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## NEWSLETTER – April 2023

### **From the Chair**

No. 145

Talofa lava

As we all know, our Shed relies heavily on the commitment and dedication of its members, including those who take on administrative and management roles. These roles are crucial for the day-to-day functioning of our Shed and require individuals who are willing to take on extra leadership, management, and responsibilities.

Our Secretary, Peter R and Treasurer, Peter B have both announced their intention to step down at our next AGM, after serving for 5 years and 10 years, respectively.

Their contributions to the Shed have been invaluable, and we are grateful for their dedication and service. Their resignations do however post a challenge for us to find a new Secretary and Treasurer. To date one member has expressed an interest in the Treasurer's role. However, that should not prevent anyone else in expressing an interest too. It would be comforting to know that if the member changes his mind or for any other reason cannot take up the position, we have others who are willing to.

If you have any questions about what these roles entail, both Peter's have offered to provide information about the role as well as advice and guidance to a new Secretary and Treasurer to ensure a smooth transition.

I would also like to take this opportunity to ask if anyone is interested in taking on the role of Chair. If you think you would like to "give it a go" feel free to come and have a quiet chat with me. We are fortunate to have a great Committee that oversees the day to day operation of the Shed.

Again, if you are interested in joining the Committee, please consider putting your name forward at the next AGM.

While being an office holder or a committee member requires extra commitment it is also a great opportunity to make a meaningful contribution to the Shed.

As a healthy and thriving Shed we need to ensure that fresh ideas are brought forward regularly. This will keep our Shed successful and relevant into the future.

I am keen that we have a succession plan in place.

Malo Soifua

Tony A

## The National AGM

I know details of AGM are boring so I won't tell you about the outcomes of the National AGM, - those who find them interesting will, no doubt, be anxious to read the official minutes, but will just have to wait! (or look them up on <https://menzshed.org.nz>). However, I will tell you about what we learned about other Sheds and how lucky we are.

The AGM was originally intended to be held somewhere up North, but cyclone Gabrielle put paid to that, we stepped into the breach and members of other sheds came to us.

Only about 15 'remote' members actually came along, the other Sheds attended by a Zoom GoToWebinar, which is the sensible trend these days.



We took our host responsibilities seriously and provided, cheese scones and chicken sandwiches thanks to Roger K and Dave W. We also great pleasure in showing the visitors what a 'proper' shed looks like.

Peter Blackler stepped down from his role of treasurer to the National Menzshed and was presented with a carved statue by Trevor Scott - (Menzshed NZ Chairman) as thanks for his service.



*Tony A making his point to the assembled delegates*



*The Menzshed National committee, David Atkinson, Peter Blackler (retiring), Trevor Scott (Chairman), and Roger Bowman (Secretary)*

Several things came out from conversations with the visitors:

- Most sheds do not own their own premises and either rent them or are at the local council's suffrage. This means they can't improve the premises, can't install heavy machinery and their existence is at someone else's whim or district plan change. (We have a long lease on our Shed).

- Auckland could have about 60 sheds but there is not room, the property boom has taken most of the possible sites and the 11 sheds in and around Auckland are full.
- Sheds have only been going in NZ since 2013. Currently there are 124 sheds.

## **Upcoming MenzShed Activities**

Just a memory jog of what MenzShed Activities are happening in the foreseeable future. Please make sure you have them in your own Diary.

Event	Date	Where	Comment
Committee Meeting	18 May	@ the shed	
Committee Meeting	22 June	@ the shed	
Committee Meeting	4 August	@ the shed	
<b>Recurring Events</b>			
Sharpening tools	Last Thursday of Month	@the Shed	This is a regular event
Fresh Scones	Last Thursday of Month	@the Shed	Hans and his apprentices will be producing superb scones fresh from the oven, or for anyone's birthday shout

*A woman ran a red traffic light and crashed into a man's car. Both of their cars are demolished but amazingly neither of them were hurt.*

*After they crawled out of their cars, the woman said, "Wow, just look at our cars! There's nothing left, but fortunately we are unhurt This must be a sign from God that we should meet and be friends and live together in peace for the rest of our days."*

*The man replied, "I agree with you completely. This must be a sign from God!" The woman continued, "And look at this, here's another miracle. My car is completely demolished, but my bottle of 75-year-old scotch didn't break. Surely God meant for us to drink this vintage delicacy and celebrate our good fortune." Then she handed the bottle to the man.*

*The man nodded his head in agreement, opened it, drank half the bottle and then handed it back to the woman. The woman took the bottle, immediately put the cap back on, and handed it back to the man.*

*The man asks, "Aren't you having any?"*

*She replied, "Nah. I think I'll just wait for the police."*



## Around the Shed



*A rather nice folding stool put together by David S*



*Chair with broken back rail repaired by Keith H*



*Alan W took on the job of repairing this table. Two of the feet were broken off and the centre support had to be reglued together – he did a grand job. Modern glues are so good.*

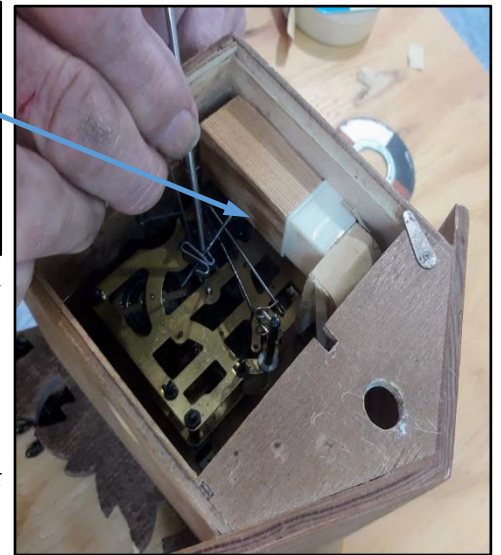


*The gardeners in the process of constructing frames over the beds to support netting. They did an initial test with large mesh but the butterflies still got through so they had to go for a finer mesh*





Someone brought in a cuckoo clock that had lost it's whistle, see above. The whistle needed new seals to control the air. Peter B set to work, sealed up the holes and the got them back into the case in the right positions so they went Cookoo and not oo Cuck!



The first prototype of a pizza flattener invented by Ray W. It had some teething problems in that the pizza stuck the plates together and eventually the mechanism broke due to too much pressure having to be applied to flatten the pizza.



The Shed committee decided we have managed for too long using old 'aquired' power tools and decided to reward our hard work with a set of new ones. What about a beer fridge for our next award!

Before and after images of a chair that definately needed fixing! By Keith H





*Outdoor seat sample. John R made a mirror image to this as required.*



*Turn disc round and umbrella shaft to fit supplied base (before)*



*After. Base and umbrella shaft.*



*Anthony G took on the job of removing the weeds and agapanthus from the edge of the car park, much tidier now. He intends to plant herbs.*



*Tony L on his birthday*



*Put these on a group of tourists are coming!*





*A foreign inhabitant of one of our weta motels, how does it manage to crap on the underside of the glass?*



*John M assembling a kitset coffee table from China*



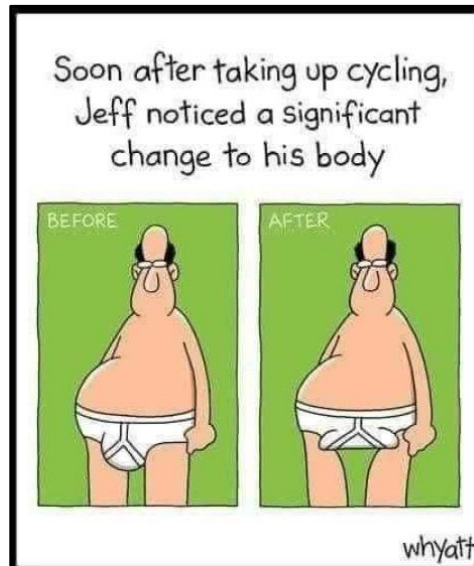
*Ornamental chest of drawers, its runners were 'munted' in that the enclosure was too big for the drawer and new runners with extending packers behind them were needed.*



*The bike group on their way to Wellington. Where are the bikes?*



*John P working at the wood lathe. Good to see him back*



*For the cycling group*

<b>Project owner Details</b>	
Owner's Name:	<i>Ian Bicknell</i>
Contact details (organisation, address, phone, email)	
<i>T. Merzshed memb</i>	
Job name: <i>umbrella stand</i>	
<b>Job Description</b>	
Include all important details requested by the owner such as specific materials, colour, etc. to the owner	
<i>repair rusted bottom</i>	
NERAL	

*Ian B has a problem according to the job sheet!*





*Raking and levelling the soil at the back of the workshop ready to receive four water tanks as resevoirs to take water flooding the car park and slowly release it.*



*Part of the weta motel gang with their produce*

#### **EXERCISE FOR PEOPLE OVER 60**

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.



*Noel T and John D with his jig for drilling the edges of plywood sheets for bench tops so they can be joined together using dowels*



*A dolls house where the client wanted electric LED lighting installed.*

*We didn't do the paint job!*



*Child's chair which was in a sorry state but has been put together with Gorilla glue. Gorilla glue expands on setting, usefull for filling joints but the surplus needs cleaning off.*

*Yane K doing the work*



*A change in the weather, we all huddled inside*

**I HATE IT WHEN PEOPLE  
ACT ALL INTELLECTUAL  
AND TALK ABOUT  
MOZART WHILE THEY'VE  
NEVER EVEN SEEN ONE  
OF HIS PAINTINGS...**



## Trip to the Scrap Metal Dealer

7guys with 7 trailers and 5 other helpers sorted the scrap metal at the shed onto the trailers. A convoy of 7 vehicles travelled to the Porirua scrap metal depot and deposited the metal. Back to the shed and \$1800 in the kitty.

Another 3 trailer fulls required to complete the metal saga.

A good days work by the team. The guys involved were Graeme C, Gerald T, Peter B, Murray C, Grahame J, Peter H, Trevor Mc, Murray P, Alfred C, Tony A, and Jim Walls



*The convoy just leaving*

## Community Swap Library for Waikanae East by Ron Mc

It started with a lady named Sue coming in when I was on Supervision in December. She had purchased a wooden cabinet off Facebook, and wanted it turned into a library cupboard to go outside her house in Tui Crescent (Up where Hemi Matenga walk starts). I was a bit dubious, but the cabinet was advertised as "solid Tawa" so could have been OK.



So, we picked it up from nearby. The "solid Tawa" turned out to be Mahogany veneer over Customwood, which turns to a Weetabix-like mess once wet. So she went back to the seller, who knew little about woodwork. He was highly pissed off as he had paid a mate to build it 30 years ago and paid a premium for "solid Tawa". Anyway, he refunded the money and later sold it to someone else hopefully with a more accurate description.

Sue asked if we could build one from our wood supplies. I found a good-sized pile of low-profile weatherboard offcuts that would be ideal. We completed the paperwork, and she went away happy. Then I went to grab the weatherboards and they were gone!

Charlie and Barry had stolen them, and they almost went through the firewood saw.

Anyway, all's well that ends well. I built the cabinet at home, as bench space is really tight at the moment, and Kevin A installed it onto the post.





## Piano Entertainment - Hours of fun and distraction for Waikanae MenzShed 'kids'

Waikanae Menzshed (*member – Dennis H*) spends a few hours each week, entertaining on pianos at Rest Homes and Retirement Villages.

Recently Dennis assisted a local, respected elderly couple who needed to say goodbye to a much-loved piano. He negotiated with a local Retirement Village that were happy to procure it – so the couples much-loved piano will continue to be played and heard for many years to come.



*132 kg of Cast Iron - for the works!*

The Retirement Village did have a very run down piano – beyond repair - and well past its use by date.



*Dismantling is so much fun!*

As part of the arrangement and with some helpful Shedders, the much-loved piano went to a new home at the Retirement Village, and the old piano was 'trailed' back to the Menzshed yard for dismantling and recycling.

"We didn't need to call for volunteers said Dennis, the Shedders were "like bees to a honey pot "

– the result being some beautiful timber for the woodworkers, and some quite valuable metals being available for the next scrap metal recycling run.

*Special thanks to Cameron, Trevor Mc', Gordon B. & David S'*



**10** *New welder for the machine shop donated by Doug W*



*Frank E, John S, Mike S, watching Waco Bi-Planes flyover while Trevor Mc trying to shoot them down, a.*

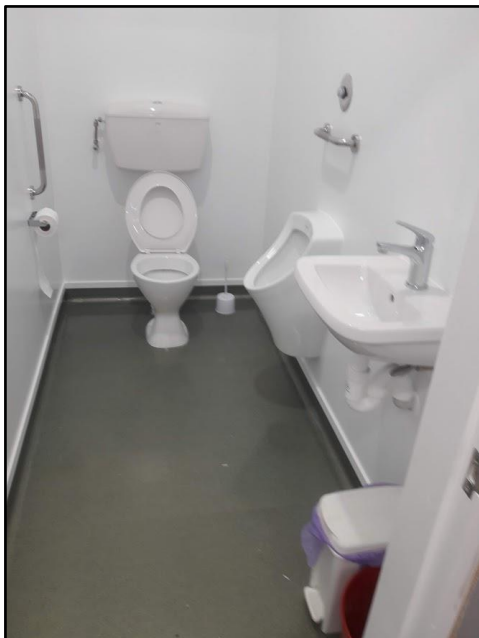




*I (Ed) asked shed members for before and after photos for the newsletter.  
This is the firewood gang's contribution!*

## **The Workshop**

The workshop is nearly finished. Painting walls and floor still to be finished, some trim, architraves etc to do. The wiring is almost finished. It will probably take a month to finalise things. Look forward to the opening barbecue.



*The new workshop toilets ready for pee!*



*Painting the wall is underway, the floor will also be painted*



*Setting up the big saw bench in the workshop*



## More about Scones

Roger (the Editor of the newsletter) said he wants photos of before and after projects are done so we can see the improvements made, so I thought I'd take some photos of before and after scone making.

Hans, our head scone doer, He used to have his own bakery He didn't go to work for a loaf, but when he had made his dough, he retired!

He has been an excellent teacher and has a band of three helpers Brian, Ian and Roger so if one is away essential production can continue.

If it is your birthday, or special occasion you give Hans \$30 for the ingredients, dates, sultanas jam, etc. (\$35 for cheese scones) It is better to arrange with him the week before so he can have the ingredients ready on the day.



*60 mugs (Yep 60 !) one teapot and four coffee pots are put out each day Tea and coffee is refilled numerous times throughout the morning.*



*Mixture put out and rolled Four batches are made. All ingredients carefully weighed out*



*Each scone is weighed. They are usually between 80 and 85 grams each.*



*Scones laid out for cooking*

Turn up with \$30 for the scones (or \$35 if you want cheese ones)

We are sure you won't be disappointed.

If you are from another Menzshed do not hesitate to come and sample these marvellous creations

All you need to do is contact the Secretary and book in when you intend to visit.



*The finished works of art*



## Issues Faced in Later Life

At the Menzshed National AGM, held at our shed, Diane Taylor gave a talk on 'Issues faced in later life'. Diane is from the **Office for Seniors**, which is the primary advisor to the Government on issues affecting older people, located within the Ministry of Social Development.

I am not saying it applies to you, but there are issues in being old / elderly / senior citizens and if you know someone who needs help be aware of the following and perhaps you could assist or point them in the right direction.

Some help is available as follows:

- An accommodation supplement is available for those in need.
- There is a pilot "home share" project where people share houses in exchange for rent, help around the house, shopping etc.
- There is a programme to support older people in business, ie to start up a business.
- There are training courses for older people to embrace technology.
- If you are over 65 and don't have a Supergold card you can apply for one, it's free and you are entitled to it. Use it, it will save you money.
- A bi-monthly newsletter, (by email), is available to Supergold card holders which tells you where you can get assistance and shops which give gold card discounts. Register for the newsletter at the web address on your gold card.
- There is a mobile phone Supergold card app which tells you what discounts are available. For instance, Countdown gives a 5% discount on Tuesdays to Supergold card holders.
- Remember you can always ring the helpline – see below

A summary of the problems older people may have:

**Loneliness and Isolation** – can result in mental deterioration, alcohol abuse, susceptibility to marketing and Internet scams.

**Suicide** – there are as many suicides amongst males 85+ as there are in young men.

**Elder Abuse and Financial Abuse** – from relatives, 'friends', and neighbours. 1 in 10 elders experience it and are usually reluctant or unable to do anything about it.

There is a 24-hour helpline: **0800 326 6865 text 5032**.

### **Lack of Nutrition and Exercise**

I couldn't get down everything Diane said but here is a summary of how society is changing which is likely to affect the elderly:

- There are more people in NZ over 65 than under 14. Your superannuation is paid by those younger than you.
- Within 10 years there will be 180,000 people aged 85 and over.
- One person in 4 over 65 is in paid employment.
- There are grants of up to \$15k for 'age friendly cities' which are to assist in making cities more age friendly.
- 25% of older people have no Internet and consequently have restricted communication and access to amenities.

Contact details:

- Supergold telephone 0800 25 45 65 (*easy to remember!*)
- Web site: [supergold.govt.nz](http://supergold.govt.nz).
- Office for Seniors web site: [officeforseniors.govt.nz](http://officeforseniors.govt.nz)
- Elder Abuse 24-hour helpline: **0800 326 6865 text 5032**



## Red Cross Responds to Pacific Cyclones

March 2023

It has been a tough time for the South Pacific over the past three months: shifts in the La Niña cycle and cyclones have left a swathe of damage in Auckland, the East Coast and Vanuatu. The damage from Auckland floods and Cyclone Gabrielle was the worst non-earthquake damage in NZ's history. There have been significant impacts on the livelihoods and well-being of those affected. Relief and assistance to rebuild communities is essential. Foremost in the provision of humanitarian relief is the Red Cross Movement.

Since 1863, the Red Cross Movement has been dedicated to the provision of humanitarian relief and ensuring that belligerents understand their obligations under the Geneva Convention - the international treaty governing the conduct of conflict. The Red Cross is impartial, neutral and independent in its provision of relief to those in need. It works alongside Governments but is not controlled by them.

This article will focus on the humanitarian work the Red Cross does in the Pacific and how specific assistance was provided after recent cyclones.

New Zealand is one of the 192 National Societies making up the International Federation of the Red Cross (IFRC). Co-operation and coordination between National Societies is the engine room that delivers humanitarian relief where it is needed.

Delivering relief after a disaster is a huge logistical exercise - highly dependent on modern technologies in all its forms: telecommunications, computers, internet, air transport, mass communications and more besides. Various specialties have been developed throughout the world to create rapidly deployable equipment such as hospitals, clinics, fresh water purification plants and base camps. Each of them also requires specially trained operators - such as medical practitioners, nurses, water and sanitation technicians and supply chain specialists. However, nothing can operate effectively without power, telecommunications, and information technology: this is where the writer comes in.

The New Zealand Red Cross is one of five other National Societies having a standing group of volunteers who form an Emergency Response Unit (ERU) for Information Technology and Telecommunications. The ERU has the task of ensuring that the Red Cross relief efforts are supported with power, access to the internet, radio communications and computer systems (PCs, printers, scanners, Wi-Fi coverage and storage).

So it was in New Zealand and Vanuatu.

The Auckland Anniversary Weekend storms and Cyclone Gabrielle saw local Red Cross volunteers working in affected communities in Auckland and a week later, throughout the East Coast of the North Island. Some members of the ERU were also sent to Napier to help establish radio communications and the provision of internet.



*The Red Cross team to go to Vanuatu just going to get on a RNZAF Hercules C130. John C on right.*



Early in March, cyclones Judy and Kevin struck Vanuatu within 48 hours of each other. Cyclone Judy peaked at Category 4 (195Km/hr winds) and was followed by Cyclone Kevin – a Category 5 (215Km/hr winds).

Although no fatalities were reported, there was significant damage to homes, roads blocked by debris, power lines destroyed, masts and telecommunications equipment disrupted (mobile phone network) and above-ground food sources destroyed. The Vanuatu Government declared a 6-month state of emergency and sought assistance from New Zealand, Australia and France. As the billboards in Port Vila proclaimed “Tuff Tumas!”

For some time, New Zealand’s Ministry of Foreign Affairs and Trade (MFAT) and the Red Cross have been collaborating on improving the resilience of our Pacific Island neighbours. In “normal times” examples of this support include training, funding for climate change, renewable energy initiatives and disaster preparedness. The recent invitation by the Vanuatu Government for assistance resulted in planeloads of food and shelter kits being despatched to Port Vila.

The Vanuatu Red Cross was distributing food and shelter kits throughout the islands, but their Port Vila Emergency Operations Centre was running on emergency power and limited communications. Many staff were unable to come to work and the response capacity suffered. The NZ Red Cross was asked to assist and the ERU was deployed. MFAT offered to assist with transportation of equipment and the ERU Team to Port Vila – on one of the scheduled RNZAF flights (a C-130 “Hercules” ).

The ERU kit weighs about 240Kg and comprises everything needed for independent operations anywhere in the world. ERU team members have personal kits that provide for completely independent living for 7 days (if necessary), but most of the time commercial accommodation options are available in the deployment area. Examples of the kit include satellite radios, satellite internet stations, network equipment to provide Wi-Fi over a wide area, generators, power multiboxes and cables, PC’s, printers, software, hand-held radios, antennas and masts and tools of every shape and size.



*Figure 1 ERU Kit Boxes*

All of this is contained in about 18 aluminium cargo boxes (Figure 1). Everything fitted on a large pallet and was loaded into the back of the C-130.

There were three of us: Team leader (the writer), a computer and network specialist and a logistics specialist. The Team Leader also provided support for power generation, distribution, radio and information technology.

The mission’s objective was quite simple: restore the Vanuatu Red Cross’ information technology services to a functional state as quickly as possible. In this case, electricity (mains power was unavailable), internet access and a new computer network was needed. Internet provision using our Starlink unit (Figure 2) needed Government approval before it could be used. These units were not legal in Vanuatu before the cyclones, but MFAT worked with the Government to allow the Red Cross to use theirs. A special Gazette order was passed to legalise our use of Starlink, and we received the type-approval document two days after arrival. Understandably, others had the same idea, so the Government Telecommunications Regulator was “busy” clamping down on non-emergency importation and use of this technology by the public.



*Figure 2 Starlink*



Compared with existing Satellite Systems, such as the Global Explorer (Figure 2), Starlink is a revolutionary technology as it is 100 times cheaper to buy, 100 times cheaper to run (monthly fees) and operates 200 times faster. It is also about ¼ the weight.

Both satellite internet units are fully automatic. Just place them on the ground and apply power – the antenna hunts for the appropriate satellite and starts working.



*Figure 3 Global*



*Figure 4 Starlink positioned*  
Our Starlink unit was placed on a roof that had a clear view of the sky (no overshadowing trees or other obstacles) and then weighed down with sandbags. Job done!

Power generation was also straightforward. It helped that there was access to a first-storey veranda that offered greater physical security and ensured that exhaust fumes could dissipate safely. It is easy to forget that exhaust fumes from generators can be more dangerous than the electricity they generate.



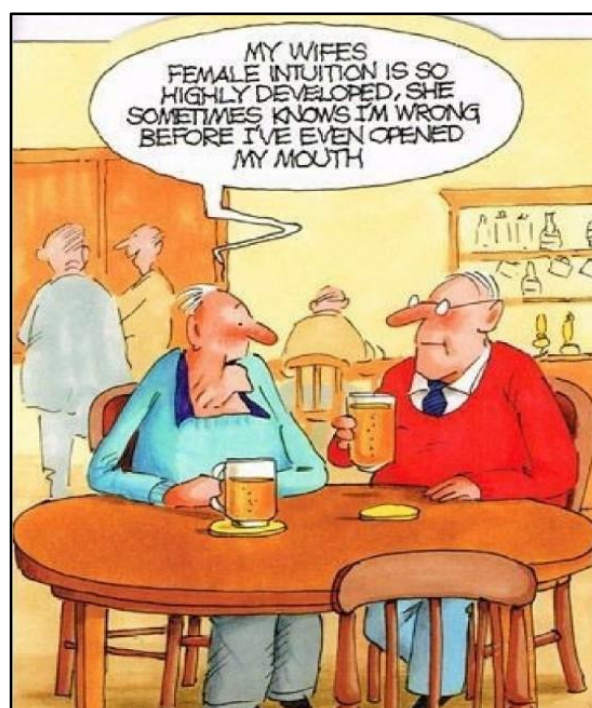
*Figure 5 Generators*

Before our arrival, an existing generator supplied power to the Emergency Operations Centre, but it was running near capacity and the other half of the staff who were also needed could not come to work: no power or internet. Three days after our arrival, power from the two ERU generators (Figure 5) together with internet access from Starlink enabled all remaining Red Cross staff to return to work and assist with the distribution of relief. Mains power was restored five days later.

The remaining time in Port Vila was spent assisting Red Cross staff with IT problems and documenting the work we had done. Overall, the mission lasted 10 days.

It will be many months before Vanuatu is back to normal times, but it was extremely satisfying to be able to assist the Vanuatu Red Cross with their efforts to distribute relief in the aftermath of these two cyclones.

John P Moriarty  
MENZSHED Kapiti





Plus a special mention of support of our MenzShed Kapiti backers, local businesses, supporters and sponsors.



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



Printing Our Brochures



Driving The Website



Stair tread edges and  
trims

Plus that ongoing support for our projects and community activities



Boys Toys and Just Stuff for Community Projects

Remember these magnificent people when you plan your next special project