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NEWSLETTER – July 2022

No. 141

From the Chair

Talofa, below is a piece I submitted on behalf of our Shed for the “Volunteer Story Competition”. The competition was coordinated by Volunteer Kapiti to mark “National Volunteer Week”. As a result, we were presented with a Certificate of Appreciation from Volunteer Kapiti in recognition of our community work. While the piece tends to focus on the Kapiti Food Bank Project, I want to acknowledge the tremendous effort of all our teams and individuals who are constructing our new workshop, working on other community projects and performing tasks that keep our Shed functioning.

We have a great team and I for one am proud of what a bunch of ‘older’ guys can achieve.

Malo soifua

Tony A

From time to time, MenzShed Kapiti responds to requests from Community organisations to assist with larger projects on that organisation’s own premises. Over the years that has included large projects at schools and pre-schools, and for organisations like the Kapiti Marines Trust, the Cancer Society, and Volunteer Kapiti. Those projects have used the building and organising skills of our guys to renovate buildings and create better environments for the children, employees and volunteers involved.

Our most recent and the largest project has been to assist the Kapiti Community Foodbank to create a new home of their own. After operating out of several sites in Kapiti and being moved out of the Kapiti Community Centre when that building was forced to close, the Foodbank decided to establish their own premises and their committee reached out to MenzShed for support. Our first task was to assist Foodbank to fit out temporary premises at Coastlands and to help them move in. This included taking down and reassembling shelving, moving appliances and stock, and creating a kitchen for their team and an office/interview space for the Foodbank Manager. All that work was done to tight timelines as the community centre was deemed to be unsafe and the shift was urgent.

While that move was being completed, Foodbank was fundraising and planning for their permanent home on a leased site in Hinemoa Street Paraparaumu. Their objective was to provide a stable base for Foodbank in Kapiti and to ensure their operating costs were minimised. To that end, Foodbank purchased a former double school classroom building in late 2021 and this was moved onto site just before Christmas. Our guys assisted with the planning work for the move, site preparation and then undertook the refurbishment needed to convert the old school building to the high-quality home the Foodbank deserves.

The MenzShed Committee agreed to assist Foodbank with this project even though we already had a full programme of projects, including building our workshop underway. We recognised that the Foodbank is such an important community resource and that it was an opportunity for volunteer organisations to collaborate and work together to achieve great outcomes for our community. Our

MenzShed team working on the Foodbank project has been led by Cliff Daly and Trevor McIntyre from the beginning. Work began on the refurbishment in early 2022. Since then, a team of 5-12 volunteers has been on site for 3 days a week, between 5-7 hours a day depending on the work required, meaning that the team has contributed a minimum of 100 hours of service each week since the start of February.

Our team has stripped out the internal framing and linings and is building all the facilities the Foodbank requires for their work. New windows, doors and firewalls have been fitted and a new veranda, decking and ramps are being built to ensure easy public access and accessibility for disabled users.

Foodbank is planning to be in their new home by the end of August and our Team are working hard to make this happen. It has become a very large project, probably much larger than initially expected and the core team of builders have devoted time, energy and skills far beyond what would normally be expected of volunteers. They have been well supported by our larger MenzShed team and others from the Foodbank and other community groups. Once finished, the new Foodbank building will be a real asset to the Kapiti Community for many years to come.



Cathy Canavan the Service Coordinator for volunteer Kapiti presenting a certificate of appreciation to Menz Shed Kapiti in recognition for the work we are doing for the Foodbank and all the Community work we do. It was part of 'Volunteer Week.'

A very clever poem, it reads completely differently if read from bottom to top

Refugees *by Brian Bilston*

They have no need of our help
So do not tell me
These haggard faces could belong to you or me
Should life have dealt a different hand
We need to see them for who they really are
Chancers and scroungers
Layabouts and loungers
With bombs up their sleeves
Cut-throats and thieves
They are not
Welcome here
We should make them
Go back to where they came from

They cannot
Share our food
Share our homes
Share our countries
Instead let us
Build a wall to keep them out
It is not okay to say
These are people just like us
A place should only belong to those who are born
there
Do not be so stupid to think that
The world can be looked at another way

(now read from bottom to top)© [Brian Bilston](#)

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.

Further details will be added as they become available.

Event	Date	Where	Comment
International Bike Day	2 nd June	@the Shed	Dave W is planning
Sharpening tools	Last Thursday of Month	@the Shed	This is a regular event
Fresh Scones	Last Thursday of Month	@the Shed	Hans will be producing his superb scones fresh from the oven
Otago Medical Students	25 th Aug, 9.30 to 12.30	@the Shed	Peter B is coordinating.
Committee Meeting	18 ^h Aug	@the Shed	
Annual General Meeting	15 th Sept, 12.30	@the Shed	
Movember Judging	1 st Dec	@the Shed	
Menzshed Christmas BBQ	To be cheduled in Dec	@the Shed	Dave W is coordinating
Shed Tidyup & close down	22 nd Dec	@the Shed	Duty Supervisor

Workshop Progress

The workshop is really coming on, we now have a nearly all the roof finished, except for some rooflights and flashings. cladding on, the rear, roller doors, soffit framing and lining, and the led, (fluorescent lookalike), lights are going in and they are very bright.

The missing rooflight panels arrived this week and the roofers finally completed the roof and flashings. We no longer have wet patches on the floor where the rooflights were missing.

Gib has arrived and we have an armed guard patrolling between the workshop and firewood supplies. The safest way of looking after gib is to fix it to the wall and that is underway.

Foodbank

Work is proceeding, somewhat slower than hoped because the original buildings were in such a sorry state that there has been a lot of making good and patching.

There is a deck at the side which is just about finished and yet another deck is to be constructed at the front to allow goods to be carried into the building from a container, yet to be parked nearer the street.

Gib arrived about two weeks ago and a volunteer team from the Shed were waiting for the truck to arrive. Unfortunately, it was late and several people couldn't wait so we were a bit under prepared. Fortunately the delivery truck was accompanied by a team of Samoan rugby players who competed to carry the most sheets at once, - the record was 5 sheets!

The gib is up, most external walls require two layers for fireproofing, one wall required 3 layers, each layer closely screwed. Because of the age of the building the studs and dwangs were set at the wrong spacing to suit gib sheets so additional cutting of gib and inserting of framing timber was required.



Side view of the buidng, the steps are to the public entrance. Note handrails are missing and the steps are only temporary. The ground is to be concrete sealed.



At the rear, the deck drops down to ground level for disabled access. An escape door is to be cut in the end wall.



The deck at the side of the building when it was in a tidy state!



Jim W, Noel T & Trevor Mc working on the extension to the deck at the front



As it was at the start of the project



It's done, just like that! Trevor M showing his magic. It only took three weeks for the spell to work



Back wall required new concrete foundations with cast in posts bolted to new blockwork.



Is this pile long enough? Yes! the pile hole was very deep! Kevin A & Trevor Mc

End of work at the Foodbank (from Cliff D)

The MenzShed contribution to the Foodbank refurbishment project come to an end this week, (4th August), after some seven months. That is far more than we signed up for and it was our call to say enough.

It's been a long project and our MenzShed team has done a huge job to take a sad old relocatable classroom, renovate and in parts rebuild it to bring it up to a fair standard to house the Kapiti Foodbank. There is still work to be done but we made the call to hand the project over to the Foodbank Committee to complete the project.

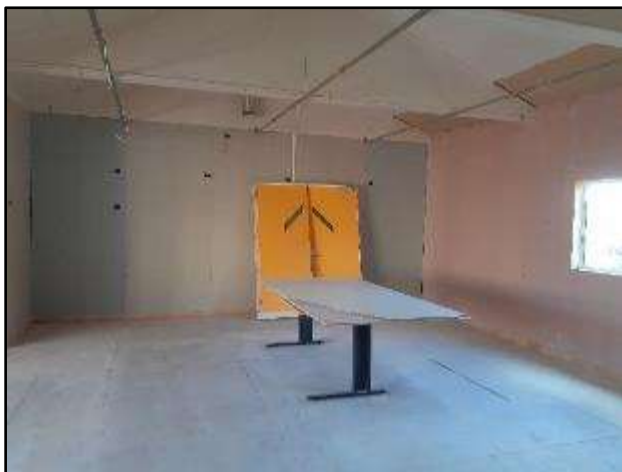
It has been a great team effort. Since we started in January, we've had up to 12 MenzShed members on site at times and a core team of 7-8 have worked 3 days a week for 6-7 hours or more each day. We estimate we've contributed more than 110 man-hours a week and close to 3,000 volunteer hours since we started back in January. That really is an amazing contribution!

When faced with what we thought was an unrealistic schedule set by the Foodbank Chair to complete the work required and for the Foodbank to move into the new building this month, we made the call to complete what we could and let the Foodbank Committee get other people to do the rest. Project management by Foodbank has been a continuing problem and our guys have worked on under what have been at times pretty ordinary conditions, but the jokes continue to flow and there is great pride in what has been achieved.

We still want to finish the decking so there will be a team there for a few more days.



Before: The main storeroom before insulation and gib. Note below how the window sizes have changed – see below right picture.



After: As we left it clean and tidy, all gib and trims fixed

Around the Shed

I suppose the main characteristic of the Shed over the last few months is the weather. It rained, and it rained and eventually the water had nowhere to go so it just stayed where it was. As human beings we adapted and, apart from a few hardy souls, we stayed at home in front of the fire and watched telly!



The Southern extent of lake Taupo



Main feed to lake Taupo



Handtools are what all menzshed members were bought up using but these days we all rush to use the battery powered ones and then spend several minutes trying to match charged batteries with the correct drill!

However, there are times when members revert to old habits, particularly when real accuracy is needed.

Our example in the photo is Doug using a hand drill to make sure the hole is exactly in the right place which I am told was successful and resulted in another repair being achieved.



This is the new workshop being used before it is finished by the traps teams making kiwi transport boxes.



John D making a string for a staircase

One of our unsung heroes

Ray W, king of the metal engineering workshop who is usually tucked away behind the red safety welding curtain and all we hear is the grinder or see the flashes thru the screen.

We don't really see what is going on and he does have selected helpers from time to time but we hear of projects completed and satisfied customers.



Ray W & Cliff D at the Foodbank

Rumour has it that his kingdom is expanding in the future to include the next bay which will allow more machinery and a greater range of skills to be utilised as it's pretty cramped where he is at the moment.

Ray is occasionally allowed out and he joined us at the Food Bank outing delivering the purpose made metal brackets to support the air conditioning units. Cliff tells us it passed all the quality checks and the picture shows where it will go.



Ray W in his element

The Return of the Wanderer

Peter H is back from his Ausie trip where he experienced good whiskey and Covid and is already hard at work helping the completion of the workshop building.

Not sure about the shorts, Peter claims it's not a hangover from the Ausie weather but his standard NZ attire. It certainly made some of us feel even colder when the rain started!

Steps to Amenities Building



The safety of members is an all-

important aspect of our shed and the steps to our new amenities building was soon identified as a risk - when walking down them it was often hard to distinguish the edge of each step because they appeared as a continuous line.

The initial surplus tape stuck to each edge identified the location of each edge and made it safer, but the sticky tape soon peeled off. Specially bought edging tape was then used but it didn't take long for this to



Peter back from holiday

start peeling and it soon became obvious that even the extra staples added wouldn't hold the tape for long.

A purpose made edging system had to be found and a members contact with the New Zealand firm ECOGLO resulted in a fantastic offer.

Fibreglass FRP deck tread PP
DEF14-175-1500 EcoGlo with us
only having to pay the courier cost.

Despite some inconvenience the screwed edging and glued safety yellow non-slip were installed and what a great result as the photo shows.



Many thanks EcoGlo for your support of us.



Another wet day so work inside was best.



Charlie L & Barry I discussing how a piece of firewood should be cut



Derek C and Alan M discussing the latest bench recovery



Tony L on his latest form of transport

Endless Pencil Supply – well almost!



The wisdom of age is commonly seen at Menzshed and here is an example of Chris never being short of a pencil for his projects- but to be fair he does share them with other members "**providing you return them to him!**"

Sorting of door catches

It started with one of the many boxes in storage, this time with a variety of catches, that needed sorting - there are tower bolts, latches, hasp and staple and more.

Thanks to Doug they are now all sorted and the photo shows the variety we have

in stock. The different categories are now better stored for easier identification in the future for our projects.



Stroke Talk

On Tuesday 3rd August we learned about strokes with a talk by staff of the Advance Wellness in Home Initiative of Early Supported Discharge service.

The most important learning was if we think someone may have suffered a stroke we implement FAST.

F is for face. Does the person's face appear normal or is there drooping on one side? Can the person smile and is it the same on both sides?

A is for arms. Can the person raise both their arms straight out in front of themselves?

S is for Speech. Is the person's speech normal or is it slurred or unusually difficult?

T is for Time. If the above confirm your suspicion that the person has had a stroke then treatment in hospital - a scan will be needed - is needed as quickly as possible.

Treatment for many strokes is only effective if it is given in the **first 4 hours** after it occurred.

Remember 'FAST'

UP COMING EVENTS & MEETINGS FOR THE MONTH OF AUGUST – From Dave W.

- August 2nd special committee meeting 1030am; but more importantly, it's colouring book day ice cream sandwich day, if it heats up.
- August 4th kitchen staff, it's chocolate chip cookie day; & to wash it down it's IPA beer day or national white wine day. you choose
- August 9th. co working day; help the ratter's day? lucky it's book lovers day & rice pudding day. Note: holding hands day is cancelled at MenzShed.
- August 11th as always; national face mask day; plus, Barry's doing a demo; as it's hip hop day...!! first aid classes to follow.
- August 16th national rum day, but not before Alan leads off tell a joke day; which brings us to contest!!!!!! enter your best joke & you could well win!!!!!! just write it down on paper and pass it on to big Dave by the 11th Aug @ noon. a special panel of non-laughers will judge them and any worth repeating will shine this day. so be in to win !!!!!!!! laugh or cry it's on!!!!!!!
- August 18th if you missed our joke contest or even the joke. for it's bad poetry day- oh if only I could enter. no worries it's also pinot noir day.
- Committee meeting now the 25th, - gee busy busy.
- August 23rd find your inner nerd day but is this a hint !!! national sponge day. What about it cooks? - only one cake per entry please. Oh another hint fresh raspberry sponge, - yum..
- August 25th scone day & sharpening day; thanks Hans & sharpening team. elsewhere kiss & make up day due to you missed peach pie & waffle day (24th) but it's whiskey sour & burger day.
- Perhaps that's why it's committee meeting 12 noon....
- Remember wellington on a plate burger wgtm 12th ---31st.
- August 30th international beach day & while there look for whales as it's their day too before rushing home for cabernet sauvignon day.

Missed your special day? just write the event missed on a \$100 bill & quietly slip in the entertainment director's pocket.

**JOKE CONTEST CLOSES 12NOON 11th.
CAN INCLUDE A BAD POEM FOR 18th.
Cheers & Tables All Team MENZSHED.**

The Waikanae Tornado by Roger C

On 9th June a severe storm hit Waikanae including several mini tornados. One went through my property taking down a giant macrocarpa tree. My wife was home but couldn't see anything due to the rain whilst I was working at the Foodbank comfortable and warm (ish) was in the bliss of ignorance. I received a call from a neighbour saying a tree was down in my garden, I thought, 'not again, more firewood', and it wasn't until he sent me a photograph that I realised the extent of my problem. The tree was about 120ft tall, in the middle of my lawn and it fell so as it completely blocked my drive, fortunately it didn't do any damage, just missing my solar panel.



The fallen Macrocarpa tree



The tree fell completely blocking the drive

I got home, somewhat in shock, and all I could do was walk around it in awe at the power of nature and how quickly things can change. I got my wee chainsaw out, oiled it up, put on my overalls and thought how small and ineffective I was when nature decides to show its power. Why did it pick on me!

Fortified by coffee and sympathetic neighbours set to work tunnelling a way through the branches blocking the road. After a weekend's work I had a stack of firewood, and even larger stack of branches, more branches, limbs, and a trunk to cut up, a massive disposal problem, but we could get our cars in and out.



Roger C in work overalls, (now you know why I don't wear them at the shed!)

I rested for the remainder of the week!



Passageway cut through the tree for cars (Perhaps we could leave it like that as a feature!)



Car just fits but my car is tiny

I had done the 'lighter' work but there were still a lot of big branches to cut and so much clearing up. I could see months of clearing up ahead of me.

Tony A from the shed rang, could the Menzshed help? I said yes oh yes please, I am so glad I joined the shed! Tony arranged a wood chopping / clearing team of volunteers to come along and take away some of the firewood. The team was Kevin A, Anthony W, Mark K, Tony A, Kevin H, Geoff O'H, Roger K, Trevor M, Jim W and Cliff D. – and I am so grateful – these guys really broke the back of the work, and probably saved my back.



The team did so much good work cutting up the larger limbs, stacking them and even splitting some.

They left me with a heap of smaller branches which I successfully mulched / chipped with help from the family and Penny, my wife. It took four hours heavy mulching with a commercial mulcher, Kapiti Hire \$250 for a day's hire – a great machine!

Didn't get enough photos of the heap of stuff to mulch, I was too busy mulching.

Sore backs next morning.

So, all I am left with is the trunk with attached root and a few larger rings which I managed to cut off myself. I am thinking of selling the trunk for macrocarpa slabs but I must cut off a lot of the root so the trunk can be removed in one, (or several pieces). It is surprising how shallow the root is for such a big tree. Before I can cut off the root, I have to water blast it to remove soil / sand, it plays havoc with chain saw parts. I am waiting for the weather to break and to get some impetus to get going again on the last part of the job.



The root is still a mess



The remaining trunk



Me, after water blasting the root to remove soil

Anyone want some macrocarpa slabs, going cheap, buyer collects?

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



Walkanāe Charter Club Community Grant



Electrical Apprentice Manpower



Printing Our Brochures



Driving The Website

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