



Menzshed Kapiti Incorporated

Reg Charity Inc No CC445795

22B Rangihiroa Street, Waikanae

Secretary.menzshedkapiti@outlook.com

NEWSLETTER – June 2026 No. 164

Whispers from the Chair

Let me start with a piece of news about some new kit. The committee have approved the purchase of a new thicknesser, 420mm cutting width and a 3-blade spiral cutter. It should reduce the noise level often experienced with the current machine. The woodworkers Guild have replaced one of the wood turning lathes with a new electronic speed-controlled model. Watch this space!

I'm sure that you all know by now that our Treasurer is stepping down at the end of June. John has done a massive job since coming on board in 2023 and his skills will be missed greatly. In the same line of thought MSK is replacing John's financial platform with a commercial platform, why you may well ask, well the demands put on the current platform have exceeded the capabilities John had designed it for. MSK has a team of 4 looking at available platforms and are down to 2 different suppliers. A decision will be made very soon as will how it is set up. Including outsourcing some functions or all in-house. Warning MSK does not have a permanent replacement for John. We need someone with appropriate skills to step up right now. Especially with the new financial platform being discussed now.

What else is going on? Well, the AGM is at the end of August, and I am already in the planning stage. June's Whispers will have more on this, but I remind you all that if you want changes or have suggestions to offer it needs to be in writing as a motion. Motions cannot be forwarded on the day. What about the constitution? Is it fit for purpose? The AGM is the only time changes can be made IF they are required.

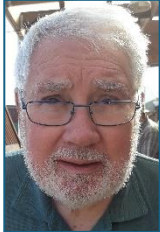


Want to put forward a committee member? There are specific forms that must be filled out and be with the secretary before a specific time. See the Chair for the forms.

Discussions and plans are currently being discussed on several other projects including 3D printing, more new equipment, a potential charity wishing to share our site and the potential of outsourcing the IT responsibility. These are only discussions and MSK is nowhere near progressing or disqualifying any item so do not panic.

Upcoming events

Just a memory jog of what Menzshed Activities are happening in the foreseeable future.

Make sure you have them in your own Diary.

Event	Date	Where	Comment
AGM	End of August	Shed	Exact date to be confirmed
Recurring Events			
Sharpening tools	Last Thursday of Month	@ the Shed - regular event	By Ray Y 
Electric watch battery replacement	Second Tuesday of the Month	@ the Shed – regular event	Mick Mc will be bringing his wristwatch tools to replace batteries for a small charge 
Fresh Scones	Last Thursday of Month and whenever there is a birthday shout or any other excuse!	@the Shed – a fairly regular event	Hans and his apprentices will be producing superb scones fresh from the oven, or for anyone's birthday shout 
<p>PLEASE NOTE One of the uses of the morning sign in is to record who is at the shed in case of a fire. If you leave early or on an errand please just tell someone so we don't have to search for you, that is if you have signed in legibly!</p> <p>All you have to say is "I'm Off"</p>			

Contact Details

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Around the Shed



Doug M was given an old electric drill to sort out. It was in a bad state full of mud or gravel. It really needed a bath! See the difference in the before and after photos.



No room at the inn! One of our weta motels with a housefull in Zelandia



The weta motellers



Another load of timber arrives for the ratters.

They have just finished contracts making:

- 65 Ferret traps for DoC
- 10 Stoat traps for Nikau Preservation Society
- 100 Rat traps & 65 Double Rat tunnels for Predator Free

Many thanks to Geoff N, Ray N, David P, Grant P, Tim R, Peter H and Murray C for their good work.

They will be seen round the shed in recovery mode!

We had a crisis in the kitchen! The scones were made and ready for cooking but the oven didn't work. So the staff improvised and took the scones down to the Olde Beach bakery who popped them in their ovens for us.

It turned out that the heating element in our oven had broken and welded itself to the innards of the oven. Doug McC investigated and was able to get a new element, for \$125, and restore functionality. Many thanks Olde beach and Doug and the kitchen staff for sorting the crisis



The ever so tiny inner nichrome heating element in an insulated copper surround.



Sign in a restaurant in Martinborough

*A client wanted a table made and she brought along a single piece of wood to make it from. Dave M carefully worked out a practical table size based on the timber supplied, adjusting for nail holes etc and came up with this. Well done
Dave*

Why Chocolate Is Better Than Sex:

You can GET chocolate.

- Chocolate satisfies even when it's gone soft.
- You can safely have chocolate while you are driving.
- You can have chocolate in public.
- If you bite the nuts, the chocolate won't mind.
- The word "commitment" doesn't scare off chocolate.
- You don't get hairs in your mouth with chocolate.
- No need to fake your enjoyment of chocolate.
- Chocolate doesn't make you pregnant.
- You can have chocolate at any time of the month.
- You are never too young or too old for chocolate.
- You can have chocolate in front of your mother
- Size doesn't matter
- You can have chocolate at your desk in the office during working hours.
- though more is still better.



Peter H sanding a dual height exercise step.



This is the latest in the long line of 41 products of the Menzshed Bench Seat Division. This one is distinguished by the fact that it was refurbished and recreated by Peter H but, because Peter is unfortunately away just when a photo is required for the Newsletter, it has been my privilege to undertake re-assembly. It should have Peter's name on it! Derek C

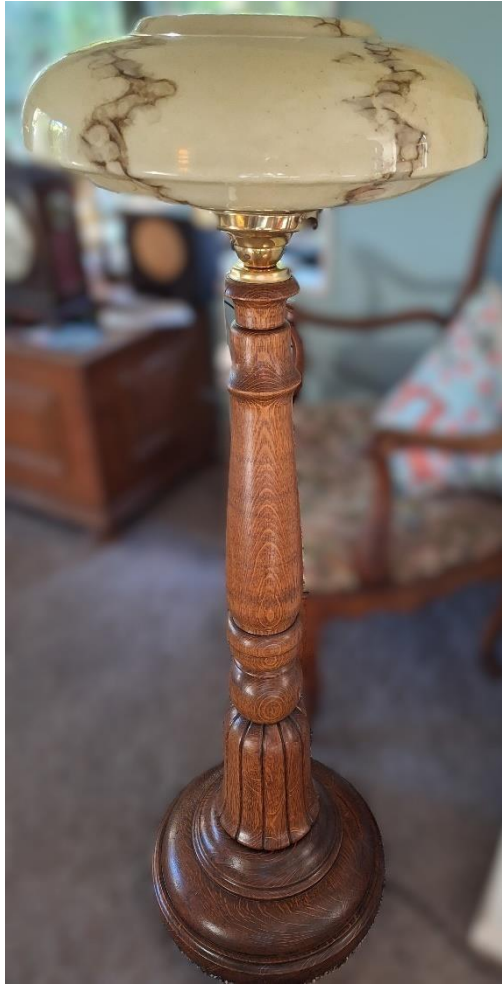


Making good use of one of an old pair of socks on a sander

Beautiful clear signs supplied by Helge from Display Tactix have been installed on the front gate and sign gate.

Kapiti council did not like us selling firewood at the entrance gate





A series of lamp stands overhauled by Denis G. We replaced the electrical parts and generally polished them up. The one on the left was done by someone at the shed but we don't know who.

The client tells me there are more to come!



Bob, a client, brought this custom shelf in to have a bevelled corner bezel cut and glued to fit, and the steel brackets bent 10 degrees. He was very specific with his instructions, so a suitable craftsman was chosen for this job, and a careful handover was carried out and what a lovely job he made of it.

Pickup was a problem as Bob had inadvertently given us an incorrect phone number. However, "we know where you live" took on a new meaning, and a phone call to Ryman's reception sorted the false digit!

Would the craftsman who did this please stand up!



A bike repair stand donated to the shed as being left over from a government project to encourage cycling to work.

The stand is designed to hold a bike at a comfortable level for working on and comes complete with tools, on the end of the chains, and an air compressor connection



It has not been decided where we are going to put this, internally or externally. Watch this space.

Tony A and Simon T demonstrating how to use it.



Tony A – a study in concentration. He's fine tuning the bike repair stand



A community library built by Ron McN and installed by and Kevin A in Tui Crescent, Waikanae some four years ago. It needed a minor repair to its door but has otherwise been going strong for four years and is well used.



The disassembled table showing the leg and round base. The cross is the new piece to enlarge the round base



The original supports to the round base



The worn carved leaf pattern on the base



The finished table

One of our regular clients, John S, brought in a very rickety veneered round table. It was so rickety that we easily dismantled it in front of John and worked out the work involved.

It had obviously been repaired in the past and the joints holding the leg and base were glued with animal glue which, over the years, had become cracked and loose and the occasional nail having long since rusted away.

The table was unstable, the round base being insufficient, so John wanted it made larger and the table raised by 35mm overall. The finish on the round base was worn with, what I imagine, was people's feet pressing on the base to stabilise the table.

The base extension was a new cross member made from a piece of hardwood found at the back of the garages. The ends were carved with slots, I decided it was too hard to match the leaf carvings on the base. Five coats of stain and it matched the table leg.

The top had to be repolished with lots of coats of finishing oil – it was so dry. Work by Roger C

Sickly milkmaids helped protect your health - Article provided by Peter H

Smallpox, a highly contagious, often fatal disease caused by the Variola virus, had ravaged populations around the globe for at least 3000 years, but was declared globally eradicated in 1980 after a successful vaccination campaign. Almost 200 years earlier, an inquisitive London surgeon observed that milkmaids who contracted mild cowpox (another strain of the Variola virus, common in cows, cats, and rats) were immune to deadly smallpox, leading him to develop a procedure using cowpox pus to protect humans against smallpox. He inoculated 8-year-old James Phipps with material from cowpox sores on a milkmaid's arm and later exposed the boy to smallpox — James was fine, albeit a bit crook for a couple of days, and lived for 65 years.

The word 'vaccine' is derived from the Latin word for cow (vacca), directly referencing the cowpox virus that led to the development of the vaccination process.

In 2020, a Corona virus ravaged the globe — the thousands of deaths and widespread disturbance caused by Covid 19 will still be fresh in your minds. Using the available scientific knowledge of viruses, along with unprecedented financial support and global cooperation, the mass production of vaccines started before the end of 2020 — a super-fast development time! The out-of-control virus became controllable.

Covid, like all viruses, continues to change with time and will likely not be eradicated in our lifetimes. But the vaccine development process continues, with new versions available each year. In March this year, another wave of Covid began spreading in New Zealand.

Epidemiologist and professor of public health Michael Baker stated, "It's still our most important and infectious disease. It's still ahead of influenza, which, in the past, was our most impactful infection. So, we need to take it seriously." He noted that the latest Covid surge was probably driven by waning immunity and declining vaccine booster uptake, rather than a new virus variant.

Most, if not all of you will have had various vaccines throughout your lives for diseases like polio, tuberculosis, diphtheria, tetanus, and influenza. The scientific support for the effectiveness of vaccinations is extensive and clear — they work! The virtual lack of cases of polio, tuberculosis, and diphtheria in New Zealand since the 1960s bears this out.

Not all vaccines are 100% effective — you can still catch Covid even if you have been recently vaccinated against it, but your symptoms will likely be much milder than if you were unvaccinated because your body already has a head start on knowing how to fight the 'invader'. And, adverse reactions to vaccines do occur, but rarely; this is a situation where the positives overwhelmingly outweigh any negatives. People, particularly older people, are still being killed by influenza and Covid in New Zealand each year.

Please think about when you were last vaccinated, primarily for Covid and influenza, but also for tetanus. We are now into the 'flu season, but (if you're 65+) you can still get a free vaccine at most pharmacies — it's worth the effort. And if it's more than six months since your last Covid booster, then the deal is the same — it's free at your pharmacy. The tetanus vaccine lasts for about 10 years. The take-home message: it worked for the sickly milkmaids, it worked for James Phipps (thankfully!), and it can work for you.

And if you'd like to read a short article on how vaccinations may provide you with even more health benefits than just enhancing your immunity against the 'flu, then click on the following link:

<https://www.rnz.co.nz/news/national/590946/epidemiologist-says-influenza-vaccine-can-reduce-risk-of-heart-attacks>

The Urban Myth about MMR vaccines causing Autism –

By Roger C – with help from AI

This next is an article obtained from YouTube by extracting the transcript and editing it into a tighter version by AI. If you want to watch the video, click this link [here](#), just press Control and Left Click with your mouse. The article itself is 13.50 minutes into the video. I have every reason to believe it's true. See this Wikipedia article about [Andrew Wakefield](#) which tells more of the story – the things people do for money!

It began with a sentence that would echo far beyond its origins: “*vaccines cause autism.*” In 1998, a British doctor named Andrew Wakefield published a paper so small it should have passed quietly into academic obscurity — just **12 children**, a handful of case notes, and a bold claim linking the MMR vaccine to autism. But the world was primed for fear. The media amplified it, parents felt the ground shift beneath them, and vaccination rates began to fall almost overnight.

For years, the study stood like a dark cloud over public health. Then an investigative journalist, Brian Deer, started tugging at loose threads. What he uncovered was not a mistake or a misunderstanding, but a deliberate deception. Wakefield had altered medical histories, twisted data, and hidden the fact that he'd been paid more than **£400,000** by lawyers preparing lawsuits against vaccine makers. As the document puts it, he “had a direct financial incentive to discredit the very product that he was claiming to study objectively.”

The scientific community eventually corrected the record. Coauthors withdrew their support. *The Lancet* retracted the paper. Wakefield lost his medical license. And study after study — involving more than a **million children** — showed the same thing: **there is no link between vaccines and autism.**

But by then, the damage had seeped into the lives of real families. Measles returned to places where it had once been nearly eliminated. In Samoa in 2019, vaccination rates had fallen so low that an outbreak swept through the islands, killing 83 people, most of them young children. These were losses measured not in statistics but in empty beds, grieving parents, and communities left wondering how a preventable disease had taken so much.

And still the myth endured. Autism often becomes noticeable around the same age children receive the MMR vaccine, and that timing made the false story feel true. Online forums, influencers, and celebrities kept the narrative alive. Wakefield himself never backed down; he reinvented himself as a martyr of the antivaccine movement, directing conspiracy films and appearing at rallies.

Yet there is another side to this story. Some parents who once refused vaccines later watched their children suffer through illnesses that should never have returned. Their grief turned into determination. They became some of the strongest voices against the misinformation that had once misled them.

In the end, the legacy of Wakefield's paper is not just a scientific scandal. It is a reminder of how fragile trust can be, how fear can spread faster than facts, and how a single fraudulent study — “12 subjects, hundreds of thousands of unvaccinated children” — can ripple across continents and generations.



Frank posed the question at morning prayers if there was someone who liked to do jigsaws to see him. He said the woman who brought the lampshade pieces in said she "had picked up all the pieces".....well I can tell her she didn't.....last I heard she was still looking!! Tony A



A bell came in without a clapper, it went out with a fishing weight, by Alan C



A chair came into the shed in pieces, a chair left the shed as one piece by Greg B. Nice one Greg



A Toy library car with a broken steering wheel replaced by Alan C with one made from one from 7 ply

A lady brought in a black man money box that was broken. It had been found on the floor after falling off the top of a cupboard.

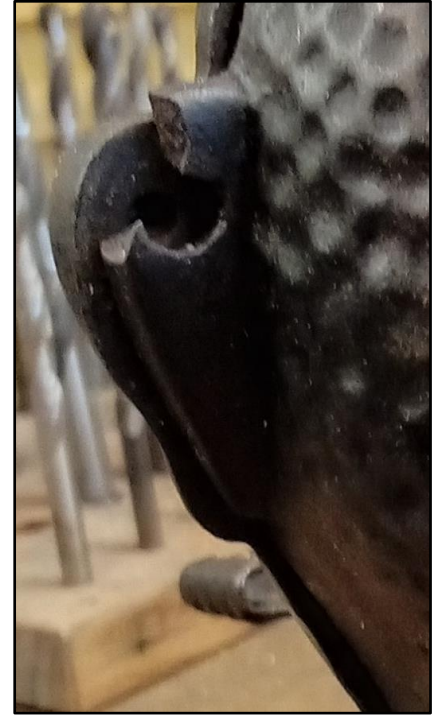
Part of the ear was broken and the internal mechanism, which fed coins into its mouth had come apart and a bit was missing. Ray W and Simon T put it together and created the new bit



The innards, see how it's been welded with wire stiffeners



The arm in the shoulder that operates the coin feed



The broken ear



The repaired money box it's had a hard life and could do with a coat of paint

Ode to Menzshed Kapiti

Kapiti Menzshed is the place to be found
Where busy, happy men are abound.
Be building up or breaking down

There is something for everyone at the Shed
From fixing a chair or a good book to be read.
Every day the boys come down from Levin
They are part of us and fit right in.

The scones at briefing are the excellent start
Before off we go for our arts and crafts.
From mighty builds to delicate repairs,
In each task, we find our cares,

In friendships forged and skills refined,
In Menzshed, solace we find.

Oh, Menzshed, our collective pride,
Where every heart and hand abide,
In camaraderie and common quest,
In Kapiti, we find our best.

Cheers Denis G

Wood Turning Course



Be prepared for a dusty experience!

Expressions of interest in attending.

A course which will give basic wood turning skills and the use of the four tools required to turn wood into many items. This will be run by the Kapiti Wood Workers Guild with one-on-one tuition for up to four people. Tools and wood are provided as required.

Where: - Kapiti MenzShed, 22b Rangihora Street, Waikanae Beach

When: - About the end of June and July at a time to suit participants

How Long: - Six sessions from 10.00 am to 4.00 pm one day a week

Cost: - KWWG members \$ 180, nonmembers \$240

Registrations: - Are on a first come, first served basis and we will get back to you. Please send your notice of interest to woodies14@outlook.com

Please look at our Web Site <https://www.kwwg.org.nz> for further information and to see what KWWG does.



On Wednesday 27th the Menzshed cycling group, with their wives, cycled the new Te Ara Tupua way from Petone to Kaiwharawhara return.

Choosing the Right Wood Adhesive

In the MenzShed, glue is as essential as a good cuppa though it doesn't taste as good! Whether you're repairing a wobbly chair, building a planter box, or crafting toys for the community, the adhesive you choose can make the difference between a joint that lasts and one that quietly gives up. Wood adhesives have come a long way, and each type has its own strengths, quirks, and ideal uses. Here's a guide to help you pick the right glue for the job.

I suggest you always use an exterior quality glue as you never know where your fabrication / repair is going to be used and there is very little difference in price. It's also simpler to just have one bottle of glue.

PVA (Polyvinyl Acetate) – The Everyday Workhorse

Most of us reach for PVA without thinking. It's the familiar white or yellow glue that lives on every shed shelf. For indoor projects, furniture repairs, and general joinery, it's reliable and easy to use.

Advantages:

- Easy to apply and clean up, especially if you wipe the surplus off with a damp cloth before it sets.
- Strong bond for most indoor jobs
- Long open time, giving you room to adjust joints
- Affordable and widely available
- Most dry clear

Disadvantages:

- Standard PVA doesn't like water
- Can struggle with oily or exotic timbers
- May creep under long-term load

Polyurethane Glue – Tough and Weather-Ready *Gorilla Glue*

Polyurethane glue is a favourite for outdoor projects. It reacts with moisture and expands slightly as it cures, which helps it grip tricky surfaces. It's great for garden furniture, outdoor repairs, and bonding mixed materials.

Advantages:

- Excellent water resistance
- Bonds well to oily woods and non-wood materials
- Expands to fill small gaps

Disadvantages:

- Expansion can push joints apart if not clamped firmly
- Messy, sticky, and requires solvent cleanup
- Short shelf life once opened

Epoxy – The Heavy-Duty Option *Araldite etc*

When you need strength and durability—think boat repairs, structural joints, or fixing something that absolutely must not fail—epoxy is the glue to reach for. It's a two-part system that excels in tough conditions.

Advantages:

- Extremely strong and long-lasting

- Waterproof and weather-resistant
- Excellent gap-filling properties
- Works well on dense or oily timbers

Disadvantages:

- More expensive
- Requires accurate mixing
- Longer curing time
- Can be brittle if the wrong formulation is used

CA (Cyanoacrylate) Glue – The Quick Fixer Superglue

Often called “super glue,” CA is brilliant for small repairs, model making, and woodturning. It’s also handy for stabilising cracks or holding awkward pieces in place while a slower glue cures.

Advantages:

- Sets almost instantly
- Great for small parts and fine detail
- Available in thin, medium, and thick versions

Disadvantages:

- Brittle once cured
- Not suitable for load-bearing joints
- Fumes can irritate eyes and nose
- Can stick body parts together!

Hide Glue – Traditional but Still Useful

Hide glue has been used for centuries and remains popular for musical instruments, fine furniture, and restoration work. Liquid hide glue is easier to use than the traditional hot version, though both have their place.

Advantages:

- Reversible with heat and moisture—ideal for repairs
- No creep over time
- Excellent for fine joinery and heritage work

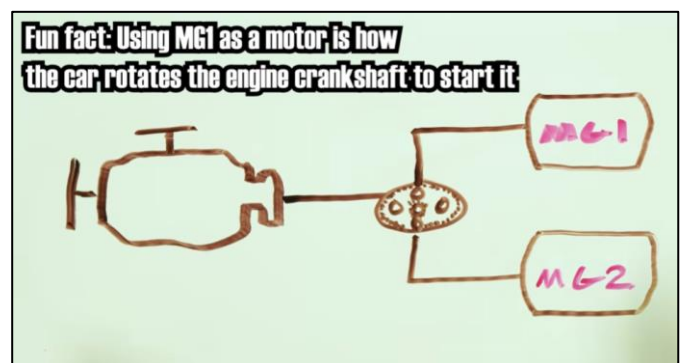
Disadvantages:

- Not water-resistant
- Hot hide glue requires skill and equipment
- Short open time in warm weather

Final Thoughts

No single glue suits every job. PVA covers most everyday projects, polyurethane and epoxy shine outdoors, CA glue is perfect for quick fixes, and hide glue keeps traditional craftsmanship alive. The best approach in the shed is simple: match the adhesive to the task, clamp well, and give it time to cure properly. With the right glue in hand, your projects will stay solid long after the kettle has boiled again.

PS: Just seen a very interesting YouTube video showing how the Toyota Hybrid car works. It’s not as you may think, very simple, clever and efficient. See the video [here](#)



Plus, a special mention of support of our MenzShed Kapiti backers, local businesses, supporters, and sponsors which allows our projects to work for community and charitable activities



A Roof Over Our Heads



Supply of toilet & Plumbing Items



Serious Site Earthworks



Amenity Electrical Items



A Heatpump For Our Comfort



Waikanae Charter Club Community Grant



Electrical Apprentice Manpower



We receive 10 litres of Cabots stains annually from Dulux



Printing Our Brochures



Driving The Website



Stair tread edges and trims



Boys Toys and Just Stuff for Community Projects

Remember these magnificent people when you plan your next special project