



## NEW ZEALAND Newsletter January 2020

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

### *National News*

#### **2020 - ONLY 3 MONTHS TO THE NATIONAL MENZSHED BIENNIAL CONFERENCE IN DUNEDIN**

Get in now and register before the registration late penalty increase kicks in.

Yes, time is flying by, so if you are considering coming to the Conference, now is the time to book in and get your requirements, especially if you require a room. There are singles, doubles, and triples still available.

The full programme is on the Menzshed website including the ladies programme for the weekend and how to register. Does your shed have a special project you would like to present to the conference to tell or show what your shed have achieved in your area.

Please contact the Conference Secretary, James at - [conference@menzshed.nz](mailto:conference@menzshed.nz)

I am sure you and your shed will benefit and learn something from the various speakers and displays that will be there, also mixing with other sheddies throughout New Zealand. If flying in, we will have transport to and from the airport for you.

Other activities to consider if staying for a while in Otago before and after the conference, is Warbirds over Wanaka, the autumn colours in Central Otago, Taieri gorge train trip, and other special attractions around Dunedin.

If you have any further questions, please contact, Ian Miller- [regrep5@menzshed.nz](mailto:regrep5@menzshed.nz) , or Conference Secretary James Sunderland - [conference@menzshed.nz](mailto:conference@menzshed.nz) .

#### **GET IN NOW AND BOOK YOUR REQUIREMENTS AND MAKE THIS CONFERENCE A GREAT SUCCESS.**

#### **MENZSHED NZ Annual General Meeting.**

The AGM will be held at the conference venue on Sunday 19 April 2020.

At this meeting, elections will be held for representatives in Regions 2 (Waikato, Bay of Plenty, Gisborne) 4 (Canterbury, West Coast) and 6 (Tasman, Nelson, Marlborough) and for the Chairman and Support Services Rep.

Nominations for the regional roles close 19 February and 20 March for the others.

Information and nomination forms have been sent by email to member sheds. If your shed is unaware of that, please contact Roger Bowman 027 8822448 or [secretary@menzshed.nz](mailto:secretary@menzshed.nz).

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A special visit from the French Journalists (Oldyssey supporters) Caimille and Flore (centre), with Anita and Graeme at Boomer Business.

Oldyssey travels through Japan, China, India, Brazil, Colombia, the United States, Canada, Senegal, South Africa, and some European countries, to see how it is to get old there.

They've chosen both countries where the demographic transition is already well underway, such as Japan, Canada and the United States, which are very advanced in terms of innovation for the elderly; but also countries facing the challenge of an accelerated demographic transition, such as Brazil, China and Senegal. Solidarities are still essentially family, but the rapid aging of their population pushes them to innovate to take care of older people. Oldyssey also focuses on initiatives that bring generations together around the world, in societies where the status of seniors is different, to draw inspiration from other forms of solidarity.

And now New Zealand is to be included.

At Boomer Business all the gents' eyes just about popped out of their skulls when they saw these two young beautiful women with their gorgeous French accents lol!

They all wanted to be interviewed ☺

A great mornings filming ... so we are looking forward to the finished product.

To learn more about Oldyssey go to - <https://www.oldyssey.org/about-oldyssey-aging>

## Shed News Region 2

Send us some news for the next newsletter

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## Shed News Region 3

## Menzshed Porirua

On Saturday 18th January, the sheddies at Porirua, took the opportunity to hear an address by John Bush, Coordinator/ Manager of the Masterton Henley Mens Shed, on the topic of health and safety, John was enlightening and free with his advice and resources.

Health and Safety can be a complex problem for newer sheds to come to grips with along with a comprehensive strategy to protect its members, so we are grateful for any assistance in this area.

It is good to be able to have a solid working example to learn from and if necessary it can be modified to suit individual sheds.

We look forward to receiving further information on the colour coding system that John mentioned, it could form an acceptable standard across all Mens Sheds that don't already have a system in place.

Peter Steiner  
Member of Porirua Menzshed.

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## Masterton Henley Mens Shed

Moving with the times and its paying dividends.



Just before Christmas the shed installed an EftPos facility, brought about by the fact that people don't carry cash these days and cheques are being phased out, so it seemed we should move with the times.

And the timing was important as the shed opens a pop up shop for 3 weeks leading up to Xmas, and in the past had missed out on a number of sales due to not having EftPos available.

Not this time though, shoppers were pleasantly surprised to know that EftPos was available, and that brought in an extra \$2k in sales.

It has also been a great feature for blokes paying their annual and weekly fees to have EftPos available, and for those who pop in to have something repaired they can make their donation using EftPos – easy.

We chose **smartpay** as they have a plan for Charities and made the process easy.

We had to jump through a few hoops for the bank to make it all work, but now it's done, it's a breeze for all concerned and paying for itself.

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### From Region Rep 3

The growing awareness of men's sheds and their impact on their local community, within the wider community, was demonstrated just prior to Xmas in the Wellington area, when two companies, approached Menzshed NZ, offering surplus materials to local sheds.

The first, a construction management team in Lower Hutt, requested contact details for sheds in Wellington, Lower Hutt and Porirua areas, so that their local managers, could make direct contact with individual sheds when surplus materials became available.

The second, a branch at Seaview of a national distribution company, wanted to make surplus stock available to sheds in the Hutt Valley.

In both cases, the Regional Rep was able to establish the links between the companies and the appropriate sheds, and hopefully successful relationships can be generated.

We await results with interest.

Murray Campbell

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## Shed News Region 4

Send us some news for the next newsletter

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## Shed News Region 5

### Win, Win, Situation.

September last year, the East Taieri School came to the Taieri shed and asked if we could build them a Wendy House to raffle to raise funds for their school development.

They had a builder who would donate the material, and we would build and paint the Wendy house ready for their school fair on the 25th November.

The shed was built over a few weeks at our shed, then transported to the school ready to raffle of. The Taieri shed has done a number of projects previously for the school, not as big as this one so they knew our workmanship.





Over the next few weeks the school sold many tickets for the Wendy house, everyone wanted to win it.

On November, the 25th at their annual fair, the draw took place under police supervision with a lucky family in Mosgiel winning the top prize.

On that day, the school raised \$25.000 in total for the school. Funds from the fair is going to "Enhancing classroom environment" There are 345 children attendance roll at that school.

The **Taieri Blokes Shed** won as well as the East Taieri School.

Our shed covered our building costs plus were left with considerable timber and ply sheeting that the builder over ordered, and the school raised \$3.600 for the Wendy house, a Win, Win, for both parties.

Photo of the school principal Jennifer Horgan and Ian Miller.



***More Shed News Region 5 over the page;***



# Cromwell Menz Shed Game for Jenga at Five Stags

*Editorial and photos supplied*

Ministry of Health figures from 2008-2017 show that for men, suicide rates spike around ages 15-25 and then slowly decline to age 65 when they start climbing again, peaking at 32 per 100,000 in men aged 85 and over.

For 73 year old retired tradesman painter Dennis Booth, this worrying trend further confirms the potentially life-saving value of the Menz Shed movement, and the contribution it is already making to the mental health and emotional wellbeing of Cromwell's elderly males. Dennis is also quick to point out that women are welcome to get involved in various capacities.

Cromwell Menz Shed was instigated in September last year by Cromwell Lions. Currently there are 48 members with more joining every week. The ever growing list of work includes the refurbishment of the Cromwell Youth Club which officially reopens at 5pm this Friday, the recent and very popular Repair Café, building an amazing 3.6 x 2.6 playhouse to raise funds for Cromwell Primary School, St John Ambulance Station demolition, Scout den upgrading and making two giant Jenga sets.

With Neville Hucklebridge and Gordon Stewart among well-known local identities involved, and support from such businesses as R & R Hiab Services (Luke Win), Portacom and Fulton Hogan, Cromwell Menz Shed will soon be moving into permanent portable premises at the race course created from three 40ft container arranged in a u-shape. Menz Shed members are not paid for work but the shed is allowed to make a mark up on supplying materials.

"There's a lot of publicity about saving for retirement. What doesn't seem to be addressed is how to spend retirement years other than having enough money for overseas holidays and ocean cruises," says Dennis. "After leading busy lives, often surrounded by work mates and colleagues, I know many step into or are thrust into retirement to find



themselves with little or nothing worthwhile or personally rewarding to do. Some might think they are happy becoming television or computer couch potatoes. A sure fire way to lose fitness, mobility and shorten their lives. Others can disappear into a very dark place, often through loneliness especially when their partners are still working full time or have passed away. Something else, to join you don't need to be a former tradie or even particularly mobile or strong. At Cromwell Menz Shed we like to think you're never too old to learn new skills or get involved in some

way or another.

"From my own experience, the Cromwell Menz Shed has given me a new lease on life," says Dennis. "Being in a much better space I socialise more and enjoy calling in to Five Stags which brings me to the giant Jenga sets. Being the great bar manager he is, OJ (Oliver J Bylett) makes a point of engaging with customers and showing a genuine interest in us. That's when I started talking about the Cromwell Menz Shed."

OJ takes over, saying how talking with Dennis gave him a lightbulb moment. "Our General Manager Glen Christiansen has always wanted to see the grassed area outside the Five Stags and Forage Café used as a public space," explains OJ. "Sitting in the Cromwell sun on fresh mown lawn is appealing but people need more by way of attractions. So why not some outdoor games, starting with a couple of giant Jenga sets. The question was asked, 'Dennis do you think the Menz Shed would be interested?' "

"I didn't hesitate going back to the guys where Jim Thomlinson, ex Placemakers, and ex-builder Howard Bloxham put up their hands," adds Dennis with a smile.

The Jenga sets have now been made and delivered, and OJ has more games that include curling on plastic ice, volley ball, beach tennis and badminton. There are also bean bags to relax on to watch the fun and games. Depending on the weather, the games will be put out over summer starting this Saturday. Another feature of this Saturday and the next is a vinyl spinning DJ between 2pm and 5pm.

"When you play Jenga in the Corona Games Garden at Five Stags Bar & Restaurant at The Gate, spare a thought for the Cromwell Menz Shed and the potential it is already showing to make a hugely positive contribution to the mental health and emotional wellbeing of the town's elderly men," reminds OJ. "The Gate is definitely keen to forge a close relationship with Cromwell Menz Shed."



## Tapawera Shed

Sheddies seized an opportunity to set up exercise equipment at the Tapawera domain. We laid the concrete pads, built the table, installed the shade sail and assembled the exercise equipment. The project was a great service opportunity on behalf of the council and community and generated enough funds to cover our operational expenses for the year too.



Has your shed yard ever looked like this?



Waimea sheddies spent a day at the A&P show gathering up the logs/chips from the wood chopping events. 'Twas hot work and the logs aren't light either. They were dropped off to our site for splitting and sale as dry firewood – a nice earner for the shed and support for a community event too.

## *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](mailto:support@menzshed.nz)

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## *Mens Health*

As part of our men's shed commitment to men's health, there are a number of resources available on our website. Click [this link](#) to view. If there are other resources that you think could be included, please contact [secretary@menzshed.nz](mailto:secretary@menzshed.nz)

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## *Well has your Shed booked yet ?*

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## *Just a Reminder*

### CONTACT INFORMATION AND WEBPAGES

Attention shed Secretary, Coordinator or Chairman.....

Have we got your contact information correct on your webpage hosted at [www.menzshed.nz](http://www.menzshed.nz)  
Please take a moment to check. Updates - please advise [secretary@menzshed.nz](mailto:secretary@menzshed.nz)

Also check that you have up-to-date contact information recorded at the Societies office and at Charities Services, as applicable.

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## *Something for idle hands in the Shed*

Take a trip around your local building sites and ask if you can help clean up around the site and lighten the load in the skip bins. Its amazing what you will find that will come in handy around the shed.

In particular look for framing timber (90 x 45mm) offcuts at least 270mm long and lots of them, take them back to the shed and cut all you can to 270mm long. Give them a clean up, maybe just a little bit of sanding, and then paint the ends in a variety of colours.



Put then into batches of 54 blocks – now you have a **Jenga**

**block set**, which can be played indoors or out, by kids or adults, and they sell like hot cakes.

Good on the Mens Shed, turning somebody else's rubbish into cash for the shed.



Don't forget to pass this newsletter around all the blokes at your shed

THANK YOU