

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

Meet our National Executive

With the AGM out of the way for 2020 the following folk have been elected to the executive.

Chairman

Trevor Scott from Christchurch.
Trevor is also acting as the rep for
Canterbury & Westland .
chairman@menzshed.nz



Secretary

Roger Bowman from Richmond
Roger is also acting as rep for
Tasman, Nelson & Marlborough
secretary@menzshed.nz



Treasurer

Peter Blackler from
Waikanae
treasurer@menzshed.nz



Regional One Rep

Northland & Auckland
David Broadhead from
Auckland
regrep1@menzshed.nz



Regional Two Rep

Waikato, Bay of Plenty &
Gisborne
Keith Dickson from
Mt Manganui
regrep2@menzshed.nz



Regional Three Rep

Taranaki, Manawatu,
Whanganui, Hawkes Bay &
Wellington
Murry Campbell from
Wairarapa
regrep3@menzshed.nz



Regional Five Rep

Otago and Southland
Ian Miller from Mosgiel.
regrep5@menzshed.nz



The committee has vacancies for two Regional Representatives for Tasman/Nelson/Marlborough and West Coast/Canterbury and the Support Services role. To learn what is expected of these roles, please contact Roger Bowman secretary@menzshed.nz.

The Executive Farewells

Our Support Services position has become vacant with the stepping down of John Bush from Wairarapa. John has served on the executive from inception taking on the roll of Support Services providing advice on starting a shed through to promoting Men's Health and Safety within the shed. He has contributed greatly to the running of MENZSHED NZ not only by giving advice but also in creating many of the resources that feature in our resource Tool Box. Many thanks John for the contribution you have made to MENZSHED NZ. I know that your efforts have been greatly appreciated and we wish you well for the future.



From the Chairman

What a time it's been. Just back in full swing after Christmas and along comes the covid-19 pandemic! Shut down. What are we men of the shed to do? Like so many of you it was time to undertake projects around the home. Painting, fixing all the things that needed attention and did not get fixed earlier due to being down at the shed ! Bunnings and Mitre 10 must have made a killing just prior to the shut down with so many folk stocking up with materials.

Then there was being asked not to make the journey down to the supermarket as we are in the vulnerable over seventies age. Oh dear, just as well there were kind neighbours and grandchildren.

One good thing came out of it, we could communicate via zoom, facetime and messenger to keep in touch with folk. And for those who don't use this form of communication the phone came in handy. Keeping in touch was greatly appreciated by members throughout the country.

Then along comes level 3 and we are able to break out and go to the shed. Yippee could be heard all around the country. Was it the same place we went to before ? Not exactly with restrictions in place. Wash hands, sanitize the hands, record your visit, only ten folk at the shed at a time, only two hours to be spent in the shed at a time. keep your distance and with face marks it's a wonder we could recognize each other.

Now we are back at level one and all this is behind us. Onwards and upward we can go. Back to working in close proximity. What a celebration to be back.

When I look back it's just like a bad dream. Although I can't travel overseas I can revisit our wonderful country. Maybe a Shed crawl should be a plan !

It's been pleasing to see how soon sheds opened and got back to the fellowship of working with members "shoulder to shoulder".

Conference It's All On Again

The postponed National conference is back on in **2021**.

The organising committee have managed to book St Hilda College again for the 2021 National Menzshed Conference here in Dunedin. The new dates for this are the **29th, 30th, April and 1st May 2021**. PLEASE NOTE that these dates are a Thursday, Friday, Saturday. Reason for the change of days is the students start coming back on the Sunday morning after their holidays

Being early days, we have to start again with planning the programme, organising speakers and revising our sponsorship with sponsors. The committee will keep you all informed of changes and costs in the months ahead. But rest assured the programme will be as interesting as before for all sheddies.

SO START PLANNING NOW.

The Sunday before, is Anzac day, so the following Monday could be the public holiday for that. What I am saying is, make a few days of it and look round Dunedin and Otago and what it has to offer.

Looking forward to meeting you all there. Regards Ian: Organising Chairman

Our Resident Cartoonist

Our new resident cartoonist Mike Richardson hails from the Napier Menzshed - Mike was one of the instigators who put the Napier shed together over 5 years ago. He's a trustee and assists in the promotional side of the shed. One of his fundraising projects on two occasions was a Calendar full of his funny cartoons on 'Shedders' in action. His Christmas floats have earned their shed a first and two 2nds taking part in the big Napier Parade every year. Mike is presently working on a Menzshed book - again -full of what Shedders get up to? Cheers Mike



The updated entrance to the Napier Menzshed.
Thanks to Mike and his skills at cartooning.

MENZSHED WEEK

September 28th to 4th October

Menzshed Week is an opportunity to showcase your shed to the wider community. We would hope that all sheds would take on board this event to celebrate what MENZSHEDS are all about.

Activities to promote and showcase your shed may be:

- Holding an open day/evening.
- Have a stall outside a local shop displaying items made in the shed or a display in the mall.
- Have a raffle to assist with funding of your shed.
- Have a small activity for the young and old folk to put together. This could be a challenge type activity that could be timed. There may be a small prize for different age groups.
- Invite the local mayor and councillors to the shed.
- Invite the local member of Parliament.
- Invite all the businesses and folk who have supported your shed by donations and sponsorship. You may even put on a BBQ for them to say thanks.
- Invite your local school/playcentre Principals and staff.
- Invite local organisations that deal with welfare of adults.

In preparation for the event you may need to:

- Make contact with the local shops to see if you can have a stall outside on the day.
- Take pictures of the projects that you have been involved in within your community.
- Take pictures of projects that have been made by members of the shed.
- Have a large sign displaying your shed name.
- Have a pamphlet that you can give out with info relating to the shed and a membership form attached.
- Create an advert that can go into the local paper/newsletter for distribution prior to the event.
- Do a letterbox drop advertising the event.
- Approach a local radio station, you could be interviewed during the week as part of an interest topic.

Lets all work together to make MENZSHED a focus for the week and the coming year.

Name Our Newsletter

Here is a golden opportunity to update our newsletter header. Yes it is time for a change. If you like design send in your take on an idea to secretary@menzshed.nz. We don't guarantee that yours will be the one but I am sure the executive will decide on the one that's most appropriate.

Some suggestion that have been forwarded to us so far:

Chit Chat, Sheddies News, Glued n'Screwed, Plane Speaking, Mitre Said, Chew the Fat,

Menzshed News Bulletin, Sawdust and Sparks Bulletin.


The maximum size is 50 mm high and 193mm wide.



Email Address: What the best for Sheds

A large number of sheds use a personal email address of their secretary, treasurer or chairperson. This may be Ok but what happens when there is a change of office at the shed. The email address details needs to be changed and sometimes this is overlooked. To reduce the chance of details becoming obsolete we would recommend that sheds create a gmail account or similar that has the shed name eg litteltownmenzshed@gmail.com. This email account can be accessed by all office holders using a similar password. When the officers of the organisation step down from the position, all that needs to be changed is the password. It also gives an organisation more access to communication as one person receiving the emails on their personal email address has problems when they are away or just forgets to pass on the information. All three office holder could be checking the emails regularly.

To set up a gmail account go to <https://support.google.com/mail/answer/56256?hl=en>

	<p>A reminder to Facebookers that we have a shedder group called the MENZSHED NZ shed forum at https://www.facebook.com/groups/917022518450093</p> <p>Presently 47 sheds are represented by 89 shedders.</p> <p>To participate, visit the site and answer the two screening questions. After your application is accepted, you will be able to read and post to the site.</p>
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Newsletter Articles!!

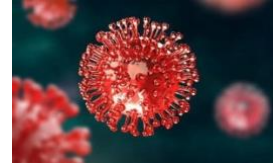
Yes, we want more material from around the country depicting what you are doing in your shed. We all have something that we do at our shed and it may not be done at the shed down the road. Come on share your experiences, write up an article, take a few pictures and send them onto your regional rep or directly to me email to chairman@menzshed.nz. It is best if they are written in word and pictures are jpg files. Lets see if our next newsletter is more interesting than this one.

MENZSHED NZ *Annual General Meeting.*

Held on-line 18 May with 27 sheds represented The minutes and reports are available [here](#).

Covid-19

This snip from the Ministry of Health website is a reminder that we should not be complacent about the reduced risk of exposure to COVID-19.



Golden rules for everyone at Alert Level 1

While the risk of exposure to COVID-19 is now low, there are some Golden Rules we should all follow to help prevent future spread.

1. If you're sick, stay home. Don't go to work or school. Don't socialise.
2. If you have cold or flu symptoms call your doctor or Healthline and make sure you get tested.
3. Wash your hands. Wash your hands. Wash your hands.
4. Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
5. If you are told by health authorities to self-isolate you must do so immediately.
6. If you're concerned about your wellbeing, or have underlying health conditions, work with your GP to understand how best to stay healthy.
7. Keep track of where you've been, when and who you've seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this.
8. Businesses should help people keep track of their movements by displaying the Ministry of Health QR Code for contact tracing.
9. Stay vigilant. There is still a global pandemic going on. People and businesses should be prepared to act fast to step up alert levels if we have to.
10. People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. Be kind to others. Be kind to yourself.



Sheds may be interested in providing a COVID Tracer QR code for the entrance.

[Here's how.](#)

UNITED KINGDOM MEN'S SHEDS

The UKMSA held an on-line Shed Fest during July - three days.

The videos are available to view [from here](#).



The National Strategy for Community Governance Online Event Wednesday 19th August
9.30 to 11.30am. Go to the web site for details.

<https://events.humanitix.com/national-plan-action-plan-for-community-governance>

Region One News

Northland and Auckland

It's business as usual at Mens Shed Auckland



At **Mens Shed Auckland East** things have rapidly returned to normal post Covid.

Auckland East is a relatively young shed; it was formed in 2015 and after a long search moved into its current premises in May 2018. The challenge then was to transform the building – which was previously a store and workshop for a landscaping company – into a great space for men to come together.

The men put their heads together and with careful planning and a bundle of enthusiasm over the next few months they completed part one of the makeover. They drew on experience from their past professional lives for the design (Alan) and electrical (Mal) aspects.

A core team of four then handled the hands-on aspects. They came from a range of backgrounds with only minimal formal training in the trades; Wayne was a shoe salesman, Peter was a manager in the motor industry and then had his own kitchen business, Hank was an ex wharfie and Phil served his time in HVAC before a long career with Air NZ.

In the 20 months from October 2018 to June 2020 the team completed an impressive 41 tasks with a further four “work-in-progress”; not bad for a bunch of amateurs working just three mornings a week!

Like a lot of men Wayne, Peter, Hank and Phil prefer to be doing stuff rather than talking about it and the shed has certainly met that need. Along the way not only have they contributed hugely to the shed (which has in turn contributed greatly to the community via many and varied community projects) but they have made a bunch of new friends, worked co-operatively to learn from each other as well as learning a bit about men's health. And they stayed connected during lockdown via Zoom meetings three times a week.

Stages two and three of the makeover will keep them busy for the next twenty months!

Men's Sheds provide value; to their members through increased activity, awareness and camaraderie – all of which are critical to men's health – and to the wider community such as kindergartens and schools, libraries and conservation groups through the products and services provided.

Region One News Continued

Northland and Auckland

Men's Shed Auckland East - Continued



Quotes from the team about why they are members:

Alan Minson "In 2017 when I was nearing retirement, there was a public meeting about the formation of a local Mens Shed. Despite there being no actual Shed at the time, the concept appealed as an opportunity to mix with like-minded people and use my project management background to contribute to the establishment of the organisation and its facilities. The Shed's popularity, members' camaraderie and teamwork have certainly proven totally rewarding. I look forward to contributing to MSAE's continued growth and success."

Alan, Mal, Phil, Wayne and Peter

Mal McLennan "Following retirement, travelling around New Zealand

and Australia in our motorhome was enjoyable and fulfilling. When that came to an end, I was faced with an unexpected challenge of what to do next. The opportunity to become involved in the establishment of a Mens Shed was totally unplanned and has been a delightful experience not only filling spare time but meeting fellow members who have become friends. In addition to time spent at the Shed, several enjoyable fishing trips and social events such as partners nights have taken place."

Phil O'Flaherty The pending question for seniors who are about to retire is they ask of themselves, "what am I going to do". "It doesn't matter how financially secure you may be, it is the expectation of waking up each day with a purpose to your life ahead. A focus that will fill the days productively. The "men's shed" fulfils my expectations admirably with work at hand, fellowship and friendship. It engages me with planning and executing tasks that occupy my time to reach a sense of achievement with immense pleasure. A very healthy recipe for me personally, mentally and physically."

Wayne Grainger "After I retired, I worked on building sites with my stepson who owns a building company. This I did until 2018 when in March I had major surgery. After 3 months recuperation we had a month in Italy with my stepdaughter and family. My stepdaughter had discovered the men's shed online and thought it could be good for me as I was needing something to occupy myself. At the end of August 2018 I joined the men's shed and this has given me a reason to get up and get going. The friendship and camaraderie is now something I enjoy regularly."

Peter Merrie "Six months after retiring and having completed many of my catch-up jobs at home, I discovered The Men's Shed. Straight away I was drafted into the 'building' team where I work with a great bunch of guys and contributed to the transformation of the building and facilities. Each of us is skilled in different ways and by working together we are able to complete the many projects to a high standard. I have found the Shed to be a friendly place where I can meet others from different backgrounds and learn about their life experiences."



Lining of meeting room with insulation and wall board



Partners Night

Region Two News

Waikato, Bay of Plenty and Gisborne

Te Awamutu Menz Shed – Potaka Kai Pantry's

This was a project we completed for the Maori Women's League. We were approached by the ladies of the league to build a pantry. They advised us they had a set amount of money to complete the project. We priced the job and the budget would only complete one pantry (materials and labour). The club then decided to give the labour free as it was a community project and in doing so we were able to build two for their budget, which they happily agreed to. Bevan and Malcolm did the bulk of the construction with the others completing the finishing of the project.



The Shed is working very well at the moment. We have a membership of around forty members with thirty active members. We carry out projects for customers and also in the community. A couple of our latest community projects are below.

Refurbishing outdoor stools for Pirongia Lodge.



Donating two Picnic tables for Lake Rotopiko Wetlands Trust.



From this to this



The picnic tables were made out of Recycled Retaining Wall Timber

Along with the woodworking carried out at the shed we have an excellent garden and the gardeners provide excellent Kumera in season, also a very well stocked engineering workshop.

Thanks Malcolm Perano

Region Three News

Taranaki, Manawatu, Whanganui, Hawkes Bay and Wellington

A Special Project From The Martinborough Menzshed.



Seventeen years ago, 6 year old Coral Burrows of Featherston, was murdered by her Step-Father.

Recently, her best friend Kim Dittmer was at the unveiling of a memorial seat in her memory, set near the spot where the Ruamahanga River empties into Lake Onoke, not far from Palliser Bay, where police found her dumped body.

Kim, is thinking about what might have been. She reckons they would both be backpacking round Europe if her friend were alive today.

For years people had tied teddy bears to the fence as a makeshift memorial. Teddy bears were her favourite things, Dittmer says.

Western Lake Rd neighbour, Dougal McKenzie, thought it was time the tattered teddy's came down and were replaced with something permanent.

So funded by local business, Green Jersey Cycle Tours, a memorial seat was built and erected by members of the Martinborough Menzshed.



The installation of the memorial seat on Western Lake Road was organised by neighbour Dougal McKenzie (centre), paid for by Green Jersey Cycle Tours and built by Martinborough Men's Shed members.

Region Three News Continued

Taranaki, Manawatu, Whanganui, Hawkes Bay and Wellington

MenzShed Kapiti Celebrates with a Special Morning Tea

On Tuesday 16 June fifty five blokes turned up at the Shed at Rangihiroa St, Waikanae to witness one of the founding members, Nigel Clough slice into a rather large chocolate coated banana cake. This was to celebrate the 10th anniversary for MenzShed Kapiti.



Nigel, Charles Lloyd, and Andrew Stephens held a public meeting in June 2010 to assess the interest in establishing a MenzShed in Kapiti. Twenty seven men signed up on the night, the application sent to register as an Incorporated Society, and as they say the rest is history with membership now in excess of one hundred and ten members. The first difficult task was to find a base, but with strong support from Kapiti Coast District Council, an old double garage was made available at the Council's Works Depot in Waikanae. Nigel says it was a good day if eight to ten blokes turned up at those first sessions. Cooking on a gas camp stove to boil the water. Nigel never imagined that the Shed would grow to today's numbers

with fifty to sixty blokes turning up on a Tuesday and Thursday.

Two years later the Council moved their operations to Paraparaumu and MenzShed obtained a ten year lease on another eighty eight square metres of shed space. Another year on - a tractor shed on an adjacent Council house site was dismantled and rebuilt onto the end of existing shed to provide another eighty eight square metres of workshop space. A four metre wide veranda was then built across the front of the two sheds. Although there is a sink, stove and fridge – still no room for a meeting area – stand up morning teas out under the veranda. OK in the warm sunshine but not so good in the cold wind and rain – but they still come along.

With fifty to sixty guys turning up each session – the Shed is a very busy place with work benches and bench saws moved out under the veranda – makes the cleaning up a bit easier. Lots of work going on – mostly on community projects and making and fixing things for the public who come in the gate. We are fortunate to have access to a large yard area – parking for thirty – forty cars plus a very productive garden area with produce going to the food bank.



After six or seven years of planning, Resource

Consents, Architects and Engineers, Building Consent, and fundraising, the blokes at the Shed are building new facilities. A kitchen with all facilities, accessible toilets, a small office, and fifty square metres of open space meeting area. Then to finish off with a forty five square metres covered deck across the front. This will be a very welcome comfortable place for the cuppas and meetings. It will also provide for the less able blokes in the community to come and join in the Shed activities.

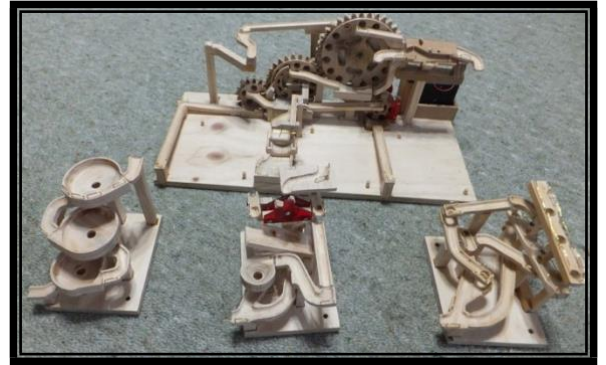
Region Four News

Canterbury and Westland

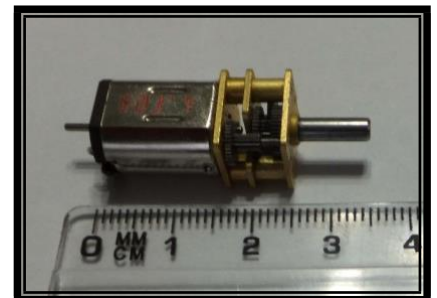
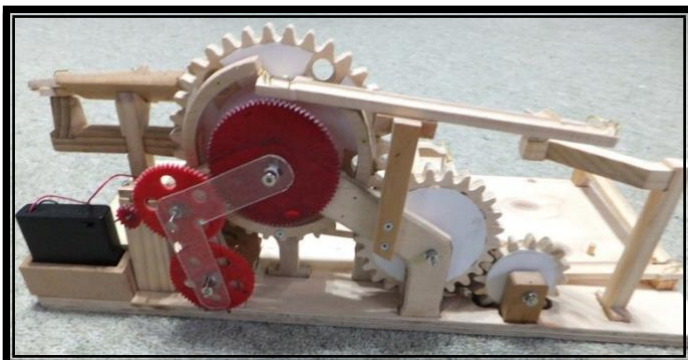
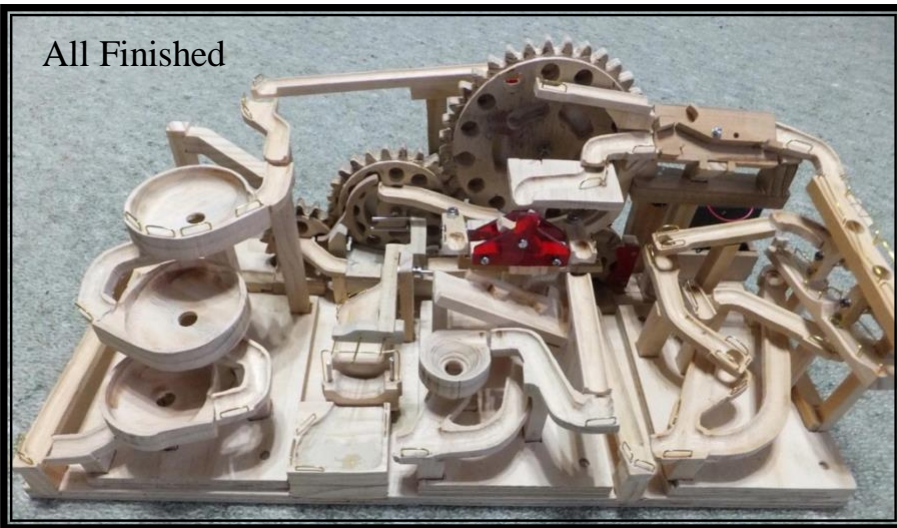
My Lock Down Project

Richard Rendle from the Bishopdale Shed

Over Christmas I got two ROKR marble run kitsets. See <https://www.youtube.com/watch?v=iw8wyxBultc> as an example. These are intriguing kits all laser cut, incredibly accurate in the assembly and the assembled model is fascinating to watch. Once we entered lock down I decided I needed a project to keep me sane and had seen the Triple Gear Lift marble run video, <https://www.youtube.com/watch?v=cZMqlyHFSuM>. I found I was able to purchase the kit for this at around NZD400. This would have taken a couple of days to assemble which wouldn't have helped a four week lock down and at the current rate of NZPost delivery I would still be waiting for it at Level 1. I also found I could purchase and download plans for around NZD75, (see <https://woodmotion-plan.com/>) which I did and had them within minutes of doing the credit card transaction. I think the intention is to use CNC equipment which I don't have so set about making it all by hand, including the gears, using the standard machine tools in my workshop. The assembly comprises a base unit and three modules which are interchangeable in position. Dimensions are 500 mm x 230 mm and it stands 200 mm high. It is operated by a micro motor geared 250:1 running off 6V. This turned out to be an ideal project - very time consuming and I had plenty of that - and used small quantities of materials which I had in the workshop. The plans were a bit sketchy in parts but I managed by printing the diagrams at 100%, gluing them to the wood or acrylic and cutting them using jig saw, band saw or scroll saw and a router to groove the runways. It is now complete and running tolerably well, but there is always room for tweaking.



All Finished



Region Four News Continued

Canterbury and Westland

New Brighton Menz Shed Relocates

In November 2019, the New Brighton Menz Shed relocated from the thirty six square metre double garage in New Brighton to a one hundred plus square metre hall in North New Brighton that was previously a church. Earthquake damaged but fit for use, the most notable post earthquakes feature is the raised floor, very noticeable when one walks from one side to the other.

As a church, it had subdued lighting, little need for power outlets but very effective heat pumps. No longer would we have to endure the winters in the double garage, the doors of which were usually open to provide



more working space but unfortunately faced south so we even missed out on the winter sun.

The rear of the church building is newer and is still used so the existing large glass sliding doors had to be replaced with a new wall and small door. The door centre right of picture, provides access to a small kitchen and toilets, luxuries indeed.

Initial priorities were to replace all of the lighting and install extra power outlets. New LED strip lights already installed as shown in the left of the picture have now replaced the remaining single bulb ceiling lamps. New power outlets have already been installed in the right half of the hall where previously there were none.

Future projects for which we are seeking funding include a dust extraction system and additional power outlets. Even though the additional shed space provides more scope for activities, woodworking is still the main activity. A very generous donation of the contents of a shed gave us a small engineering capacity that included a Myford ML10 lathe. A lovely machine to look at, getting it operational is a project in itself and then we need to find a use for it.

The move to the new premises has meant a large increase in rent. Not that high I suspect by many NZ shed standards but still a significant outlay for us along with insurance. The impact of COVID19 on our finances has been the drop off in projects that would normally have contributed donations to the shed. We were fortunate to secure a grant from the Rata Foundation to cover rent and insurance for the coming year and a very generous donation from one of our members has enabled us to purchase some new equipment and install the lighting mentioned above.

One downside of the new shed is that we no longer have the public visibility that our previous location by a very active church and the New Brighton shopping centre gave us. The new shed has attracted some new members and we are actively working to attract more, both men and women as we are open to all. The challenge is to find ways to effectively communicate with the community and activities that will encourage participation.

More info on our website www.nbmenzshed.nz

Region Five News

Otago and Southland



In response to a community expression of interest, Project Bruce decided to investigate the possibility of finding the manpower, space and resources to establish a 'Shed'. A place where people could come together to share skills and knowledge, to build relationships and to work on practical tasks individually or for the community. The initial concept was for a space which would contain hardware and tools available for use and possibly to borrow, workspace for skill sharing workshops or casual attendance and area for textiles.

Project Bruce hosted Ian Miller from the MENZSHED organisation to talk to us about what is involved in starting a shed and subsequently Project Bruce hosted the Otago Southland Hub meeting which was attended by representatives from Sheds across the region, some of our local men and our Mayor. Inspired by this gathering, one participant wrote a rousing article for our local paper and as a result we now have a group of men who are dedicated to establishing a shed. Following a visit to the Taieri Blokes Shed, the Bruce Community Shed was born. We have teamed up with the South Otago Heritage Society and are currently building a workshop in their fantastic barn behind the A&P Showgrounds. The very important tea room has been completed and work is in progress on the large tool area. The Heritage Society has purchased a large industrial generator for electricity. Tools have been donated by individuals and businesses and we have been extremely fortunate to be involved with the Otago Polytechnic School of Occupational Therapy from where two student volunteers coordinated a tool drive to increase resources. Members of the Shed have just embarked on their first project – erecting a garden shed for the local golf-club. Membership continues to increase and the atmosphere amongst the "Sheddies" is exceptional.



We have a large number of current and retired tradespeople and other talented folks in the Bruce District and the Bruce Community Shed is bringing those people together to provide purpose, camaraderie and a great workforce for community projects! In the current climate of anxiety and depression amongst (especially young) men, the Shed is an ideal way to provide a space for men to talk, offload, expand their skills and potentially find a mentor or mentee.

Once our workshop is complete, members will be able to take on further community projects and work on individual tasks. Members will also assist the development of the Heritage Park at the location of the Shed. We anticipate a growing membership and would love to be able to institute a system of mentorship and camaraderie for younger people also. The rapid progression of the Shed and the wonderful culture that already exists between members is truly inspiring and bodes well for the future.



Region Five News Continued

Otago and Southland

Radio Interviews With Members of the Invercargill Menzshed.

During a recent meeting with the members of the Menzshed Invercargill shedders on Saturday 6th June. Chris Diack who is a volunteer presenter for country radio and a member of the Menzshed Invercargill raised the possibility of doing some radio advertising to raise the interest in the town and that in turn led to the possibility of doing an interview with someone from the Menzshed. Ken Bowie and Peter Fitzgerald agreed to take part. During the interview Ken had chosen a couple of tunes which had a shed flavour. The interview lasted about fifty minutes and was on country radio 105.2 FM. The interview can be heard on the @menzshedinvercargill Facebook page. Chris Diack has also put together an advertisement for the Menzshed which is to be run on the radio in Invercargill, with the possibility of Dunedin and Christchurch also running similar advertisements.



Ken Bowie



Peter Fitzgerald

The proposed advertisement is below:

The Invercargill MenzShed, 34 Forth Street, is where you can join up with a group of like minded blokes who have spare time on their hands.

Would you like get involved in a community project?

If you can fix something, make something, pull something to bits, create a masterpiece, have an unfinished hobby, or just would like some company with other blokes just like you, you're welcome to join Invercargill's MenzShed. Invercargill's Menzshed have some great tools, mostly donated, to take on most projects for yourself or others, which will keep you entertained for hours or weeks if you like.

Invercargill's Mens Shed would like to hear from you

Invercargill Mens Shed, 34 Forth Street, Invercargill, opposite Carters Building Supplies.

We'd love to hear from you.

Just call down to 34 Forth Street and get contact details from the sign outside the building.

Radio Interview Part 1: https://m.facebook.com/story.php?story_fbid=2576636069253569&id=1955816891335493&sfnsn=mo

Radio Interview Part 2: https://m.facebook.com/story.php?story_fbid=2576634802587029&id=1955816891335493&sfnsn=mo

This advertising method could well be something that your shed may like to explore as a way of generating interest and awareness within your community.

Region Six News

Tasman, Nelson and Marlborough

Havelock

Havelock Menzshed has been contracted by Havelock Vision 2020 to make little mussel men to decorate the main street of Havelock. About 25 years ago, many of these cheeky little fellows on their reinforcing bar legs could be seen dotted around the town, bringing a light-hearted atmosphere enjoyed by visitors and locals alike. They were everywhere- on top of the Police station, the Fire Station, Museum and the public toilets. However, over time, they have gradually disappeared, as had the moulds.

The moulds have been found and the Sheddies are now coming to grips with increasing the mussel population. The project will be finished by summer, leaving visitors in no doubt that Havelock is the "Greenshell Mussel Capital of the World."



Tapawera

Big shout-out to **Cabot's** for stain donations. Roger and John are staining one of two picnic tables destined for Lake Rotoiti and a second Roger and Geoff stained the deck at the Tapawera Memorial Hall. Our shed is very grateful for the donations and the opportunities to support our community.



Region Six News Continued

Tasman, Nelson and Marlborough

Picton

The Picton Men's Community Shed is open each Wednesday 0900-1500 and Saturday 0900-1200. Member attendance is back to pre covid level.

Blenheim

Our humble shed was opened in 2012 after nearly 2 years of careful planning and fundraising. The steering committee included several women who definitely led from the front with a balance of good keen men. Once everything was in place, and the shed was ready to open for business, a full committee of male members was elected. We will be forever grateful to the wonderful ladies who steered the ship to a successful launching.

Our original tin shed, equivalent to a triple car garage, has morphed into a slightly larger building with an additional out building for bike repairs and storage. We are blessed to be rate free on council reserve land however, this has severe restrictions. We share the land with four other community groups and cannot increase the size of our footprint in any way, shape or form.

Our shed has a membership of 35 men, but can only physically cater for around 12 – 15 at any one time, otherwise it becomes too crowded, with Health and Safety issues. We have started dialogue with our council, expressing an interest to be relocated into larger premises however, this could take years! We can only live in hope.

Our AGM in June resulted in nine committee members being nominated and accepted, with none being press ganged onto it. We have a chairman, secretary, treasurer, shed manager, 2 x bike coordinators, social activity convener, Bunnings BBQ coordinator and an engineering/metal work supervisor.

We are and always have been involved in the wider community by way of assisting in selective community projects and making and fixing a wide variety of items for the general public if we deem them needy. We are mindful not to take work away from local tradesmen. Members also have the opportunity to work on their own projects with this a priority.

We, like other sheds I'm sure, have an eclectic bunch of guys who enjoy the company of like - minded people. All in all we seem to be achieving the aims and objectives of the Menz Shed.

Dave Oliver



Blue September 1st September to 30th September

Prostate Cancer Awareness Month.

As part of our ethos men's health and well being is a main focus. This month is an important month that highlights the need for men to have a check up. This could also be a time for your sheds to bring in a local doctor or health worker to talk to the men of the shed in an environment that they are happy in, the shed. Plan an event to draw your men's attention to this problem that affects a large number of men. Some men don't know until its too late don't let that happen to your members. You may look to put on a BLUE session at the shed and hold a BBQ as part of it.



Don't just let this pass by, be proactive and encourage a check!

Sponsors and Discount Benefits

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/

