

NZ Mens Sheds News

November 2024 Edition

The official newsletter of **MENZSHED**
NEW ZEALAND

Reminder from the National Secretary

Newsletter Distribution

Quarterly distribution is reliant upon individual shed secretaries emailing the newsletter to sheddies. We're keen for that to continue, in addition to hosting them on our website and the sheddie forum Facebook page.

We have just launched an opportunity for sheddies to register their personal contact information online, for immediate newsletter distribution to their email address.

Here's the website link <https://menzshed.org.nz/newsletters>

MENZSHED NZ AGM

This will be held at Invercargill on 6 April. Formal notice, reports and officer nomination forms will be distributed commencing January 2025.

The national executive team comprises six Regional Representatives, Chairman, Secretary, Treasurer and a Support Services role. Each person serves a two-year term. Nominations are staggered each year to minimise change.

Some of the exec team have served for a decade or more and will not be seeking re-election in 2025. So, this is a heads-up that nominations will be called for these roles and the incumbents have already advised they are not standing again:

Regional Reps - three. Northland & Auckland - Garry Bryant. Lower North Island - presently Murray Campbell. Canterbury & West Coast - vacant three years. Otago & Southland - presently Ian Miller. Treasurer David Atkinson and Secretary Roger Bowman.

Other officers are serving through to 2026 as part of the staggered cycle - Support Services - John Bush, Chairman - David Broadhead, Regional Rep mid North Is - Wayne Anderson, Regional Rep top of South Is David Packer.

Roger Bowman

Conference - 2025 Invercargill

Conference time is rapidly drawing near and planning for this event is well under way, with an interesting list of activities and speakers proposed. We are pleased to announce that changes to our original concept have resulted in a considerable reduction in the cost to attendees.

The early bird cost has now been reduced to \$150.00 per delegate (registered and paid on or before the 27th February 2025.) as opposed to \$170 for those paying later.

This now means there are two reasons to get in early, as the size of the facilities mean that we have to limit the total number of attendees to 120 pax and to take advantage of the cheaper price.

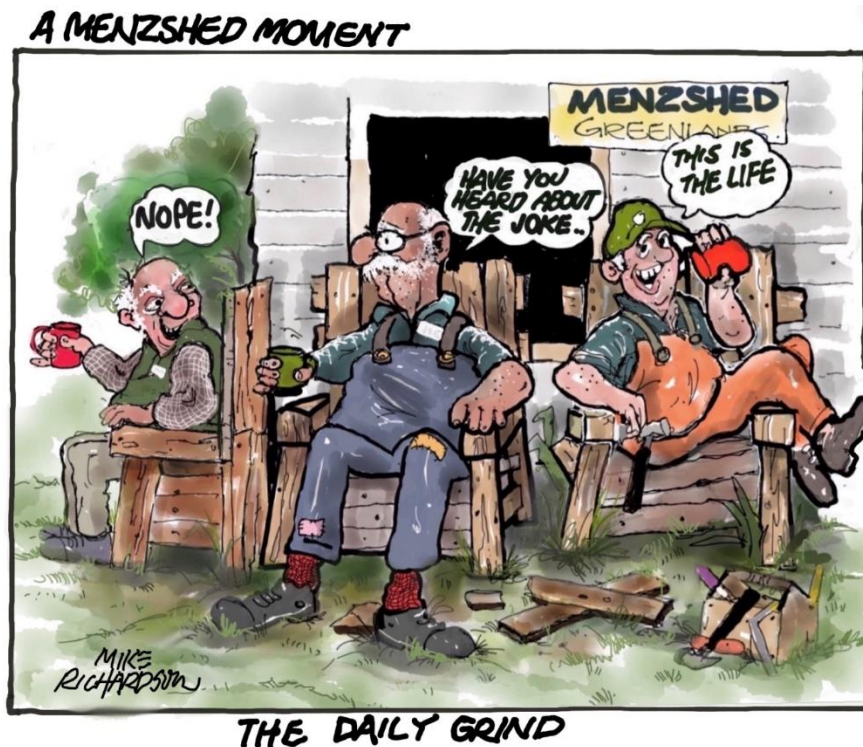
Accommodation is available at the Kelvin Hotel, where much of the conference will be held. Booking and arranging accommodation is up the attendee. The hotel charges (\$150 per night) are on a room basis, meaning that if you are prepared to share a room that the costs are reduced.

Look out for our Registration Form which is about to be released as all registrations are Online. For those who do not have access to the internet please seek the assistance of someone at your shed or a friend.

For those coming from afar this is a great opportunity to extend your stay and visit some of the beautiful and majestic sites available in the area. 3 million acres of National Park, 5 major lakes, Doubtful and Milford Sounds and the excitement of Queenstown and Central Otago to name but a few.

For those who enjoy natural history or just want to relax Stewart Island is only a short flight or boat trip away.

We look forward to meeting you at the conference.



Region One News

Northland and Auckland

Auckland Central Community Shed Latest Offerings

One of members, David, has created a unique coffee table for his niece. This has taken most of the year to complete and involved a lot of laminated wood and large-scale inlay of various tree sections scavenged from his neighbours pruning's. From what we see there seems to be not a single straight line in the entire project.



Another member, Ross, has built a very minimal and elegant computer desk. Made 100% from recovered materials and a piece of furniture to be proud of.





NEWSLETTER

Northcote College



Karen Gray, the donor of the Memorial Bench constructed by our Shed members was visiting Auckland last week. It was great to finally meet Karen and John Gray, who are over from Australia. They were very pleased with the bench and, as the photos show, they were able to sit in it and enjoy the serene location Northcote College picked out for it. Karen's parents, Dawn and Hugh Philbert, met as students

at Northcote College and held fond memories of it. This was the inspiration Karen used to enlist the Men's Shed to make the bench.

It sits outside the arts and music building on the campus where art and music were the passion of her parents.

We will continue to work with Karen to find a supplier of brass plaques and assist in mounting the plaque when ready.





Well we were lucky enough to have had some 18v Ryobi tools donated to the shed, from Bunnings DIY store, and now have them **marked** and up on the wall. Please make sure you show your appreciation by shopping at these outlets, they help us a lot with tool discounts and money.



A few of the goods produced on a Wednesday good work guys. Aaron and Jordan's drop leaf table, it will be used in his flat. The other work is by Daniel.



Region Two News

Waikato, Bay of Plenty and Gisborne

Otorohanga Menz Shed

was established in 2015 with 20 keen members.

We acquired several wood working machines from the Otorohanga College and others from around the district. Over time, the dust started to affect our members breathing which is when a dust extractor was first discussed.

We enquired with multiple businesses for further information & quotes. A local firm had one installed by Egmont Air and were very satisfied with the results, which is how we heard about Egmont Air.

With local grants, and a substantial donation from a friend and local farmer, we were able to fund the new dust extractor.

Egmont Air were very co-operative and made several trips to our shed prior to installation also followed up after completed.

The members are incredibly happy with the results, and we have NO MORE DUST



Te Awamutu Community Menz Shed has been hard at work these last couple of months supporting the community.

A large order of pest traps for Central Waikato Predator Free Hub and Go Eco was completed and shipped out to the customer last month. These traps will be distributed around and along the corridor between Maungatautari and Pirongia mountains. The aim is to establish a “pest free” strip between these two mountains.

Project manager Malcolm Perano said it was a great effort by the men, some of whom are new to the shed. They all found themselves learning new skills and working in a team environment.

Several months ago, we were approached by the Te Awamutu Rose Society to help them with a project for their sixty jubilee celebrations this month. The shed has done work for them in the past so were only too happy to help. They wanted a diamond made which could be decorated with roses and other flowers. It was no easy task as the diamond was a metre high, attached to a metre high pole. Considerable discussion was had on its construction with the result an outstanding success.

Large outdoor games were a hit at last years local Craft Fair so sheddies have been busy making and dreaming up ideas of what to make so they can entice customers to our stand.

Our shop is well stocked with tumbling castles, connect four, Billy carts, sand pit diggers, quoit games, and many more.



Te Puke Menzshed

Te Puke Menzshed strives to salvage, recycle and re-use whatever is possible.

We collect logs from native and exotic trees being cut down, pallets and some demo wood.



We have made Xmas trees for Te Puke Creative who will paint and decorate them for the town.

Kevin led the work, assisted by others.

There were a large number made and it was a production line with templates and much repetition.

The wood came from recycled pallets which were pulled apart, checked with our metal detector and through the saw and thicknesser for the best finish before final cutting, gluing and screwing.

We recently visited the Katikati Menzshed and admired their flash new shed and tools.

Wayne is working on a return visit by them, and is planning raids on other sheds.

These are good on many levels, meeting others, ideas and inspiration plus a day out.



To alleviate the overcrowding we are waiting patiently for our new shed to appear. The site is ready the plans have been drawn, the building consent lodge with the council and we are awaiting up funding approval after much fund raising by our Menzshed Trustees. The community have been very supportive as have the Shed members themselves. There is a picture above of the site so that when we say “watch this space” you have something to watch.



There have been many projects undertaken over the last few months. 40 cutting board made for a local business and kindly printed by Andy Santos with his laser engraver.

We have Glenn Schache’s Memorial Seat. Not implying that Glenn is dead, he just made it out of a lovely piece of Kauri donated to us for the job. The seat is to be installed at the Whitianga Bike Park and have a memorial plaque attached.



Possibly the most delightful project was the lovely home baking enjoyed at morning “smoko”. This was supplied by the Whitianga play Centre in appreciation of repairing and refurbishing 2 sandpit diggers. They are back in action in the “Pit” being enjoyed by the kids.

Region Three News

Taranaki, Manawatu, Whanganui, Hawkes Bay and Wellington

Upgrade at Wairoa Menzshed thanks to; \$29,500.00 -
from Gabriel recovery fund



Creating family history from unwanted furniture

Our Polish parents, Antoni and Kazia, met in Innsbruck, Austria, towards the end of the Second World War.

Antoni was a prisoner of war, based at a fire station in the outskirts of Innsbruck. The prisoners were sent to put out fires while the Allies were bombing the city, Kazia, had been shipped from Poland to Austria.

In 1941, the German labour force had been greatly reduced, as their workforce were either fighting on all fronts, or working in munition factories. The Germans then started to ship young people from the occupied territories such as Poland.

Kazia, was 15 when she was shipped to Austria. She was placed on a farm, but apparently the farmer's wife wasn't very nice, so she ran away. The Germans picked her up and was placed in the kitchen of a hotel, on the outskirts of Innsbruck. The hotel, billeted German officers and Kazia was happier here, as the owners looked after the young staff very well.

The hotel also fed the prisoners of war based at the fire station across the road. Our parent's courtship took place as the bombs fell and war continued.

The war ended for them, in May 1945, and they married in June 1945.

When the war ended, Innsbruck was divided into sectors and Kazia and Antoni ended up in a Displaced Persons camp in the French Sector. I, their first daughter, was born in the camp.

They spent 3 years living in various camps with other Displaced Persons from all over Europe.

In July 1948, the opportunity came up to come to New Zealand. They had little knowledge of New Zealand, except it was at the bottom of the world. Neither of them wanted to return to a communist ruled Poland and saw New Zealand as an opportunity to start a new life in a place far removed from war torn Europe.

They set sail from Trieste, Italy, on the Dundalk Bay in March 1949 with 900 other Displaced Persons and a number of children, arriving in Wellington New Zealand in June 1949.

They spent about 3 months in the camp in Pahiatua, before being moved to New Plymouth.

Antoni found work as a mechanic and so their new life began learning a new language, absorbing a new culture and their first "Kiwi" a son was born.

In the early 50's they moved to the small Rangatikei town of Marton and a year or two years later bought their first house, and with some hard work turned it into a home for their growing family.

Antoni adapted the Kiwi DIY philosophy and quickly became a dab hand at home renovations

As two more sons arrived, they moved house and renovated again. at this time they also. Started to furnish their home with some brand-new furniture including a bedroom suite with a couple of Oak drawer units.

In the late 50's they moved to Whanganui, a daughter was born and again they bought, renovated and sold a couple of houses.

The children grew, started work, left home, married and grandchildren were born into a typical Kiwi life.

Antoni finally retired, the large family home was sold and a small brand-new townhouse was purchased.

Sadly, Antoni died in 1991. Kazia stayed on in Whanganui until 2013, when she moved to a retirement village in Masterton, to be closer to family.

Kazia, passed away in May 2024, at the grand age of 98, and we her 2 daughters and 3 sons, had to clear her serviced apartment in the retirement village. She had downsized a couple of times, so it wasn't a major job, but among her belongings were the 2 chests of drawers that has been purchased 70 odd years ago and had gone with her from home to home.

We didn't want to see them just dumped, they'd always been there and they brought back memories of our hardworking of our hard working, industrious parents who had made a new life for themselves and their family, in a new world.



So, after much discussion, we approached the Masterton Mens Shed with some photos and asked if they could use the wood to make it into trays. To our great delight they agreed, and recently I picked up the beautifully made trays as well as some smaller items such as hearts and diamond shapes. Kazia and Antoni arrived in this country with 2 suitcases and a young toddler. As a family, we never had any items or knick knacks that had been passed down from grandparents or great grandparents. Hopefully, these trays will eventually be passed down to younger members of the family, together with the story of Kazia and Antoni and become part of or family history.



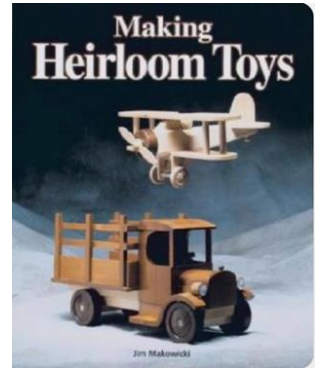
Just in case

Thanks to support from Fire & Emergency NZ and Firewatch Wairarapa, the blokes at the Mens Shed got to have some serious fun with a range of fire extinguishers. You never know when you will need to deploy one of these devices so its best to keep up to date.





One of our members, Ron Fletcher has been working on reproducing a vintage wooden truck which he found the plans and specs of in an Heirloom toys book.



Jim Makowicki's sophisticated toy designs are extraordinary. Some Making Heirloom Toys (published in 1996) projects have over 50 pieces; one, a handsome ferry boat complete with vintage vehicles has over 100. There are simpler toys, too, all suited to the average woodworker's skills.

Projects are meticulously researched and include scale drawings that can be copier-enlarged into full-size working plans.



Ron has been working on the project for some time and it will hopefully lead to more of the guys undertaking such projects.

He has followed the instructions using the imperial measurements in the book and produced this great looking toy truck to be used for fundraising for the shed.





Shed Activity has been steady at one enquiry by locals daily.

Cash income about 100.00 per week on average.

Members as of October 2024 totals 20.

Right - Don Shewan



Left: Uwe Engels, Don Shewan, Owen Spotswood (Waipukurau Menzshed Chairman)

The CHB Museum based in Waipawa requested the Waipukurau Menzshed to clean up, repair and paint three old carts, museum pieces which were in a somewhat bad condition.



The new Menzshed location at the Waipukurau Race Course has enabled up to 10 members to be active with in the club daily.

The new Engineering Section is stocked with appropriate machinery ready to accommodate members who wish to repair items such as Lawn Mowers etc.

Graham, Secretary

A HOME AWAY FROM HOME
TO THE SHED THESE MEN GO.
SOME ARE QUICK- OTHERS SLOW
BUT THEY ALL HAVE ONE THING
IN MIND,
TO GET AWAY FROM
ONES DAILY GRIND.
by- NAPIER SHEDDER :
ALAN CRAMOND

Region Four News

Canterbury and Westland

Geraldine Men's Shed

The Shed was formed nearly three years ago and our local councillor was instrumental in securing an old council depot for us. It is made up of a series of bays so there is no single large area. However, it has enabled us to set up separate woodworking and engineering areas all interconnected after we knocked out some parts of the dividing walls. The first task was to weatherproof the building and improve the external lighting. Wall linings, shelving and work benches all had to be built. Machinery and tools have been donated and some purchased.

We are in the second year of hosting small groups of selected pupils from the local primary school, teaching them what woodworking tools are, what they are used for, and how to use and maintain them. Even more importantly, we are teaching them how to work as a team to produce wooden items.

Last year we participated in the Geraldine Christmas Parade and our float was a large vintage aeroplane conceived by Graeme Hurst and built by him and other members. It certainly brought good publicity for the shed.



We held an open day during



Mens Shed New Zealand week which was widely publicised in Geraldine and brought a good number of visitors to see what we have and what we do. Local dignitaries were invited but could not attend but our shed was brought to their attention. The local press gave us good coverage.

Intergenerational Mentoring

Another day at the Mens Shed, students spent time making, and learning new skills, this day was about cutting out plywood shapes, sanding edges then painting to look like sunflowers. (see photo over the page)



Our cholesterol and thyroid problems

Our bodies need cholesterol to build healthy cells. We all know there are good and bad types of cholesterol. Many of us also know that high levels of bad cholesterol can increase our risk of:

- Heart disease - because fatty deposits in our blood vessels can make it difficult for enough blood to flow through our arteries; and
- Strokes - sometimes described as 'brain attacks.' These can be due to blood clots.

When tests show that cholesterol is a problem, our doctor might consider diabetes. If further tests rule that out, other medical conditions to check include kidney disease, polycystic ovary syndrome aka hormone imbalance, HIV/AIDS, lupus (an autoimmune and inflammatory disease when our immune system attacks our own tissues), or hypothyroidism (an underactive thyroid gland).

With hypothyroidism, some of our body functions slow down. Symptoms of an underactive thyroid include some or all of fatigue, depression, anxiety, weight gain, muscle and joint aches, headaches, sensitivity to cold, constipation, dry skin, brittle nails, and a propensity to bleed.

A 2006/07 Ministry of Health study found that conditions affecting the thyroid gland are diagnosed in five percent of women and one percent of men in New Zealand. The incidence of thyroid dysfunction, including hypothyroidism such as Hashimoto's Thyroiditis (HT), may stay undiagnosed for many years or decades.

There are many reasons for the occurrence of hypothyroidism, some medical, some genetic and others relating to trauma. A medical study published in Turkey in 2023, for example, found that the childhood emotional neglect score was significantly higher in patients with HT compared with the control group.

Midweek talked to Andrea about her experiences of hypothyroidism. All the symptoms described above (from fatigue to bleeding) have been part of her life since she was a child – she's now in her early 60s. Excessive bleeding has twice had her close to death. She lives every day with pain, depression, and anxiety.

"It's not until now, having been found to have high cholesterol, that things have started to make sense."

There are medical options, but Andrea has chosen to focus on lifestyle options instead such as avoiding alcohol and cigarettes, eating a plant-based diet, minimising carbs and getting aerobic exercise.

For information, advocacy, and support, go to the NZ Thyroid Support Group at www.thyroidsupport.org.nz/home



Region Five News

Otago and Southland

Tucked away next to St Peters Chanel Parish in Green Island is a collection of shipping containers. This is the Green Island Shed, a space to cultivate creativity build connections and exchange ideas and knowledge. Chairman Bruce Cromb said while some sheds catered exclusively for men, Green Island shed open its doors to everyone, regardless of gender. It has never been a man's shed, it's a community shed, we have ladies and everyone here.

The shed makes items to sell at the Green Island market day and the Brighton Gala Day. These items include wooden novelty Christmas trees that can be planted outdoors and strung with LED lights, bird feeders, planter boxes, library boxes and quirky gate people that hang on fences. The Green Island shed is trying to be self- funding for some time and recently they took a big step in this direction.

One such initiative is an agreement the shed has with Puzzle World in Wanaka. Shed member David Mackle said it has been supplied with a machine to create molds of " following faces" for Puzzling World amusement Centre in Wanaka. These plastic face molds are of historical figures which include Albert Einstein, Winston Churchill, and Abraham Lincoln, which seems to follow you when they are backlit by a light source.

It has taken much trial and error but at last we have sent the first batch up to Puzzle World with pleasing results. This project is quite different to many other shed projects and hopefully give us more financial security. Being beside a school we also take in homeschooled children to teach them new skills and opportunities.

Their motto, "You learn many new things from other people,"





Omarama Menzshed

On the 9th of November, the Omarama Menzshed and Friends hosted a fantastic cooking event featuring renowned chef Simon Gault. The night was filled with delicious food, laughter, and learning. This initiative was born out of the challenging times during the COVID-19 lockdown in 2020. Many men, both single and married, found themselves in need of cooking assistance, especially

when their wives were down with COVID. In response, a group of dedicated Omarama women began preparing and delivering food parcels to those in need. This act of kindness sparked the idea of offering cooking lessons, and the MenzShed eagerly agreed to collaborate. When Simon Gault was approached, the plan truly began to take shape.

Simon Gault's demonstrations included Smoked Chicken & Spinach Risotto, Reverse Seared Boneless Ribeye Steak, Cheesy Smoked Paprika Potatoes, and more. His engaging approach and practical tips made the cooking sessions both informative and enjoyable.



In addition to the cooking demo, there were stalls from various community groups, including mini charcuterie boards from Friends of the School, artwork displays, fire safety tips from the Fire Brigade, and more. Special thanks to the sponsors and organizing committee for their support.

The event was a huge success, bringing the community together and creating lasting memories. It truly showcased the spirit of Omarama and the dedication of its volunteers.

North Dunedin Shed Society

New Ramp

As part of our ongoing Shed improvements we followed long time Shed member Andy's recommendation and built a ramp to help improve access to the most important part of our Shed – the tearoom.

The main structure was formed from a couple of power poles that had been lying around unused for a while. There was a large amount of gravel buried within. The cobblestones were donated by the Dunedin City Council and had previously been used on George Street. The railing was skillfully bent in all the right places. We even added some concrete at the base of it. The end result is a great improvement, and we all (well mainly Gary and Trevor) had a lot of fun constructing it.



Region Six News

Tasman, Nelson and Marlborough

From “THE STRIPPERS CLUB” - Renwick Menz Shed.

Project: Stripping Rimu doors for 80-year-old house rebuild.

The owner's instruction was no dipping due to old glue releasing and doors failing apart.

Don't power wash doors due to shrinkage.

What's left, Selleys paint stripper or Cooper's stripper.

Having used Selleys product in the past, I find it very messy.

We chose the Cooper's product due to information on the web, seeing it used at Home shows, although not having tried it before.

I must say What a product. Works great and you need to read the instructions a couple of times.

The secret is keeping the doors wet with stripper product, remove layer by layer, and these doors had some 5 to 7 layers including Varnish.

Old doors have lead paint, and while using the stripper it dries like clay, a good Tungsten blade scraper works well, and as no sanding required as the product sheets informs you the person who built the doors sanded them, so no sanding required.

There are no problems with lead poisoning as it is wet stripped.

The kit comes with a small Brass & copper brushes for corners and mouldings. Also, Steel wool and scourer pads. Steel wool can't be used on bathroom doors or external doors as any steel wool left on the door will rust over time due to moisture and leave little Black spots.

(Continued over the page)



Clean rags are needed like old Tea towels ripped up and after scraping away the paint must be wiped in one direction to remove last of the old paint.

I found that the spray bottle nozzles block up if the air temperature is under 17 deg.

I use vary warm water in a small bucket to sit the spray bottle in with the lid loose, and when required tighten the top, this builds up the pressure and makes the spray bottle work well. The stripper product I find does crystallize and the warm water allows the product to mix freely.

At the end of the day tip the stripper back into the drum and wash the bottle out with warm water and clean the spray head out, or you will need a new spray bottle next time you need it.

Removing paint in small dents or nicks the scourer pads work well along with the brushes. But you need to keep them clean as old paint will clog them up.

Once finished there is another product in the kit and that is Flusher, you use another spray bottle (in the pack) to apply the flusher and wipe it off this removes any stripper left on the work, Flusher does not need to be returned to the mother tin and can sit in the bottle until your project is finished.

Would I use Cooper's paint stripper again? Yes, but take your time, Price per door, material plus \$220.00 per door, client was very happy. Time taken per door was around 35- 40 hours.



MENZSHED

RARANGI

Some years ago, my father became heavily involved with the Inverness Mens Shed in the Highlands of Scotland. I didn't really know much about Menz Shed as an organisation but I could see the good work that they were doing back in my hometown. Thinking of our community in Rarangi, I hoped that a handy local fellow would start up a shed and then perhaps I could join in and take part. A few years passed and nothing happened, so with the help of a colleague in the Rarangi Voluntary Fire Brigade we decided to get stuck in ourselves and make it happen.

Our biggest hurdle was going to be premises and for a couple of months during the early days of planning it felt like a hurdle we could not get over. However, we got lucky and received an offer of a triple bay workshop from a very kind

and community minded local. At this point we started advertising for hand tools, power tools, timber, storage and it was really encouraging as to how much help we received. Help came not only from our community, but from neighbouring sheds such as Renwick, Picton and Blenheim.

From here onwards, we have been working to setup our shed facility so that we can assist our community as best as possible. To date we have built picnic tables, assisted Civil Defence, assembled furniture/sheds, helped with garage clearances, built benches both to sell and for community use, created signage and our current project is to build a new community book library. We don't have many members and we are actively looking for more, so please encourage anyone you may know out here to get in touch!



Inverness Men's Shed, in the Scottish Highlands.

The 'Inverness Men's Shed' was founded some 10 years on a small rented property which at the time was costing them £1000 per month which was obviously unsustainable in the long run. My father and another member searched for 2 years to find a school sports pavilion which they managed to acquire and convert to their present shed. A government sponsored Asset Transfer Scheme allowed them to bid for the premises which was successful, the Inverness Council granted them a 100-year lease at a cost of £1 per year.

They now have seven 'Trustees' with approx. 40 members and are open Mon. to Fri. from 8.30 to 1pm. The Inverness Shed mainly focused on making benches, tables, planters etc. outdoor play equipment for local schools.

They also run I.T. Classes and have a local speaker each week with slide show presentations on a variety of subjects. While all of these activities keep the members busy, their primary mission is to combat loneliness by encouraging members to come along and chat to real people and give a purpose to their day.

In one Portakabin they now have four new excellent wood turning lathes all obtained from various garage clearances. They hold wood turning classes that are very popular with members.

"I was excited to have our son Scott participate at our shed during his visit this year and my best wishes to all of you at 'Rarangi Mens Shed'."



From David Packer Region 6 Report

This area is split in two by a mountain range with Marlborough one side and Tasman Nelson, Golden Bay on the other side.

Holding Hub meetings for both are held on an annual basis, and like other regions shared between sheds, with the next event to be held in Motueka.

However, on Marlborough side the sheds have elected to hold a get together every three months, usually with a guest speaker, morning tea and a lunch set at \$5.00 per head

Our latest get together was held at the Renwick Menz shed on Wed 2nd October and featured two speakers, one the GM of the Marlborough Cancer Society and the other from the Coordinator of the Marlborough Prostate Group, and one of their clients who gave a very detailed event on his personal travel through this terrible disease and the effect on him and the family and the aftermath he and his wife are working through.

They left plenty of info packs for the 38 sheddies in attendance from the 5 local clubs, and info packs were taken back to the sheds for other members.

Please note 600 Women die from Breast cancer. every year BUT 700 men also die from Prostate cancer every year. Did you know there are 200 different types of cancers?

We were meant to hold this meeting in September as part of our Men's health drive and Blue September, but due to booking of the church hall where we are sited, we had to wait for school holidays.

Also, on site at lunch time were 5 Nurses from the Local Private Churchill Hospital who undertook blood pressure testing and sugar level test, very pleasing to see 95% took the test, we had one person from the kitchen staff with a very high blood pressure reading and was advised to see her doctor ASAP, to her credit she phoned me last night to say she had made a booking.



We also had six guest members from the Kaikoura Menz Shed who were invited to attend.

Having these smaller numbers make it a lot easier for small sheds to host an event.

Starting at 10am and wound up at 1.30pm.

RR gave an update on the 2025 Conference to be held in Invercargill and good to see so far there are 71 members attending and 31 partners. Come on sheds let's get behind this event.

Memorial garden for fallen Brothers Renwick Shed.

While in Australia last year and after visiting a few sheds, I saw a few sheds had these areas set aside for member they had lost.

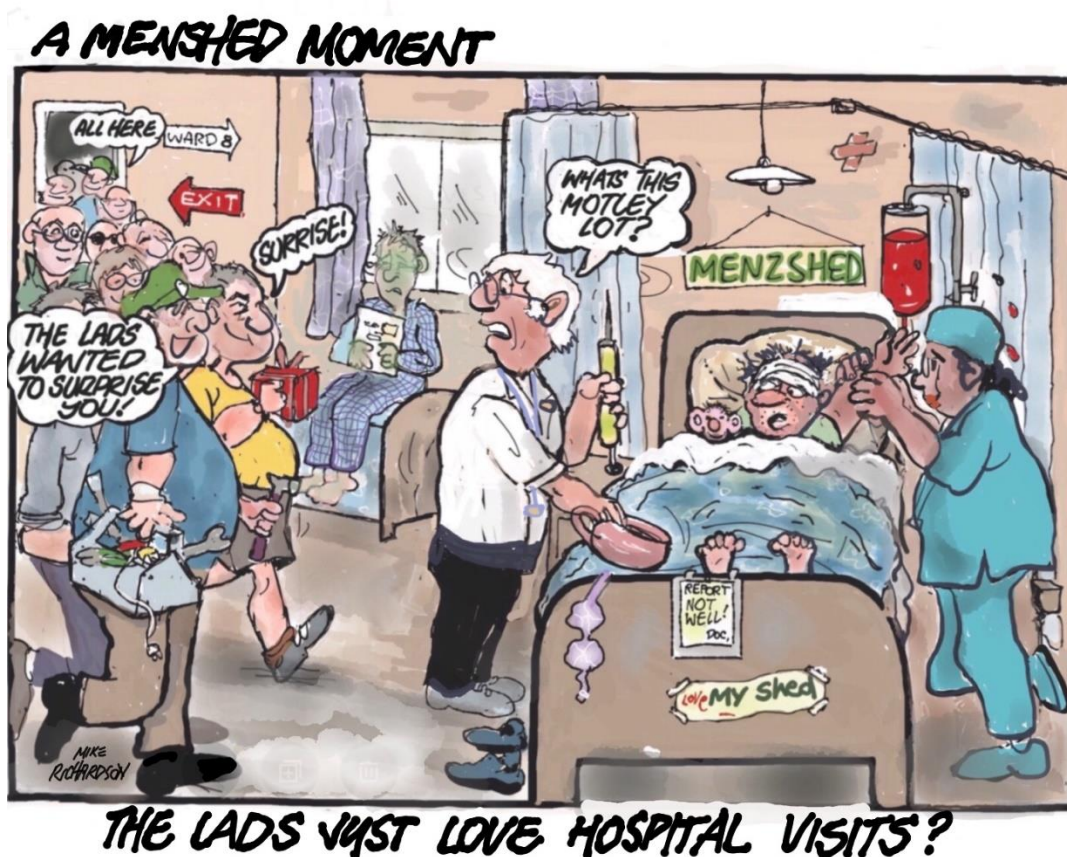
On return to my Renwick shed I spoke with our committee, and it was agreed to build our own garden, as one of our members passed away in January this year, as we are on Church land the Parish approved the plan.

The garden was opened in August and blessed by the Parish Priest. with Stuart's wife, children and grandchildren there for the opening, followed by morning tea, to remember our fallen sheddie.

The wooden slab is Macrocarpa and has been Glass coated.

A stone plaque has been installed ready for the opening and was denoted by a local Funeral Home. Boarder flows to be added in Spring.

I Hope other sheds will follow this idea.



THE LADS MUST LOVE HOSPITAL VISITS?

Next Newsletter – February 2025

The next newsletter is due for publication mid-February 2025. The deadline for articles for that newsletter will be 5th February 2025. 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 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 I will only publish single articles sent.

Send articles to support@menzshed.nz Cheers John Bush Support Services and Newsletter Editor

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www.menzshed.org.nz/membership/benefits/

