-being of men.

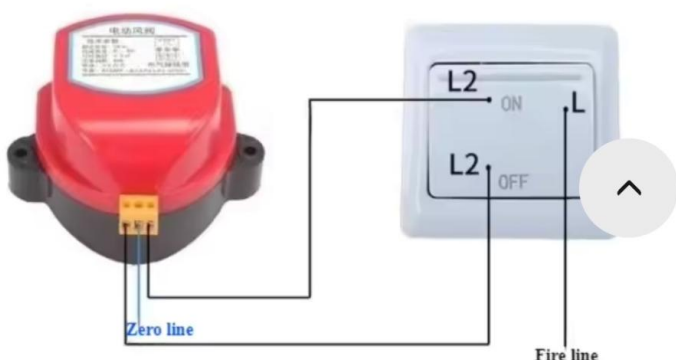
Automated Dust Valves from Kaiapoi Shed. The Hanmer Springs MenzShed provided a concise article on a dust extraction system. The system- similar to our shed- also had the weak point- which is the manually operated valves, It is suggested consideration be given to valves from Ali Express. They have 75 mm PVC and stainless steel butterfly valves operated on 240 V for approximately \$60, If this valve could be wired into the stop/ start switch for the piece of equipment being operated it would ensure that when a saw or drill is started up, the valve would automatically open and when power is stopped the valve would automatically close. Thus eliminating the problem of too many valves being left opened unnecessarily.



Good to come again 9 stores

Drive connection diagram

A switch can only control one driver. If multiple drivers are connected in parallel or an intermediate relay is required to prevent mutual interference.



Item description

report

PVC Plastic Electric Air Valve Motorized Damper HVAC Duct Solenoid Check for Ventilation 75/110/160/200mm 220V 12V 24V Switch product information
 Name: 1N electric damper
 Product material: pvc material
 Product specifications: 75-200mm
 Product thickness: 4-5mm

Features:

1. This damper is suitable for controlling the air volume from full flow to shut off
2. The damper is constructed with plastic and come with plastic pipe.
3. It can work with thermostat, open and close automatically.

Packaging: 1PC

Note: New/old models are shipped randomly.

Notice:

Light shooting and different monitors may cause the color of the items in the picture to be slightly different from the actual object, but the quality will not change, Note: Dimensions are measured manually and there may be certain errors. The actual product will be subject to receipt. Please understand.

Adjustable angle electric damper remote control Note: We also have 4N electric dampers. If you can find the link, please leave a message to contact me. I will send you the product link as soon as possible.

Region Six News

Tasman, Nelson and Marlborough

Picton / Riverton Menzsheds

I belong to the Picton Community Men's Shed and while visiting my daughter in Riverton I dropped in for a cuppa and met some members of the Riverton Shed. After a look round with my grandson, Sylvester, he was very excited to be presented with a bird feeder.



MENZSHED RENWICK

12 km Northwest of Blenheim and surrounded today by grapes is a small village called "Renwick" founded in the early 1850s by Scotsman Dr Thomas Renwick who was the ship's surgeon aboard the "Thomas Harrison" which arrived in Nelson in 1842.

The original name was Renwicktown. We find the local MenzShed located on the site of the Anglican church, with a membership of 19 dedicated members, who meet on Tuesday and Friday, with the main day being Tuesday and open from 8.30am till 2pm and with an average turn out of 85% of members turn up to work on a vast array of projects. Friday mornings open from 8.30am till noon, for the last ten years we have 6 to 8, 8-year-old schoolboys some time girls from the local primary school to undertake woodwork and build a selection of toys that they paint and take home. We have 3 gents from group housing in Blenheim that strip pallets and de nail the timber before we machine it down and cut out the parts these children use to make their toys.



At the completion of the term, we issue each child with a certificate of participation.



Then next term we get a new group and the rotation starts again, one of the best parts is on completion of the toys is the joy we see on these small faces when they have completed their masterpieces and paint them to whatever colour they want.

We also get a good turn out of parents and Grandparents who turn up to help and sometimes take over the project.

Last year our shed had a photo of these children in the Worldwide Menzshed calendar.

Our shed started with the local vicar traveling to Australia some 15 years ago and went to a meeting on Suicide in the outback, while he was away a local farmer also committed suicide. So, he approached the bishop based in Nelson and asked for some money to start a MenzShed, the Bishop agreed and a cheque for \$10,000.00 was produced. A 6mt x 6mt double garage was purchased and council approved the plan. A concrete slab was laid and power run from the church hall.



Today we have extended the footprint with the addition of a 9 x 6 mt shed, 2 x 20foot containers for storage, a 7 x 7 mt shed for push bike rebuilding and in the last year we have built a bike storage room 7 x 3mt and a Kindling cutting building along with a donated 3 x 2 mt storage shed for kindling. The church had a children's church and as there are no longer any children at the church this room has been divided in two with the church office at one end and the MenzShed office at the other.

Our next project is a 6mt x 2mt wood storage rack.

You might not know this...but a lot of non-living objects are actually either male or female.

Here are some examples:



FREEZER BAGS: They are male, because they hold everything in...but you can see right through them.



PHOTOCOPIERS: These are female, because once turned off....it takes a while to warm them up again. They are an effective reproductive device if the right buttons are pushed...but can also wreak havoc if you push the wrong Buttons.



TYRES: Tyres are male, because they go bald easily and are often over inflated



HOT AIR BALLOONS: Also a male object... Because to get them to go anywhere.....you have to light a fire under their behinds.



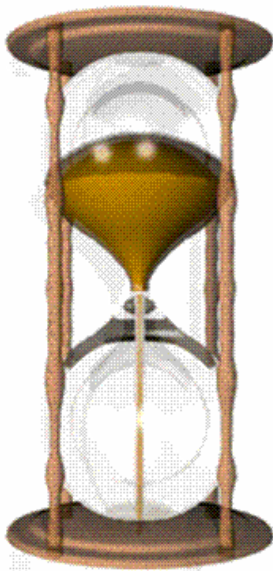
SPONGES: These are female...because they are soft.....squeezable and retain water.



WEB PAGES: Female...because they're constantly being looked at and frequently getting hit on.



TRAINS: Definitely male... Because they always use the same old lines for picking up people..



EGG TIMERS: Egg timers are female because....over time...all the weight shifts to the bottom.



HAMMERS: Male..... Because in the last 5000 years.....they've hardly changed at all...and are occasionally handy to have around.



THE REMOTE CONTROL: Female. Ha! You probably thought it would be male...but consider this: It easily gives a man pleasure, he'd be lost without it...and while he doesn't always know which buttons to push...he just keeps trying

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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.

Garry Bryant, Editor 021 998 305

Next Newsletter – August 2026

The next newsletter is due for publication approx. mid-August 2026. The deadline for articles for that newsletter will be **5th August 2026**.

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 MS 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 we will only publish single articles sent.

Send your articles to support@menzshed.nz

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