

Welcome to the latest round up of Shed related items from the Executive, and around the country.

National News

MENZSHED NZ ANNUAL GENERAL MEETING 20 MAY

The AGM is for representatives of member sheds. All communications are forwarded to the primary contact of those sheds.

The meeting is held online using GoToWebinar. Training sessions will be organised for the shed reps attending the webinar late April, early May.

Nominations for six regional reps closed 21 March - no need for elections.

Regions	Regional Rep, Shed
Northland, Auckland	None received.
Waikato, Bay of Plenty, Gisborne,	Keith Dickson, Mt Maunganui
Taranaki, Hawkes Bay, Manawatu-Wanganui, Wellington	None received.
Marlborough, Nelson, Tasman	None received.
Canterbury, West Coast	Trevor Scott, New Brighton
Otago, Southland	Ian Miller, Taieri

MENZSHED NZ will work with the member sheds in the regions that have a vacancy to secure a rep.

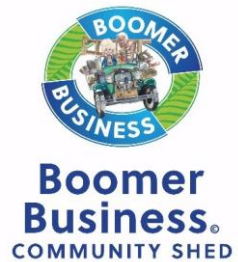
Nominations for Chairman, Treasurer, Support Services and Secretary close 20 April.

All inquiries to: Roger Bowman, Secretary. secretary@menzshed.nz

And a timely reminder, if your shed has had a change in office bearers, please make sure the current people are listed on the national database and your shed page on the website is up to date with that information.

A Boomer Story

Just another fabulous story that occurred over the summer months



INTERGENERATIONAL COMPANIONSHIP

Boomer Business isn't just for us oldies, we love having young people and pets in the shed too! A few "holiday bored" grandsons accompanied their Grandads to Boomer Business and had a lot of fun creating their own inventions or just generally helping out. Craig and Jacob have been very much missed at Boomer since school started back in February, and many of us hope we see them around more often!

We visited Ormiston Junior College in February and were shown around by Tutor Nick Pattison and School Principal Luke Sumich. We discussed the idea of partnering with the junior college, assisting students with some of their woodwork projects.

A very exciting prospect and one we at Boomer have been thinking about for a while, getting this interaction going between the older and younger generations.

We hope to be working with these youngsters by mid-April 2019.

Anita Curlett

A luncheon was held on Tuesday 4th December in support of Spud in a Bucket competition and the Sheddies invited the ladies Garden Club to participate. Members from both clubs brought their buckets, emptied them into the Shed trailer and had the spuds weighed & counted, both the largest & smallest noted. The president of the Pauanui Sports & Recreation Club stood in as Judge Mabel who entertained the 50 odd present.

It was a great opportunity to have a group photo of the Sheddies as the Menz Shed Pauanui was established 5 years ago.



The MenzShed 'sheddiess' have perfected sausage making in the past and have now tried their hands at Pickled Onions. Ever seen big men cry? Well, the other Tuesday morning it was all on. We won't know how successful it will be but from what they've achieved so far they're sure to be pretty tasty. Sorry, not for sale but get alongside a couple and we're sure you'll get a sample.



Shed News Region 3



SUPPORTING CREATIVITY AND IMAGINATION

Late in 2018, West End Kindergarten posted the following message.....

Today we had an exciting happening at kindergarten. The Menzshed have been making us an inside whare to support creativity and imagination. The possibilities of this space will change and develop over time.

The whare arrived in pieces and our learners created an audience area to watch the Menzshed team construct the Whare.

The men worked well together showing our learners some great collaboration skills and communication when problems occurred. The excitement and anticipation was evident as the structure neared completion.

The idea was sparked by Whaea Jo, who saw an image of a similar whare on the internet. Whaea approached the Menzshed who were happy to help with this project, if we supplied the materials. Thankyou, Menzshed



Photos of the installation on site.



Shed News Region 4

AKAROA MENS SHED

Akaroa Men's Shed Trust (AMST) was conceived at a community Men's Health Meeting in 2012. We had 30-40 interested men and started the process to form a shed. As many sheds have gone before us, there was knowledge to be gained. So formation was the easy part. Finding a shed was the hard part! We entertained a variety of existing buildings including garages, pottery sheds and even an old piggery building. We looked at land where we could build a shed. After 3 years there was a bit of disillusionment – would we ever find a shed. When all was looking desperate, we finally found our present premises in the old Banks Peninsula District Council's engineering workshop. It was an area of ground that had been disused for some time and contaminated by diesel spills, so

was unfit for use. The now Christchurch City Council (CCC) wanted a presence on the site and we wanted a shed, so it was a win-win situation. CCC offered us a nominal rent, rewired the building, reroofed due to leaks and even put in an electric roller door, so they have been and continue to be excellent landlords and we work well together, painting the outside for them and undertaking minor repairs.

Our initial projects have mostly involved birds!. We have worked with the Banks Peninsula Conservation Trust and built morepork and rifleman nesting boxes.

We have also aided our booming little blue penguin population in Flea Bay by building nesting boxes for them.

And we must not forget our Tui population which has been reintroduced to the peninsula and is thriving in the environment. As a fund raiser for the shed we have made Tui feeders from treated 5 ply, painted a lovely forest green (see photo below). Using the upturned wine bottle and saucer configuration with a sugar solution, it attracts not only Tui's but bellbirds and sparrows. These have sold for \$50 as a charitable donation to the shed and has brought in a reasonable income.

Many of our shed members (we are now up to over 30 paid members) do their own projects but we are active in the community. We have made signage for the Akaroa garden tour and Garden of Tane, made tree protectors, renovated and constructed signs for both Anglican and Presbyterian Churches. We have also built a picnic table for Childrens Bay, with another requested.

Our latest projects are creating kanuka walking sticks for sale at Akaroa Saturday market and renovating an old bench seat and cabinet from the old Akaroa Hospital for placement in the entranceway to the new Health Hub.

Finally, we took up the challenge thrown out to Mens Sheds from the Child Cancer Foundation and raised \$370 during a one day street collection.

It was a pleasure to welcome other Canterbury Sheds to the regional Hub Meeting in February. It was a great day and valuable to network with other sheds. One of newest members penned his thoughts: "Well, the last day of Feb 2019 was the best day ever for the Akaroa Men's Shed Trust! On the 28th March we hosted the Canterbury Regional Hub Day".

All up, including our members, some 32+ happy club members from as far away as Timaru, Ashburton, Rolleston, Amberley and other greater Christchurch urban clubs, sat down for a BBQ lunch and a good old natter. Yes, men do talk a lot too!

Memories, workshop tool techniques, experiences and each club's projects were discussed and various tips and tricks were passed on for all.

The weather was fine and we all sat outside the club "shed" at the Christchurch City Council, Duvauchelle depot, to enjoy a great lunch.

Thanks to all those that took the effort to help, travel and attend. I'm sure I can say it was enjoyed by all."

Howard Wilson
Chair, AMST.



Shed News Region 5

Carved Celtic cross travels from the Taieri Blokes Shed to grace the walls of the oldest church in England.

It all started by a fellow member of the TBS who used to live near one of the oldest Church in England, "Bradwell-on-Sea" This church was built in year 854 from ruins of a Roman Fort.

Bill's family lived near the church, also, their daughter was married in this church, before the family moved to Mosgiel. Six years ago he joined the Taieri Shed. After watching another fellow member carving our shed sign that hangs on our shed wall,



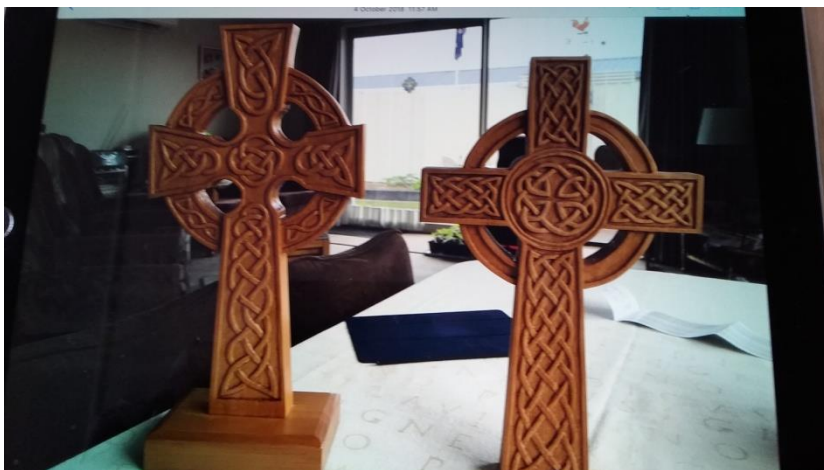
Bill asked if he would carve a celtic cross out of kauri. George accept the challenge and after a month's work carving the cross was finished.

Shortly after, Mr Clayton of Bradwell, who was touring NZ, called in to see the Chapples, agreed to return home with the Celtic Cross and hand it over to the retired Chaplain where it now hangs with pride.

Photos include handing the cross to Mr Clayton from George, also the Chaplain receiving it. The square carving with TBS now graces our shed wall.

The Taieri Blokes Shed members have the honour of their shed name hanging on the wall of one of the oldest churches in England. A great achievement.

Thanks to the Chapple family and George who carved it.



What a difference a roof makes.

After working in a cold damp shed, the North East Valley shed is now a great, bright, workspace. All old roofs leak, and drip with condensation limiting where you could place machinery also letting little light in.

After applying, the shed received a very generous grant from the NZ Lottery Grants Board, they have completely reroofed their shed which includes six full lengths of light strips. No more condensation drips. Now the whole environment has changed from a fridge to glasshouse. It shows up on the members' faces and I am sure will help to attract more members to the shed. The shed acknowledge the assistance of two roofers who volunteered putting the roof on.

Regards, Ian Miller



Send us some news for the next newsletter

Did you know?

If your Mens Shed has an unusual or interesting project on the go, you can send us a short article and photo for the next quarterly edition of the National newsletter, to your Regional Rep or the Editor at – support@menzshed.nz

International News

Health Item

Dr Roger Smith from Melbourne has contacted MENZSHED NZ to offer sheddies his free e-book "Take a Simple Drive to a Healthier Life."

Roger's email "it is a book that I have written and self published to help educate the average person about their health and how they might be able to improve their current situation.

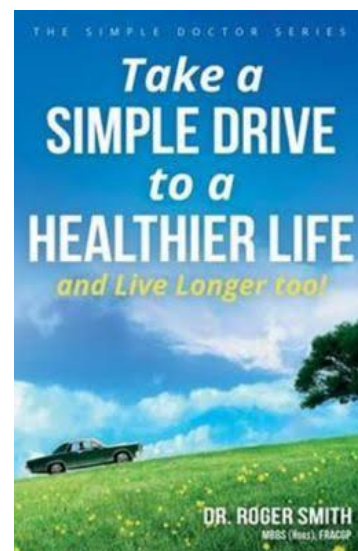
As you will see, it compares how you might look after yourself like you look after your car. This should certainly resonate with your members".

Since more or less breaking even through sales of the physical book, I have now made the ebook version free for all. This is via the Books app (orange) on any iPhone, iPad or iMac. It is an easy download and enables all to read at no cost. Since July last year, there have been over 445 free downloads. I receive no payments for free downloads.

It has been promoted by Australian Veterans Affairs and Diabetes Vic.

Why am I writing to you? I wish to promote the free ebook and its message as widely as possible to your members for I feel that the contained message may make a small but positive difference to many."

(Unfortunately this book is not available on Google Play) But you can buy a hard copy on Booktopia from \$14



Conference 2020

Planning for the 2020 National Menzshed Conference is well under way.

It will be held at St Hilda Boarding College in Tolcarne Avenue on the Friday 17th to Sunday 19th April 2020. Only a year away, and All under one roof.

Looking at the photo, the ground floor is the meeting and dining room. Upstairs is bedrooms with one to three beds in each room. To the right of the photo is another wing with more accommodation so plenty of room. The view out the other side of the meeting room looks right over Central and South Dunedin.

The theme for the conference is, Communities and Wellbeing brings Sheddies Together.

The committee is now putting the programme together with very interesting speakers. Also costings which will be finalised latter.

If coming to the conference, other places to consider. The week-end before is Easter, and Anzac Day the weekend after,

Make a holiday break while here, Central Otago at that time will be a blaze of colour,

Nowhere else in NZ will you see this: The Taieri Gorge Rail Trip, 4 hrs, Albatross Colony, Historical buildings, Speights Beer plus many more.

Start saving now to come to your National Conference in 2020, and enjoy what Dunedin and Otago has to offer.

Hope to see you all there. Ian Miller



Your Health

About the National Bowel Screening Programme

Bowel screening

The National Bowel Screening Programme is free for men and women aged 60 to 74 years. It aims to save lives by finding bowel cancer at an early stage when it can often be successfully treated.

Quote from a Sheddie – “I think i was one of the first to get a kit sent to my home address, i did the test that night, and it’s so quick and easy. Lots of blokes at the Shed have done theirs now. It’s great for peace of mind, knowing – one way or the other”

Find out if you are eligible to participate in this free programme, when it is coming to your region and how your privacy is protected.

[Find out more](#)

HeartSaver NZ partner advert

THIS DEVICE COULD SAVE YOUR LIFE

An Automated External Defibrillator (AED) is a safe and easy-to-use machine that is used to treat sudden cardiac arrest (SCA).

- **FACT 1:** SCA is the leading cause of death in adults, killing 1500 New Zealanders every year – 5x that of the annual national road toll.
- **FACT 2:** Your chance of surviving a cardiac arrest reduces by 10-15% every minute defibrillation is delayed.
- **FACT 3:** It takes emergency services about 7 minutes to respond to a call – can you wait?

The Heart Saver AED7000 (as seen on Seven Sharp):

Includes:

- Five-year warranty
- Adult pads
- 1 x battery (5-year standby life)
- Sturdy canvas carry bag



SPECIAL PRICE FOR MENZSHED MEMBERS

\$1695+GST. (Normally \$2425+GST)

Enter discount code MENZ19 online to purchase today (offer valid till 31/05/19)

ARE YOU WILLING TO TAKE THE RISK?

Are you doing everything you can to provide a safe environment for yourself, your family and your community?

What would you do if someone suffered a cardiac arrest?



“

The best chance of surviving a sudden cardiac arrest is the immediate availability of an AED. I implore you to consider very carefully getting one.

”

– Dr John Mayhew, ex-All Black doctor, current Warriors doctor and AED fan.

info@heartsaver.co.nz • 0800 233 342 • www.heartsaver.co.nz

HeartSaver
AED | FIRST AID | MEDIC | TRAINING

Thank you for your support

By now most member Sheds will have received their free 10 litres of Cabots wood care products.



It's awesome to have partners like Cabots supporting our member sheds, enabling them to do so much more for community organisations in each of our communities.

Thank you letter to Menzshed Upper Hutt - follows

Off to the Menzshed

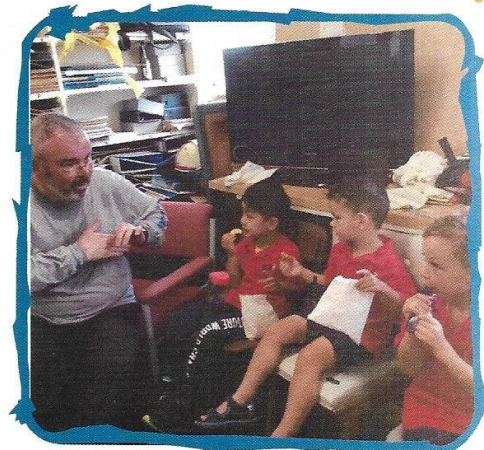
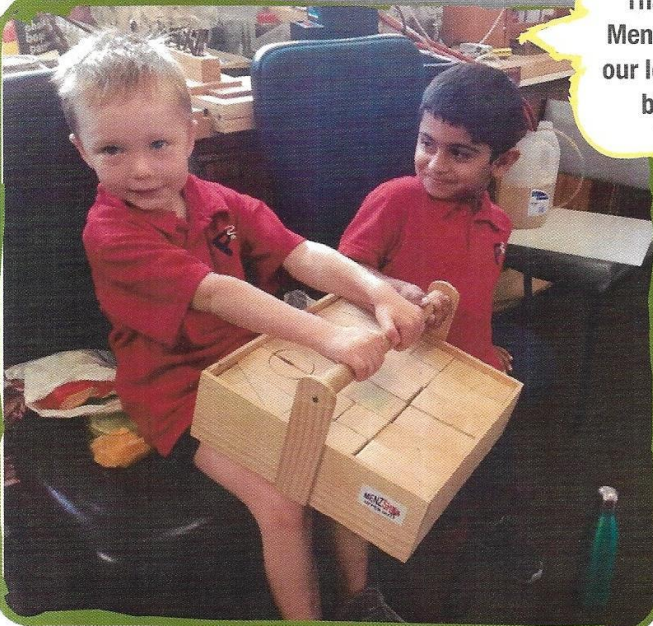


The great men of the Menzshed Upper Hutt had created a Mud Kitchen for us at Preschool. But unfortunately the sink area was going to be a little hot in the sun for our backyard. So we organized for Fraser Crescent school to have the mud kitchen.

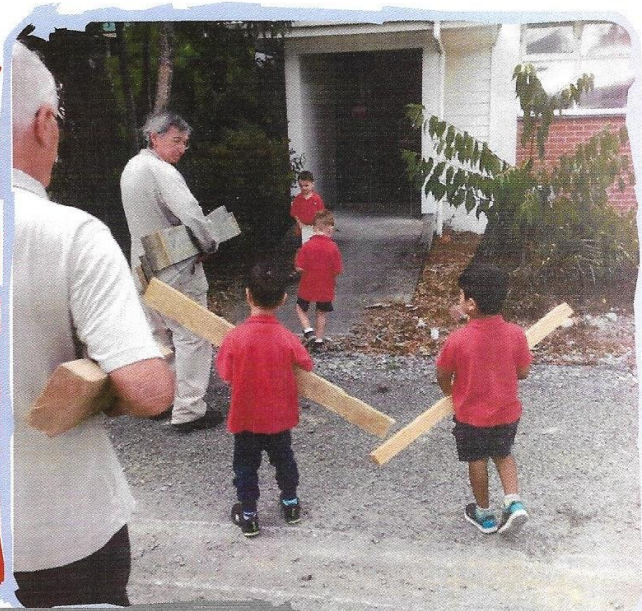
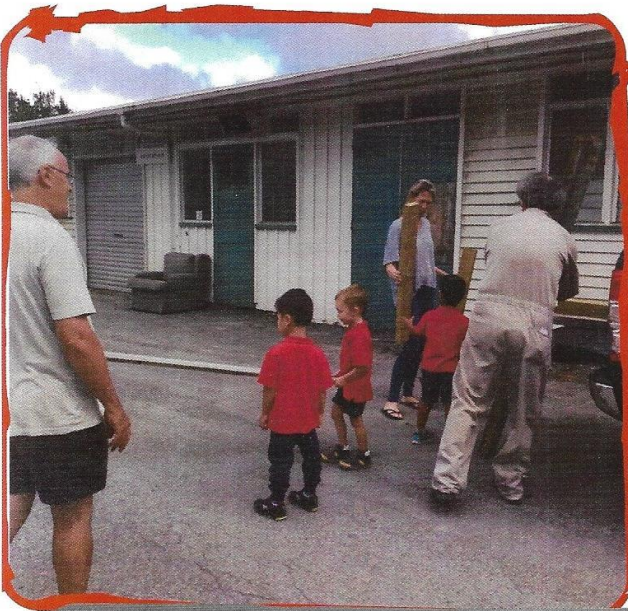
To say thank you we took up morning tea for everyone at the shed. The children made chocolate brownie, pizza and a cake, which went down a real treat.



Thank you
Menzshed for
our lovely new
blocks.



Written by Mrs Cross



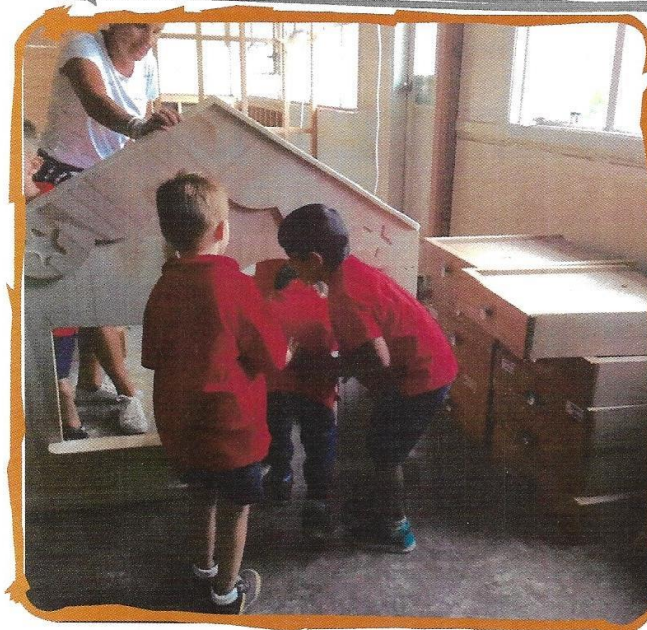
Before going up to the Menzshed we asked if they would mind making a different Mud Kitchen for us and the men were happy to. Having some spare wood left over from our recently built train fence we took the wood up to the Menzshed. The boys helped load it up into Jack's ute and it was all ready for the new build.

At the Menzshed the boys took in the food for morning tea and sat with the men. They also got to view some of the tools in action. After morning tea they unloaded the wood from the ute into the storage building. Here they got to see a new play house that was being built, WOW it was neat.

From here we visited Fraser Crescent school to see the mud kitchen put into place and used. The boys also got to play in their sandpit, it was so much fun they did not want to leave. What a great morning out.

**Te Whariki
Belonging Mana
Whenua**

Connecting links with the family and the wider world are affirmed and extended. Making connections between people places and this in their world.



Wednesday 25th February 2019