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## NEWSLETTER – August 2023

### **From the Chair**

No. 147

Talofa lava

What a fantastic day we all had last Saturday opening the “Peter B Workshop” and at the same time honouring Peter B's efforts over the past decade to get the workshop and centre completed. I have rehashed some of my speech notes for those who weren't present or could hear on the day.

The Peter B Workshop It will provide a clean and safe environment where we can work in a space that has been designed with our physical health and wellbeing at the forefront. Safety cut out switches, efficient dust extraction and well-spaced out work benches are just a few features that will protect our health and wellbeing.

Peter B has dedicated the last 13 years and more to overseeing and putting in extraordinary long hours to ensure that the vision he and early members of the Shed, some of who are no longer with us, became a reality. On behalf of our members past and present thankyou Peter B.

We have had generous support along the way.

The Lotteries Community Facilities Fund in 2021 assisted with the MenzShed Centre and the Workshop. We got a further grant this year from them to assist with the fit-out of the workshop, water collection system and dust extraction.

Significant grants have been received from the

- Transpower Community Trust
- TG McCarthy Trust
- Nikau Foundation.
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Significant grants in kind from our key suppliers,

- Placemakers Kapiti,
- Hurricane Roofing,
- Dulux NZ,
- Resene
- Stones Electrical

We have also enjoyed the ongoing support from Kapiti Coast District Council and Waikanae Community Board.

Thank you to the key team leader's that oversaw the construction of the workshop.

**Murray Cardie** who has been our building supervisor and his team for main construction work.

**Alan Waterfield** and his team for the electrical and wiring work.

**Mark Keown** and his team for the interior design and construction of workstations and storage.

**Cliff Daly**, Chair of the building development subcommittee and members of that committee who over saw the project.

While I have named some key leaders in getting the workshop built each and every one of us has contributed one way or another in either the actual construction or supporting the build other ways.

Once again, we have shown what an awesome team of older sometimes grumpy men can achieve.

Together we have created something that will be an asset for our Shed and also the community for many years to come.

I think we can pat ourselves on the backs for a job well done.

Soifua

**Tony A**

### **Upcoming MenzShed Activities**

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

<b>Event</b>	<b>Date</b>	<b>Where</b>	<b>Comment</b>
<b>Recurring Events</b>			
Committee Meeting	21 <sup>st</sup> September	@the Shed	
Sharpening tools	Last Thursday of Month	@the Shed	This is a regular event
Fresh Scones	Last Thursday of Month and whenever there is a birthday shout!	@the Shed	Hans and his apprentices will be producing superb scones fresh from the oven, or for anyone's birthday shout
<b>One off Events</b>			
Hub Meeting	10am-2pm Sept 19	@the Shed	To discuss Men's wellbeing and plans to address this with Government
Annual General Meeting	14 <sup>th</sup> September	@the Shed	

Further details will be added as they become available.



## **Peter Blackler Honoured with our Workshop being named after him**

Peter Blackler appeared in the NZ Herald with an article on the opening of our Workshop.

Here's a link to the article.

[Click here](#)

## **The Workshop Opening Ceremony**

The Workshop was officially opened on Saturday 26<sup>th</sup> August by the Janet Holborow, the mayor of Kapiti. It was attended by about 50 guests, Menzshed members and partners, officials and representatives of organizations who we have supported or who have supported the shed's development.

Here are some photos to show you what went on:



Thursday at the shed was spent cleaning and tidying up – it felt strange having everything put away!



People started arriving about 9.30, stood chatting and eventually settled down for the opening ceremony.





Cliff D was MC and speeches were given by Tony A, Janet Holborow and Peter B



Janet Holborow pulled away the Menzshed flage to reveal the Peter B workshop plaque

### **Double Amputation** by PeterR ----Pawn takes hit for mate.



The amputated pawn

Not only the indignity of check mate the son slammed the pawn down in the Mate declaration and the legs snapped off.

The Don Quixote chess set had been purchased in Florence some 50 years ago and had significant sentimental value.

The owner asked Menzshed to repair the pawn. Doug W to the rescue. This involved drilling a hole in each leg and inserting a 1.5mm drill bit as a splint into each leg. An application of Araldite and job done.

Great job and a happy customer. Thanks Doug.



A delicate operation



Splints in place



The finished pawn



## Around the Shed



Menzshed Construction (kennel, not dog), thanks to Richard T., Jeff N., Robbie C, dog is Australian import, 2021 model.



At last we sold the fibre board that was donated by Bunnings 3 years ago. Took quite a team to move it



Yet another armchair recovered, (in both senses), by Keith H



Peter H trying to find some drain pipe at the back of the Garages.



For weeks now, Anthony G has been putting in a great solo effort to clear the overgrown section of land behind the containers. He has done a great job to date and still going. Not only is he salvaging MenZshed land that few of us even knew existed, but scoring us lots of brownie points with our neighbours on the other side of the fence. Rumour has it that he has found an elderly Japanese soldier who did not know the war was over!

A man brings his best buddy home for dinner ... unannounced at 7:30pm after work.

His wife begins screaming at him & his friend just sits & listens in.

Wife: My hair & makeup are not done, the house is a mess, the dishes are not done, I'm still in my pyjamas & | can't be bothered with cooking tonight! Why the hell did you bring him home?

Husband: Because he's thinking of getting married & | promised him a demo!





Isn't it wonderful living on a tropical island – no such thing as Winter!



The Workshop at play even before it's opened!



A bed cooler making good use of a pc fan



Allan C at play, mending a child's digger



The mended digger



David P cutting the wire mesh for rat traps



Ray W finishing mending one of our trollies.



With the knowledge and creative skills and talents Ian B, Ian G, Ian Pt, Peter H, & Mark K, The Menzshed were able to present the Kenakena School KAPITI Netball this trophy.



Some people just can't take the cold. Indoor meeting huddling together on a cold Winters day.





Peter H blessing the crosses are square, with John P, Grant & John R looking on in awe!.



Part of the secret process of making scones. Hans VdH, Brian B, Ian B & Cliff D & ANO.



An in joke for Dr Who fans!

Alan C has been making stands to hold dolls



A completed Santa Doll, you can just see one of Alan's stands at the base



Denis G recovering in hospital after his knee job!

### A service to members.

Do you have a clock that has seen better days and would like it running again?  
Talk to Mick McKelvie 0274420002.

Do you have a stamp collection gathering dust and would part with it.  
Talk to Mick McKelvie 0274420002.



Mahjong Tile holders made by Ian P and finished by Alan C





John D and Roger B making Wellington Boot stands

“Kiwis call Wellington boots gumboots. The term ‘gumboot’ is thought to have originated in New Zealand in the 1800s, when gum was a major export from the country. Workers who wore rubber boots to protect themselves from the mud and gum gave them the name “gumboots”. The term has since become the standard term for rubber boots in New Zealand, and is also used in Australia.

The term “wellies” is more common in other English-speaking countries, such as the United Kingdom, Canada, and the United States. It is thought to be derived from the name of the city of Wellington, which is the capital of New Zealand. Wellington is a wet city, and wellington boots are a popular choice of footwear for people who live there.”

Got this explanation of Gumboots from AI – the last para is wrong, wellington boots are named after the boots the Duke of Wellington wore.



A bad day for punctures with the Menzshed cycling team perfecting pumping up tyres while sitting on their bottoms



Ian B wishing Happy Birthday to Hans VdH our Master Baker. The maker of the best scones in Kapiti and a man prepared



Last Thursdays offering from the team -Afghani scones





Comments wanted!



Another of Derek C's very nice bench seats



Since the start of the trial, the purpose-built recycling station (thanks again MenzShed Kāpiti!) at Paraparaumu Library has been continually filled, with 25 kilograms of batteries recycled each week!

So keep dropping off your household batteries – more than 99 percent of the components can be reused for things like new batteries and steel building reinforcing rods.



A community library for the Te Horo residents was a project taken on by Ian B and his team and the impressive result, it just needs painting now.



Birthingright asked if we wanted a large boardroom table which was excess to their requirements and after a bit of a challenge getting it down from the first floor we found it fitted perfectly in our meeting room. The committee will have to be a bit careful with their fish and chip paper when they have their future meetings!





## Heidrun's Corner

Alan M asked for volunteers to build a bench. Having done a simple one before I put my hand up together with Alf C and Jim W. We didn't know what we were getting into! The bench was designed by Peter B in conjunction with the client and had slopes and angles galore. Heidrun is the name of the client's wife. The seat is to go in a park in Otahanga.



This is the 'Before' picture of the bench seat, \$500 of treated timber including 4 piles



The completed graphic designs cut by Mark K on his computer controlled router



The bench in progress



Jim W injecting epoxy in to the cutout with a syringe. He painted a very thin coat of polyurethane around the graphics and he could remove excess epoxy with a wipe.



Jim W, Alf Clear and Roger C recovering after their labours



## Defibrillator and Resuscitation Heartbeat Training Workshop



**For every minute that passes following a cardiac arrest, without resuscitation, you have a 10% less chance of survival.**

**Do the maths, after ten minutes ..... yes likely you will be dead.**

**Resuscitation is a simple, easy to learn process that you must know, to save lives.**

Now people have often commented that when I write a review I can ramble on so much that the point of the story is lost in the detail, hence my straight to the point introduction. Read on.

Rachel Evans, from the Wellington Free Ambulance Heartbeat programme, ran a 90 minute training course at the Kapiti MenzShed to a jam-packed room of 30 Menzshed men.

The Lloyd Morrison Foundation Heartbeat Programme is a interactive session that gives you the basic skills that could save a life in the event of a sudden cardiac arrest. You learn everything you need to know in less than 90 minutes. This includes:

- What to do in an emergency
- How to recognize someone in cardiac arrest and how to perform Cardiopulmonary Resuscitation (CPR)
- Where to find an Automated External Defibrillator (AED) and how to use it
- About the GoodSAM Responder App.



fun,  
help

Knowing CPR means you could save the life of a friend, a colleague, a member of your whānau, or someone on the street.

So as not to bog down in big words and names, AED's are things that are stuck on the outside of buildings that you out to give a person an electrical shock to get their heart going again, and CPR is the process of pushing on someone's chest quickly to get their blood circulating that have stopped circulating following their cardiac arrest.

The course run by Rachel was outstanding, simple, straight forward and if you do nothing else after reading review other than ensure you encourage others to be trained in the use of the AED's and in CPR then I will be happy...and so will Rachel, and for that matter so will the person who's life you save by applying your training.

I had not had any "first aid" training since my school days which, may I say it, were a few years back, so pretty likely what I have not forgotten is now very much out of date anyway. You like me may have memories of "mouth to mouth" resuscitation being the thing back then...not so now.



the  
get  
  
will  
  
this

I came from the training course not only very impressed by Rachel's very well delivered presentation but so enthusiastic that when I got home from the MenShed that morning I rebuffed my wife Alison's standard question as to how many scones I had eaten and told her to sit down and listen. Now that was risky but demonstrates the level of my enthusiasm in that I now understand the critical importance of knowing how to resuscitate a person.

Alison's insistence that we should do this later fell on deaf ears. I was on a mission. With Alison now sitting at the dining table, quietly and attentively listening I unleashed on her, from the copious notes I had taken, not only the importance of resuscitation but step by step account of what I had learnt.

#### KEY POINTS TO REMEMBER

- Firm flat surface - the patient must be moved regardless of injuries.
- CPR-concentrate on compressions, move on from airway and breathing.
- Recoil - allow the heart to refill with blood between pumps. You are pushing at least 5cm deep, ribs may break - this is OK.
- Take turns - 2 minute cycles is ideal. Help others.
- Child CPR-1-8 years. One arm compressions. Breathing 30:2
- CPR is simply pumping blood to the brain. Start immediately and don't stop. CPR doesn't restart the heart, but an AED can.

It is important to note that this review of our MenShed training program is not and cannot be a substitute for undertaking training but rather to strongly encourage people to up skill so they are prepared and ready to act when someone close by has a sudden cardiac arrest. You can and will make a difference to the survival chances of that person!

Once you are trained and experience a person having had a sudden cardiac arrest this is what will happen..this is what you will do, ah yes the "Drs ABCD"

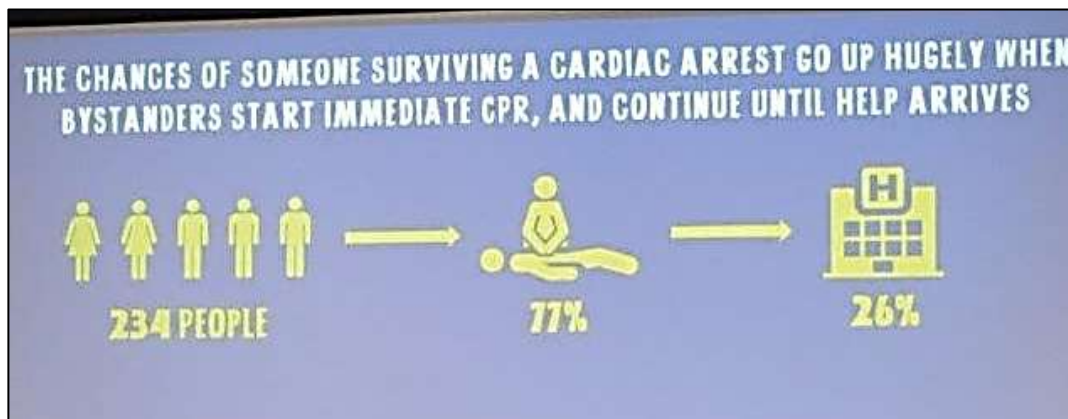
Your training will have taught you it is all about getting CPR chest compressions started so as to get the person's blood moving around their body. The heart having given up this role for the time being due to its cardiac arrest.

- D** check the area for **dangers** - are you safe
- R** check for a **response** - can you wake them
- S** **send** for help - call 111 immediately
- A** tilt their head to open the **airway**
- B** Check for **breathing** - look, listen and feel
- C** start **CPR** chest compressions only
- D** use a **defibrillator** if there is one available



Trevor McK practicing on a half body





And remember, every minute's delay before you start CPR chest compressions adds a further 10% chance they will not survive. If the above process, CPR and then AED, is followed in a timely manner you have increased the persons chance of survival by 80%

In our Wellington area last year 234 people, that is five per week, had a sudden cardiac arrest of which 77% had CPR applied but sadly only 5% had an AED used on them. Chances are you are going to be faced with the need to apply your training in the future.

To conclude we were privileged to have Rachel take us Menzshed guys through this course. A very big thanks to Rachel and Wellington Free Ambulance.

Course participants are now equipped to respond to an emergency and to strongly encourage family and friends to become similarly trained. In doing so lives will be saved.

For those who have not undertaken the training get a group together and book a Heartbeat training session by filling out the [online booking form](#) If you have any questions these can be directed to the Heartbeat team by emailing [heartbeat@wfa.org.nz](mailto:heartbeat@wfa.org.nz).

Alternatively if you cannot get a group together email [heartbeat@wfa.org.nz](mailto:heartbeat@wfa.org.nz) to enquire where you could join a course.

Wellington Free Ambulance are doing a great job, you can do your bit by undertaking this training.

*Ian Barbour*

*31 July 2023*



## The Car Park Flooding Problem

For a long time the car park has been flooding after heavy rain. The problem being caused by rainwater discharge from adjoining roofs and the high water table caused by the ground level being so close to sea level so the water was slow to drain away. In the past there were several attempts to pump the water out but it didn't prove satisfactory.

The bullet was bitten and the men at the shed set about permanently fixing the problem. It required:

- storage of rainwater so that it could be slowly released into the ground or used by the shed for other purposes ie watering plants.
- alteration of rainwater down pipes so they discharged into storage places
- the carpark being levelled and resealed with metal,(stones), to form a level surface
- heavy plant and machinery to do the job
- council approval
- 

The process involved trench and hole digging and filling them with gabions, a strong perforated plastic crate to hold water and release it when the water table drops. The gabions were wrapped in drainage cloth to stop them silting up then surrounded in big stones to allow water to drain in. The gabions were connected in groups buried in trenches and holes in the ground. Rainwater pipes were diverted into the gabions. The holes were then backfilled, and the ground levelled off using Peter B's tractor with a scraper blade.



The flooding problem as demonstrated by Barry I



Rainwater pipe discharging over the car park



Peter B assembling a gabion



Digging the trench for the gabions, Kevin A, Gerald T and Graham J amongst others



Gabions installed in the trench





We also dug a large hole in the car park outside the workshop door, courtesy of Mike E's digger and filled it with large rocks. The photos don't do justice to the great driving by Mike and the angles the digger was on as he drove it into the pit and extracted it again.



Paul W & Graeme J plumbing in the water storage tanks to the Workshop rainwater system.



They tried to do it with this digger but it took too long. (repaired by Alan C)



Paul W working in the hole whilst Peter B, Mike E and Tony A supervise



The first test after heavy rain, no flooding, a few puddles but they will get resolved when we fill and compact the area

## **A Journey to Auckland by Electric Car** by Roger Currier

We drove up to Auckland to do our grandparent duty and decide to take the car because we had so much stuff to take. Driving up is substantially cheaper than flying and it meant that we had independent transport when we were up there. Our car is a fully electric Peugeot 802, with a nominal range of 320k when fully charged, not that you get 320k out of it and we learned the lesson the hard way.

I have an app on my mobile that shows where all the charging stations are in NZ, and I use it for long journeys. I plan where we recharge, - a decision influenced by the quality of coffee and food in a nearby establishment. The quality of these stopping places being critical to the enjoyment of the journey.

Going up to Ak we always aim to stop at Taihape, the charging point is in a New World car park right next to our favourite café. The distance to Taihape from home is 169k, a goodly driving distance arriving there just in time for first breakfast. But, when I looked at the mobile app, it showed that there may be something wrong with the Taihape charger, so we decided to stop to recharge at an earlier charger, at Mangaweka, which is 149k, and then carry on for breakfast.

At Mangaweka we found there was something wrong with the charger, it kept cutting off after about 30 seconds charging, so we decided to carry on to Taihape in the hope that the charger was fixed. Breakfast was still calling.

Of course, the charger wasn't fixed, and we were in a pickle, the next charging station was at Waiouru a further 29k and we only had 66k range left. I know 66k sounds ok but one's range is significantly influenced by hills, temperature and speed and Waiouru is pretty high, and you know how cold it can get up there. We had little choice but continue, so had to skip the Taihape breakfast and plod on. In a way it was a plod, an electric car's range is also influenced by the speed (air resistance), so we kept our speed down to about 60-70k. Very relieved to get there with 20k range left, and to find there was a space at the charger, which worked, we plugged in and dined at the army museum for the 20 minutes it needed to recharge to 80%. More about that later. All was well with the world!

From home to Waiouru is 197k and we used 300k of range to get there, consumption of range being influenced by terrain, temperature, and probably by our speed, we normally cruise at 100k. So, I investigated how range was calculated. The test uses the "Worldwide Harmonized Light Vehicles Test Procedure", (WLTP), requiring driving a total distance of just over 23k consisting of four driving cycles: Low, Medium, High, and Extra High. These cycles represent different driving scenarios and cover various speeds, accelerations, decelerations, and stops. I bet the driver was in his underwear to keep the weight down! In the light of our experience, I don't think the test is realistic.

Last year, in Summer we did the return journey Waiouru to home. We did it no problem at all, we hadn't lost any range when we passed through Taihape and got home with 120k of range left - the car charges when going downhill. So, temperature and hills are a significant factor in an electric car's range.

The faulty charging stations were a worry, it wouldn't have been the end of the world, if we had run out of power, we could have called the AA, who now carry chargers, or stopped at a garage hoping they were friendly and let us plug in, but it is a lesson learned to be applied when selecting recharging / breakfast stations.



The truth is that New Zealand does not yet have enough charging stations to ensure comfortable worry-free travel. It will change when there are enough electric cars on the road. Garages will find they are not selling as much petrol and will have to put charging stations on their forecourts and make their profit from the electricity charge and quality of food they serve.

As regards the 80% charging, it is influenced by the power of the charger and how long it takes to charge. They limit the charge % level to help reduce queuing. High power chargers let you charge up to 100%.

Chargers are rated by kilowatt hour rate of charge, they vary from:

- 25kwh which can take up to an hour to charge – not popular but many are free at supermarkets - 80% limit.
- 50kwh the normal charger – 20 minutes charge depending on level of charge – 80% limit.
- 300kwh fast charger – only just time to get a cup of coffee, if it's not too hot, but will charge up to 100%. (PS There are four 300kw chargers in Bulls and Taupo.)
- There are intermediate chargers, and the app tells you their rating.

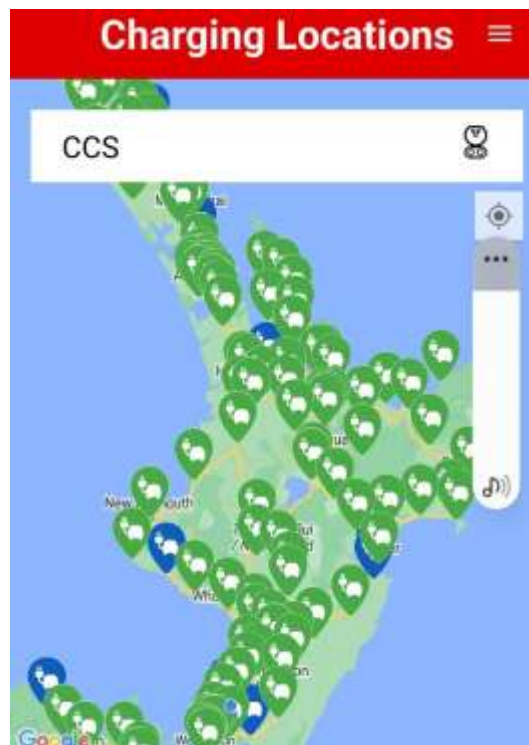
Typically, commercial chargers cost \$0.80 per kwh. Domestic electricity costs about \$0.30 per kwh with a 20% discount if we charge at night.

Would we do the journey again? Yes. But lessons learned, will have to consider hilly terrain, temperatures, speed, car loading etc when selecting breakfast locations.

The power cost of our 535k journey was about \$55 including an allowance for charging at home. If we had a petrol car it would have cost about \$160 – at \$3/litre. Driving 535k at our home charging rate would cost about \$25.

Are we glad we bought an electric car? Yes. Most of our driving is near home with the occasional Wellington trip. It's much cheaper to run than our petrol car was, and service costs are minimal. Also, we feel we have to go green.

If you are interested, I suggest this YouTube video by [Sabine Hossenfelder](https://youtu.be/xv4bfEiucs), (Click on the link), she gives a good scientific analysis of the need and repercussions of alternative transport systems including hydrogen. <https://youtu.be/xv4bfEiucs>



Chargenet charging stations in North Island. There are other providers as well

## **Beware of RF scams** by Roger Currier

An elderly lady at my gym recently found shed had been scammed. Someone had got hold of her credit card details including security pin and had been using it to buy pornography. Fortunately, she regularly checked her bank account and, “being all there with here cough drops”, got onto her bank who reimbursed her.

But how did they get hold of her credit card details? There’s a new kid on the block called an RF Scanner (Radio Frequency Scanner). An RF scanner is a device that scans your card like the ‘touch and Go’ card scanners in shops. The scammers carry more sensitive RF scanning devices and surreptitiously try to get them near your wallet in your bag or back pocket. Probably the lady was carrying her cards in her bag and the scammer sat down next to her with his scanner device and scanned her purse.

RF scanners are available from AliExpress for about \$60 so it’s a cheap way to scam!

So, be aware of people cuddling up to you and pull away, {unless you like it of course!}, scanners don’t have a big range.

A better protection for your card/s is to buy a RFID blocking sleeve which has an aluminium foil liner to prevent the scanner from reading your card/s. They are cheap, available [here](#) from AliExpress for about \$3 for 5. This is what they look like.



You can buy wallets with RF screens or, you can just line your wallet with aluminium foil – though I can’t guarantee this will do the trick.

It appears that the banks have a policy limit of 12 days after which it’s too late to do anything about being scammed, and they will only help if you have been responsible in controlling your credit card and passwords. The amount involved in the lady’s case was about \$500, relatively small in banking terms but if it was a large sum they may not be as cooperative.

## **Climate Action Grant from Kapiti District Council**

Mark K has obtained a Climate Action Grant from the Council. It’s for an air compressor worth about \$12,000 which will allow us to have volumes of air distributed around the shed, so no more lugging compressors about, It’s worth about \$12,000. Well done Mark.

Menzshed Kāpiti	Replacing air compressor to enable further repair work on a wide range of furniture, household items and community projects.	2023
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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



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