

## *July 2016 Newsletter*

This month there seemed to be a lot of activity but few completed projects. Is this a disaster? Not really. So what is happening? Firstly we need to remember there are always a number of ongoing projects which pop up at varying intervals and we are just starting several large and long running projects. Included in these are the Kaka Nests and the US Marine Hut Refurbishment.

So instead of looking at what we have completed, how about “What is happening in a day at Menzshed Kapiti”.

Of late we have generally had between 30 and 35 guys turn up at our sessions and on Thursday 30 June here’s a snapshot of what was happening.

After the morning briefing on events, projects and safety and the mandatory tea or coffee the 30 guys attending spread over the site to get on with the projects they were involved in. Projects tend to be self selecting and so we can enjoy what we do as well as learn new skills from our more experienced members.

As most of these guys have all their fingers, toes and eyes after a lifetime working with tools they are very conscious of safety. It makes a difference as we strive to maintain our clean record of no major accidents. Our experienced members have incredible patience and tolerance as they are continuously being interrupted by those of us who have “L” plates in regard to use of some of the equipment. *Thanks to those who give generously of their time and expertise.*

Walking around the site gave me an insight into the large number of activities. This is what I saw:

1. The dishwashing team – Morrie and Tom are wonderful in their efforts to clean up after our cuppa. A thankless job and one they do very well. (After all wasn’t this why we came to Menzshed to escape from such jobs!!)
2. Wood Store- Ross does a great job cleaning up and maintaining the wood in a tidy manner. A natural storeman who has it under control (even when he is flat out!!!)
3. Tools, equipment, fitting, nuts bolts, nails and spare parts. Menzshed Kapiti is appreciative of those who donate their workshops to us when they are downsizing or maybe even retiring from DIY. We are still playing catch up on the materials and tools received over the last couple of years. Today James and Doug were



working to create a level of chaos, sorry order, out of the chaotic and crammed tools store. How did we ever manage with just shed B and a gazebo to work under when it was wet?

4. Electrical Work – our electrical team of Doug and John, as usual, were working on repairs or checking our power tools and our electrical systems. Today they were replacing the bearing in a router.
5. Restoration of the US Marine huts – 2 Pauls, Dave and Mike were working on phase 2 of this project – the actual restoration of the huts. This is a serious job as it is one of the few of our projects which has a deadline. Hope you guys are not too stressed out!!

For those of you who have not seen what these look like this is one of those which the demolition team brought back to Menzshed for restoration.



6. Tank Stands- there was a flurry of work earlier in the morning to get some tank stands ready for installation for the water tanks available through KCDC for emergency supply. Another of our regular fundraisers.

7. Cutting firewood – Charlie and Dennis were cutting up wood offcuts for firewood. Another regular fund raiser. Great to see earmuffs in use!

8. Kaka Nests – after Nigel and Brian developed the prototype the team of Brian, Brent, Tony and Ian had got the production line up and running. Another project with a deadline – nesting starts in the later part of July. There is no stopping the “birds and bees “stuff!

The seriousness of developing the prototype shows in this discussion of the nest developers.



9. Home Project – Gordon B was working furiously on a project for home.

10. Tool Sharpening – Ray was working on the rejuvenation and sharpening of tools, especially chisels.

11. Engineering – Terry and Ray have set up the engineering work bay and today Terry was working on a repair for the Shed. The Surf Club trailer and the trolley for the Paraparaumu

Petanque Club (as pictured in last month's newsletter) are good examples of their quality work.

12. Weta Motels – I wonder if the wetas are becoming increasingly fussy about their accommodation as there is an ongoing demand for their motels.

Walter, Bill and Morrie were working on the next batch of these. A great production line working here.

13. Repairs to our drop saw – Ian and John R were setting this up after replacing the broken component. Expect them to be very upset if they heard the drop saw being used incorrectly. *Remember ask if you need to use it and are not sure of the correct process.*

14. Prototype noticeboard for Age Concern – Gordon M was working on a prototype for this.

15. Visitor to Menzshed Kapiti- Peter B was showing a member of the Morrinsville Shed around our site and showing him what we were working on.

If you are interested in visiting Sheds on your travels around New Zealand there are now over 110 sheds established throughout the country. Take the opportunity.

It is great to share experiences and to get ideas which could be useful to us. Check the Menzshed New Zealand website "[menzshed.nz](http://menzshed.nz)" and they have a list of all the contact details – addresses, who to contact, and what they are about.

The national website has some good information which you may find interesting.

16. And Peter R was doing a walkabout to see what was happening in the day of the life of Menzshed Kapiti.

A great day in the life of the shed. 30 turned up and there were 16 different activities.

Well done guys.

### **Finished Project**

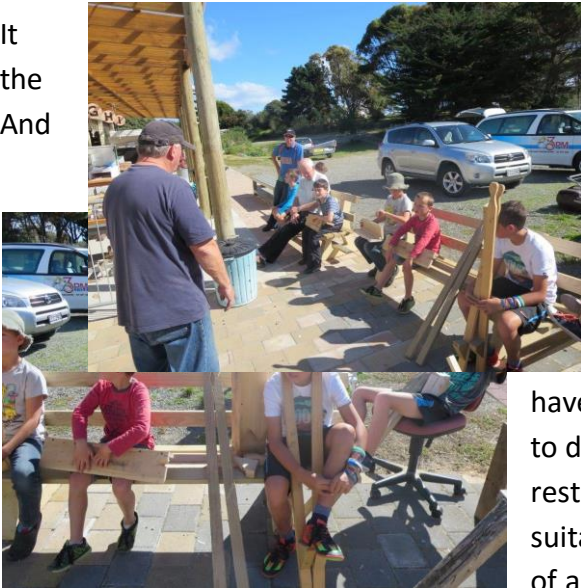
And by the way there was something finished this last month. It was the re-wheeling of the truck for the Waikanae Kindergarten. This involved the fitting of new axles and putting new wheels on it. Should be ready for its certificate of fitness although I suspect it is a while since VINZ have had to certify a vehicle w solid tyres. Hope the drivers at the Kindergarten have the necessary licences what with the new H&S regs and all that stuff.



Another quality repair from Menzshed Kapiti.

### School Holiday Programme

It  
the  
And



was wonderful to see young people learning skills in use of wood working tools and they really enjoyed it. to all accounts it was a great success and congratulations to John and the team for a well run programme.

But unfortunately we have very limited resources to do this – sharp tools, restricted room to set up a suitable facility for this type of activity and the need for

one supervisor to every two or three student are key restraints



### Observation

Did you know penguins can be either left or right handed? Well we are building nests with eh entrances on both the left and right of the nest!!

### Safety

You may have noticed a couple of comments about safety in the newsletter and the reminders at the morning briefing. This is because it is important and we all must be aware that the equipment we use at the shed can bite. Be aware of it, be safe and enjoy your times at the shed.

### Welfare

Purchase of a defibrillator is under way for Menzshed Kapiti. John Orr is working to fundraise for this. This is aimed at complementing the facilities we have in place and held on the Safety Trolley.

If anyone is interested or knows of a possible donor please contact John Orr.

This will not only be great for the Shed as part of our First Aid and Safety focus but will also add to community support in the Waikanae Beach area.

### **Obituary**

We are sorry to hear of David Milliner death from cancer in May. He was a skilled member of the team of modellers that put the Ambulance Station Model together in 2015. He built the gorgeous little bus stop shelter and the tricky sliding gate pictured. Lets remember him for this.



### **Phone Apps**

Alan has written an article for a magazine which may be of interest to some of you. They are Free Apps on First Aid and Hazards. His article is attached if you are interested. Thanks Alan.

All for this newsletter

# Be prepared for the next disaster or accident

Events from Christchurch remind us that we don't know when or where the next disaster or accident will occur, what form it will take and what first aid or emergency response will be required of us.

New Zealand Red Cross, with major involvement in these events, has responded by recently launching two free apps for use on iOS and Android devices - the most common of these being cell phones and iPads.

**The Hazard App** is to help you receive timely information about emergencies and disasters in New Zealand that may require immediate action and to help you get through such emergencies.

## Civil Defence participation

The Hazard App is being rolled out by Civil Defence Emergency Management Groups region by region. You will only receive alerts in areas where the local CDEM groups are actively using the app as one of their alerting tools. Those areas currently active include Northland, Wellington Waikato and Auckland. Hawke's Bay & the West Coast are preparing to launch July/August 2016 with more regions joining up during 2016.

## Identify hazards

The Hazard App can help you identify, prepare for and respond to hazards in New Zealand. The app is pre-loaded with extensive information about hazards including floods, earthquakes, tsunami, fire, weather and biosecurity risks. Included are "Test Yourself" questions on these hazards that are a helpful learning experience on their own with questions such as "*what is the maximum safe depth of flooded roads that you should drive through*" – I got it wrong so look it up to see if what you think is correct!

## 'I am safe' messages

Recognising that the status and location of individuals is a major factor in any disaster, this Hazard App sends your own 'I am safe' message with your current location to your pre-programmed friends, family and social media accounts following an emergency. The app is designed to operate in large-scale emergencies when communication networks are under pressure.

## The process

The app guides you through preparing an emergency response kit and plan, tells you what to do during an emergency. This alphabetically listed pre-loaded content means you have instant access to all information, even without cell phone reception or an internet connection – anytime, anywhere.

## Stay informed

You will receive alerts from New Zealand's participating authorities via the app targeted to specific geographic locations. You will have control over the locations, types of hazard and level of alerts that you receive through the app. You'll only get alerts for the locations you choose to monitor. You can also choose which hazards you receive alerts for in each

location. For example it includes the latest information for those travelling to countries affected by Zika Virus, outlining symptoms, treatment and prevention. Handy tools included in the Hazard App are an in-built torch, strobe light and audible alarm.

See *“Down load instructions” for Hazard App at the end of this article*

The **First Aid App** is the second free data source and notification link from New Zealand Red Cross comprising a comprehensive pocket guide to first aid and emergency response providing life saving skills at your fingertips.

It contains simple focused advice on everyday first aid scenarios, tips on how to prepare for natural disasters and step-by-step instructions on what to do during an emergency. Having alphabetically listed preloaded content means you have instant access to important first aid and emergency information, even without cell phone reception or an internet connection – anytime, anywhere.

### **The Emergency Guide**

This offers simple step-by-step guides to help you deal with first aid emergencies often with a short demonstration video. Within this section there is also a “Learn More” link complete with animated illustrations. Then there’s a Questions & Answers section to clear up some of those obvious doubts that come to mind when you are using this resource.

### **Learn & Prepare Guides**

These two separate resources offer knowledge and advice on first aid that can be learned or followed, using easy-to-understand animations and videos. Simple tests are linked to each of the events. Descriptions and videos of the patients’ condition and action being taken are most helpful and there are always direct dial links to 111 if you are following any of this data on your cell phone after an accident.

### **M-learning**

This process allows the use the app to contribute towards a workplace first aid certificate. To my understanding there is no legal requirement at this stage to have medical qualified staff on house building sites but ask and support any of your employees who may be interested in having such a certificate.

### **The Global Mode**

Local emergency numbers and ‘help’ phrases are available as soon as you touch down in another country.

My reaction after spending over an hour working through all the details on this app is **WOW** - a modern version of a walking talking encyclopaedia. And I found the Q & A (questions & answers) included in each section cleared up those unknowns or lingering doubts that come to mind as you are reading this information.

### **Action**

Its easy to load these two apps **so do it now** and then you will be better prepared for any accident or emergency which could happen anytime, even tomorrow. Spend some time looking at the content so you know what sort of information is available for you to access

and use. It could be that you are the only other person available at a car accident or an accident on your building site.

Access to this info and taking some immediate action could save a life rather than taking the wrong action or simply hanging around doing nothing and waiting for others with this knowledge.

To learn more visit the NZ Red Cross web site <https://www.redcross.org.nz>

To download the **Hazard App** or **First Aid App** visit the Apple App Store for iOS devices or Google Play store for Android devices – and for the Hazard App make sure you leave General Notifications **on**.

## **For editing & presentation**

Specific marketing data & photos etc. are available with details and links below

### *Help promote the app*

*If you wish to promote the app to your networks and encourage uptake of the app to help in emergencies, go to the [Hazard App marketing assets](#) page for online banners, FAQs, etc.*

<https://www.redcross.org.nz/what-we-do/in-new-zealand/disaster-management/hazard-app-marketing-assets/>